



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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## WE SALUTE OUR VETERANS AND THEIR FAMILIES VETERANS' DAY SPECIALS



### WEDNESDAY, NOVEMBER 9

## Summary of Veterans Benefits

**11:00 a.m.**

Presented by Sarada Kalpee, Director West Suburban Veterans' Services District  
and Rachael Caplin, Community Liaison, Brookhaven Hospice

Sarada will lead a brief discussion on Veterans Healthcare, Veterans Affairs Disability Compensation, Death Pensions, Aid and Attendance, and Burial and Memorial Benefits. Sarada will be available for more in-depth information and questions.

Rachel will present a team-oriented approach of expert medical, pain management and emotional and spiritual support through the end of life for America's Veterans and their families – a partnership between the National Hospice and Palliative Care Organization and Brookhaven Hospice.

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

## U.S. Navy Band Northeast, Top Brass Quintet

**1:30 – 2:30 p.m.**

Stationed in Newport, R.I. the Top Brass Quintet performs a wide range of musical styles encompassing traditional and modern brass literature to Dixieland and patriotic marches. Quintet performances range from public concerts and educational clinics to small military ceremonies and receptions. We are delighted to welcome them to The Center at The Heights for this very special salute to our veterans and their families.

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

## NEEDHAM ELEMENTARY HONORS CHORUS

**3:00 – 4:00 p.m.**

The Needham Elementary Honors Chorus is an ensemble of auditioned 4th and 5th graders from all five of Needham's elementary schools. Since its inception in 2005, the Honors Chorus has been performing throughout Needham and the Boston area including the State House.

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



# 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

**Monday, November 7  
 11:00 a.m. – 12 Noon**

## SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, December 12  
 10:00 – 11:00 a.m.**

## HOLIDAY CLOSINGS

**Friday, November 11**  
 In Observance Of Veterans Day

**Thursday, November 24**  
 In Observance Of Thanksgiving Day

**Monday, December 26**  
 In Observance Of Christmas Day

**IMPORTANT:** Sign-up for November and December programs and classes will begin Thursday, October 27 at 9:00 a.m. We cannot accept written, walk-in or telephone requests prior to 9:00 a.m. on October 27.



## A TRADITIONAL THANKSGIVING FEAST



PROVIDED BY CHEF BARRY AND AVITA OF NEEDHAM FOR THE CENTER AT THE HEIGHTS COMMUNITY!

**Wednesday, November 16 • 12:30 p.m.**

Avita of Needham's Chef Barry and helpers return! Also returning from last year will be Margaret Pobywajlo to provide piano music for this festive holiday event.

Fresh Pressed Apple Cider • Roast Tom Turkey with Pan Gravy  
 Herbed Stuffing • Seasoned Mashed Potatoes • Buttered Sweet Peas  
 Whipped Butternut Squash • Avita's Own Cranberry Sauce  
 Rolls & Butter • Apple, Pumpkin or Pecan Pie

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



## HOLIDAY CONCERT SERIES



### AMERICAN GUILD OF VARIETY ARTISTS

**Tuesday, November 29 • 2:00 p.m.**

The American Guild of Variety Artists is the union for variety performers and includes the five companies of Rockettes and anyone who performs at Radio City Music Hall in New York City. They are professionals who have performed for cruise ships and resort hotel audiences. Join us as we launch our Holiday Concert season with an old-fashioned variety show including show tunes, standards, novelty hits and holiday favorites.

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



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# HOLIDAY CONCERT SERIES



## BILL MCGOLDRICK ACOUSTIC DUO

**Tuesday, December 13 • 2:00 p.m.**

Bill McGoldrick and Danielle Jean are two very talented and experienced musicians who form what is considered to be one of the most popular acoustic acts in New England. They will perform all the major holiday hits including “White Christmas” and “The Christmas Song.”

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

## NEW ENGLAND CONSERVATORY CLASSICAL HOLIDAY CONCERT

**Tuesday, December 20 • 2:00 p.m.**

Students from the New England Conservatory Community Performance and Partnership Program return with their first concert of the 2016-2017 Season! They will perform a variety of classical holiday music. Please keep your eye out for details posted at The Center and in the Senior Notes section of the Needham Times.

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

## BING CROSBY

“SWINGING ON A STAR”

PRESENTED BY BRUCE HAMBRO

**Thursday, December 22 • 2:00 p.m.**

Join us for this informative and entertaining program that reviews the highlights of Mr. Crosby’s historic career including his starring roles in two of film history’s greatest musicals – *White Christmas* and *High Society*. Among many classic Crosby tunes you will hear in this presentation are “Road to Morocco,” “White Christmas,” “Swinging on a Star,” “I’ll Be Seeing You” and “True Love.” Mr. Crosby was the nation’s top box office movie star throughout much of the 1940s during which time he won the “Best Actor” Academy Award for his performance in *Going My Way* and appeared in a slew of hilarious and wildly popular “Road” movies with his pal, Bob Hope.

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

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

## A MAGICAL NEW YEAR’S CELEBRATION

**Friday, December 30 • 2:00 pm**

Join us as we close out 2016 and welcome in the New Year – let’s make it magical!

Jack Ryan has been entertaining with magic for 30 years. He performs clean and classic magic with a little Extra Sensory Perception or “magic of the mind” thrown in. Throughout the show Jack will entertain the audience with stories of the great magicians of old, which you may have seen. This show is a lot of fun with great magic, humor and audience participation!

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

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



## NUTRITION TIPS FROM MEGHAN

**Thursday, December 8**

**2:30 – 3:30 p.m.**

Please join Meghan Ostrander, Springwell’s Registered Dietitian, for a discussion on sodium and its role in our diet and health. The talk will focus on the sodium content and planning of the lunches served at The Center at The Heights. All are welcome.

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

## INCLEMENT WEATHER POLICY

It is the policy of The Center at The Heights to follow the weather emergency policies governing the Needham schools. When the Needham schools are CLOSED due to a weather emergency, The Center will be closed. When the Needham schools are on a TWO HOUR OPENING DELAY, The Center will open at 10:30 a.m. and any activities scheduled to begin before 10:30 a.m. that day will be cancelled. All school closings are broadcast on WBZ, 1030 radio and Channel 5 television. An automated message will be recorded prior to 9 a.m. on The Center’s telephone line (781-455-7555) with information related to Center operations and hours for the day.

## LOW VISION SUPPORT GROUP

10:00 – 11:00 a.m.  
(Note Earlier Time)

**Wednesday,  
November 16**

Our speaker will be Karen Hatcher, Coordinator of the Bridge Program, which provides independent living services to elders aged 55 and older who are legally blind.

**Wednesday,  
December 21**

11:00 a.m. – 12 Noon  
HOLIDAY PARTY

## WEIGHT MANAGEMENT SUPPORT GROUP

7 WEEK SESSION

**Mondays • 12 Noon  
November 7, 14, 21, 28;  
December 5, 12, 19**

Cost is \$28.

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**

**9:00 a.m. – 12 Noon  
November 2, 16;  
December 7, 21**

## 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!

### NOVEMBER

Monday, 11/7 – Lotus Flower, Framingham

Monday, 11/14 – The Villa, Wayland  
(NEW!) (Italian)

Monday, 11/21 – Grassfields, Waltham

Monday, 11/28 – Lafayette House, Foxboro



### DECEMBER

Monday, 12/5 – Ninety Nine, Walpole

Monday, 12/12 – Horse n' Carriage,  
Norfolk

Monday, 12/19 – The Chateau, Norwood

Monday, 12/26 – \*CENTER CLOSED\*



*Agostino's and Friendly's have been removed due to low ratings.*

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

## SOCIAL SERVICE DEPARTMENT NEWS CELEBRATING THE HOLIDAYS WHEN THE CHAIR IS EMPTY

**Wednesday Evenings**

**December 7 and December 14th • 6:00 – 7:00 p.m.**

Brookhaven Hospice and the Needham Council on Aging invite you to explore issues of grief and loss during the holiday season. The chair at the table is empty due to physical death, or, because a loved one is not able to fully participate mentally, emotionally, physically or spiritually as he or she once had.

**Advanced sign-up is required. Call 781-455-7555, stop by the Front Desk or email [kattwood@needhamma.gov](mailto:kattwood@needhamma.gov). For more information, contact the Social Service Department at 781-455-7555 ext. 208, 205 or 212.**

## SHINE BULLETIN DON'T WAIT UNTIL IT'S TOO LATE!

**Medicare's Open Enrollment Period  
October 15 – December 7**

Medicare plans change every year!  
This is the time to decide on your coverage for 2017.

**SHINE Can Help!**

SHINE counselors provide free Medicare counseling.

**Call The Center at The Heights at 781-455-7555 now for a SHINE  
appointment between October 15 and December 7!**

OR

For assistance from a Medicare customer service representative  
24 hours/day, 7 days/week, call 1-800-MEDICARE.

For SHINE related matters (other than an appointment), 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 return your call within 2 days.



# 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, November 4** **The Man Who Knew Infinity** **(2015)**

DRAMA • PG-13

This is the true story of friendship that forever changed mathematics. In 1913, Srinivasa Ramanujan (Dev Patel), a self-taught Indian mathematics genius, traveled to Trinity College, Cambridge where he forged a bond with his mentor, G.H. Hardy (Jeremy Irons) and fought prejudice to reveal his genius to the world.

## **Friday, November 18** **Hunt for the Wilderpeople**

COMEDY/DRAMA • PG-13

Defiant city kid Ricky gets a fresh start in the New Zealand countryside with his new foster family: loving Aunt Bella, cantankerous Uncle Hec and dog Tupac. When tragedy strikes and threatens to send Ricky to another foster home, he and Hec go on the run in the bush -- equal parts road comedy and rousing adventure story.

## **Friday, November 25** **45 Years (2015)**

DRAMA • RATED R

With one week left before Kate Mercer's forty-fifth wedding anniversary celebration, a letter arrives for her husband. The body of his first love has been discovered, frozen and preserved in the icy glaciers of the Swiss Alps. By the time the party is upon them, five days later, there may not be a marriage left to celebrate.

## **Friday, December 2** **A Hologram for the King** **(2016)**

COMEDY/DRAMA • RATED R

Cultures collide when an American businessman (played by Tom Hanks) is sent to Saudi Arabia to close what he hopes will be the deal of a lifetime. Baffled by local customs and stymied by an opaque bureaucracy, he eventually finds his footing with the help of a wise-cracking taxi driver and a beautiful Saudi doctor.

## **Friday, December 9** **Hell or High Water (2016)**

DRAMA • RATED R

A lean, taut, satisfying heartland crime drama – Chris Pine and Ben Foster are West Texas bank-robbing brothers and Jeff Bridges is an old coot of a Texas Ranger. This story is both funny and tragic.

## **Friday, December 16** **Family Stone (2005)**

COMEDY • RATED PG-13

Corporate executive Meredith Morton (Sarah Jessica Parker) is uptight and ultra-conservative; her boyfriend Everett Stone's (Dermot Mulroney) family is relaxed and quirky. When Meredith ventures out of Manhattan to meet Everett's family, a surprise guest, two shocking romances and several beers combine to melt her icy exterior.

## **Wednesday, December 28**

### **Diversity Documentary** **A Place At The Table (2012)**

DOCUMENTARY • RATED PG

SEE PAGE 11

## SHOPPING EXPERIENCE

**Friday, November 4**  
**Wegmans/Target,**  
**Westwood**

**Friday, December 16**  
**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.

## JANUARY/FEBRUARY

### COMPASS COLLATING

**Wednesday,**  
**December 21**  
**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.

## SOCIAL SERVICE EVENING OFFICE HOURS

Needham seniors and their families who may otherwise be engaged during normal business hours can now see support, counseling, and information and referral services during Monday and Wednesday evenings from 5:30 to 8:00 p.m. Please contact Kerrie Attwood, LCSW at 781-455-7555 ext. 205 for more information.

## 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.

## INTERESTED IN VOLUNTEERING AT THE CENTER?

We have opportunities for Front Desk Assistance, Grocery Shopping Assistance and Café Service.

Contact Stephan Grably at 781-455-7555 ext. 204 or [sgrably@needhamma.gov](mailto:sgrably@needhamma.gov) to learn more.

## 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.

## TRIP NEWS

*No refund if cancellation is received within 10 days prior to departure unless replacement can be found.*

## FOXWOODS RESORT AND CASINO/HOLIDAY SHOPPING

**Wednesday, November 30**

**Cost is \$28.00**

This ever-popular great day out to Foxwoods sells quickly so reserve your seat now! There's something for everyone at Foxwoods including the indoor Tanger Outlet Stores with all your favorite name brands and designers – great for your holiday shopping! This trip includes Luxury Silver Fox CD/DVD/WiFi Motor Coach, Delicious Festival Buffet or \$10 food voucher and \$10 Casino Slot Play for the incredible price of \$28.00 per person! We depart at 7:45 a.m. from Linden and Chambers Parking Lot and 8:00 a.m. from The Center at The Heights. We will return to The Center at approximately 6:30 p.m. BINGO is available for an additional admission cost of \$15 per person (not included in your Foxwoods package) with a payout of \$700.

Telephone The Center's Trip Department at 781-455-7555 (ext. 209) to reserve your spot and provide us your pick-up location. Please make out your check to Friends and mail to Trips Department, The Center at The Heights, 300 Hillside Avenue, Needham, MA 02494.

**Remember Driver's License or Foxwoods card to gamble**

## UPCOMING TRIPS

Our December trip to the White Mountain Hotel is sold out, but check to see if we have had any cancellations! Thank you all for your great support of our trips this past season! Please watch for next year's exciting details in the March/April 2017 Compass and the Needham Times Senior Notes. Have a safe and happy holiday season and winter.

HAPPY TRAILS!



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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,

We would like to introduce to you and welcome to the Friends Board, Gail Lehman, our new Secretary. She just joined the Friends Board in June. Thank you for your wonderful support. We wish you all a very happy holiday season.

Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.  
**2017 MEMBERSHIP AND 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, 2017 to Dec. 31, 2017)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	<b>\$ _____</b>

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**

- Karen L. Barrett
- Lisa Bond
- John W Coppinger
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- Patricia Harris
- Jay & Sue Kaplan
- Patricia A. Keane
- Kathleen Keatling
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- Jim Mayo
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- Walter & Sonia Pansuk

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Memory of Molly Clark,  
Jennie Bering, Janet Hamby,  
Judith Morrill

**IN MEMORY OF  
FRANK P. O'BRIEN**

- Kevin Roberts
- Mary R. Salustro
- James F. Franklin and  
Margaret Winn
- Janice R. Thompson

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- Matthew J. & Anna T. Micci
- Richard Quinlin II
- Jane Quinlin
- Thomas & Bernadette  
Eckardt
- Theresa Anderson

## 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

### NEW HOURS!

#### Monday:

11:30 a.m. – 2:30 p.m.

#### Tuesday:

1:00 – 4:00 p.m.

#### Wednesday:

9:00 a.m. – 12 Noon

#### Thursday:

11:00 a.m. – 2:00 p.m.

#### Friday:

9:00 a.m. – 12 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.

## INTERGENERATIONAL

### OPPORTUNITY!

### BE A PEN PAL TO A FIFTH GRADER

We are once again partnering with the Mitchell School to match students with seniors to be pen pals during the current school year. If you are interested or have questions, please contact Jessica Moss at 781-455-7555 ext. 212 or [jmoss@needhamma.gov](mailto:jmoss@needhamma.gov)



## EXERCISE AND DANCE CLASSES

### MONDAY

#### TAI CHI

6 WEEK SESSION

9:00 a.m.

November 7, 14, 21, 28;

December 12, 19

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.

November 7, 14, 28;

December 5, 12, 19

(No Class November 21  
or December 26)

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 that includes breathing exercises, balances, stretching work, strengthening, and relaxation. Students must be able to get up and down and to and from the floor with ease.

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

7 WEEK SESSION

10:15 a.m.

November 7, 14, 21, 28;

December 5, 12, 19

Instructor: Pearl Pressman

Cost is \$28.

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

#### LINE DANCING

7 WEEK SESSION

12 Noon

Experience Required

November 7, 14, 21, 28;

December 5, 12, 19

Instructor: Manny Correia

Cost is \$28.

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

**EVENING CLASS!**

6 WEEK SESSION

6:00 – 7:00 p.m.

November 14, 21, 28;

December 5, 12, 19

Cost is \$24. 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 – 10:15 a.m.

Remaining Fall Session:

November 1 – November 22

(No class on November 8)

Late Fall/Winter Session:

November 29 – January 31

(No class on December 27)

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.

#### BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

**FOXTROT**

November 1, 8, 15, 22

Cost is \$16.

4 WEEK SESSION 2

**SWING**

November 29;

December 6, 13, 20

Cost is \$16.

# EXERCISE AND DANCE CLASSES

**ARTHRITIS EXERCISE**  
8 WEEK SESSION  
2:00 p.m.  
November 1, 8, 15, 22, 29;  
December 6, 13, 20  
Cost is \$32.

## WEDNESDAY

### PARK AND RECREATION SENIOR EXERCISE CLASS

Location: The Center at The Heights  
**Sign-up and \$25 Payment**  
for each session to  
**Park and Recreation**  
781-455-7550  
9:15 – 10:15 a.m.  
Fall Session:  
October 19 – December 21

### BETTER BALANCE, LIVING STRONGER

7 WEEK SESSION

2:45 – 3:45 p.m.  
November 2, 9, 16, 30;  
December 7, 14, 21  
Cost is \$45.

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.

## THURSDAY

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

6 WEEK SESSION  
10:00 – 11:00 a.m.  
November 10, 17;  
December 1, 8, 15, 29  
Instructor: Louise Carbone  
Cost is \$24. 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 cardio-vascular and muscle-toning benefits.

**THURSDAY YOGA**  
WITH SANDI LEVY  
6 WEEK SESSION  
1:00 – 2:00 p.m.  
November 3, 10, 17;  
December 1, 8, 15  
Cost is \$24.

Experience the joy of yoga! Please see the description for Sandi's Monday class.

### ARTHRITIS EXERCISE/ STABILITY CORE TRAINING

8 WEEK SESSION  
2:00 p.m.  
November 3, 10, 17;  
December 1, 8, 15, 22, 29  
Cost is \$32.

## FRIDAY

### STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):  
8 WEEK SESSION

9:15 a.m.  
November 4, 18, 25;  
December 2, 9, 16, 23, 30  
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 – 11:30 a.m.  
Fall Session: October 14 –  
December 16  
(No Class November 11)

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

# GAMES AND CRAFTS MONDAYS

**DROP-IN GAMES**  
Board, card and other games  
1:00 p.m.

**DROP-IN BRIDGE**  
9:30 a.m. – 12:30 p.m.

## TUESDAYS

**DROP IN BRIDGE**  
9:00 a.m. – 12:00 Noon

**DROP IN CRIBBAGE**  
10:00 a.m.  
Beginners Welcome

**VINTAGE VOICES**  
12:30 p.m.

## WEDNESDAYS

**DROP-IN BRIDGE**  
12:30 – 3:00 p.m.

**CANASTA (CLASSIC)**  
12:30 – 3:00 p.m.

## THURSDAYS

**DROP-IN BRIDGE**  
9:00 a.m. – 12 Noon

**KNITTING**  
10:30 a.m. – 12 Noon

**DUPLICATE BRIDGE**  
12:30 – 3:30 p.m.

**MAH JONG**  
(LESS EXPERIENCED)  
1:00 p.m.

**RUMMYKUBE**  
1:00 p.m.

## FRIDAYS

**QUILTING**  
10:15 a.m.

**MAH JONG**  
(EXPERIENCED)

**SCRABBLE**  
**DROP-IN DOMINOES**  
1:00 p.m.

**DROP-IN BRIDGE**  
12:00 Noon – 2:30 p.m.

# CENTER COMPUTER RESOURCES

## PERSONAL ASSISTANCE COMPUTER/ MEDIA LAB

**NEW DAY AND TIME!!**

**Tuesdays**

**11:00 a.m. – 1:00 p.m.**

**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.

## PIANO LESSONS WITH BRUCE

**Thursdays**

**9:00 a.m. – 1:15 p.m.**

**6 CLASS SESSION**

**November 3, 10, 17;**

**December 1, 8, 15**

Cost is \$24

Openings available for new students!

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



## CENTER-WIDE FREE WIFI

**Setting:**

**Need-Wireless**

**Password: highland14**

# LIFELONG LEARNING

## COMPUTER CLASSES

**Media/Computer Lab • Room #212**

**Fridays • 10:00 a.m. – 12 Noon**

There is no charge for these classes. Seating is limited to 10.

## GOOGLE CHROME

**Friday, December 9 • 10 a.m. – 12 Noon**

Learn how to use this powerful and increasingly popular search engine for Internet browsing on The Center's computers. Learn the basics of the Chrome operating system.

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

## JOINT PROGRAM WITH WELLESLEY COUNCIL ON AGING

**Location: Henderson Hall, Wellesley Council on Aging  
219 Washington Street, Wellesley Hills, MA 02481**

## ETHICAL ISSUES IN A CHANGING WORLD

**Tuesday, November 1**

**10:00-11:30 a.m.**

*Have we lost our moral compass?*

*Have we lowered our ethical barometer?*

*Do we have a values crisis in our country?*

*Can we balance productivity and success with morality and fairness?*

Join us for an interactive and thought-provoking presentation on morals, shared values, and doing the "right" thing. Mr. Gerald Bruder is President of a St. Louis-based firm specializing in public speaking, training, and human resources development. He will encourage you to examine concepts of right and wrong in an entertaining and light-hearted way. He guarantees laughter!

**Pre-registration with Wellesley Council on Aging required.**

**Please call 781-239-3961.**

## DEMENTIA CONVERSATIONS

**PRESENTED BY THE ALZHEIMER'S ASSOCIATION OF MA/NH**

**Thursday, December 1 • 2:30 – 4:00 p.m.**

Learn how to have productive and successful conversations with your loved one, family and others about some of the most challenging topics when caring for someone with memory challenges.

This presentation is not appropriate for persons with dementia.

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

## LIFELONG LEARNING

### DRUM AND TONE CHIMES CIRCLE

**Wednesday, November 30 • 2:00 p.m.**

STRICT LIMIT OF 30!!

Many cultures around the world use drums for ceremonies, creative expression, and even exercise. Nic Estrela is the Program Director and Music Therapist at The Falls at Cordingly Dam senior living community in Newton. He introduced us to the drum circle experience last July and returns as promised!

Tone chimes allow everyone to enjoy a rich harmonious music experience regardless of music ability or experience. These bell-like instruments have been growing in popularity in a variety of populations around the country and you'll see why.

*Thanks to the generous donation of staff time by The Falls at Cordingly Dam, there is no charge for this program.*

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

## EXPLORING DIVERSITY

CULTURAL, RACIAL, ECONOMIC, & POLITICAL

### "ESSENCE OF TRADITIONAL CHINESE CULTURE"

PRESENTED BY SHEY YUN PERFORMING ARTS

**Tuesday, December 6 • 2:00 p.m.**

Shey Yun Performing Arts Company will present a 3 part program: (1) what is the essence of traditional Chinese culture? (2) the destruction of traditional Chinese culture and (3) a cultural revival through Shey Yun. Topics will include origami, calligraphy and musical instruments.

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

### DIVERSITY DOCUMENTARY

A PLACE AT THE TABLE (2012) • RATED PG

**Wednesday, December 28 • 1:00 p.m.**

This 2012 documentary -- directed by Kristi Jacobson and Lori Silverbush with appearances by Jeff Bridges, Raj Patel and Chef Tom Colicchio -- examines the issue of hunger in America and proposes new solutions to the problem.

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

## ART OPEN STUDIO PAINTING

**Wednesdays**

**12 Noon – 3:00 p.m.**

Please join your fellow artists for this weekly open studio. For experienced painters – no instruction provided.

## ART MATTERS

Avery Crossings  
Assisted Living

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

**10:30 AM**

**November 2**

Van Gogh

**December 7**

Ancient Civilizations

## CREATIVE WRITING GROUP

**10:00 a.m.**

**November 8, 22;**

**December 13, 27**

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

## CURRENT EVENTS GROUP

**10:30 a.m.**

**November 1, 15, 29;**

**December 6, 20**

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**

**November 4 • 10:30 a.m.**

(First Friday as Center is closed on November 11)

November Book:

*Kiss Me Like a Stranger*  
by Gene Wilder

**December 9 • 10:30 a.m.**

December Book:

*Heartburn* by Nora Ephron

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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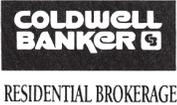


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**VISIT US ONLINE AT:**  
[www.needhamma.gov](http://www.needhamma.gov)

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

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