

HealthyNeedham 2011

UNWE WORK PLAY



Sponsored by

Beth Israel Deaconess Hospital
Needham

Healthy Needham 2011

Welcome to the Healthy Needham 2011 Commemorative Calendar!

In conjunction with the Needham 300 Committee, the Healthy Needham 2011 Committee offers this special commemorative calendar heralding Needham's 300th birthday! The calendar features monthly themes highlighting health and wellness activities and resources.

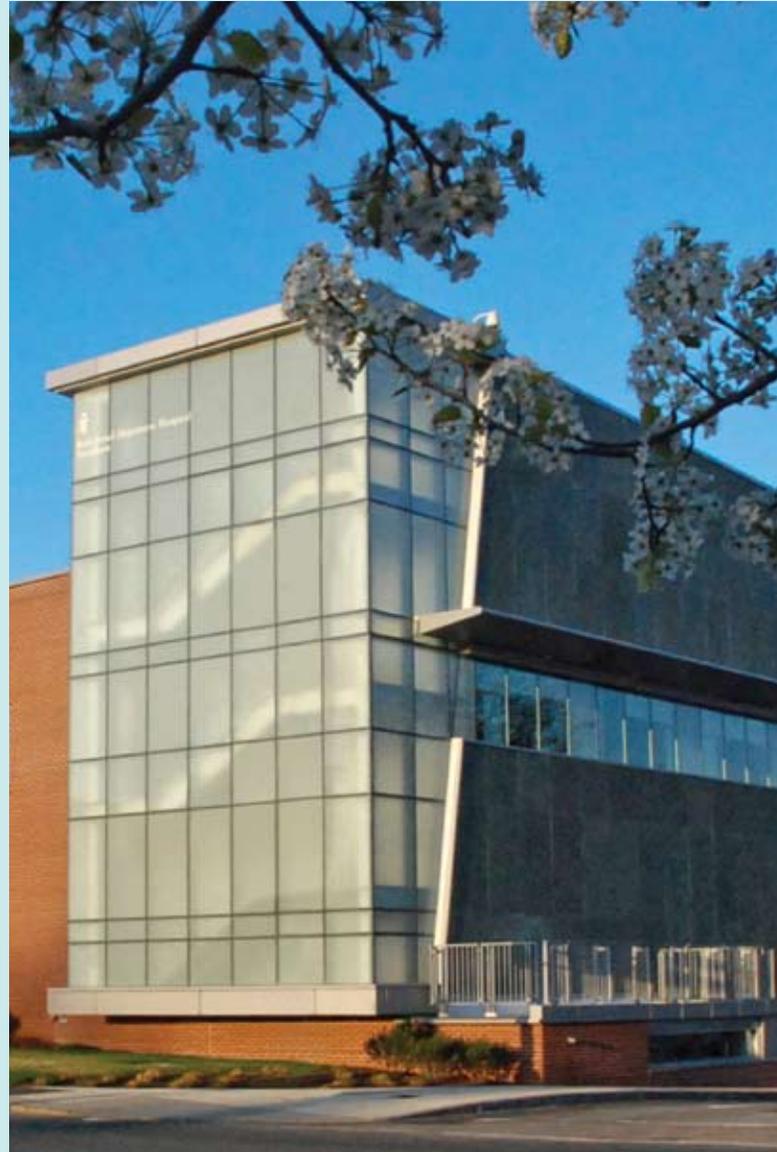
The Town of Needham is a community that has long valued healthy living. Through its town departments, organizations, businesses, residents and positive attitude, Needham offers an abundance of opportunities for residents and visitors to improve their health and quality of life.

We invite you to peruse the calendar and take advantage of the offerings for every BODY at every AGE.

Yours in health,
Janice Berns,
Healthy Needham 2011
Co-chair

Kathy Pinkham,
Healthy Needham 2011
Co-chair

We are grateful to Beth Israel Deaconess Hospital-Needham for its sponsorship of this calendar.



Beth Israel Deaconess Hospital
Needham

Beth Israel Deaconess Hospital-Needham

Emergency Department	(781) 453-5400
Main Number	(781) 453-3000
Administration	(781) 453-3002
Admitting	(781) 453-3080
Anticoagulation Clinic	(781) 453-3642
Blood Bank	(781) 453-3095
CardioVascular Institute	(781) 453-5238
CPR	(781) 453-3689
Diabetes/Joslin Center	(781) 453-5231
Endoscopy	(781) 453-3885
Financial Services	(781) 453-3070
Gift Box	(781) 453-3009
Glover Café	(781) 453-3010
Healthcare Quality/Patient Safety	(781) 453-3878
Medical Record Requests	(781) 453-5211
Laboratory	(781) 453-3090
Nephrology	(781) 453-5464
Neurology	(781) 453-3696
Nutrition Services	(781) 453-3016
Occupational Health	(781) 453-3041
Occupational Therapy	(781) 453-3025
Oncology	(781) 453-5239
Patient Information	(781) 453-3622
Physician Referral Line	(781) 453-3700
Podiatry	(781) 767-1923
Pre-Admission Testing	(781) 453-5720
Radiology	
Scheduling	(781) 453-3044
Main Desk	(781) 453-3053
Rehabilitation Services	(781) 453-3025
Respiratory	(781) 453-5245
Sleep Disorders Center	(781) 453-3617
Social Services	(781) 453-5414
Spine Center	(617) 667-8900
Volunteers	(781) 453-5499

148 Chestnut Street
Needham, Massachusetts 02492
781-453-3000 (Main) 781-453-5400 (Emergency)
bidneedham.org



Needham 300

Dear Needham Residents:

Needham is in the midst of its 300th birthday and a celebration is brewing that will cover the course of an entire year and attempt to touch every generation in town. A long list of events is planned, beginning with a weekend long kick off celebration on November 5th 2010 and culminating a year later with an anniversary gala in November 2011. Events will take place throughout town and include every aspect of Needham life, from schools to seniors, from businesses to parks, from playing fields to houses of worship.

One of our special happenings is 300 laps for 300 years. We hope you take advantage of this fun event.

Please check our website often at Needham300.org for updates.

Until then, Be Well!

Bill Tilburg
Valerie Herman
Needham 300 co chairs



300 Laps for 300 Years!

Join in the fun and get in shape for Needham 300

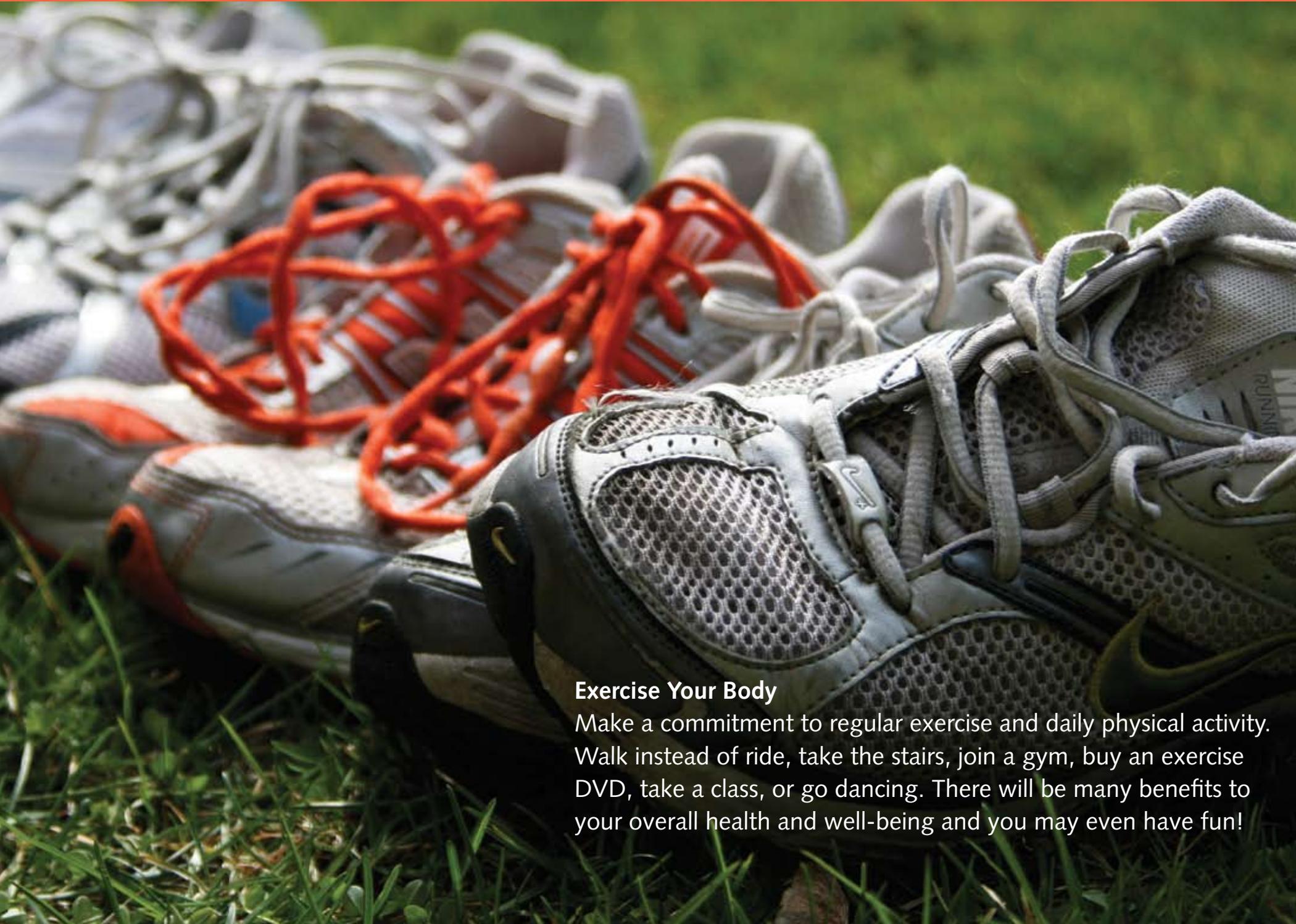
300 laps for 300 years. 1 lap = 1/4 mile.
Walk on your own or walk with a group.
Spontaneous walking groups (no organized group leader) will take place at Defazio Park on Monday and Wednesday evenings starting September 1, 2010 at 6 PM. Join the fun at Defazio or walk at your own preferred location. To complete 300 laps you need to walk 75 miles. Walk at your own pace. You have up to a year to complete 75 miles. Pick up your tracking sheet at the Park & Recreation Office or KOKO FitClub. Pass in your completed tracking sheet to the same location by Sept. 1, 2011. Honor system applies. Tracking sheets with 300 laps will be entered in a drawing for two free tickets to the Birthday Gala Celebration on Nov. 5, 2011.

2010 Needham 300 Events

November 5, 2010	Opening Weekend, Friday Night Football Game
November 6, 2010	Pancake Breakfast Old Fashioned Field Day Needham Promenade Needham Market
November 7, 2010	Old Fashioned Ice Cream Social for Seniors, families and friends
November 20, 2010	Red Carpet Weekend
November 21, 2010	Needham 300 World Premiere Play Needham 300 World Premiere Concert
November 25, 2010	Interfaith Thanksgiving Service
November 27, 2010	Needham Blue Tree Lighting
December 5, 2010	Holiday House Tour NWC Historical Homes
December 31, 2010	New Year's Needham Events Check www.Needarts.org for event listing

www.needham300.org





Exercise Your Body

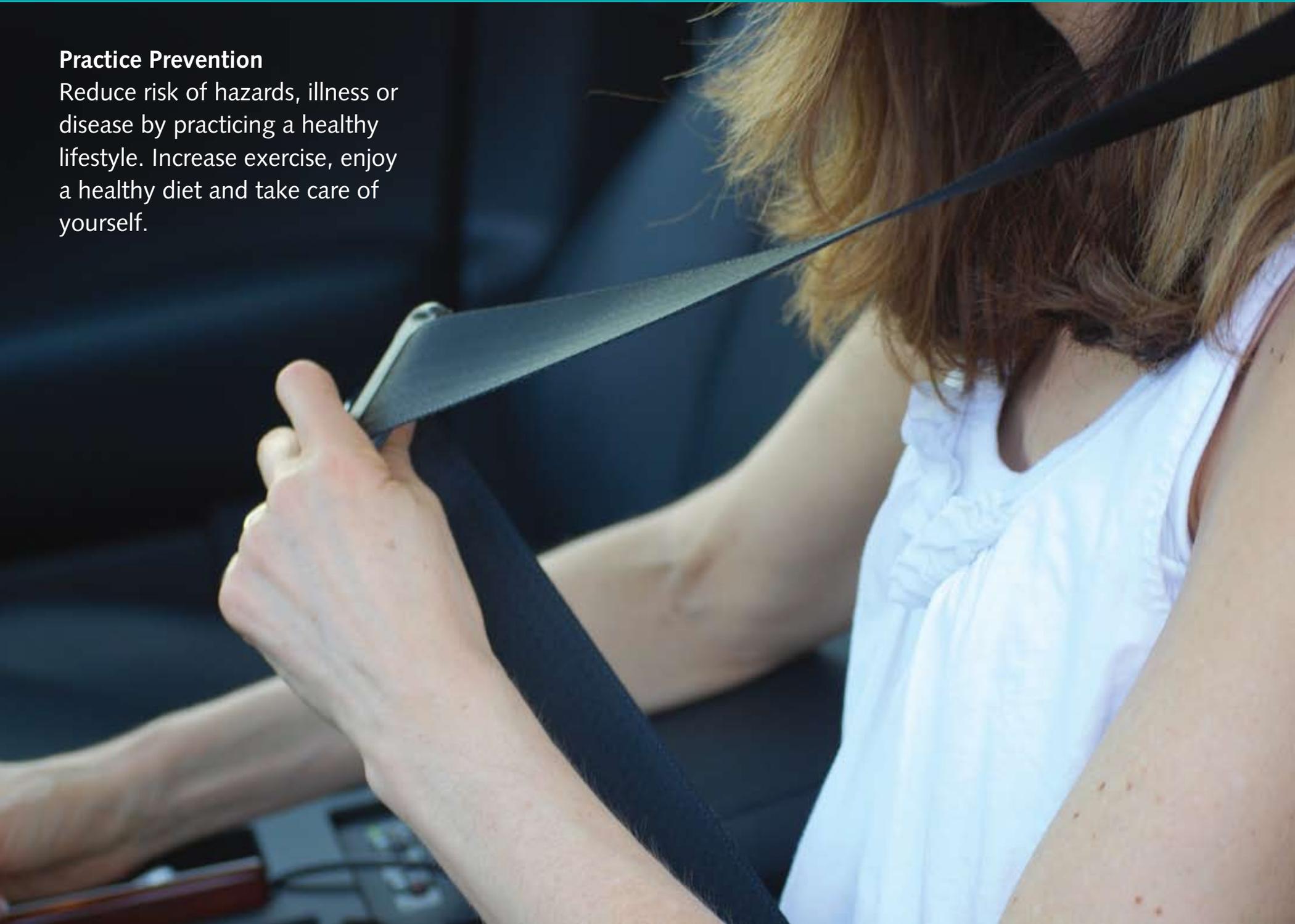
Make a commitment to regular exercise and daily physical activity. Walk instead of ride, take the stairs, join a gym, buy an exercise DVD, take a class, or go dancing. There will be many benefits to your overall health and well-being and you may even have fun!

January 2011

SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
DECEMBER 2010 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31							FEBRUARY 2011 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28							*Weston Ski Track X-Country Skiing: Adult pays full price-child pays half Snowshoeing: 20% off a snowshoe rental package http://skiboston.com/skitrack/skitrack.php Call 871-891-6575							**Try out 5 different types of exercise over the course of 5 weeks (ex. Pilates, Yoga, Spinning, Zumba, 20/20/20 Workout, Nia, T'ai Chi, and Yoga Exercise). Check the Needham Adult Education Website www.needham.k12.us – click on Beyond the School Day and Adult Ed.							1 New Year's Day Needham 300 Road Race Make a New Year's resolution to increase your physical activity!																				
2 X-country skiing & snowshoeing at Weston Ski Track*							3 Exercise Sampler every Tues, Wed, & Thurs for the month of January – Needham Adult Education							4							5 Get a check-up before participating in physical activity							6							7 Need A Primary Care Physician? Call BID-Needham's Physician Referral Line, 781-453-3700							8 						
9 Take a winter hike							10							11 							12							13 Join a gym							14							15 Check with Park & Recreation to see if ponds are safe for skating						
16							17 Martin Luther King, Jr. Day							18							19 Join an exercise class							20							21 Family Zumba class at Active Family Center and open swim and gym at Charles River YMCA, www.ymcaboston.org/charlesriver/							22						
23							24							25							26							27 							28							29 Walk downtown for lunch						
30							31 Keep moving!																																									

Practice Prevention

Reduce risk of hazards, illness or disease by practicing a healthy lifestyle. Increase exercise, enjoy a healthy diet and take care of yourself.

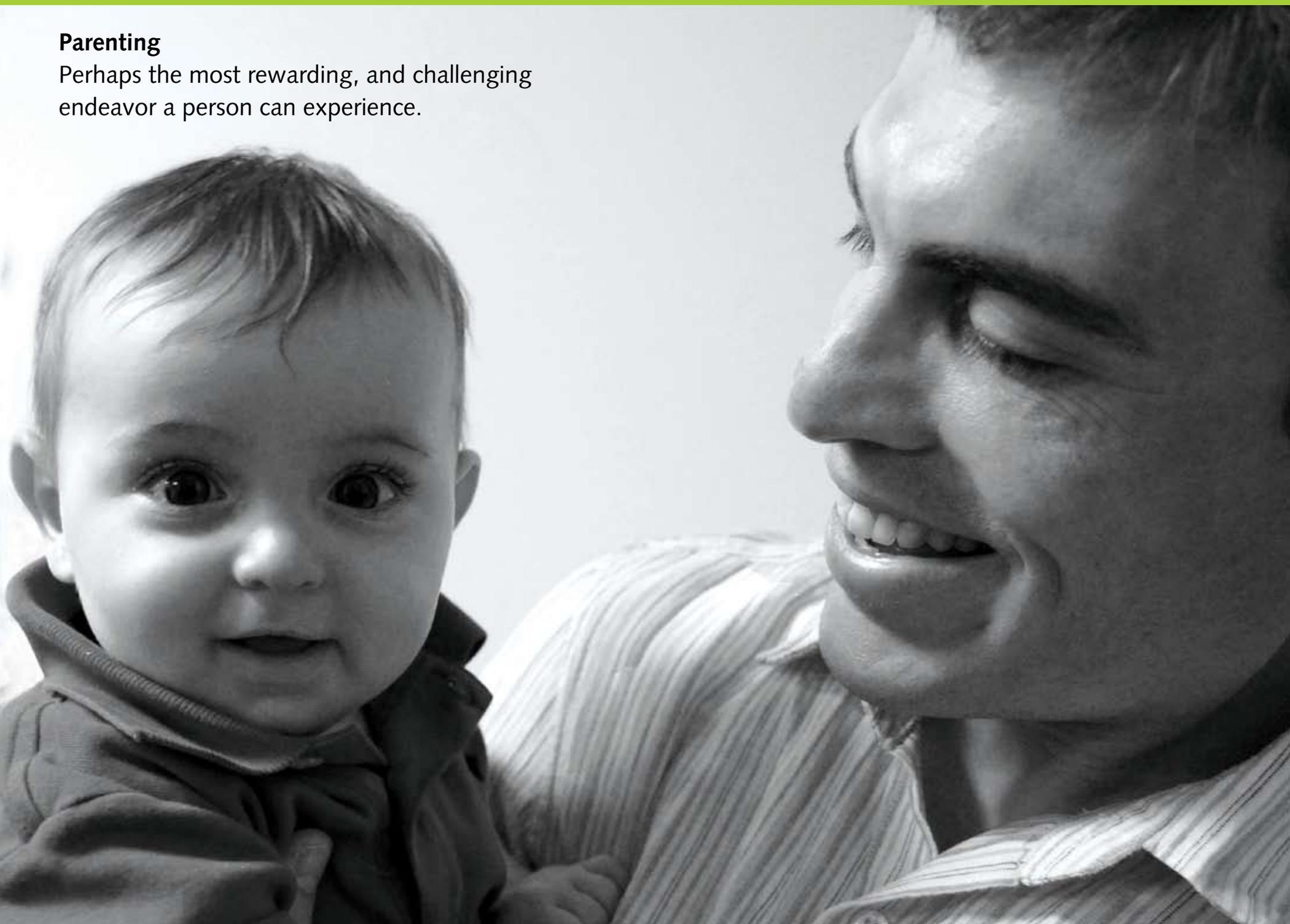


February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JANUARY 2011</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>MARCH 2011</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>1</p> <p>Practice Prevention: Make a Home Emergency Preparedness Kit***</p>	<p>2</p> <p>Groundhog Day</p> <p>Update your adult immunizations***</p>	<p>3</p> <p>Chinese New Year</p>	<p>4</p> <p>National Go Red for Women's Day*</p>	<p>5</p> <p>Nutrition for Children***</p>
<p>6</p> <p>Keep Well Clinics Health Department Mon-Thurs 8:00 – 9:30 AM 781-455-7523 ext 511</p>		<p>8</p> <p>CPR Heartsaver/AED, BID Needham, 6:00 – 9:00 PM**</p>	<p>9</p> <p>Needham 300 World Premiere Band Concert</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Lincoln's Birthday</p>
<p>13</p> <p>Organize a first-aid kit for your bathrooms</p>	<p>14</p> <p>Valentine's Day</p> <p>Cook a healthy dinner with your family</p>	<p>15</p>	<p>16</p>	<p>17</p> <p>Teach children how to call 911 for emergencies</p>	<p>18</p>	
<p>20</p> <p>Develop/practice an evacuation plan for home</p>	<p>21</p> <p>President's Day</p> <p>Washington's Birthday</p>	<p>22</p> <p>CPR Heartsaver/AED, BID Needham, 6:00 - 9:00 PM**</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Dispose of unused, expired medicine today</p>
<p>27</p> <p>Increase brain power with puzzles/brain teasers</p>		<p>Dental care education programs in many preschools – Check with your child's preschool, offered by Chestnut Dental.</p>	<p>*A quiz and information on how to be heart healthy will be available for patients at BID Needham, 11:00 AM – 2:00 PM and at www.bidneedham.org</p>	<p>**The course covers adult CPR and Automatic External Defibrillators. To register, e-mail cpr@bidneedham.org. Fee required.</p>	<p>***Information on how to Make a Home Preparedness Kit, Update Your Adult Immunizations and Nutrition for Children are running all month on the Needham Channel: www.needhamchannel.org</p>	<p>Visit www.needhamma.gov/health for more information</p>

Parenting

Perhaps the most rewarding, and challenging endeavor a person can experience.



March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FEBRUARY 2011</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28</p>	<p>APRIL 2011</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	<p>1</p> <p>Needham unplugged month www.needhamma.gov/youth/unplugged</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p> 
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>Empty Bowls Community Dinner Support your local food pantry, Needham Community Council</p>	<p>11</p> <p>Make a Statement day (High School) www.needhamma.gov/youth/masd</p>	<p>12</p> <p>Parent Talk play-date/lunch 12:00 PM www.parenttalk.info Parent's Date Night, YMCA free babysitting 6:00 PM, www.ymcaboston.org/charlesriver/</p>
<p>13</p> <p>Daylight Savings Time Begins</p>	<p>14</p>	<p>15</p> <p>A conversation for parents of teens www.needhamma.gov/youth/aconversation</p>	<p>16</p> <p>No homework or meeting night www.needhamma.gov/youth/unplugged</p>	<p>17</p> <p>St. Patrick's Day</p>	<p>18</p>	<p>19</p>
<p>20</p> <p>First Day of Spring</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Needham Community Council Annual Dinner www.needhamcommunitycouncil.org</p>	<p>25</p> <p>E-Mail Free Friday www.needhamma.gov/youth/unplugged</p>	<p>26</p>
<p>27</p> 	<p>28</p> <p>Peer Tutor Award Ceremony www.needhamma.gov/youth/peertutor</p>	<p>29</p> <p>Text Free Tuesday www.needhamma.gov/youth/unplugged</p>	<p>30</p>	<p>31</p>	<p>Needham 300 Beautification *Adopt a Space *Parks & Trails Cleanup *Store Front Beautification/ Pansy in Every Pot (ongoing)</p>	<p>National Nutrition Month Help your family eat right www.bidneedham.org/Nutrition</p>



Keep Your Chin Up

Support your resiliency to bounce back and hold on to a vision for a better future.

April 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MARCH 2011</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>MAY 2011</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>			<p>1</p> <p>April Fool's Day</p> <p>Nurture your resilient spirit</p>	<p>2</p> <p>Smile through the unbearable</p>	
<p>3</p> <p>Learn to problem solve</p>	<p>4</p> <p>Maintain a sense of humor</p>	<p>5</p>	<p>6</p> <p>Be flexible</p>	<p>7</p> <p>Replenish your energy</p>	<p>8</p>	<p>9</p> <p>Do something you enjoy</p>
<p>10</p> 	<p>11</p> <p>Enlist the help of friends and family</p>	<p>12</p> <p>Presentations on resiliency: Dr. Robert Brooks, Needham High School</p>	<p>13</p> <p>Share peace, health, and joy</p>	<p>14</p> <p>Take a walk</p>	<p>15</p> <p>Fill your life with variety</p>	<p>16</p> <p>Call a friend</p>
<p>17</p> <p>Palm Sunday</p>	<p>18</p> <p>Patriots' Day</p> <p>Play with your family</p>	<p>19</p> <p>Passover</p>	<p>20</p> <p>Go to the library</p>	<p>21</p>	<p>22</p> <p>Good Friday</p> <p>Earth Day</p>	<p>23</p> 
<p>24</p> <p>Easter Sunday</p>	<p>25</p> <p>Make connections with a child</p>	<p>26</p> <p>Eat a healthy diet</p>	<p>27</p> <p>Be positive</p>	<p>28</p> <p>Develop a hobby</p>	<p>29</p>	<p>30</p> <p>Accept the things you can not change</p>

Healthy Needham 2011

Walk, Hike and Bike Everywhere

Grab your walking shoes, hiking boots, bicycles and tricycles and join in the fun outdoor activities during May.

It's good for you!

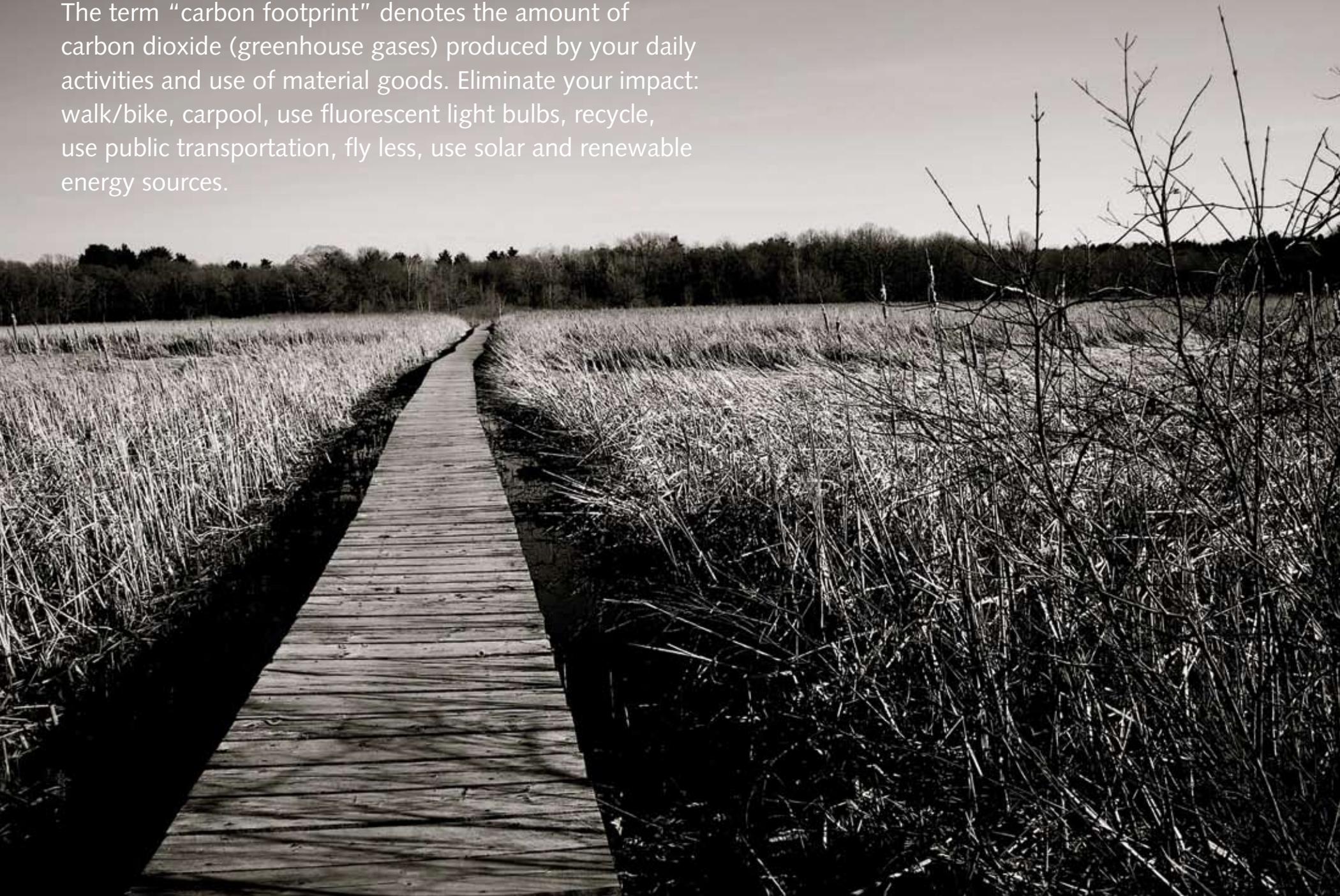


May 2011

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1 National Stroke Awareness Month Learn the signs of stroke www.bidneedham.org/Stroke	2 Skin Cancer Month Free Skin Cancer Screenings www.bidneedham.org/Cancer			5 Cinco de Mayo	6 	7 Fishing Derby at Needham Reservoir 9:00 AM																																																																																					
8 Mother's Day Needham Springs into Action Week www.needhamma.gov/EWBF	9 Health Walk at Ridge Hill	10 Historical Walk	11 Walk to School Day	12 Nature Scavenger Hunt	13 Senior Stroll	14 Geocaching in the Town Forest																																																																																					
15 Needham Bikes Week Needhambikes.com				19 Stroller Walk in the Heights		21 Touch the Trucks at DeFazio Tot Lot Needham Bike Fair Needham 300 Revolutionary War Reenactment @ Ridge Hill																																																																																					
22 Needham 300 Revolutionary War Reenactment @ Ridge Hill	23 																																																																																										
29	30 Memorial Day	31	When venturing outdoors bring an empty bag to pick up trash along the way.		<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> APRIL 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> </div> <div style="text-align: center;"> JUNE 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> </div> </div>		S	M	T	W	T	F	S					1	2		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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Trim Your Carbon Footprint

The term “carbon footprint” denotes the amount of carbon dioxide (greenhouse gases) produced by your daily activities and use of material goods. Eliminate your impact: walk/bike, carpool, use fluorescent light bulbs, recycle, use public transportation, fly less, use solar and renewable energy sources.



June 2011

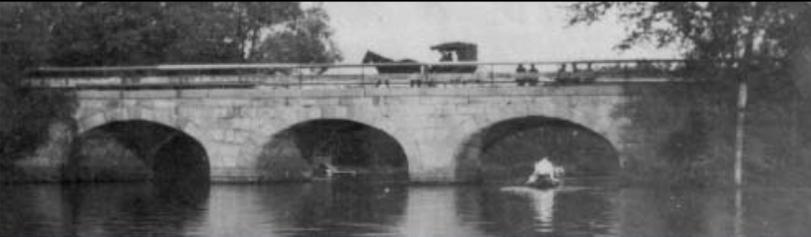
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			1 Vegetarian Days every Wednesday – Decrease your carbon footprint by enjoying local produce www.needhamma.gov/EWBF	2	3 'Footloose Friday'– Walk to School Day http://greenneedham.org/gnc/index.php/Schools/Projects	4 Needham Business Association's "Green" themed Street Fair 10:00 AM – 3:00 PM www.needhambusiness.com																																																																																											
5 Raindate for NBA Street Fair 12:00 PM – 5:00 PM	6	7	8 Vegetarian Day	9	10 Recycling Tour at Needham Transfer Station www.needhamma.gov/RTS 'Footloose Friday'– Walk to School Day	11 Needham 300 Night at the POPS Green Energy Tour - League of Woman Voters, 10:00 AM www.lwv-needham.org																																																																																											
12	13	14 Flag Day	15 Vegetarian Day	16	17 'Footloose Friday'– Walk to School Day	18 Volante Farms "Green" Greenhouse/Farm Tour, 11:00 AM www.volantefarms.com																																																																																											
19 Father's Day "It's Your Planet" Challenge – Needham Library 1:00 – 4:00 PM www.greenneedham.org	20	21 First Day of Summer	22 Vegetarian Day	23	24 'Footloose Friday'– Walk to School Day	25 Bike Tour of Needham with Tad Staley, Needham Bikes, 3:00 PM www.needhambikes.ning.com www.needhaminmotion.com																																																																																											
26	27	28 	29 Vegetarian Day	30 Trim your carbon footprint all year long	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">MAY 2011</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div> <div style="width: 45%;"> <p style="text-align: center;">JULY 2011</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S							1 2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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Appreciate the Arts

Get involved with the arts. They connect people in unique ways. For beauty, sensitivity, and creativity – experience the arts every day!



July 2011

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<p>JUNE 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p>AUGUST 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S								1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p>1 Check www.needarts.org for the Arts in Needham</p>	<p>2 Have fun with Arts and Crafts www.familyfun.go.com</p>
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<p>3 Checkout Needham Plugged In visit www.pluggedinband.org Needham 300 Celebrate the 4th with Needham Exchange Club Fireworks</p>	<p>4 Independence Day Needham 300 Celebrate the 4th with Needham Exchange Club Parade</p>	<p>5 Longwood Opera Concert Series, Christ Episcopal Church, 7:30 PM</p>	<p>6</p>	<p>7 Free "Arts in the Park" concert series, Needham Park & Recreation, 7:00 PM</p>	<p>8 West Side Story, Colonial Theatre Boston, 8:00 PM</p>	<p>9</p>																																																																																										
<p>10 Visit the Isabella Stewart Gardner Museum</p>	<p>11</p>	<p>12 Longwood Opera Concert Series, Christ Episcopal Church, 7:30 PM Children's Theatre Performance 1:30 PM Park & Recreation</p>	<p>13 Visit the Mass Museum of Contemporary Art, North Adams</p>	<p>14 Free "Arts in the Park" concert series, Needham Park & Recreation, 7:00 PM</p>	<p>15 Visit the DeCordova Museum & Sculpture Park, Lincoln</p>																																																																																											
<p>17</p>	<p>18 Visit the Boston Museum of Fine Arts, Boston</p>	<p>19 Longwood Opera Concert Series, Christ Episcopal Church, 7:30 PM Children's Theatre Performance 1:30 PM Park & Recreation</p>	<p>20</p>	<p>21 Free "Arts in the Park" concert series, Needham Park & Recreation, 7:00 PM</p>	<p>22 Tanglewood Music Festival's 75th Birthday Celebration, Boston</p>	<p>23 Visit the Institute for Contemporary Art, Boston</p>																																																																																										
<p>24</p>	<p>25</p>	<p>26 Longwood Opera Concert Series, Christ Episcopal Church, 7:30 PM Children's Theatre Performance 1:30 PM Park & Recreation</p>		<p>28 Free "Arts in the Park" Needham Community Concert Band, Needham Park & Recreation, 7:00 PM</p>	<p>29</p>	<p>30 As a family, share each other's creativity www.creativity-portal.com/becreative/activities/</p>																																																																																										
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Exercise Your Mind

Sustain your brain health throughout the life cycle through exercise, nutrition, socialization, and intellectual stimulation – activities vital to overall health and wellness.

August 2011

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<p>The Needham Council on Aging offers opportunities for exercise and learning. 781-455-7555 www.needhamma.gov/COA</p>	<p>1 Senior Stretch 781-455-7555 www.needhamma.gov/COA</p>	<p>2 Children's Theatre Performance 1:30 PM Park & Recreation</p>	<p>3</p>	<p>4 Free "Arts in the Park" concert series, Needham Park & Recreation</p>	<p>5</p>	<p>6</p>																																																																																												
<p>7</p>	<p>8</p>	<p>9</p>	<p>10 Better Balance 781-455-7555 www.needhamma.gov/COA</p>	<p>11</p>	<p>12 Computer Lessons 781-455-7555 www.needhamma.gov/COA</p>																																																																																													
	<p>15 Food Pantry www.needhamcommunitycouncil.org/</p>	<p>16</p>	<p>17 Farm Stand Eating healthy can also include eating locally grown products, www.theneighborhoodfarm.com/</p>	<p>18</p>	<p>19</p>	<p>20</p>																																																																																												
<p>21</p>	<p>22</p>	<p>23</p>	<p>24 Keep Well Clinic 781-455-7555 www.needhamma.gov/COA</p>	<p>25</p>	<p>26</p>	<p>27</p>																																																																																												
<p>28 Take a swim</p>	<p>29</p>	<p>30</p>	<p>31</p> 	<p>Look what the Needham Community Council has to offer to help you stay healthy www.needhamcommunitycouncil.org/</p>	<p>JULY 2011</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td>31</td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>SEPTEMBER 2011</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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Invest in our Youth
We cherish and support your
growth and wellness.



September 2011

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<p>AUGUST 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>OCTOBER 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>1 Final Day 300 Laps for 300 Years</p> <p>Transition from the summer kidshealth.org/kid/feeling/school/back_to_school.html</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5 Labor Day</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 Needham 300 Neighborhood Block Parties – US Air Force Band of Liberty Aloha to Summer, Fall 1:00, www.ymcaboston.org/charlesriver/</p>	<p>11</p> 	<p>12</p>	<p>13 Learn more about volunteering at Beth Israel Deaconess Hospital-Needham at bidneedham.org</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23 First Day of Autumn</p>	<p>24 Parent Talk playground clean-up www.parenttalk.info</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Rosh Hashanah</p>	<p>30</p> 
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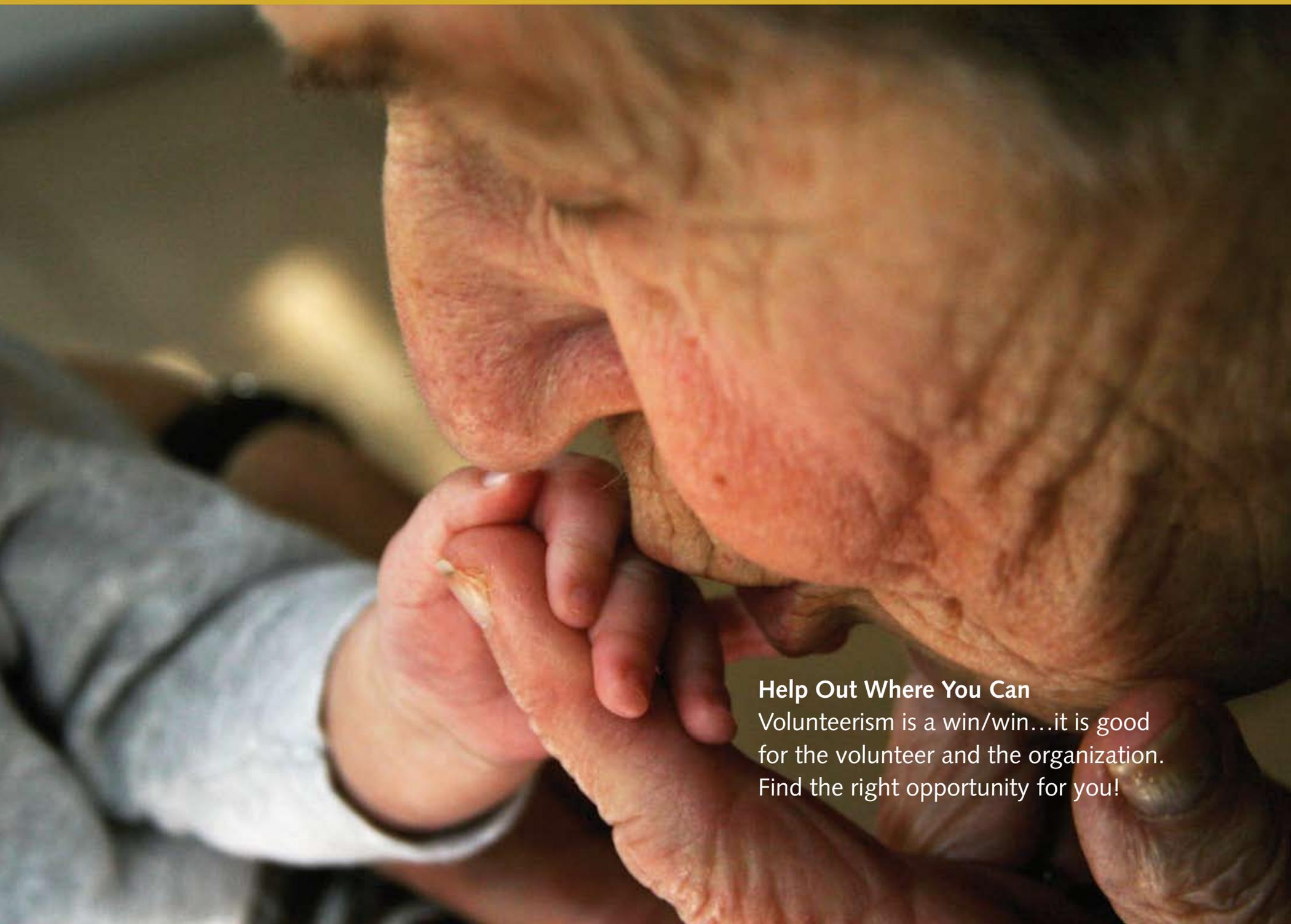
Dine Exceptionally Well

Whether you are eating out or at home, make it your intention to choose your meals with healthy choices in mind.

Eat Better/Live Better!

October 2011

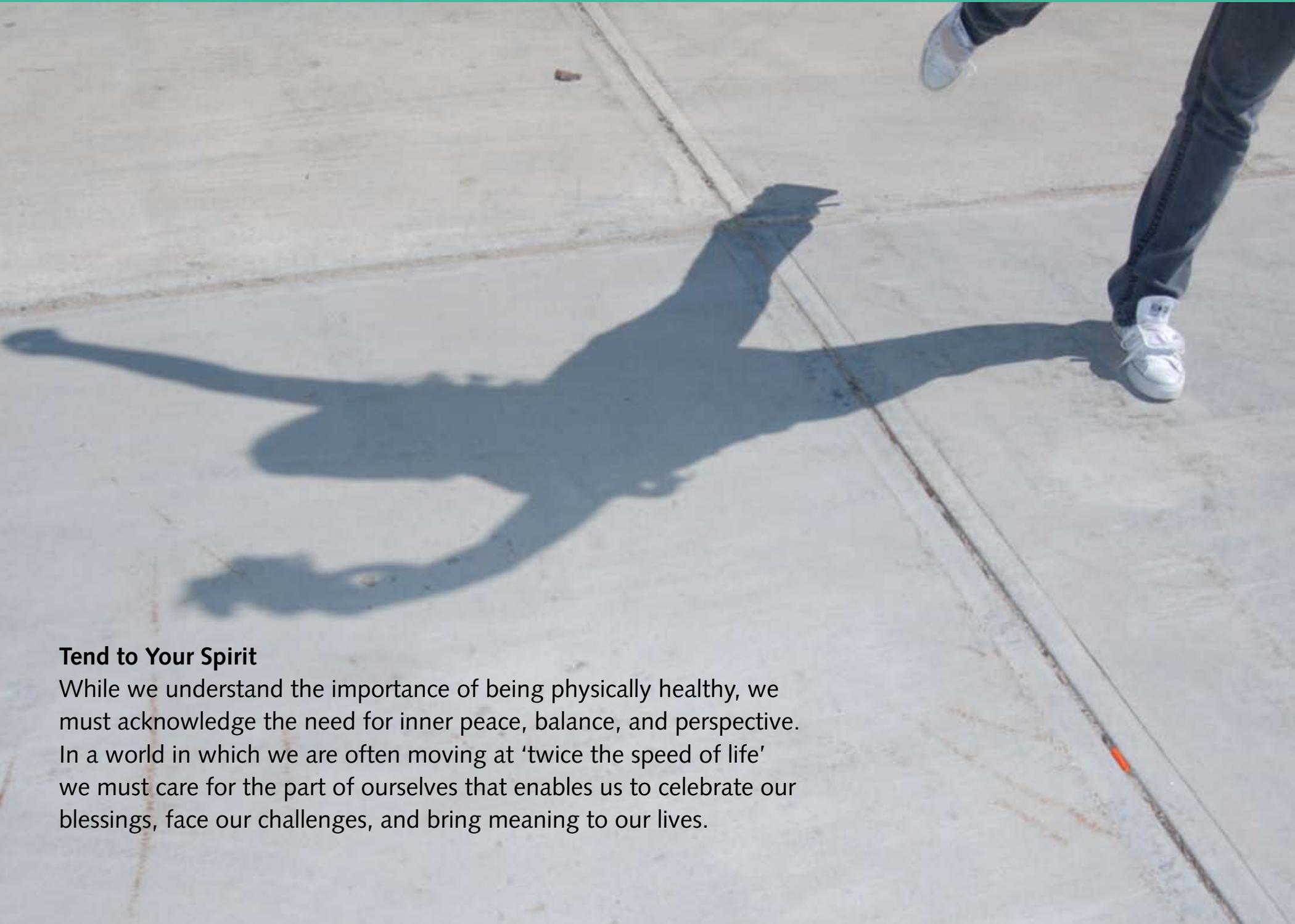
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2	3	<p>4</p> <p>Farm to Table For Kids EASE Class (1 of 3) Sign up through EASE at http://www.needham.k12.ma.us/</p>	5	<p>6</p> <p>Healthy Cooking 101 Adult Education Class (1 of 3) Sign up through Needham Adult Community Education http://www.needham.k12.ma.us</p>	7	<p>8</p> <p>Yom Kippur</p>																																																																																			
9	<p>10</p> <p>Columbus Day October 10 – 21: Healthy Art Display at Needham Library, Town Hall and School Administration Building</p>	<p>11</p> <p>Farm to Table for Kids Class (2 of 3)</p>	12	<p>13</p> <p>Healthy Cooking 101 Adult Education Class (2 of 3)</p>	14	15																																																																																			
<p>16</p> 	17	<p>18</p> <p>Farm to Table for Kids Class (3 of 3)</p>	19	<p>20</p> <p>Healthy Cooking 101 Adult Education Class (3 of 3)</p>	21	<p>22</p> <p>Choose a "Dine Exceptionally Well Entrée"</p>																																																																																			
23	24	25	26	<p>27</p> <p>Lecture on Family Mealtime</p>	28	<p>29</p> <p>Keep up the good habits, dine exceptionally well all year round!</p>																																																																																			
30	<p>31</p> <p>Halloween</p>																																																																																								



Help Out Where You Can
Volunteerism is a win/win...it is good
for the volunteer and the organization.
Find the right opportunity for you!

November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 2011</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>DECEMBER 2011</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>1</p> <p>Begin a "Neighbor to Neighbor" campaign*</p>	<p>2</p>	<p>3</p> <p>Volunteer Opportunities Fair 3:00 – 6:00 PM www.needhamcommunitycouncil.org</p>	<p>4</p>	<p>5</p> <p>Needham 300 Gala Celebration at Great Hall Time Capsule Sealing</p>
<p>6</p> <p>Daylight Savings Time Ends</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>Veterans' Day</p>	<p>12</p>
<p>13</p> 	<p>14</p> <p>Decorate a gift bag for a homebound neighbor. Call Needham Community Council</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Thanksgiving Day Community Thanksgiving Day Dinner, Masonic Hall, 11:30 AM, sponsors- The Rotary Club and Needham Community Council</p>	<p>25</p>	<p>26</p> <p>Needham Business Assoc. Blue Tree Lighting</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>		<p>Volunteer Opportunities It Always Feels Good to Help www.bidneedham.org/Volunteers Find volunteer opportunities online: *www.needhamcommunitycouncil.org www.volunteermatch.org www.thevolunteerfamily.org www.bostoncares.org</p>	



Tend to Your Spirit

While we understand the importance of being physically healthy, we must acknowledge the need for inner peace, balance, and perspective. In a world in which we are often moving at 'twice the speed of life' we must care for the part of ourselves that enables us to celebrate our blessings, face our challenges, and bring meaning to our lives.

December 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOVEMBER 2011</p> <p>S M T W T F S</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>JANUARY 2012</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>			<p>1</p> <p>Visit a House of Worship</p>	<p>2</p> <p>Musical Service, Temple Beth Shalom, 7:15 - 8:15 PM</p> <p>Multi-Faith Devotional, Baha'i Community 8:00 PM, Abrishamian Residence, Also Dec 9, 16, 23</p>	<p>3</p> <p>Jewish Meditation, Temple Aliyah, 9:15 AM</p> <p>Exploring Torah, Temple Beth Shalom, 9:00 AM</p> <p>Christmas at Chambers 214 Chambers Street 5:30 PM</p>
<p>4</p> <p>Christmas Concert, 5:00 PM Congregational Church of Needham</p> <p>People's Bible Study The First Baptist Church in Needham, 9:00 AM</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Interfaith Spirituality Series: Session 1 Each Week Visit a Different House of Worship in Needham 7:30 - 9:00 PM</p>	<p>8</p>	<p>9</p> <p>Movie Night, The First Baptist Church in Needham, 6:30 PM - 9:00 PM</p>	<p>10</p> <p>St. Bartholomew Parish Mass, 4:00 PM</p> <p>Lighting of Lights, Caroling, 5:00 PM Corner Greendale Ave/ Great Plain Ave.</p>
<p>11</p> <p>Service of Flickering Light in the Midst of Darkness Grace Lutheran Church, 7:00 PM</p>		<p>13</p>	<p>14</p> <p>Worship at Briarwood Rehabilitation Hospital, 10:00 AM</p> <p>Interfaith Spirituality Series: Session 2, 7:30 - 9:00 PM</p>	<p>15</p>	<p>16</p> <p>Song and Spirit in Judaism, Temple Aliyah, 6:15 - 7:15 PM</p>	<p>17</p> <p>Discussion on the Spirituality of Light, Temple Aliyah, 12:45 PM</p> <p>Community Caroling, The First Baptist Church in Needham, 2:00 PM</p>
<p>18</p> <p>Christmas Pageant, Grace Lutheran Church, 9:30 AM</p> <p>Fourth Sunday of Advent, The First Baptist Church in Needham, 10:00 AM</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>Hanukkah</p> <p>Interfaith Spirituality Series: Session 3, 7:30 - 9:00 PM</p>	<p>22</p> <p>First Day of Winter</p>	<p>23</p>	<p>24</p> <p>Christmas Eve</p> <p>Candlelight Christmas Eve Services: Grace Lutheran Church, 9:00 PM</p> <p>The First Baptist Church in Needham 7:30 PM</p>
<p>25</p> <p>Christmas Day</p> <p>Sunday Morning Worship: The First Baptist Church in Needham, 10:00 AM, Grace Lutheran Church, 9:30 AM</p>	<p>26</p> <p>Kwanzaa Begins</p>	<p>27</p>	<p>28</p> <p>Interfaith Spirituality Series: Final Session, 7:30 - 9:00 PM</p>	<p>29</p>		<p>31</p> <p>New Year's Eve</p> <p>New Years Needham Events www.Needarts.org for event listing</p>

HealthyNeedham2011

Healthy Needham 2011 (HN2011) is an initiative of town departments, area agencies, businesses and residents collaborating to make Needham a healthier community for everyBODY. Its goal is to enhance and promote a healthy living infrastructure in the municipal, commercial, philanthropic, and residential arenas. In conjunction with Needham 300 celebrations, HN2011 is developing resources and events to highlight wellness and healthy living in Needham.

Healthy Needham 2011 Committee

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Healthy Needham 2011

JANUARY 2011						
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Photo credits, Needham High School Students: January: Shoes – Julia Cristofano, Yoga – Julia Cristofano; February: Seatbelt – Aaron Revzin; March: Parenting – Sam Davies, Soccer – Hannah Schiff; April: Hurdles – Lauren Anzalone, May: Biking – Lauren Anzalone, Biking – Gabriella Carboni, Climbing rocks – Lauren Anzalone; June: Boardwalk – Lora Doerfer; July: Piano – Aaron Stier-Cohen, Violin – Aaron Stier-Cohen; August: Pencils – Ali Sullivan, Raspberries – Jessie Jacobson, Pool – Andrew Fisher; September: Graduate – Jessie Jacobson, Boy – Julia Cristofano; October: Orange – Jessie Jacobson; November: Adult – Julia Cristofano, Kitchen sink – Tema Katz; December Shadow – Chanise Parks, Bubbles – Lindsay Curtin
Full class/student list: Aaron Revzin, Aaron Stier-Cohen, Ali Sullivan, Andrew Fisher, Ariana Socci, Chanise Parks, Gabriella Carboni, Hannah Jones, Hannah Schiff, Jeffrey Richmond, Jessie Jacobson, Joel Longcoy, Julia Cristofano, Kristen Jennings, Lauren Anzalone, Lauren Sohn, Lindsay Curtin, Lora Doerfer, Sam Davies, Tema Katz, **Needham High School Photography Teacher:** Jen Greenberg
Needham 300: page 1, small photos – July, November, December

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