



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 wish the entire Center at The Heights Community a healthy and peaceful 2017!*



## COUNTRY MUSIC CONCERT WITH SECOND TIME AROUND



**Wednesday, January 11 • 2:00 p.m.**

Bring your hats and boots as we welcome back Tom and Don from Second Time Around. Sing along to the country classic favorites of Johnny Cash, Hank Williams, Hank Williams Jr., Waylon Jennings, Willie Nelson, Tammy Wynette, Patsy Cline, Kenny Rogers, Glen Campbell and more.

Selections will include these Country greats: *Achy Breaky Heart, Blue Eyes Crying In The Rain, Crazy, Devil Woman, Folsom Prison Blues, Flesh And Blood, For The Good Times, Forever And Ever Amen, Gentle On My Mind, Heartaches By The Number, It's Only Make Believe, Kiss An Angel Good Morning, Lucille, Luckenbach, Texas, Make The World Go Away, Momma Don't Let Your Babies Grow Up To Be Cowboys, Mr Bojangles, Okie From Muskogee, On The Road Again, Paper Roses, Running Bear, She's Just An Old Love Turned Memory, Stand By Your Man, Sunday Morning Coming Down, Today I Started Loving You Again, You Win Again, and Your Cheating Heart.*

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

*Thanks to the generous support of Wingate Residences, there is no charge for this event.*

## STRING SWING JAZZ TRIO RETURNS!

**Monday, January 23 • 2:00 p.m.**

Rob Natoli, Barry Levine and Joe McEachern on bass, saxophone and guitar return for a Winter Concert of music from the "Big Band" era of the 20's, 30's and 40's. Selections will include *I've Got My Love to Keep Me Warm, On the Sunny Side of the Street, Moonglow, and Stompin' at the Savoy.*

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

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



# 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. 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

**11:00 a.m. – 12 Noon**

**Monday, January 9  
 Monday, February 13**

## SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, March 6  
 10:00 – 11:00 a.m.**

## HOLIDAY CLOSINGS

**Monday, January 2**  
 In Observance of New Year's Day

**Monday, January 16**  
 In Observance of  
 Martin Luther King Day

**Monday, February 20**  
 In Observance of President's Day

**IMPORTANT: Sign-up for January and February programs and classes will begin Thursday, December 29 at 9:00 a.m. We cannot accept written, walk-in or telephone requests prior to 9:00 a.m. on December 29.**

## NEW ENGLAND CONSERVATORY CONCERT Wednesday, February 8 • 2:00 p.m.

Exceptional fellows from our community partner, the New England Conservatory Community Performance and Partnership Program will perform classical selections. Watch Senior Notes in the Needham Times and The Center flyers for details concerning specific content. We know it will be wonderful classical music!

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



## FRANK SINATRA

ON VALENTINE'S DAY (OF COURSE!)

Presented by Bruce Hambro



**Tuesday, February 14 • 2:00 p.m.**

"The Life and Times of Frank Sinatra" is a fast-paced, one-hour program that presents the momentous career of the greatest male entertainer of the twentieth century! Follow the ups and downs of his career, from the 1930s to the 1980s. Singing along is encouraged, with classic Sinatra recordings such as "I'll Never Smile Again," "Young at Heart," "I've Got You Under My Skin," "New York, New York," and "My Way." A former history teacher and student of the American entertainment business, Mr. Hambro delivers lively and engaging programs on famous entertainers and musical composers.

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

*Thanks to the generous support of Wingate Residences, there is no charge for this event.*



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# SENIOR CIRCUIT BREAKER TAX CREDIT INFORMATIONAL SESSION WITH SENATOR ROSS

**Monday, January 30 • 2:00 p.m.**

The Senior Circuit Breaker is a tax credit for senior citizens whether they own or rent their homes. Eligible seniors will receive a dollar credit on their Massachusetts tax return for every dollar that their total property tax, and 50% of their water and sewer bills exceeding 10% of their income. There is a benefit for renters as well. Many seniors are unaware of this potentially substantial benefit. Last year the maximum credit was \$1,070. Come learn about 2016 eligibility requirements and how to file for this benefit.

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

## INCOME TAX COUNSELING SERVICE

SPONSORED BY AARP AND THE COUNCIL ON AGING

**February 6 – April 18**

The AARP Foundation provides trained, certified volunteers to answer questions and prepare Federal and State income tax returns. Call us or stop by in person starting January 16 to schedule appointments for income tax preparation. Tax returns will be e-filed free of charge.

**PLEASE NOTE:** *This year's AARP software does not allow the preparers access to your prior year's tax returns as it did in the past. Consequently, the preparers may be unable to prepare your 2016 tax returns without the following documents:*

1. A copy of your 2015 tax return
2. All relevant 2016 tax documents such as W-2 wage statement(s), 1099 interest and dividend statements, health insurance coverage information, social security and retirement plan income statements and mortgage interest forms.
3. Any state or federal tax forms you received in the mail.

**Appointment scheduling will begin January 16.  
Please call 781-455-7555 or stop by the Front Desk.**

## ARTHRITIS OF THE HAND: HOW TO MAKE DAILY TASKS EASIER AND LESS PAINFUL

**Presented by Suzanne Brand, Occupational Therapist  
Beth Israel Deaconess – Needham Hospital**

**Wednesday, January 18 • 2:00 p.m.**

Occupational Therapist Suzanne Brand, OTR/L, CHT has specialized in hand and upper extremity rehabilitation for more than 30 years and has been the clinical supervisor for the hand and upper extremity rehabilitation department at Beth Israel Deaconess Hospital–Needham for the past 24 years. She works closely with three hand surgeons in the evaluation and treatment of a variety of hand and arm conditions and injuries.

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



**SAVE THE  
DATE!**

**NEEDHAM ART  
IN BLOOM**

**Friday, March 3**

**12:00 Noon – 4:00 p.m.**

View floral interpretations of  
Needham High School artwork.

## 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

Anyone is welcome to attend the monthly meetings of our Low Vision Support Group regardless of whether or not he or she has low vision. Family members and friends of individuals with low vision are welcome as well.

### Wednesday, January 18 11:00 a.m. – 12 Noon

Guest speaker Kathy O'Regan will share her "Life with Low Vision" experiences.

### Wednesday, February 15 11:00 a.m. – 12 Noon

Guest speaker Carl Harmon, Needham Police Department, will speak to us about "Fraud and Scams."

## WEIGHT MANAGEMENT SUPPORT GROUP

5 WEEK SESSION

**Mondays • 12 Noon**  
**Jan. 9, 23, 30;**  
**Feb. 6, 13 with Feb. 27**  
**for makeup if needed.**

Cost is \$20.

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

## DROP-IN CLUTTER SUPPORT GROUP

**Mondays**  
**1:00 – 3:00 p.m.**

For questions and to  
confirm meetings, contact  
Paul at 617-759-1568

## KEEP WELL CLINIC

**1st and 3rd Wednesday**  
**of the Month**

**9:00 a.m. – 12 Noon**  
**Jan. 4, 18;**  
**Feb. 1, 15**

## 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!

### JANUARY

Monday, 1/2 – \*CENTER CLOSED\*  
Monday, 1/9 – The Chateau, Norwood  
Monday, 1/16 – \*CENTER CLOSED\*  
Monday, 1/23 – Horse N'Carriage, Norfolk  
Monday, 1/30 – Chinatown, Canton/Stoughton

### FEBRUARY

Monday, 2/6 – Lafayette House, Foxboro  
Monday, 2/13 – Olive Garden, Framingham  
Monday, 2/20 – \*CENTER CLOSED\*  
Monday, 2/27 – The Dolphin, Natick



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



## SOCIAL SERVICE DEPARTMENT NEWS SENIOR MENTAL HEALTH SUPPORT SERVICES

Phone Consultation and Office Appointments at The Center

### Monday & Wednesday Evenings • 5:30 – 8:00 p.m.

The Needham Council on Aging now offers extended evening hours to provide support and referral service for adults ages 60 or older struggling with depression, anxiety, grief, loneliness or similar issues. If you or a loved one is facing mental health challenges, social service staff are available to assist with assessment, consultation and referral services.

To schedule an appointment or learn more, please call or email Kerrie Cusack, LCSW, 781-455-755 ext. 205, [Kcusack@needhamma.gov](mailto:Kcusack@needhamma.gov).

## SHINE BULLETIN 2017 MEDICARE PART B PREMIUM

The standard Medicare Part B premium in 2017 is \$134. However, most people who get Social Security benefits are paying less than that and are getting the same benefit check this year. This is due to a law that prevents the check amount from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$134 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$187.50 and \$428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call The Center at The Heights at 781-455-7555. 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.

## DIVERSITY DOCUMENTARIES

**Wednesday, January 4**

**Requiem for the American Dream (2016)**

**Wednesday, February 1**

**Tuskegee Airmen: They Fought 2 Wars (2003)**

SEE PAGE 11 (FOR BOTH DOCS)

**Friday, January 6**

**The Great Gatsby (2013)**

DRAMA • PG-13

The film follows Fitzgerald-like, would-be writer Nick Carraway as he leaves the Midwest and comes to New York City in the spring of 1922, an era of loosening morals, glittering jazz and bootleg kings.

**Friday, January 13**

**Moonrise Kingdom (2012)**

COMEDY/DRAMA • PG-13

Set on an island off the coast of New England in the summer of 1965, two twelve-year-olds fall in love, make a secret pact, and run away together into the wilderness. As various authorities try to hunt them down, a violent storm is brewing off-shore.

**Friday, January 20**

**The Hunt for Red October (1990)**

THRILLER • PG

The theme: the greatest espionage coup in history. The story: the chase for a top secret Russian missile sub. Starring Sean Connery and Alec Baldwin.

**Friday, January 27**

**The King's Speech (2010)**

DRAMA • R

King George VI (Colin Firth) must overcome a lifelong, debilitating speech impediment to lead his nation.

**Friday, February 3**

**Casablanca (1942)**

DRAMA • PG

This classic World War II story, starring Humphrey Bogart, Ingrid Bergman, Paul Henreid, and Claude Rains looks terrific in glorious black and white. A half century later, it still is a sublimely romantic, soul-satisfying experience.

**Friday, February 10**

**The Light Between Oceans (2016)**

DRAMA • PG-13

A WWI veteran and his wife move to an isolated lighthouse, informally adopt a baby girl who washes up in a lifeboat and discover two years later she may belong to someone else.

**Friday, February 17**

**Wild Oats (2016)**

COMEDY • PG-13

A retired widow (Shirley MacLaine) hits the jackpot when she receives a life insurance check mistakenly made out for \$5,000,000 instead of \$50,000. She and her best friend (Jessica Lange) then take off on the adventure of a lifetime.

**Friday, February 24**

**Sully (2016)**

DRAMA • PG-13

The event is the emergency landing in January 2009 of US Airways Flight 1549 in the Hudson River. The story is about Sully's (played by Tom Hanks) reactions to a safety board's cynical second guessing.

## SHOPPING EXPERIENCE

**Friday, January 13**  
**Market Basket, Waltham**

**Friday, February 10**  
**Walmart, Walpole**

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.

## MARCH/APRIL

### COMPASS COLLATING

**Wednesday, February 15**  
**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.

# VETERANS' CORNER

## Net Worth No Longer Required as Health Care Eligibility Factor

More veterans are now qualified to receive health care benefits. Beginning in 2015, the VA eliminated the use of net worth as a determining factor for health care programs and copayment responsibilities.

## Honor Flight New England

Honor Flight New England transports veterans to Washington D.C. to visit and reflect at their memorials AT NO COST TO THE VETERAN.

For more information about benefit eligibility or an Honor Flight, contact Sarada Kalpee, Director of West Suburban Veterans' Services District, 781-489-7509 (office), 781-850-5504 (cell), [skalpee@westsuburbanveterans.com](mailto:skalpee@westsuburbanveterans.com).

## SOCIAL SERVICE EVENING OFFICE HOURS

Needham seniors and their families can now seek 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.

## 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.

Dear Friends,

Thank you to everyone who gave an extra donation with membership and a donation in memory of a friend or family member. We also want to thank Jackie Julian-Martin for a wonderful job in selecting and planning the trips program last year. The next trip will be in the spring. Watch for details. We also want to thank Judy Finkle for managing and buying merchandise for the Gift Shop.

We had a wonderful year in 2016 as we supported the staff and volunteers at The Center and our new programs and services. Our expenses have increased and there is more demand for the Senior Compass, for which we cover the printing and mailing expenses. The Compass provides you with all the important details on The Center's programs, classes, entertainment, and enrichment events, Fitness Center hours, and more. We need your support more than ever!

Please fill out the form below for 2017 membership, and we would truly appreciate it if you would consider including an additional donation.

We hope you had a happy and healthy holiday season. Happy New Year!

Anne, Carol, Gail, Isabel, Janice, Jay, Pat, Roma Jean, and Stephen

## 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

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- Louise & Frank Condon
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- Charles H. Schwab
- Kathleen Sferrazza
- Burton Stern

### IN MEMORY

- America Campagna In Memory Of F.J. and David A. Campagna
- Tony & Mary Lou Manzon In Memory Of Stephen Manzon
- Mildred McDermott In Memory Of Joseph McDermott
- Jim Metcalf In Memory Of Evelyn T. Metcalf
- Martha McMahan In Memory Of Helen Hicks
- Helen O'Brien In Memory Of Frank P. O'Brien

### IN MEMORY OF JO-ANN DONALD

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- Mary Diane & Barry McDonough
- Sara McLaughlin
- Jean McPherson
- Audrey Migneault
- Joanne & Charles Occhino
- Stanley & Clare Tozeski
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ON AGING  
Needham

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

## UPCOMING TRIPS!

Thank you all for your great support of our trips last 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 healthy winter!

**HAPPY TRAILS!**



## GROCERY SHOPPING SERVICE

The Charles River Center's Opportunities to Work Program consists of eager individuals ready to volunteer. We are looking for any seniors in the local area that need assistance with their weekly grocery shopping. The Charles River Center can provide door to door service which consists of retrieving your shopping list and payment, completing the shopping at a local grocery store, and dropping off the goods afterwards. Please contact LaTanya Steele 781-455-7555 ext.208 if you are interested in this convenient and free service!

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

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## Commonwealth Caregivers Home Health Care Services



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## 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, 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.

## LOOKING FOR A REWARDING VOLUNTEER OPPORTUNITY?

Our very special Friendly Volunteer Program matches volunteers and seniors to socialize on a one to one basis. The meetings could take place in the senior's home or at The Center. Play board games, have lunch or tea together, watch a Friday movie. Touch a life and yours will be touched in return.

We have seniors waiting. We will provide training and ongoing support. Please call Jessica Moss LICSW, Social Worker at 781-455-7555 ext. 212 or [jmoss@needhamma.gov](mailto:jmoss@needhamma.gov).

## EXERCISE AND DANCE CLASSES

### MONDAY

#### TAI CHI

4 WEEK SESSION

9:00 a.m.

Jan. 9, 23; Feb. 6, 13.

If needed, makeup Feb. 27.

Instructor: Scott Brumit

Cost is \$16.

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

5 WEEK SESSION

9:00 a.m.

Jan. 9, 23, 30; Feb. 6, 13.

If needed, makeup Feb. 27.

Instructor: Sandi Levy

Cost is \$20.

**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): 5 WEEK SESSION

10:15 a.m.

Jan. 9, 23, 30; Feb. 6, 13.

Makeup Feb. 27, if needed.

Instructor: Pearl Pressman

Cost is \$20.

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

#### LINE DANCING

5 WEEK SESSION

12 Noon

Experience Required

Jan. 9, 23, 30; Feb. 6, 13.

Makeup Feb. 27, if needed.

Instructor: Manny Correia

Cost is \$20.

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

**EVENING CLASS!**

5 WEEK SESSION

6:00 – 7:00 p.m.

Jan. 9, 23, 30; Feb. 6, 13.

Makeup Feb. 27, if needed.

Cost is \$20. 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 Late Fall/Winter

Session: Nov. 29 – Jan. 31

(No class on Dec. 27)

Winter/Spring Session

to Begin Feb. 28

Feb. 28; March 7, 14, 21, 28;

April 4

Instructor: Steffi Shapiro.

Contact Needham Community  
Education (781-455-0400 ext. 235)  
for sign-up and payment.  
[www.needham.k12.ma.us](http://www.needham.k12.ma.us).

Location: The Center at The Heights

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

#### ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m.

Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21.

Makeup Feb. 28, if needed.

Cost is \$32.

#### BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

**RUMBA**

Jan. 3, 10, 17, 24

No class on Jan. 31

Cost is \$16.

4 WEEK SESSION 2

**WALTZ**

Feb. 7, 14, 21, 28

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**

**for each session to**

**Park and Recreation**

**781-455-7550**

**9:15 – 10:15 a.m.**

**Winter Session**

**Jan. 11 – March 8.**

**Makeup March 15, if needed.**

### BETTER BALANCE, LIVING STRONGER

6 WEEK SESSION

**2:45 – 3:45 p.m.**

**Jan. 4, 11, 18, 25; Feb. 1, 22.**

**Makeup March 1, if needed.**

Cost is \$40.

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!

8 WEEK SESSION

**10:00 – 11:00 a.m.**

**Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23.**

**Makeup March 2, if needed.**

Instructor: Louise Carbone

Cost is \$32. 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. Louise will help personalize each participant's workout so it matches your goals!

### THURSDAY YOGA WITH SANDI LEVY

7 WEEK SESSION

**1:00 – 2:00 p.m.**

**Jan. 5, 12, 26; Feb. 2, 9, 16, 23.**

**Makeup March 2, if needed.**

Cost is \$28.

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

### ARTHRITIS EXERCISE/STABILITY BALL CORE TRAINING

8 WEEK SESSION

**2:00 p.m.**

**Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23.**

**Makeup March 2, if needed.**

Cost is \$32.

## FRIDAY

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

8 WEEK SESSION

**9:15 a.m.**

**Jan. 6, 13, 20, 27; Feb. 3, 10, 17, 24.**

**Makeup March 3, if needed.**

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.**

**Winter Session: Jan. 13 - Mar. 10.**

**Makeup March 17, if needed.**

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

**FRIDAY**

**10:00 a.m. – 12 Noon**

**By appointment,  
contingent on availability  
of volunteers.**

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.**

**8 CLASS SESSION**

**Jan. 5, 12, 19, 26;**

**Feb. 2, 9, 16, 23**

Cost is \$32

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

## INTRODUCTION TO MICROSOFT WORD

**Friday, Jan. 20 • 10:00 a.m. – 12 Noon**

Microsoft Word is the most popular word processing program in use today. This class covers the use of the menus and ribbon. You will create, edit, format, save and print documents. We will learn to use the spellchecker, as well as tasks such as cut, copy and paste. Students should be comfortable using a mouse.

**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.**

## GARY HYLANDER LECTURE

**Treason Seasons Series**

**BENEDICT ARNOLD**

**Wednesday, February 22 • 2:00 p.m.**

Please join us for this, the first of 3 lectures by Dr. Hylander titled *Treason Seasons*. Dr. Hylander is a well-known lecturer and history professor and has spoken a number of times at The Center. His lectures are always very interesting and well attended. He will enlighten us about Benedict Arnold and the details surrounding his arrest and trial.

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

*Thanks to the generous sponsorship by New Pond Village there is no fee for this program.*

## LOOKING FOR LEGAL ADVICE?

**February 21 between 9:00 a.m. and 11:00 a.m.**

Sign up for a free 20 minute consultation at our Bi-monthly FREE Clinic with an attorney from MetroWest Legal Services.

**To make an appointment call 781-455-7555 or stop by the Front Desk.**

**If you have any questions or concerns please contact Jessica Moss,  
LICSW at 781-455-7555 Ext. 212 or email her at [jmoss@needhamma.gov](mailto:jmoss@needhamma.gov)**

## NUTRITION TIPS FROM MEGHAN

**Thursday, January 26 • 2:30 p.m.**

**Re-scheduled from December**

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.**

## LIFELONG LEARNING

### SPRINGWELL'S POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

**Wed., Jan. 25 – March 1 • 4:00 – 5:30 p.m.**

STRICT LIMIT OF 30!!

When you take care of yourself, everyone benefits. This six-week workshop will teach you how to thrive, not just survive! You will learn skills to help:

- Reduce stress
- Communicate effectively with others
- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

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

**Required book fee is \$15, checks payable to Springwell.**

## EXPLORING DIVERSITY

CULTURAL, RACIAL, ECONOMIC, POLITICAL, PERSONAL, ETC.

### DIVERSITY DOCUMENTARIES

**REQUIEM FOR THE AMERICAN DREAM (2016)**

**Wednesday, January 4 • 1:00 p.m.**

Noam Chomsky discusses the deliberate concentration of wealth and power in the hands of a select few. Chomsky unpacks the principles that have brought us to the crossroads of historically unprecedented inequality.

**To Commemorate Black History Month**

**TUSKEGEE AIRMEN: THEY FOUGHT 2 WARS (2003)**

**Wednesday, February 1 • 1:00 p.m.**

This inspiring documentary examines the 332nd Fighter Group and the 477th Bombardment Group of the U.S. Army Air Corps—the Tuskegee Airmen. These 450 black men fought the Nazis in World War II, and back in America they fought prejudice, bigotry, and racism. Extraordinary airmen, they remain today the only fighter group never to have lost one of their bombers to enemy fire.

**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**

**Jan. 4 • Gauguin**

**Feb. 1 • American West**

## CREATIVE WRITING GROUP

**10:00 a.m.**

**Jan. 10, 24; Feb. 14, 28**

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

## CURRENT EVENTS GROUP

**10:30 a.m.**

**Jan. 3, 17, 31; Feb. 7, 21**

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

## CENTER BOOK GROUP

**Second Friday of  
Each Month**

**Jan. 13 • 10:30 a.m.**

January Book:

*Still Life*

by Louise Penny

**Feb. 10 • 10:30 a.m.**

February Book:

*Dying for Chocolate*

by Diane Mott Davidson

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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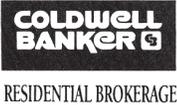


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Phyllis Fanger  
Dan Goldberg  
Monica Graham  
Penny Grossman  
Susanne Hughes  
Tom Keating  
Lianne Relich

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

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

**FRIENDS OF THE CENTER  
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