



FRIENDS OF THE CENTER  
AT THE HEIGHTS, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494-1316 • Phone 781-455-7555 • Fax 781-444-1373 • www.needhamma.gov  
Newsletter printed & mailed by Friends of The Center at The Heights, Inc.

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*“Try imagining a place where it's always safe and warm  
'Come in,' she said, 'I'll give you shelter from the storm'.”*

— Bob Dylan

## THE GREAT WHITE WAY LIGHTS UP THE CENTER AT THE HEIGHTS!

### JAMES MICHAEL, BROADWAY BARITONE Monday, May 16 • 2:00 p.m.

A world class baritone with a warm and engaging performance style presents the widely acclaimed singing experience “Melodies of Memories and Miracles Broadway Classics”. James Michael and his great voice returns to The Center at the Heights! James emulates the big baritone voices of his idols – Howard Keel, John Raitt and Robert Goulet. His prior performances still echo throughout the Center!

*Donated by the Doyle Family in celebration of Betty's birthday!*

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**



## REGARDS TO BROADWAY

SINGING THE SONGS FROM GREAT STAGE  
AND FILM MUSICALS.



### Wednesday, June 22 • 2:00 p.m.

This talented group of five musicians is ready to sing their way into your hearts with songs you know and love. Broadway at its best - selections from *Chicago*, *My Fair Lady*, *Hello Dolly*, *Porgy and Bess*, *42nd Street* and many more -- a wide array of Broadway and film melodies for all to enjoy. **REGARDS TO BROADWAY** will lift your spirits!

*Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no charge for this program.*

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



# INDEX

**PLEASE NOTE:** Sign-up for May and June programs and classes will begin Thursday, April 28. We cannot accept written requests prior to 9:00 a.m. on April 28. With the exception of drop in programs, we ask that everyone sign up in advance for our programs and classes. We also ask that everyone swipe in when entering The Center, whether here for a drop in or scheduled program. If you do not have a swipe tag, please ask for one at the Front Desk.

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## REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, May 2**  
**12:00 – 1:00 p.m.**

## SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Tuesday, July 5**  
**10:00 – 11:00 a.m.**

## HOLIDAY CLOSINGS

**MONDAY, MAY 30**  
 IN OBSERVANCE OF  
 MEMORIAL DAY

# NEW ENGLAND CONSERVATORY CONCERT FINAL CONCERT OF THE 2015-2016 SEASON

JULIA COHEN, SOPRANO  
 TONG WANG, PIANO

**Tuesday, May 10 • 2:00 p.m.**

Please join us for this last of seven concerts by students from the New England Conservatory's Community Performance and Partnership Program. Let's show our appreciation for the wonderful music we have enjoyed since December – classical guitar, holiday jazz quartet, solo violin, flute/harp duet, cello and piano duet, and piano, cello and violin trio. We thank all the musicians as well as NEC staff Tanya Maggi, Indra Raj and Grace Allendorf for their help organizing and transporting. We wish them a restful and fun summer!

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## CHOCOLATE, CHOCOLATE, CHOCOLATE!

**Tuesday, May 24 • 2:00 p.m.**

From rainforest treasures to luscious treats, immerse yourself in the story of chocolate. Throughout history, it was a gift for the Gods and a symbol of wealth and luxury. Join us for this fun and interactive (and of course, taste testing) presentation about chocolate.



*Presented by the staff of The Falls at Cordingly Dam, a Benchmark Senior Living Community.*

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## GRACE ALLENDORF AND EMILY MURPHY MEZZO SOPRANO AND PIANIST

**Wednesday, June 8 • 1:30 p.m.**

We are delighted to welcome Grace and Emily to the Center! They have been performing together since their graduate school days at Longy School of Music.

This program will include a wide range of music from classic folk songs to gems from the art song repertoire to Broadway hits. They hope to bring alive some songs the audience will want to sing along to and introduce some new pieces to them, as well.

*Thanks to the generous support of Boylston Place at Chestnut Hill, there is no charge for this program.*

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**



Also located in Newton at  
 465 Centre St., 617-244-2034

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THE RESIDENCES  
 WINGATE

## CELEBRATING DIVERSITY

### “IRAN – PERSIAN GLORY AND ISLAMIC REVOLUTION”

**Tuesday, June 7 • 2:00 p.m.**

With a history lasting 2,500 years, the Persian Empire was the largest of ancient times, extending from Central Asia to North Africa. The legacy of this power and wealth is manifest in the stunning tiled architecture of mosques and secular mansions, the distinctively spiced cuisine, the arts and crafts including arguably the world's most beautiful rugs, and the diverse people who comprised the Empire as invaders or subjects. Iran's recent history is marked by religious rule following the 1979 Islamic revolution. Barry Pell traveled nearly 4,000 miles through the country's magnificent landscape, visiting historic cities and monuments, and meeting with Iranian people who openly shared opinions about their lives and relations with America. This program will be accompanied by Mr. Pell's photography.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

### DIVERSITY DOCUMENTARY

“STONEWALL UPRISING” (2010)

**Wednesday, June 15 • 1:00 p.m.**

Through eyewitness interviews and archival footage, documentary filmmakers Kate Davis and David Heilbroner recapture a pivotal moment in time that mobilized a generation of gay activists and marked the dawn of the modern Gay Rights Movement. Much like Rosa Parks's symbolic refusal to move to the back of the bus, gay bar patrons' refusal to comply with a police raid at Greenwich Village's Stonewall Inn in 1969 would change the course of history.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

### THE SWING ERA

PRESENTED BY RICHARD TRAVERS

**Tuesday, June 14 • 1:00 p.m.**

This musical lecture will examine the significant composers and performers of the heyday of Jazz – the Swing Era, where Jazz exploded upon the popular music scene. Goodman, Ellington, Basie, Miller are just a few of the Big Bands Mr. Travers will discuss, as well as the singers and dance styles that swept the nation.

Mr. Travers is an award winning music educator who taught for 35 years in the Newton public schools. He has been nationally recognized for his concert work with the choirs at Newton North, the Newton Community Chorus, the Fine Arts Chorale in Weymouth and Music Director of the Rosie's Place Jazz Choir.

*Thanks to the generous support of Brookdale, Dedham, there is no charge for this program.*

**Please note the 1:00 p.m. start**

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**



**Golden Law Center**

Thoughtful, effective legal services for elders, persons with disabilities and the people who care about them.

200 Highland Avenue, Suite 302, Needham

781-433-8665

## SAVE THE DATE! FRIENDS ANNUAL MEETING AND PARTY

**Friday, July 29**

**1:30 – 4:00 p.m.**

Short Business Meeting, Strawberry Shortcake, Prizes and Fun! New this year --- Ross Petot Jazz Trio.

**Don't Miss It!**

## PIANO LESSONS WITH BRUCE

**Thursdays**

**9:00 a.m. – 1:15 p.m.**

**4 Class Session**

**May 5, 12, 19, 26**

Cost is \$16.00

No June lessons -- summer recess until September

**Continuing students should sign up to maintain their time slot. Limited openings may be available for new students.**

**Call 781-455-7555 or stop by the Front Desk .**

## NATIONAL SENIOR HEALTH AND FITNESS DAY

**Wednesday, May 25**

Throughout the year the Center offers a variety of fitness opportunities – dance and exercise classes, lectures on nutrition, and a fitness room with state of the art machines and certified instructors. With this spring issue of the Senior Compass we launch our 2016 Fitness Walking Season with a May 13 walk through the Arnold Arboretum, just in time for Lilac Sunday (pg. 11). We invite everyone to consider joining one (or more) of our many health and wellness classes -- Tai Chi, Better Balance, Yoga, Line Dancing, Train the Brain – Balance, Agility and Fall Prevention, Arthritis Exercise etc.!

**LOW VISION  
SUPPORT GROUP  
NOT MEETING IN  
MAY OR JUNE**

**WEIGHT  
MANAGEMENT  
SUPPORT GROUP  
8 WEEK SESSION**

**Mondays 12:00 Noon  
May 2, 9, 16, 23;  
June 6, 13, 20, 27**

Cost is \$32.

**To sign up, call The Center  
at 781-455-7555**

**DROP IN CLUTTER  
SUPPORT GROUP**

**NEW TIME!**

**Mondays  
1:00 – 3:00 p.m.**

**Contact Person:  
Paul at 617-759-1568**

**KEEP WELL  
CLINIC**

**1st and 3rd Wednesday  
of the Month  
May 4, 18; June 1, 15  
9:00 a.m. – 12:00 Noon**

**CAREGIVERS NEED  
CARE TOO**

If you would like to participate in a support group, please call the Needham Council on Aging Social Service Department: at 781-455-7555 Ext. 212 or 208

**MONDAY'S LUNCH BUNCH**

Try someplace new, socialize, and enjoy a good meal. Meet at The Center at 11:30 a.m., and board our van to the places below. If you need to be picked up at your home in Needham, please let the receptionist know. The van driver will collect a suggested donation of \$5. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!

**MAY**

Monday, 5/2 – Lafayette House, Foxboro  
Monday, 5/9 – Ninety Nine, Walpole  
Monday, 5/16 – Aegean, Framingham  
Monday, 5/23 – Horse N' Carriage, Norfolk  
Monday, 5/30 – Closed Memorial Day



**JUNE**

Monday, 6/6- Conrad's, Norwood  
Monday, 6/13- Chinatown, Stoughton  
Monday, 6/20 – Agostino's, Natick  
Monday, 6/27- Friendly's, Norwood



**Call the Senior Center at 781-455-7555,  
speak with the receptionist and sign up today.**

**SOCIAL SERVICE DEPARTMENT NEWS  
MAY IS OLDER AMERICANS MONTH**

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month."

**JUNE IS LESBIAN, GAY, BISEXUAL AND TRANSGENDER  
PRIDE MONTH**

Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is currently celebrated each year in the month of June to honor the 1969 Stonewall riots in Manhattan -- a tipping point for the Gay Liberation Movement in the United States. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world.

**SHINE BULLETIN**

**NEED HELP WITH PRESCRIPTION DRUG COSTS?  
PRESCRIPTION ADVANTAGE MAY BE YOUR ANSWER!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is no **asset limit!**

**Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple

OR

- Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**.



# CINEMA AT THE CENTER

**Fridays and select Wednesdays • 1:00 p.m.**

**Please Note:** We have added movie ratings when they are available so participants can make their personal choices to view or not. Also, it is sometimes necessary to change the movie so please confirm with the Front Desk and please sign up in advance.

## **Friday, May 6** **Desert Dancer**

RATED PG-13

Set in Iran – where dancing is forbidden -- this film is based on a true story about a group of friends who form an underground dance company. Reveling in the freedom of expression that dance gives them, they decide to perform deep in the desert, away from the watchful eyes of the military police.

## **Friday, May 13** **Trumbo (2015)**

RATED R

In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. Trumbo (directed by Jay Roach) recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger.

## **Friday, May 20** **Room (2015)**

RATED R

Five-year-old Jack and his mother are kidnapped and imprisoned by his father for Jack's entire life. After they escape, the boy makes a thrilling discovery. This film was an Academy Award nominee for Best Picture and Brie Larson won the Award for Best Actress.

## **Friday, May 27** **All Roads Lead to Rome** **(2015)**

RATED PG-13

A single mother and her troubled teen daughter take a trip to Tuscany where they reconnect with her former lover and his 80 year old mother. Let the fun begin!!

## **Friday, June 3** **No Movie**

## **Friday, June 10** **Joy (2015)**

RATED PG-13

Joy is the wild true story of Joy Mangano and her Italian-American family across four generations centered on the woman who founds a business dynasty by inventing the Miracle Mop. Starring Robert DeNiro and Jennifer Lawrence.

## **Wednesday, June 15** **Stonewall Uprising (2010)**

SEE PAGE 3

## **Friday, June 17** **Star Wars: The Force** **Awakens (2015)**

RATED PG-13

Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them, along with the help of the Resistance.

## **Friday, June 24** **Lady in the Van (2015)**

RATED PG-13

This is the story of how British playwright Alan Bennett let a homeless woman park in his driveway – for 15 years. Maggie Smith plays the lady.

## PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have fees in order to meet the overall expenses for all programs. If you cannot afford a class, please contact our social service department at 781-455-7555, ext. 208.

## SHOPPING EXPERIENCE:

**Friday, May 20**  
**Wegman's, Westwood**

**Friday, June 17**  
**Market Basket,**  
**Waltham**

Departure from the Senior Center will be 10:00 a.m. Call 781-455-7555 to sign up; If you require a pick up at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

## JULY/AUGUST COMPASS COLLATING

**Wednesday, June 15**  
**9:30 a.m.**

Please join us to help prepare the next edition of the Compass for mailing.

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder; please call the hotline at 1-800-922-2275. For more information, call The Center at The Heights.

## GROCERY SHOPPING

To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204 for more information. This service provides transportation from one's Needham home to Roche Brothers and Sudbury Farms Tuesday, Wednesday and Thursday.



HILLSIDE SCHOOL  
PRESENTS

## BUDDY WATER PROJECT

*(Rescheduled from March)*

**Tuesday, May 3**

**1:30 p.m.**

Location:

The Center at the Heights

Hillside School students will present the Buddy Water Project which teaches 2nd and 4th grade buddy classes about personal, community and global water usage, and water conservation.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## HOUSING TOUR

**Wednesday, June 1**

**11:30 a.m. – 3:45 p.m.**

The Falls at Cordingly Dam in Newton invites you to tour their community, enjoy lunch and attend their afternoon programs – music and art lectures!

The Falls van will depart from the Center at the Heights at 11:30 a.m. and return by approximately 3:45 p.m.

Maximum of 12

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## HEARING SCREENING

**Do You Have Early  
Signs Of Hearing Loss?**

Heidi Anderson from Mass Audiology will conduct free hearing screenings:

**Friday, June 10**

**9:30 a.m. – 12:30 p.m.**

Screenings will be scheduled every 15 minutes.

**Call 781-455-7555 for an appointment.**

## TRIP NEWS

### NARRAGANSETT BAY, RHODE ISLAND

LUNCH IN PORTSMOUTH AND  
NEWPORT ICE CREAM TRAIN RIDE

**Wednesday, June 15**

Join us for a delicious lunch at Scampi's located on the water in Portsmouth, R.I. and then onto Newport for a delightful train ride with ice cream sundaes! Rhode Island's only moving ice cream parlor – the Ice Cream Train – is a classic 1950's streamlined Budd RDC (Rail Diesel Car) featuring tables and chairs instead of seats. Come enjoy sundaes with all the toppings while riding through the 125 year old Newport Naval Station and along the wooded and natural shoreline of Narragansett Bay. The price of this fabulous round trip including lunch, train ride, sundaes, transportation, dining room taxes and gratuities is \$85.00; the Driver's Tip is extra. Seats will be sold on a first come, first serve basis, so book early to avoid disappointment. The coach will leave the Center at the Heights at approximately 10:00 a.m.; Linden & Chambers at approximately 10:15 a.m. and will return at approximately 5:15 p.m.. Please call the Center's Trip Department at 781-455-7555 (Ext. 209) to reserve your spot. Full payment is due upon reservation with your luncheon choice of Stuffed Chicken or Baked Fillet of Sole and your pickup location choice. Please make checks payable to F.O.N.E. and mail to The Center at the Heights, 300 Hillside Avenue, Needham, MA 02494 ATTN: TRIPS. A minimum of 35 passengers are needed to operate this trip.

**Please Note: For all our Trips, we cannot refund the fee if you cancel within 10 days of the trip date and a replacement cannot be found.**

## SAVE THESE TRIP DATES!!

### ESSEX RIVER CRUISE AND LUNCH

**Thursday, July 14**

This 1 ½ hour narrated river cruise will take us past islands, dunes, beaches, mansions, shipyards and salt marsh farms. Lunch will be at Periwinkle's on the water followed by a visit to the shops, galleries and vistas of the Rockport area.

**Cost is \$88.00, Separate Check Please**

**You can book now by calling 781-455-7555 ext. 209**

### GLOUCESTER HARBOR CRUISE AND LOBSTER BAKE

**Wednesday, August 24**

Following our cruise around Gloucester harbor and lobster bake luncheon we will visit Manchester by the Sea – one of the prettiest towns on the Massachusetts North Shore! Time permitting, we will visit some of its quaint shops.

**Cost is \$89.00, Separate Check Please**

**You can book now by calling 781-455-7555 est. 209**

*Details to follow in the July/August Compass, Senior Notes and at the Center at the Heights*



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ON AGING  
Needham

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**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

Dear Friends,

HAPPY SPRING! Thanks to everyone who has sent in their annual donation of \$25 to help finance the printing and mailing of the Senior Compass, and to help the Friends support the Needham Council on Aging's growing programs and services. Many of you have even sent an additional donation, which is truly appreciated. If you find a "16" before your name on your Compass label, your annual donation is up- to-date for 2016.

We appreciate your help  
Pat and Carol

**FRIENDS OF THE CENTER AT THE HEIGHTS, INC.  
2016 MEMBERSHIP/DONATION FORM**

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please check below:

The Senior Compass can be sent to my e-mail address:

\_\_\_\_\_ Please list e-mail address carefully.

A Compass should be mailed to my home address.

Membership (Jan. 1, 2016 to Dec. 31, 2016)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	\$ _____

Please suspend delivery for the months of \_\_\_\_\_. I will contact the Friends to restart delivery when I return. (*Applies to members who are away for more than a few weeks during the winter or summer months.*)

I would like to make an In Memoriam donation.

\*Name of Deceased \_\_\_\_\_

Name and Address of Deceased Family \_\_\_\_\_

Please make checks payable to Friends and mail to Friends, 300 Hillside Ave., Needham, MA 02494. Thank you!

**FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS**

**GENERAL**

- Carol Amicangioli
- Shirley A. Bibbo
- Linda Bloom
- James Buchanan
- Moy Burns
- Mary Corcoran
- Paul & Mary Demos
- Elizabeth Duhig
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- Connie Nardone
- Lena & Alfred Piccioli
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- Nina Prohodski
- Louise Riley
- Esther Sokolinsky
- Evelyn Wall
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**BUSINESS DONATIONS**

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- Three Crown Jewelry

**IN MEMORY OF**

- Margaret E. Brion in Memory of Beulah R. Green
- Lillian Brown in Memory of George Brown
- Janet Connelly in Memory of Jack Connelly
- Patricia Foley in Memory of Joseph Foley
- Tony & MaryLou Manzon in Memory of Stephen Manzon
- Grace E. Pagano in Memory of The Pagano Family
- Elvira C. Palmerio in Memory of John & Josephine Castano

- Ford H. Peckham in Memory of Jane Amsterdam Howard
- Marie Santry in Memory of Daniel Santry
- Nancy Wetherell in Memory of Ward E. Wetherell
- Pat & Ed White in Memory of Jennie Bering

**IN HONOR OF**

- Mary & Francis Broll in honor of Donation for taxes
- Shirley Hayes in honor of SHINE councilors
- Margaret A. Keiner in honor of Thanks to the people who prepare the taxes
- Elaine & Teddy Lampman in honor of the tax preparers
- Agnes Paglila in honor of SHINE

## FITNESS CENTER

**Monday:**

**11:30 a.m. – 2:30 p.m.**

**Tuesday:**

**12:00 Noon – 3:00 p.m.**

**Wednesday:**

**9:00 a.m. – 12:00 Noon**

**Thursday:**

**1:00 – 4:00 p.m.**

**Friday:**

**9:00 a.m. – 12:00 Noon**

Access cards are available for a minimum of 4 weeks of unlimited drop-in use for \$20. If you have questions, you should drop by during the hours listed above to speak with the fitness room staff.

## NUTRITION HELP FROM MEGHAN OSTRANDER, SPRINGWELL'S REGISTERED DIETICIAN HOW TO READ AND APPLY THE INFORMATION ON A NUTRITION FACTS PANEL

**Thursday, June 30  
2:00 p.m.**

Megan usually drops by during lunch periodically to update everyone about trends in nutrition. Sometimes it's hard to hear with a large group in the cafe and ask questions while eating so we are having a separate opportunity for everyone to learn from Meghan. During this meeting Meghan will explain how to relate all that great information on food packages about calories, sugar, sodium, cholesterol and carbohydrates to dietary guidelines. This will be a relaxed and interactive presentation with time for questions and answers.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

# EXERCISE AND DANCE CLASSES

## MONDAY

### TAI CHI

7 WEEK SESSION

9:00 a.m.

May 2, 9, 16, 23

June 6, 20, 27

Instructor: Scott Brumit

Cost is \$28.

### YOGA

7 WEEK SESSION

9:00 a.m.

May 2, 9, 16, 23

June 13, 20, 27

Instructor: Sandi Levy

**Strict Class Maximum of 14**

Cost is \$28.

CONTINUING STUDENTS NEED  
TO REGISTER EVERY SESSION

### STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):

8 WEEK SESSION

10:15 a.m.

May 2, 9, 16, 23

June 6, 13, 20, 27

Cost is \$32.

Instructor: Pearl Pressman

Class includes a warm-up, strength training exercises using light hand weights, and gentle stretching exercises to increase flexibility.

### LINE DANCING

8 WEEK SESSION

12:00 Noon

Experience Required

May 2, 9, 16, 23

June 6, 13, 20, 27

Instructor: Manny Correia

Cost is \$32.

### TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

Evening Class!

6 WEEK SESSION

6:00 – 7:00 p.m.

May 2, 9, 16, 23

June 6, 13

Cost is \$24. Minimum is 15.

See description under Thursday's  
Train the Brain Class

## TUESDAY

### EASY YOGA

9:15 a.m. - 10:15 a.m.

Late Spring Session:

April 19 – June 21 (Make up  
for March 1 Election)

Instructor: Steffi Shapiro.

Contact Needham Community  
Education (781-455-0400 ext. 235)

for sign-up and payment.

[www.needham.k12.ma.us](http://www.needham.k12.ma.us).

Location: The Center at The Heights

Easy Yoga is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. More information can be found about Easy Yoga on the website [www.elder-yoga.com](http://www.elder-yoga.com).

### ARTHRITIS EXERCISE

9 WEEK SESSION

2:00 p.m.

May 3, 10, 17, 24, 31

June 7, 14, 21, 28

Cost is \$36.

### BALLROOM DANCING

Offsite Location:

YMCA Chestnut St.

2:00 p.m.

3 WEEK SESSION 1

**FOXTROT**

May 10, 24, 31

Cost is \$12.

4 WEEK SESSION 2

**SWING**

June 7, 14, 21, 28

Cost is \$16.

## WEDNESDAY

### BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION

2:45 – 3:45 p.m.

May 4, 11, 18

June 1, 8, 15, 22, 29

Cost is \$50.

Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, this class will help strengthen core and improve posture, flexibility, gait, mobility, stability, breath and endurance. Maintain your independence.

# EXERCISE AND DANCE CLASSES

## WEDNESDAY

### PARK AND RECREATION SENIOR EXERCISE CLASS

Location: The Center at The Heights  
**Sign Up and \$25 Payment to  
Park and Recreation  
781-455-7550**

**Continuation of Spring  
Session with Adele  
9:15 – 10:15 a.m.  
May 4, May 11**

Low-impact aerobics class with free weights and an emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

**Summer Session I with Arlene  
10:30 – 11:30 am  
June 1 – July 27**

Toning, stretching, strengthening and abdominal exercises that will benefit you from head to toe.

## THURSDAY

### AEROBIC DANCING AT YOUR OWN PACE TO A LATIN BEAT!

**9 WEEK SESSION  
10:00 – 11:00 a.m.  
May 5, 12, 19, 26  
June 2, 9, 16, 23, 30**

Instructor: Louise Carbone  
Cost is \$36. Minimum is 12.

Enjoy the pulsating rhythms of Latin-inspired music as you pump your legs, swing your hips, clap your hands – and achieve a uniquely blended balance of cardiovascular and muscle-toning benefits. Louise will help personalize each participant's workout so it matches your goals!

### Commonwealth Caregivers Home Health Care Services



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## THURSDAY

### TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

**9 WEEK SESSION  
11:30 a.m. - 12:30 p.m.  
May 5, 12, 19, 26  
June 2, 9, 16, 23, 30  
Cost is \$36.**

This class is appropriate for individuals with most levels of physical capabilities. It will involve dynamic, bilateral movement and physical brain activities to improve: Stability, Total Body Coordination, Speed, Spatial Awareness, Endurance and Flexibility. The class will entail music, friendly competition, team work and guaranteed fun!

### ARTHRITIS EXERCISE/STABILITY CORE TRAINING

**7 WEEK SESSION  
2:00 p.m.  
May 19, 26  
June 2, 9, 16, 23, 30  
Cost is \$28.**

## FRIDAY

### STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

**(FORMERLY SEATED STRENGTH):  
8 WEEK SESSION  
9:15 a.m.  
May 6, 13, 20, 27  
June 3, 10, 17, 24  
Cost is \$32.**

Instructor: Pearl Pressman

See description under Monday Strength Training for Balance and Osteoporosis

### PARK AND RECREATION SENIOR EXERCISE CLASS

Location: The Center at The Heights  
**Sign Up and \$25 fee to  
Park and Recreation  
781-455-7550**

**10:30 a.m. – 11:30 a.m.  
Instructor: Arlene**

**Continuation of Spring  
Session: May 6, 13**

Friday Senior Exercise Class does not meet in the summer.

Toning, stretching, strengthening and abdominal exercises.

## GAMES AND CRAFTS

**PLEASE NOTE: PING PONG  
WILL END AT 2:00 p.m.  
ON MONDAYS  
AND WEDNESDAYS**

### MONDAYS

#### DROP IN GAMES

Board, card and other games  
1:00 p.m.

### TUESDAYS

#### DROP IN BRIDGE

9:00 a.m. – 12:00 Noon

#### DROP IN CRIBBAGE WITH CLIF

10:00 a.m.

Beginners Welcome

#### VINTAGE VOICES

12:30 p.m.

#### DROP IN CRIBBAGE

1:00 – 3:00 p.m.

### WEDNESDAYS

#### DROP IN BRIDGE

12:30 – 3:00 p.m.

#### CANASTA (CLASSIC)

12:30 – 3:00 p.m.

Instruction Available

### THURSDAYS

#### DROP IN BRIDGE

9:00 a.m. – 12:00 Noon

#### KNITTING

10:30 a.m. – 12:00 Noon

Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.

#### DUPLICATE BRIDGE

12:30 – 3:30 p.m.

#### CANASTA DROP IN

1:00 p.m.

#### RUMMYKUBE

1:00 p.m.

### FRIDAYS

#### QUILTING

10:15 a.m.

#### MAH JONG/SCRABBLE

DROP IN DOMINOES

1:00 p.m.

## COMPUTER TUTORING AND TECH CLASSES

### CENTER COMPUTER RESOURCES

PERSONAL ASSISTANCE  
COMPUTER/MEDIA LAB

**Fridays**

**10:00 a.m. – 12:00 Noon**

**By Appointment**

Call the Front Desk at 781-455-7555 to set up an appointment for one to one assistance with your technology questions (contingent on availability of volunteers). When scheduling your appointment, please state what device you are using and what type of assistance you need.

### DID YOU KNOW?

The Council on Aging will be hosting limited programs and services on selected evenings in the coming months. Watch for details in the Needham Times and on the Town Website. Updated information will also be available at the Center.



**CENTER-WIDE  
FREE WIFI**

**Setting:  
Need-Wireless  
Password: highland14**

## COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

**Fridays • 10:00 a.m. – 12:00 p.m.**

There is no charge for these classes.

Seating is limited to 10.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

### HOW TO OPTIMIZE YOUR APPLE DEVICES

Learn how to optimize your Apple Devices. Dan Siigel from Learning is Easy will explain options and answer your questions.

**May 20**

This is a basic class on how to use your iPhone and iPad tablet. Dan will discuss basic features and operation. All questions are welcome. Remember to bring your devices with you.

**June 17**

Learn the basics and more about your MAC computer. Bring your computer with you as the Center does not have any MACs.

## LIFE LONG LEARNING

### ETHICAL ISSUES IN A CHANGING WORLD

PRESENTED BY GERALD BRUDER

**Wednesday, May 25 • 2:00 – 3:30 p.m.**

Please join us for this interactive and thought provoking presentation on morals, shared values and doing the “right” thing. Mr. Bruder will encourage you to examine concepts of right and wrong in an entertaining and light-hearted way. He guarantees laughter! This is not about being told what to do and what not to do because of laws and rules; it’s about being motivated to THINK about concepts of right and wrong – it’s more complicated than you may think.

- Am I absolutely, positively sure?
- Where are we on the ETHICAL BAROMETER?
- The “It’s OK, everybody does it” rationalization
- Dissimilar opinions on the need to tell the TRUTH.
- THE END JUSTIFIES THE MEANS excuse

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## UP CLOSE WITH ELEPHANTS!

**Friday, June 3 • 1:30 p.m.**

Take a tour of the nation's largest natural habitat refuge developed specifically for endangered African and Asian elephants! This program, with photos and video, brings audiences face to face with the plight of entertainment elephants and the lives of the lucky 27 elephants who have been allowed to live out their natural lives on 2700 acres in middle Tennessee. As a volunteer for the Sanctuary, "Ele-Ambassador" Lisa Budge-Johnson combines her passion for elephants with her talent for public speaking to present this entertaining and educational program.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## ARE WE ALONE IN THE UNIVERSE?

**Thursday, June 16 • 2:00 p.m.**

The sky is full of stars that we can see and there are many more that we can see only through a telescope. We can even tell that many of those stars are just like our sun and we have learned that large numbers of stars have their own systems of planets. The big question is how many have one or more planets similar to ours? When such planets do exist, how many will be able to sustain life? Can we ever hope to communicate with beings on another such planet? Please join Scott Birney, Wellesley College Emeritus Professor of Astronomy for a discussion of this fascinating topic.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## FITNESS WALKING GROUP NEW SEASON!

All walks start with a 10:30 a.m. departure from the Center at the Heights and are limited to 14 participants. If you sign up for a walk and your plans change, PLEASE give us 24 hours' notice so we can offer your spot to someone on the waitlist. Participants must be able to walk independently 2-4 miles, at least twice weekly. It is important to follow this guideline as often there are no stopping spots along the route to rest and rejoin the group.

Prior to participating, everyone must have an updated File of Life to bring on the walks and a copy for The Center's files.

**May 13 - ARNOLD ARBORETUM**

**May 27 - BAY COLONY RAIL TRAIL, NEEDHAM**

**June 10 - CASTLE ISLAND**

**June 24 - JAMAICA POND**

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

## ART OPEN STUDIO PAINTING

**Wednesdays**

**12:00 Noon – 3:00 p.m.**

Please join your fellow artists for this weekly open studio. This program is for experienced painters – no instruction or materials are provided.

*There is no fee for this program.  
Space is limited so sign-up is required.*

## ART MATTERS AVERY CROSSINGS ASSISTED LIVING

**10:30 a.m.**

Offsite at Avery Crossings  
110 West Street  
781-444-6655

**May 4 • American 2**

**June 1 • American 3**

## CREATIVE WRITING GROUP

**10:00 a.m.**

**May 10, 24 • June 14, 28**

Write your memoirs, short stories or fun facts about an experience and share them with the group.

## CURRENT EVENTS GROUP

**10:30 a.m.**

**May 3, 17, 31 • June 7, 21**

This group is a friendly place to equally share information with one another in a supportive environment.

## CENTER BOOK GROUP

**Second Friday of  
Each Month**

**May 13 • 10:30 a.m.**

May Book: "Clara and Mr. Tiffany" by Susan Vreeland

**June 10 • 10:30 a.m.**

June Book: "A Tree Grows in Brooklyn" by Betty Smith

Former Dover librarian Judi Long will lead the group in reading and discussing a variety of genres.

**Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

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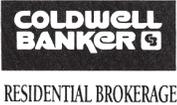


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**VISIT US ONLINE AT:**  
[www.needhamma.gov](http://www.needhamma.gov)

Read this newsletter in your choice of easy-to-read formats.

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