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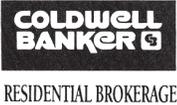


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Read this newsletter in your choice of easy-to-read formats.

**FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.**

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Needham Heights, MA 02494

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FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
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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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*"Summertime and the livin is easy....
So hush little baby don't you cry."*



ANNUAL FRIENDS MEETING AND SUMMER SOCIAL FEATURING ROSS PETOT JAZZ TRIO

Friday, July 29

Come learn about the Friends and the role they play in supporting Center programs such as the Fitness Room, Gift Shop, Trips and Compass!

1:30 p.m. Short Business Meeting

2:00 – 4:00 p.m. Ross Petot Jazz Trio

Revisit the Jazz Age with favorite old standards by the giants of the American Songbook. This program will present improvisations on the works of George Gershwin, Harold Arlen, Cole Porter, Duke Ellington, Irving Berlin and more. This energetic trio can generate the style, drive and spirit that recollect the Roaring Twenties and the Swing Era.

Strawberry Short Cake, Door Prizes and More

All are invited, but signup is required by calling 781-455-7555 or stopping by the front desk.

SUMMER KICK-OFF CONCERT! TOM MADDEN

Wednesday, July 6 • 2:00 p.m.

Join us as we welcome summer with Tom! He promises a great variety of summer themed songs such as *Summer Wind*, *Will I See You in September?*, *There's a Summer Place*, etc. Be prepared to tap your toes!

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: 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 for a drop in or scheduled program or class. 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

NO SUMMER OFFICE HOURS

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, JULY 4
IN OBSERVANCE OF
INDEPENDENCE DAY

Sign-up for July and August programs and classes will begin Thursday, June 23 at 9:00 a.m. We cannot accept written, walk-in or telephone requests prior to 9:00 a.m. on June 23.

DRUM CIRCLE!!! Wednesday, July 20 • 2:00 p.m.

Drums are the most ancient instruments in our history. Many cultures around the world use them for ceremonies, creative expression, and even exercise. Join Nic Estrela, a music therapist from The Falls at Cordingly Dam (yes the same senior community that brought us May's chocolate program), to experience a drum circle! You will explore rhythms, games, and music together with all sorts of drums and instruments. Drum circles are growing rapidly all around the world and are known to increase a sense of community, togetherness, and be a whole lot of fun!

Limited to 30.

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

COLE PORTER AND GEORGE GERSHWIN TOGETHER! BRUCE HAMBRO PRESENTS! Tuesday, July 26 • 2:00 p.m.

Cole Porter and Irving Berlin —Together! is an entertaining and informative one-hour presentation that weaves together the lives and careers of two legendary songwriters. The audience will hear many of the great songs of these two musical geniuses – such classic standards as *White Christmas – Night and Day – God Bless America – Blue Skies – How Deep is the Ocean – I've Got You Under My Skin – You're the Top – So in Love* –and more. Lecture attendees are encouraged to sing along to the lyrics which will be projected on the TV or movie screen. Additionally, the audience members will hear about many famous **Porter** and **Berlin** musicals such as *Anything Goes – Top Hat – DuBarry Was A Lady – Kiss Me Kate – High Society – and Annie Get Your Gun*. As an added bonus, they will view video clips featuring such top stars as *Al Jolson, Fred Astaire and Ginger Rogers, Ethel Merman, Bing Crosby, Frank Sinatra, Cary Grant, Ann Miller* and others who performed in movies based on the monumental works of Cole Porter and Irving Berlin.

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

THE BO AND BILL WINIKER JAZZ TRIO

Tuesday, August 2 • 2:00 p.m.

The Boston Globe calls the Winikers, "Boston's House Band".

The concert will include the music of Louis Armstrong, Frank Sinatra, Kermit the Frog plus great musical memories from Broadway shows, movies and the radio. Bill Winiker has been playing professionally since he was 13 years old. A graduate of the Boston Conservatory, he produces and narrates many original programs on all aspects of American popular music and jazz. Bo Winiker also graduated from the Boston Conservatory and plays trumpet, flugelhorn and vibraphone.

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.

STRAWBERRIES AND JAZZ WHO COULD ASK FOR ANYTHING MORE?

Tuesday, August 9 • 2:00 p.m.

Join us for a fun afternoon of strawberries and cool jazz as the staff of Boylston Place – a senior living community in Chestnut Hill – visits with samples of homemade strawberry inspired delicacies, such as strawberry soup, strawberry crumble, chocolate covered strawberries, etc. You will learn some fun facts about the health benefits of strawberries and enjoy Rob Natoli, Barry Levine and Joe McEachern perform swing music from the “big band” era of the 20’s, 30’s and 40’s.

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

ROOFDECK CONCERT SECOND TIME AROUND RETURNS!

Tuesday, August 16 • 2:00 p.m.

Tommy and Don return with their classic and beloved rock ‘n’ roll sound to entertain us as summer winds down. Come listen to all your favorites from Sinatra to Simon. Enjoy the summer breeze on our roof deck with great music from the 40’s through 80’s!

Seating Limited to 40.

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.

CELEBRATING DIVERSITY DIVERSITY DOCUMENTARY

“BORN INTO BROTHELS (2004)”

Wednesday, August 10 • 1:00 p.m.

Born into Brothels is a documentary about the inspiring non-profit foundation, Kids with Cameras, which teaches photography skills to children in marginalized communities. New York-based photographer Zana Briski started photographing prostitutes in the red-light district of Calcutta and eventually developed a relationship with their children, who were fascinated by her equipment. After several years of learning in workshops with Briski, the kids created their own. The photography is splendid, rich in color and subject matter. This is a touching film without being maudlin, beautiful without ignoring reality.

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

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ICE CREAM
SOCIAL



**Tuesday, July 19
2:00 p.m.**

What’s summer without ice cream? Staff from Bayada Home Health Care and Brookhaven Hospice will treat the Center at the Heights to ice cream and all the toppings. Stop by for this quintessential summer treat, to meet the sponsors, to chat with your friends and perhaps make a new one or two!

Space is Limited

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

PIANO LESSONS WITH BRUCE

Thursdays

9:00 a.m. – 1:15 p.m.

No July or August lessons – summer recess until September. Watch for sign-up details in the September/October Compass.

EVENING PROGRAM! “THE ART OF MINDFUL EATING”

Wednesday, August 3

6:00 – 7:00 p.m.

Eating Psychologist Coach Jenny Berk will explain how and why we became a fast food culture and why eating fast can create health problems.

To register, please call or e-mail Kerri Attwood at 781-455-7555 ext. 205 or email at kattwood@needhamma.gov

LOW VISION SUPPORT GROUP SUMMER RECESS

WEIGHT MANAGEMENT SUPPORT GROUP 8 WEEK SESSION

Mondays 12:00 Noon
July 11, 18, 25;
August 1, 8, 15, 22, 29

Cost is \$32.

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

DROP IN CLUTTER SUPPORT GROUP

Mondays
1:00 – 3:00 p.m.
Contact Person:
Paul at 617-759-1568

KEEP WELL CLINIC

1st and 3rd Wednesday
of the Month
July 6, 20;
August 3, 17
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!

JULY

Monday, 7/11 – Lafayette House, Foxboro
Monday, 7/18 – Ninety Nine, Walpole
Monday, 7/25 – Grassfield's, Waltham



AUGUST

Monday, 8/1 – Horse N' Carriage, Norfolk
Monday, 8/8 – Conrad's, Norwood
Monday, 8/15 – Chateau, Norwood
Monday, 8/22 – Friendly's, Norwood
Monday, 8/29 – Lotus Flower, Framingham



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

SOCIAL SERVICE DEPARTMENT NEWS MONDAY EVENING OFFICE HOURS!

Needham seniors and their families who may otherwise be engaged during normal business hours can now seek support, counseling and information and referral services during evening hours.

Evening Social Service hours will begin Monday, June 6 from 5:30 to 8:00 p.m. at the Center at the Heights to allow for a wider range of availability for support.

Wellness presentations and workshops may also be offered in the evenings this summer on a variety of topics to include mindfulness, meditation, stress management techniques and much more!

Please contact Kerrie Attwood, LCSW at 781-455-7555 ext. 205 for more information.

SHINE BULLETIN

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health 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. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



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, July 1 **Ah Wilderness (1935)**

Comedy Classic
NOT RATED

Superb film adaptation of Eugene O'Neill's sweet-natured comedy – which takes place in a small town on the Fourth of July – about the funny, warm adventures that welcome a teenager to adulthood. Starring Wallace Beery, Lionel Barrymore, Mickey Rooney and Cecilia Parker

Friday, July 8 **Suffragette (2015)**

Drama
RATED R

A drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State.

Friday, July 15 **The Choice (2016)**

RATED PG-13

When feisty medical student Gabby Holland moves in next door to perennial ladies' man Travis Shaw, it sends them both on a romantic journey neither ever dreamed possible.

Friday, July 22 **Spotlight (2015)**

RATED R

Repeat Showing

The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

Friday, July 29 **No Movie** (Friends Annual Meeting)

Friday, August 5 **Hello, My Name is Doris (2016)**

Comedy
RATED R

When Doris Miller (Sally Field) meets John Fremont, her company's hip new art director, sparks fly—at least for Doris. Eager for all the experiences she has missed out on, Doris throws caution to the wind and follows her heart for the very first time.

Wednesday, August 10 **Diversity Documentary: Born into Brothels (2004)**

SEE PAGE 3

Friday, August 12 **The Major and the Minor (1942)**

Comedy
NOT RATED

Susan Applegate (Ginger Rogers), tired of New York after one year and 25 jobs, decides to return to Iowa. Trouble is, when she saved money for the train fare home, she didn't allow for inflation. So Susan disguises herself as a 12-year-old (!) and travels for half fare.

Friday, August 19 **The Finest Hours (2015)**

RATED PG-13

In February of 1952 a historic storm damaged an oil tanker off the coast of Cape Cod. On a small lifeboat 4 Coast Guardsmen set out to the rescue.

Friday, August 26 **The Longest Ride (2015)**

RATED PG-13

THE LONGEST RIDE centers on the star-crossed love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York City's art world.

SHOPPING EXPERIENCE:

**Friday, July 15
Stop and Shop,
Norwood**

**Friday, August 12
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.

SEPTEMBER/ OCTOBER COMPASS COLLATING

**Wednesday, August 17
9:30 am**

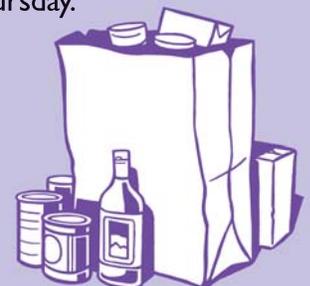
Please join us to help prepare the next edition of the Compass for mailing.

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.



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.

FALL TRIPS

**SAVE THESE DATES AND
BOOK NOW TO SECURE
YOUR SEAT!!**

**Wednesday,
September 21**

IMAX Theatre, Aquarium, Boston –
New England's Largest Screen

Includes City Tour, Film – a 3D Sea
Wonderland Adventure – and lunch
at Venezia Waterfront Restaurant

Cost is \$72.00

**Wednesday,
October 19**

Lake Sunapee Cruise with
Luncheon Onboard MV Kearsage

Cost is \$80.00

HOUSING TOUR

**Wednesday, August 17
11:30 a.m. – 3:45 p.m.**

The Residences at Wingate invite
you to a tour, luncheon and
presentation by Susan Specher.

The Wingate van will transport
from and back to the Center at
the Heights.

Maximum of 12

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

STAYING SUN SAFE

With the significant increase in
the average life-span in the
industrial world, skin cancer has
become a great health concern.
Research data suggests that skin
cancer is predominantly a
disease of the elderly, since
approximately 53% of skin
cancer-related deaths occur in
persons more than 65 years old.
(NCBI, US National Library of
Medicine May 2005). Apply
sunscreen, wear protective
clothing and a hat and don't
forget sunglasses – look for
those that block both types of
UV radiation – UVA and UVB
rays. Also, schedule a skin check
with your dermatologist.

TRIP NEWS

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 Rockport. Full payment is due upon reservation with your luncheon choice of chicken, pasta, steak tips or haddock 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.

Our Coach departs Linden Chambers at 8:45 a.m. and The Center at the Heights at 9:00 a.m.

**Cost is \$88.00. Only a few seats remain!
You can book now by calling 781-455-7555 ext. 209**

GLOUCESTER HARBOR CRUISE AND LOBSTER BAKE

Wednesday, August 24

After cruising around Gloucester harbor on a new and luxurious cruiser and enjoying a bountiful 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. Full payment is due upon reservation with your pickup location choice. The bus will depart Linden Chambers at 8:30 a.m. and the Center at the Heights at 8:45 a.m. 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.

**Cost is \$89.00
You can book now by calling 781-455-7555 EXT. 209**

WHITE MOUNTAIN HOTEL CHRISTMAS VACATION

DECEMBER 7-9, 2016

3 DAYS/2 NIGHTS; 5 MEALS; 3 DIFFERENT CHRISTMAS SHOWS AND MORE
WE ARE COMPETING FOR ROOMS WITH OTHER SENIOR CENTERS SO
BOOK NOW WITH YOUR DEPOSIT TO GUARANTEE YOUR ROOM

Price: \$399 per person, double occupancy; \$499 single occupancy

**Deposit: A \$50 per person deposit confirms your reservation. Final
payment is due by October 26, 2016.**

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



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ON AGING
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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.**

Greetings Friends,

Happy summer! We would like to extend a special thank you to The Center's AARP Tax Preparers – Tony, Paul, Gene, Lenore, and Frada. Several people who received income tax counseling services this past tax season made donations to the Friends in appreciation for the tax help they received. These donations will be used to support Center programs and the publication of the Compass. Thanks to The Center's tax preparers for providing such a valuable service to our community!

Remember to attend our Annual Meeting and Summer Social with entertainment on Friday, July 29 at 1:30 pm. Also remember to pay your annual support of \$25 if you haven't done so already for 2016. If you have paid, there will be a "16" before your name on your Compass label.

We appreciate your financial 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)	\$ _____
Total Enclosed	\$ _____

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

- Bill & Marie Aldrich
- Ennio & Pia Arduino
- Lisa Bond
- Francesca Borrelli
- Barbara Broadbent
- EJ & AC Caporossi
- Beverly D. Carpenter
- Dorothy Caulfield
- Howard Cohen
- Fitzroy Dangler
- Jack & Elaine Day
- Bette & Jack Gerber
- Shirley Hayes
- Joan G. Ioanniois
- Clifton Holbrook
- Carol Lang & Paul Howard
- Calvin Lee
- Christos Liatsis
- Bonnie Montgomery
- Patrick O'Dea
- L. Panchenko

IN MEMORY OF

- Tom and Barbara Harkins in Memory of Jim Delaney

IN HONOR OF

- Patrick O'Dea for tax preparation
- Beverly D. Carpenter for tax preparation
- Ennio & Pia Arduino for tax preparation

ALERT

Please Note: ALL participants must register each new session with the Front Desk even if they are long time students in a class or program. Also, please register for all classes as soon as possible as we may have to cancel any class or program that does not meet a participation minimum by the end of its second week. We cannot refund or prorate fees.

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. Drop by during the hours listed above to visit with the fitness room staff.

FITNESS WALKING GROUP

All walks start with a 10:30 a.m. departure from the Center at the Heights and are limited to 14 participants. Participants must be able to walk independently 2-4 miles, at least twice weekly.

July 8

COMMUTER RAIL TO
GREENWAY, BOSTON

July 22

WABAN ARCHES

August 5

RIDGE HILL

August 19

CASTLE ISLAND

An updated File of Life is required of all participants.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

6 WEEK SESSION

9:00 a.m.

July 11, 18;

August 8, 15, 22, 29

Instructor: Scott Brumit

Cost is \$24.

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

6 WEEK SESSION

9:00 a.m.

July 25;

August 1, 8, 15, 22, 29

Instructor: Sandi Levy

Cost is \$24.

**Strict Class Maximum of 14
CONTINUING STUDENTS NEED
TO REGISTER EVERY SESSION**

Sandi Levy teaches Viniyoga – a gentle form of yoga includes breathing exercises, balances, stretching work, strengthening and relaxation. Students must be able to get up and down to and from the floor with ease.

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS MONDAY (FORMERLY SEATED STRENGTH):

8 WEEK SESSION

10:15 a.m.

July 11, 18, 25;

August 1, 8, 15, 22, 29

Instructor: Pearl Pressman

Cost is \$32.

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

July 11, 18, 25;

August 1, 8, 15, 22, 29

Instructor: Manny Correia

Cost is \$32.

TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

Evening Class!

8 WEEK SESSION

6:00 – 7:00 p.m.

July 11, 18, 25;

August 1, 8, 15, 22, 29

Cost is \$32. Minimum is 15.

This class will involve dynamic, bilateral movement and physical brain activities to improve stability, body coordination, speed, spatial awareness, endurance and flexibility.

TUESDAY

EASY YOGA

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

Early Summer Session:

June 28 – July 26

Instructor: Steffi Shapiro.

Contact Needham Community
Education (781-455-0400 ext. 235)
for sign-up and payment.
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. Come join us to experience how the practice of yoga can boost self-confidence and memory, as well as improve overall strength, coordination and flexibility! More information can be found about Easy Yoga on the website www.elder-yoga.com.

ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m.

July 12, 19, 26;

August 2, 9, 16, 23, 30

Cost is \$32.

BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

RUMBA

July 5, 12, 19, 26

Cost is \$16.

4 WEEK SESSION 2

WALTZ

August 2, 9, 16, 23

Cost is \$16.

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

10:30 – 11:30 am

Continuation of Summer Session 1: June 1 – July 27
Summer Session 2: August 3 – September 28

Join Arlene as she leads toning, stretching, strengthening, coordination, stabilization and abdominal exercises in this fun class!

BETTER BALANCE, LIVING STRONGER

5 WEEK SESSION

2:45 – 3:45 p.m.

July 13, 20; August 3, 10, 17
Cost is \$35.

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.

THURSDAY

AEROBIC DANCING AT YOUR OWN PACE TO A LATIN BEAT!

4 WEEK SESSION
NEW TIME!

11:00 a.m. – 12 Noon
July 7, 14, 21, 28

Instructor: Louise Carbone

Cost is \$16. 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!

THURSDAY

ARTHRITIS EXERCISE/ STABILITY CORE TRAINING

7 WEEK SESSION

2:00 p.m.

July 14, 21, 28;
August 4, 11, 18, 25

Cost is \$28.

NEW CLASS!

THURSDAY YOGA WITH SANDI LEVY

6 WEEK SESSION

1:00 – 2:00 p.m.

July 28; August 4, 11, 18, 25;
September 1

Cost is \$24.

Due to the popularity of Sandi's Monday morning class, we are starting a second class to accommodate all those interested. Experience the joy of yoga! Please see the description for her Monday class.

FRIDAY

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):

9 WEEK SESSION

9:15 a.m.

July 1, 8, 15, 22, 29;
August 5, 12, 19, 26

Cost is \$36.

Instructor: Pearl Pressman

See description under Monday Strength Training for Balance and Osteoporosis

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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 for Canasta.

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

LIFE LONG LEARNING

COMPUTER CLASSES

Media/Computer Lab • Room #212
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.

July 15

HOW TO OPTIMIZE YOUR APPLE DEVICES iPhone and iPad

Dan Siagel from Learning is Easy will explain how to get the most out of your Apple device. PLEASE bring your Apple device, id and password with you so that you can benefit as much as possible from this class. You will be the only one using the identification information.

August 26

WINDOWS 10

The newest version of the Microsoft windows operating system has been available since July 2015. If you purchase a new PC, this is the operating system you will get.

Come to this class to learn the basics of the latest Microsoft Windows release. Learn how it will work on many devices. Take advantage of the free trusted anti-virus protection built in to Windows 10, Windows Defender.

Always-enabled updates help you stay up-to-date on features and security.

It comes with a free photo editing application, as well as secure Internet access. The familiar Start screen has reappeared, along with the ability to personalize the desktop with pictures and colors.

ADVANCE CARE PLANNING WITH BETH ISRAEL DEACONESS HOSPITAL-NEEDHAM

Wednesday, July 27 • 2:00-3:00 p.m.

***You're a planner. You have health insurance. You have life insurance.
Advance care planning is no different.***

Advance care planning is the process of thinking ahead to a time when you may not be unable to make or express health care decisions for yourself (for instance, if you become seriously ill or injured), and planning ahead by asking someone to be your health care agent. It involves conversations with your doctor, your Health Care Agent-Proxy, and others close to you, about what matters most to you. And it involves completing a Massachusetts Health Care Proxy Form – which we are happy to help you with. Join Case Managers from Beth Israel Deaconess Hospital-Needham for a conversation about advance care planning. We will cover topics such as advance directive, health care proxy, and MOLST forms, and then we'll assist you with completing a Health Care Proxy, free of charge, that you can share with your doctor. Make sure that you always get the care that is right for you, by planning ahead.

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

LIFE LONG LEARNING

SKIMMING DEVICES: WHAT ARE THEY AND HOW DO YOU SPOT ONE

LEARN HOW TO PROTECT YOURSELF.

Thursday, July 7 • 2:00 p.m.

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present Consumer University with a focus on credit card skimming devices. The presentation will include information about the Office and what we do. It will also cover tips on how to spot skimming devices found at gas stations and ATMs.

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

THE COURT MARTIAL OF PAUL REVERE

Wednesday, August 3 • 2:00 p.m.

Book Presentation and Signing by Michael Greenburg

Local historian and author, Michael Greenburg will discuss his recent book on Paul Revere's career as an officer in the American Revolution. While most of us know Paul Revere for his Midnight Ride on April 19, 1775, he also was involved in an unsuccessful effort to expel the British from Northern Maine in 1779.

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

ALL ABOUT PARKINSON'S DISEASE WITH BETH ISRAEL DEACONESS HOSPITAL-NEEDHAM

Wednesday, August 17 • 2:00 p.m.

Over 1 million people in the United States have Parkinson's disease, with incidence increasing with age. By age 60, most people will know someone who has been affected by this condition. Join neurologist, Dr. Laurie Gordon from Beth Israel Deaconess Hospital-Needham, to discuss the main features of Parkinson's disease, along with common associated symptoms and treatment options.

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

July 6 • Renoir

**August 3 • Mother
and Child**

CREATIVE WRITING GROUP

10:00 a.m.

July 12, 26; August 9, 23

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

CURRENT EVENTS GROUP

10:30 a.m.

July 5, 19; August 2, 16, 30

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**

July 8 • 10:30 a.m.

July Book: "The Storied Life of A.J. Fikry" by Gabrielle Zevin.

NO AUGUST MEETING

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.