

# NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

## *IN THIS ISSUE:*

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& EVENTS



**Needham's own Officer Kelly Scolponeti, serves up warm waffles to Center members Del and Patty Miller on Waffle Wednesday in September.**



# COMMUNITY UPDATE



FRIENDS OF THE CENTER  
AT THE HEIGHTS, INC.

## BOARD OF DIRECTORS

### TRI-CHAIRS

Pat White  
Carol Ditmore  
Beverly Pavasaris

### TREASURER

Anne Brain

### SECRETARY

Beverly Pavasaris

### BOARD MEMBERS

Isabelle Avedikian  
Clifton Holbrook  
Jay Kaplan  
Lee Ann Keeler  
Barbara Ryan

GIFT SHOP  
COORDINATOR  
Chumai Fung

EX-OFFICIOS  
LaTanya Steele  
Aicha Kelley

Dear Friends of The Center

Our Registration Day is October 28 beginning at 9AM. Please stop by the Front Desk or call 781-455-7555 to register for November and December programs. This is more important than ever for a few reasons:

1. It allows us to monitor how many participants are allowed for programs with limited seating
2. It lets our staff know how many chairs to set up
3. It help us prepare for social distancing to keep you safe
4. If a program is cancelled, we can contact you

As you will see in this *Compass*, we are once again charging for some instructed programs. Since the onset of the Pandemic, we have provided FREE programming. However, are now charging \$5 per class—even for Zoom programming, as the instructors still need to be compensated. You will see the cost of each program at the end of each description.

Of course, if at any time the program payments are a financial burden, please see any staff member for confidential scholarships.

Your health and wellness is very important to the Center at the Heights staff.

~The Center at the Heights Staff

REGISTRATION DAY  
OCTOBER 28TH



We've resumed our weekly Wednesday trips to Sudbury Farms and Market Basket. Check out the details on page 16. Reach out to Stephan to register!

Transportation  
**News**



# CENTER SUPPORTS

## AICHA'S DAILY HIGHLIGHTS EMAILS

Our Assistant Director, Aicha Kelley, produces a daily email that is full of valuable supports and random surprises. She includes everything from health updates to Zoom class links. This email is a great way to stay connected to The Center. To receive them email [akelly@needhamma.gov](mailto:akelly@needhamma.gov).

## LUNCH DELIVERY

Needham seniors aged 60 and older, or residing in income-based housing supported by Springwell Elder Services, can sign up for lunch delivered daily Monday—Friday. Council on Aging drivers will leave your meal at your doorstep. To sign up, email [jmoss@needhamma.gov](mailto:jmoss@needhamma.gov) or call 781-455-7555.

## BLOOD PRESSURE CLINICS

Tuesdays, 9:00-11:00AM  
Lenny from the VNA will be here every Tuesday. Just drop in.



## HEARING LOSS CLINIC

Email Debbie at [DmaiborsLp@gmail.com](mailto:DmaiborsLp@gmail.com) to schedule a Zoom Appointment.

Speech/ Language Pathologist Debbie Maibor is offering Informational hearing

clinics to provide an overview of hearing, hearing problems, and the effects on communication, with time for questions and answers. Please email her to set up a time to connect on Zoom.

## SWALLOWING CLINICS

Email Debbie at [dmaiborslp@gmail.com](mailto:dmaiborslp@gmail.com) to schedule a Zoom Appointment

Speech/ Language Pathologist Debbie Maibor is offering a great opportunity with these appointments.

As we age, we may find we have some concerns or problems with swallowing. This informative meeting will focus on understanding the three



phases of swallowing and some associated problems. We will discuss various foods, textures, and swallowing diets. “Safe Eating Strategies” will be suggested.

## LOW VISION PROGRAM

Wednesdays,

Nov. 17 / Dec. 15, 10:30 AM

Join Conference Call: 844-263-1619  
followed by 932 288 655#

**The Center Cafe  
Continental Breakfast  
Monday—Friday  
8:30AM—12PM**

**Computer Room,  
Game Room & Library  
Monday—Friday  
8:30AM—4PM**

# CENTER SUPPORTS (CON'T)

## **BEREAVEMENT CIRCLE WITH NIKKI**

Thursdays, 3:00PM Newcomers

Thursdays, 4:30PM Returning

Nikki, from West River Hospice, offers her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone, now is not the time to be alone. Please consider joining this group. Even if you don't want to share, listening and realizing you are not alone could help. Email Aicha to be connected. Cost: Free.

No rule book.  
No time frame.  
No judgement.  
Grief is as individual as  
a fingerprint.  
Do what is right for  
your soul.  
—lfw

## **TABLETS & TUTORS**

We are partnering with the Needham Community Council to offer our *Tablets and Tutors Program*. This program is designed to make technology accessible to everyone by providing seniors with easy-to-use Amazon Fire HD 10 tablets and teaching seniors how to use them. NCC will offer one-on-one and/or group tutoring sessions to everyone who receives a tablet.



If you are interested our *Tablets and Tutors* program, please call Stacey Fallon at 339-777-6899 (ext. 1032) or 781-444-2415. Support for this program is provided in part by the Metrowest Health Foundation and the Needham Community Council.

**Do you play an instrument?**

**Like to sing? Join us!**

The 2nd Tuesday of the month at The Center

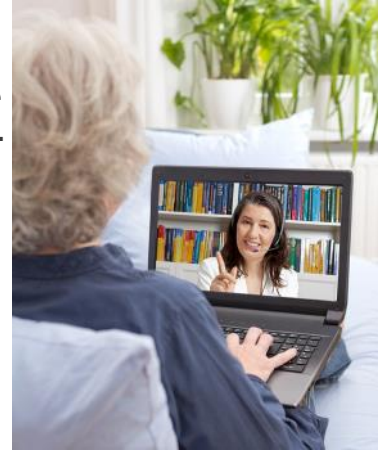
11:30-12:30

All are welcome to participate or come enjoy the music

Our team of **social workers** is happy to provide Needham residents with counseling, support and referral services on a variety of issues including, housing, transportation, traveling meals, SNAP benefits, unemployment benefits assistance, mental health counseling, long-term care planning, caregiver resources, and health insurance benefits counseling: and more—781-455-7555.

## Tele-Therapy Program

The Social Workers at the Center at the Heights are here to help. In addition to our ongoing services, we are offering a new free 8-week Tele-Therapy Program to help individuals 60 and older develop coping strategies in response to the COVID-19 pandemic. If you are interested in learning more or signing up for the program, please contact Kerrie Cusack, LICSW at 781-855-7555.



## Welcome Frannie McBrian!

Frannie McBrian (she/her/hers) is a first-year graduate student at Boston University's School of Social Work and is an intern at the Council on Aging this year. Following her graduation from Mount Holyoke College with a degree in psychology and English, she worked at a surrogacy and egg donation agency and in higher education recruiting. In her free time, Frannie enjoys painting, reading, gardening, making a mess in the kitchen (aka cooking), hiking, spending time with her partner, dog, and cat, and knitting/crafting. She is also a certified yoga instructor.

## Veteran's Agent Hours with Sarada & Nancy

Thursdays, 9:00AM – 11:00AM,  
November and December  
In-person. First come – first served.

Are you aware of all the benefits and services available to you as a veteran? Sarada and Nancy come every week to answer your questions and explain your benefits.

# COMMUNITY RESOURCES

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## RIVERSIDE COMMUNITY CARE

**Outpatient Services** ..... 617-969-4925

You and a Riverside clinician can participate in virtual therapy or psychiatry appointments using secure, easy-to-use video-conferencing technology. There are many benefits to this type of therapy (flexibility, reduces transportation issues) and results have been proven to be comparable to in-person therapy.

**Emergency Services**.....800-529-5077

Provides 24/7 mental health and substance use evaluations to people in crisis. Instead of going to the emergency room, services can be provided to you over the phone, in your home, at school, or in another community setting

**INTERFACE** .....888-244-6843

Looking for a Mental Health Provider? Call the INTERFACE Referral Helpline Monday-Friday, 9am-5pm - This is a free, confidential mental health outpatient referral service for children, adults, and families in Needham.

**NAMI HELPLINE** ..... 800-950-6264

Monday – Friday 10am-6pm, 800-950-6264. The NAMI (National Alliance on Mental Illness) helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

**“ARE YOU OK”** ..... 1-866-900-7865

Free service that calls every day to check on the well-being of Norfolk County senior citizens.

**CAREGIVING RESOURCES** .....[www.caregivingmetrowest.org](http://www.caregivingmetrowest.org).....508-573-7200

**DOMESTIC VIOLENCE HOTLINE** .....1-877-785-2020

**REACH BEYOND DOMESTIC VIOLENCE** .....1-800-922-2275

**ELDER ABUSE HOTLINE** .....1-800-922-2275

**MA OFFICE OF ELDER AFFAIRS** .....1-800-243-4636

**MEDICARE**.....1-800-633-4227

**SHINE MEDICARE COUNSELING** .....781-855-3629

**METROWEST LEGAL SERVICES** .....508-935-2222

**SOCIAL SECURITY** .....1-800-772-1213

**NEEDHAM CENTER AT THE HEIGHTS**.....781-455-7555

**NEEDHAM COMMUNITY COUNCIL** .....781-444-2415

**NEEDHAM HOUSING AUTHORITY** .....781-444-3011

**NEEDHAM PUBLIC HEALTH**.....781-455-7940

**NEEDHAM POLICE** .....781-455-7570

**NEEDHAM FIRE** .....781-455-7580

**8 NEEDHAM TOWN HALL**.....781-455-7500



# FITNESS CLASSES

ZOOM

We continue to provide virtual classes delivered from the CATH or our instructors' homes right to your home via your computer, tablet or smartphone. Many of our classes are held each week, using Zoom web conferencing technology. Please reference our daily emails for up-to-date Zoom ID information.

## MONDAY

### PERSONAL TRAINING WITH THE CADIGANS

Monday - Friday 7:00AM - 7:00PM

To schedule a session contact Lisa or Steve in the Fitness Center.

Schedule an introductory session with our trusted trainers Steve or Lisa Cadigan to create an exercise program tailored to your



needs. You can work on back, core strengthening, recovery from surgery or injury. You can meet over zoom, phone, in-person while socially distant or whatever is

best for your needs during the Pandemic. Cost is \$50 per hour.

### SANDI LEVY'S YOGA VIA ZOOM

Mondays, 9:00AM

Meeting ID: 8708 8264 5200

Passcode: yoga

Sandi has such a following that her class often has a lengthy waitlist. Check out how wonderful her yoga program is. Cost: \$40.

### TAI CHI WITH SCOTTY VIA ZOOM

Mondays, 10:00AM

Meeting ID: 897 6396 8005

Passcode: 609523

Tai chi is a slow-motion, moving meditative exercise for relaxation and health. Tai chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms,

IN  
PERSON

improve symptoms of fibromyalgia, reduce risk of falls and more. Cost: Free.

### STRENGTH TRAINING WITH PEARL

Mondays, 10:30AM

Zoom Meeting ID: 872 3869 8176

Passcode: 8119

This SEATED exercise class is designed for mature individuals of various fitness levels. Pearl includes a thorough warm-up, strength training exercises using light hand weights and gentle stretching to increase flexibility and reduce muscle tension. Cost: \$45.

### WEIGHT MANAGEMENT WITH PEARL

Mondays at 12 :00PM

Meeting ID: 834 1589 3366

Passcode: 8119



Learn how to change the behaviors that keep you from being your ideal weight. Join this informative and supportive weight management program. This program will teach you how to make lifestyle changes that will help you achieve your goals. Cost: \$45.

## TUESDAY

### GENTLE FITNESS

Tuesdays, 9:30AM

Register at the Front Desk

Zoom Meeting ID: 853 9928 6741

Password: 797598

Gentle Fitness is a strength and conditioning class focusing on moving safely from one exercise to the next. We will work on balance strengthening, stability and flexibility. You will need a mat and optional weights. Cost: \$45.

# FITNESS CLASSES (CON'T)

## TUESDAY (CON'T)

### TRAIN THE BRAIN WITH STEPHEN

Tuesdays, 11:30AM

Register at the Front Desk

Zoom Meeting ID: 816 9119 6399

IN  
PERSON

This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Cost: \$45.

### GENTLE NIA IN A CHAIR WITH SHOWWAY

Tuesdays, 12:30PM

Meeting ID: 813 9959 7555

Passcode: 373880

IN  
PERSON

This class is a gentle form of Nia fitness that helps seniors and the mobility-challenged develop FAMSS (Flexibility, Agility, Mobility, Stability and Strength). Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. Classes are put to soul-stirring music! Cost: \$45.

### RESISTANCE BAND PROGRAM VIA ZOOM & IN-PERSON

Tuesdays, 1:00PM

Register at the Front Desk for seating

Zoom Meeting ID: 843 7955 7037

IN  
PERSON



Resistance bands offer an alternative to exercise without using traditional weights. This 45-minute class uses bands which provide resistance during both the concentric and eccentric phase of movement. Bands are forgiving on the joints of the older adult and help increase strength by addressing all

muscles of the body. Resistance bands can be obtained at the Center. For safety reasons, Zoom cameras MUST remain on during class. Cost: \$45.

### ARTHRITIS CLASS WITH STEPHEN

Tuesdays, 2:00PM

Zoom Meeting ID: 816 8790 1740

IN  
PERSON

This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination. Cost: \$45.



### GENTLE YOGA WITH MICHELLE

Tuesdays, 2:30PM

Meeting ID: 82400032271

Password: 0DbGrY



Enjoy this slow flowing practice that includes breath work, standing & mat poses As always, Michelle will make it as personal as possible. So, if you have a special area you want to work on, let her know. Cost: \$45.

### LINE DANCING WITH SHOWWAY

Tuesdays, 4:00PM

Zoom Meeting ID: 843 5305 0113 (no in-person)  
Passcode: 200346

Line dancing is a fun way to improve memory skills, strengthen bones, develop better balance, relieve stress and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! NO need to have a partner and no experience is necessary. Cost: \$45.

# FITNESS CLASSES (CON'T)

## WEDNESDAY

### T'AI CHI & QIGONG WITH SCOTTY AT THE CENTER

Wednesdays, 9:00 AM

Register at the Front Desk

See description on page 9. Cost: \$45

IN  
PERSON

### INTERVAL TRAINING WITH LISA

Wednesdays, 1:00PM

Zoom Meeting ID: 859 4613 1521

"High Intensity Interval Training" is a trending workout in the mainstream fitness world. Lisa Cadigan will personalize the training to your individual intensity level. Cost: \$45.

IN  
PERSON

### EXERCISE WITH EASE WITH LAILA

Wednesdays, 1:00PM

Zoom Meeting ID: 254 025 0890

Passcode: 443362

Join Laila for a total-body, low-impact strengthening and stretching class. Improve your strength and joint mobility and decrease stiffness. You'll need hand weights (cans or small water bottles) and a mat for class. Cost: \$45.

### ZUMBA GOLD WITH LULU

Wednesdays, 4:00PM

Zoom Meeting ID: 825 7084 7065

Passcode: Zumba

This is a low-impact Zumba class, and all levels are welcome. Cost: \$4



## THURSDAY

### BARRE WITH LISA VIA ZOOM

Thursdays, 9:30AM

Zoom Meeting ID: 885 7480 7471

Passcode: 577904

Barre incorporates the fluidity of ballet, the flexibility of yoga and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low-impact class is set to music that makes you want to move. You will need a chair, a mat, and optional light weights. Cost: \$45

### TAI CHI WITH SCOTTY VIA ZOOM

Mondays, 10:00AM

Meeting ID: 897 6396 8005

Passcode: 609523

See description on page 9. Cost: \$45.

### PILATES WITH LISA VIA ZOOM

Thursdays, 11:30 (new time & link)

Zoom Meeting ID: 899 9086 2700

Passcode: 029133

This class focuses on developing flexibility, balance and strength. You will work on alignment, breathing, core strength and coordination. You will need a mat. Cost: \$45..

### TRAIN THE BRAIN WITH STEPHEN

Thursdays, 11:30AM

Zoom Meeting ID: 816 9119 6399

This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Call the Center for a list of items needed for class. Cost: \$45.

IN  
PERSON

# FITNESS CLASSES (CON'T)

## THURSDAY (cont'd)

### GENTLE YOGA WITH MICHELLE

(Can use a chair)

Thursdays, 2:30PM

Zoom Meeting ID: 443 604 7877

Passcode: 0DbGrY

Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well! You can never have too much yoga!

Michelle will have you calm, limber and toned. Cost: \$45.



### ARTHRITIS CLASS WITH STEPHEN

Thursdays, 2:00PM

Register at the Front Desk for in-person

Zoom Meeting ID: 816 8790 1740

IN  
PERSON

This exercise class is mostly seated and addresses range of motion, strength, flexibility, endurance balance and coordination. You DO NOT have to have arthritis to take part. Cost: \$45.

## FRIDAY

### BALANCE, POSTURE, CORE

Fridays, 10:30AM

Zoom Meeting ID: 748 2001 4156

Passcode: kGfHd5

Balance is complex and multi-dimensional. In this class Laila will go over the components of good balance and teach you how to improve balance through a variety of exercises for core and leg strengthening,

posture awareness and stretches for greater flexibility. Cost: Free.

### STRENGTH TRAINING WITH PEARL

Fridays, 10:30AM

Zoom Meeting ID: 872 3869 8176

Passcode: 8119



See description on page 9.

### CATH WALKING GROUP

Fridays, 11:00AM

Meet by the tent in town center

This fun group will walk outdoors in Needham. Everyone should be able to walk 2 miles, MUST wear a mask, wear comfortable walking shoes and bring water.

### RESISTANCE BAND PROGRAM

Fridays, 1:00PM

Register at Front Desk for in-person (10-12)

Zoom Meeting ID: 843 7955 7073

IN  
PERSON

Resistance bands offer an alternative to exercise without using traditional weights.



This 45-minute class uses bands which provide resistance during both the concentric and eccentric phase of movement. Bands are forgiving on the joints of the older adult and help increase strength by addressing all muscles of the body.

Resistance bands can be obtained at the Center. For safety reasons, Zoom cameras MUST remain on during class. Cost: \$45.

# FITNESS CLASSES (CON'T)

## FRIDAY (CON'T)

### ZUMBA WITH JOPENG

Fridays, 3:00PM

Zoom Meeting ID: 520 520 9898

Passcode: ZumbaGold

Jopeng is a friend of Lulu's. She is going to get us up and moving before winding down for the weekend.

## SATURDAY

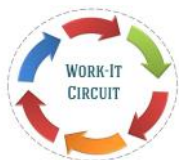
### CIRCUIT TRAINING WITH LISA

Saturdays, 9:30AM (except 11/6)

Zoom Meeting ID: 520 520 9898

Passcode: 821835

This 45-minute class aims to simultaneously develop endurance and strength. These exercises are fun, easy to learn and will help you with



flexibility and mobility. Composed of a consecutive series of timed exercises, this class alternates between cardio/aerobics and strength activities. Accessibility to weights is beneficial but not necessary to participate in this class.

Cost: \$45

### ARTHRITIS CLASS WITH STEPHEN

Saturdays, 10:30AM (Except 12/18, 12/25)

Zoom Meeting ID: 816 8790 1740

This exercise class is mostly seated and addresses range of motion, strength, flexibility, endurance balance and coordination. You DO NOT have to have arthritis to take part. Cost: \$45.

## MEN'S HEALTH FORUM

Register at Front Desk for in-person.

Zoom Meeting ID: 831 4707 3717

### The Core: The Center of Our Body & Everything We Do

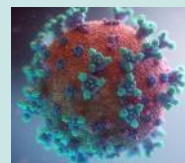
November 10, 2:00PM

The core is the central part of our body and is involved in all movement including breathing. A strong, healthy core is most important to maintain independence. We will examine what the core is, its purpose and how to strengthen and keep it flexible to better ensure a good quality of living. Cost: Free.

### The Effect The Covid-19 Pandemic Has Had on US

December 8, 2:00PM

The Covid-19 Pandemic has had a profound effect on every aspect of our society worldwide. As we slowly emerge from this catastrophe, we are still feeling the lasting effects on our health both directly and indirectly.



We'll examine the ramifications of the Pandemic and develop strategies to negate, offset, or at least lessen the fallout as we go forward. Cost: Free.

# WEEKLY CLASSES

## SUNDAY

### SUNDAY SUPPER CLUB

Sundays, 5:30PM

Register at the Front Desk for a meal (20)

Meeting ID: 835 6343 3164

Passcode: SUPPER

Let's have Sunday Supper together! We will deliver a pre-prepared meal to you on Friday. You re-heat it on Sunday. Then connect to Zoom at 5:30PM and have dinner together. Make new friends or invite friends. A \$5



## MONDAY

### MONDAY MEDITATION WITH KERRIE

Mondays, 11AM

Register at the Front Desk for limited seating (8)

Zoom Meeting ID: 409 252 1447

Password: 12345

Kerrie Cusack will work her magic to lead us in a meditative center. Cost: Free.

### RON'S HISTORICAL MOVIE & DISCUSSION GROUP

Mondays, 1:00PM

Zoom Meeting ID: 850 1408 7723

Password: 881305

This is another of Ron's fun history courses! In this class you will watch a movie each week at your leisure. Then, we will Zoom together on Monday at 1:00PM to discuss the movie's historical competency. Was it accurate? Is it propaganda? Ron will discuss the historical relevance, plot, characters, cinematography and more. He will update participants with movie titles. Cost: Free.

### SPANGLISH EXCHANGE CONVERSATION

Mondays, 1:00PM

Zoom Meeting ID: 112 782 200

Whether you are learning Spanish, want to learn Spanish, want to help others practice English or just want to meet people from around the world, Spanglish Exchange is a great group for you. Speaking Spanish is not required. Cost: Free.



### CLUTTER SUPPORT GROUP VIA ZOOM

Mondays, 2:00PM

Zoom Meeting ID: 865 6904 4770

Password: declutter

The Clutter Support Group is a gathering of men and women who support each other in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our friend Paul helps provide members with the tools and skills needed to live a clutter-free life and offers understanding, trust and hope in a caring, compassionate and discreet environment. Cost: Free.

## TUESDAY

### BLOOD PRESSURE CLINIC WITH LENNY FROM THE VNA

Tuesdays, 9:00-11:00AM

First come, first served.



Lenny comes weekly to make sure we are healthy. Come in for a quick BP check. Cost: Free.

# WEEKLY CLASSES (CON'T)

## TUESDAY (CON'T)

### FRENCH CONVERSATION GROUPS

Tuesdays, Wednesdays, Thursdays, 10:30AM  
Zoom Meeting ID: 769 2859 0292  
Passcode: k9Xcqj

Join native speaker Nathalie to improve your conversational French. Prior to each session, you will receive brief videos in French to watch, or news articles or literature to read to prepare for the group discussion. This is a fun way to make new Francophile friends. This is not a structured class. The goal is to practice talking in a relaxed setting. Email [Wellesley.Nathalie@gmail.com](mailto:Wellesley.Nathalie@gmail.com) with questions. Cost: Free.



### CURRENT EVENTS DISCUSSION GROUP

Tuesdays, 10:30AM  
For Zoom information, email [gerry-koss@gmail.com](mailto:gerry-koss@gmail.com)

Hear a concise update of the past week's news. You can also bring up topics of interest to you. The demeanor is respectful, and you can just listen or speak up as you wish. Cost: Free.

### TABLET TALK WITH STACEY

Tuesdays, 2:00pm  
Register at the Front Desk for seating.  
Zoom Meeting ID: 737 2468 4729  
Password: Tablets

Bring your Fire Tablet questions and get some tips and tricks to share for navigate your tablet. This is designed for Fire Tablet users, but all tech questions are welcome! Cost: Free.

## WEDNESDAY

### DRAWING AND SKETCHING W/ BEN

Wednesdays, 10AM  
Zoom Meeting ID: 885 7100 9884

During this online class, we will approach drawing in an informed, relaxed way, while being inspired by light, shape, form and the natural world. Ben is a trained illustrator and has been drawing all his life. For the first class you will be using items from home. After that, we deliver sketchbooks, pencils, pens and more supplies to the first 20 who register. Cost: \$45.

### FRENCH CONVERSATION GROUPS

Tuesdays, Wednesdays, Thursdays, 10:30AM  
Zoom Meeting ID: 769 2859 0292  
Passcode: k9Xcqj

(See left column for description)

### INTERNET SAFETY & TROUBLESHOOTING WITH GEORGE

Wednesdays, 11:00am  
Zoom Meeting ID: 366 205 9811  
Passcode: 7k2Gty

How do we keep our privacy and security when everything online is being exposed and logged? How do we secure our connections, permissions, and access to sensitive data in an unstable environment? He will present and leave plenty of time for Q&A. Cost: Free.

### OPEN ART STUDIO AT THE CENTER

Wednesdays, 11:30AM-2:30PM  
Pe-register at the Front Desk for limited seating.

Join your peers and friends in the Art Room to work on your piece of the day. Cost: Free.

# WEEKLY CLASSES (CON'T)

## WEDNESDAY (cont'd)

### OPINION HISTORY WITH RON

Wednesdays, 1:00PM

Zoom Meeting ID: 861 2520 8844

Passcode: 672425

Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless? Did you forget about them very quickly? This course is different! There are no right answers. There are only your opinions. As the moderator, I do not have an opinion and want to hear your thoughts and help sharpen your opinions. Just Google the topic for the week and THINK: Cost: Free.

## GROCERY SHOPPING TRIPS

### SUDBURY FARMS

Wednesdays, Depart 1:30PM Return 3:15PM

(Shopping time 1:15 minutes)

Register for limited seating (only 7) by calling Stephan 781-455-7555 ext. 204

### MARKET BASKET WALTHAM

Wednesdays, Depart 1:30PM Return 3:45PM

(Shopping time 1:15 minutes)

Register for very limited seating (only 5) by calling Stephan 781-455-7555 ext. 204

If there is a waitlist, priority for the second trip will be given to people who were on the waitlist for the first trip. Maximum of 5 bags or 30 lbs. per person. The driver cannot bring the bags into your home as they cannot leave passengers alone in the bus. Cost: \$2 suggested donation.



## DROP IN GAMES/CRAFTS

### MONDAYS

Beginner Bridge 10AM - 12PM

Canasta 1PM - 3PM

### TUESDAYS

Experienced Bridge 9AM- 12PM

Rummikub 1 - 3PM

Vintage Voices 1 - 2PM

### WEDNESDAYS

Beginner Pinochle 10 - 12

Canasta 1- 3

### THURSDAYS

Experienced Bridge: 9AM-12PM

Knitting 10AM -12PM,

Mah Jong 1 - 4PM

Duplicate Bridge 12:30-3:30PM

### FRIDAYS

Beginner Bridge 10AM-12PM

Quilting 10AM - 12PM

Rummikub 1- 3PM

Mah Jong 1 - 4PM



# WEEKLY CLASSES (CON'T)

## THURSDAY

### VETERAN'S AGENT HOURS WITH SARADA & NANCY

Thursdays, 9:00-11:00AM  
First come, first served

Veteran's agents Sarada and Nancy will help you learn about the benefits and services that are available to you. Cost: Free.

### GREAT PLAIN TRADERS

Thursdays, 9:30AM  
Register at the Front Desk for limited seating.  
This group talks all things stocks. Cost: Free.

### FRENCH CONVERSATION GROUPS

Tuesdays, Wednesdays, Thursdays, 10:30AM  
Zoom Meeting ID: 769 2859 0292  
Passcode: k9Xcqi



See page 15 for description. Cost: Free.

### SPANGLISH EXCHANGE CONVERSATION

Thursdays, 7:00PM  
Zoom Meeting ID: 112 782 200  
See page 14 for description.  
Cost: Free.



ers are welcome- fiction, non-fiction, short stories, essays, and journaling. Cost: Free.

### CATH WALKING GROUP

Fridays, 11:00AM (Weather Permitting)  
Meet in front of Town Hall by the tent

Join us for a walk outdoors! Everyone should be able to walk 2 miles. MUST wear a mask, comfortable walking shoes and bring a water.



### SHORT STORY DISCUSSION GROUP

Fridays, 12:00PM  
Zoom Meeting ID: 894 4350 9457  
Passcode: 623397

We are always looking for new members to discuss the stories and more! The weekly story will be listed in Aicha's Highlights. Cost: Free.

### CINEMA AT THE CENTER

Fridays, 1:00PM  
Register at the Front Desk for seating.  
Contact Aicha, [akelley@needhamma.gov](mailto:akelley@needhamma.gov), to make movie suggestions. Then, check her Highlights for the movie of the week. Cost: Free.

### DEMUSTIFY TECHNOLOGY WITH TECHIE TO THE RESCUE

Fridays, 1:30PM  
Zoom Meeting ID: 850 5749 7471

Our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics and will always answer your Q & A's. Cost: Free.

### SPANGLISH EXCHANGE CONVERSATION

Fridays, 7:00PM  
Zoom Meeting ID: 112 782 200  
See page 14 for description. Cost: Free

## FRIDAY

### NEEDHAM CREATIVE WRITING WITH BETH

Fridays, Nov 5. & 19 / Dec. 3 & 17 @ 10AM  
Zoom Meeting ID: 909 884 3526

Beth Knaus, owner of *That's a Spade Writing Services*, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with writing techniques, sharing writing, and talking about the love of writing. All types of writ-

# SPECIAL EVENTS

## DIABETIC SHOE CLINIC

Register for your 10-minute appoint/fitting at the Front Desk. As soon as 7 people register, we will select a date.

Attention adults with foot problems and diabetes! Is Medicare your primary insurance?

If so, you are eligible to receive a pair of diabetic shoes and inserts for FREE. Other insurance plans may also cover this. Bring your Medi-

care card and any supplemental insurance cards, as well as the completed doctor's order (pick up form at the Front Desk). Cost: Free.



## FINANCIAL CLINIC WITH GALINA

Email Aicha she will connect you with an appointment, [akelley@needhamma.gov](mailto:akelley@needhamma.gov).

Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past. Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham. Cost: Free.

## PROTECTING YOUR HOME FROM LONG-TERM CARE COSTS

Tuesday, November 2, 11:00 AM

Register at the Front Desk for seating

Our homes are most often our biggest asset. Shani the lawyer will educate you about your options for protecting your home from the cost of long-term care expenses like nursing homes. With this and proper advanced planning, you will have valuable strategies to help. Cost: Free.

## REVERSE MORTGAGE CLINICS

### VIA ZOOM OR PHONE

Tuesday, Nov. 2/Dec. 6, 11:30/12/12:30PM

Email Aicha to register for a Clinic appointment, [akelley@needhamma.gov](mailto:akelley@needhamma.gov).

David Tourtillott, CRMP® will host you for a 30-minute phone session to educate you on the ways a Reverse Mortgage can be utilized to gain peace of mind during uncertain times. David will also be discussing how to use a reverse mortgage to refinance your home if you desire to age in place, or how to purchase a new home that better meets your needs. Other discussion points include pros and cons, and how people are using this financial tool to enhance their retirement. Cost: Free.

## NAME THAT SHOWTUNE

1st Wednesdays, 2:00PM (Nov. 3 / Dec. 1)

Zoom Meeting ID: 890 6094 6210

Passcode: NAME

3rd Wednesdays, 2:00PM (Nov. 17 / Dec. 15)

Zoom Meeting ID: 835 8683 9967

Passcode: NAME

Doug Robinson, pianist extraordinaire, will be bringing his talent to this great program! Can you name the show tune he plays for

us? Join us for a combination gameshow and concert! Music is

great for the memory and for having fun!

This class originated from our Music Appreciation Program (On Thursdays at 4PM). Peter Kenney thought it would be fun to play showtunes, guess from which play the song is from and then we will learn some trivia and history of the Show. As always, requests can be sent to me. Cost: Free.



# SPECIAL EVENTS

## SELF CARE TODAY SERIES: COGNITIVE HEALTH TIPS TO HELP WITH WINTER BLUES

Thursday, November 4, 11:00AM

Zoom Meeting ID:

Passcode:

Cognitive health is the ability to clearly think, learn and remember. Genetic, environmental and lifestyle factors all influence cognition and health. Aging also impacts cognitive functions such as problems with attention, memory recall, planning, reasoning and problem solving. Professional Healthcare Advocate, Lynn Croft will teach you ways to boost your cognitive fitness. Cost: Free.

## CAREGIVER SUPPORT GROUP

Mondays, Nov 8 / Dec 13, 4:00PM

Register at the Front Desk for in-person  
Zoom Meeting ID: email  
kcusack@needhamma.gov

Caregiving can be a lonely and isolating experience. Group members share stories, information and encouragement around caregiving. Learn new perspectives, tools and approaches for your journey. Join in and take time for yourself. Caregivers need support too. Cost: Free.

## LIZA WITH A “Z”

Monday, November 8, 1:00PM

Register at the Front Desk for seating

Join Deb Block as she focuses on Liza Minelli and her personal and professional life, including her stage performances with Judy Garland and as Sally Bowles in *Cabaret*. Cost: Free.

## Be In The Know!

Please check Aicha's daily Highlights emails for up-to-date details on programs, Zoom links and cancellations.

## METROWEST LEGAL CLINIC VIA ZOOM

Tuesdays, November 9/December 14,  
10/10:30/11/11:30 AM

Email Aicha akelley@needhamma.gov to schedule an appointment

Lawyers Joseph Sherman and Stephanie Ozahowski will conduct these legal clinics via phone or Zoom. Cost: Free.

## RETIREMENT 101

Tuesday, November 9, 11:00 AM

Register at the Front Desk for seating

Certified Financial Planner John Foley of New England Investment & Retirement Group will address risks posed to retiring seniors such as, outliving retirement assets, tax mitigation, avoiding probate, generating income to cover expenses, Medicare planning & more. Cost: Free.

## SING A LONG WITH JUDY VETERAN'S DAY

Tuesday, November 9, 11:30 AM

Join Judy for a Patriotic Sing A Long honoring all veterans. Thank them for their service and join us. All are welcome. Cost: Free.

## LUNCHTIME TALK WITH DEBBIE

Tuesdays, Nov 9 / Dec 14, 11:30AM

Register at the Front Desk for seating (9)

Join us for to catch up, chat and eat. Lunch will be provided. You bring the conversation! Register early so we'll know how many sandwiches to order. Cost: Free.





# SPECIAL EVENTS (CON'T)

## LONG-TERM CARE INSURANCE AND INDIVIDUAL HOME CARE INFORMATIONAL CLINICS

Tuesday, Nov. 16 / Dec. 21, 10:00 - 11:00AM  
Register at the Front Desk for an appointment

Would you like to better understand the benefits outlined in your policy? Are you getting ready to file a claim and have questions? Laura Lynn Morrissey, President of Amada Senior Care, is here to answer your questions and help you better understand your policy and benefits. Cost: Free.

## AMERICA'S BANKRUPTCY APPROACHES: HOW TO RESOLVE THE ISSUE AND PREVENT IT FROM RECURRING

Tuesday, November 16, 1:00PM  
Register at the Front Desk for limited seating

Author Archie Richards discusses his book which calls on the federal government to transfer most of its assets to private parties in return for their accepting portions of the nation's debts. Richards was an investment advisor, newspaper columnist and is the author of several books. Cost: Free.

## BOXED BREAKFAST FROM THE LINDEN

Wednesday, November 17, 9:30 AM  
Register at the Front Desk for breakfast (40)

Donna and her staff at The Linden in Dedham are spoiling us with a hot, boxed breakfast! Cost: Free.

## HEARING AID CLINIC WITH PAUL

Wednesdays, Nov. 17 / Dec. 15, 10:00 AM-12:00PM  
Register at the Front Desk for an appointment

pairs, check the battery, and answer your questions on hearing loss and hearing aids. He is a great resource to hearing aid wearers! Cost: free. If you prefer to see Paul in his office, call 781-235-8110 to schedule. Cost: Free



## LOW VISION PROGRAM

Wednesdays, Nov. 17 / Dec. 15, 10:30 AM  
Join Conference Call: 844-263-1619  
Followed by 932 288 655#

## ENCORE CASINO TRIP

Wednesday, Nov. 17 / Dec. 29, 10:30AM – 2:30PM  
Register at the Front Desk for seating (7)

Join us on a trip to Everett to try our luck! If you need transportation to or from The Center, you must call Stephan, 781-455-7555, ext 203. Our van will depart promptly at 10:30 am and return at 2:30 pm. Cost: \$25.

## THANKSGIVING FEAST FROM AVITA

Thursday, November 18, 12:30PM  
Register at the Front Desk for seating.

Once again, our friends at Avita are spoiling us with a wonderful Thanksgiving meal. Cost: Free.



**22** Paul will clean and check you hearing aids, do some light wax removal, make small re



# SPECIAL EVENTS (CON'T)

## WHAT A YEAR SERIES: 1963

Monday, November 22, 1:00PM

Zoom Meeting ID: Stay tuned



Join historian Evan Weiner as he takes us back to the 50's and 60's with this series. 1963 was the year that the civil rights struggles made it onto TV and people took notice. Martin Luther King delivered his *I Have A Dream* speech in Washington. The US was in Vietnam. Beatlemania was raging in England.. JFK was assassinated, and the Cold War and Space Race continued. Cost: Free.

## CHALLENGES FOR ALL:

### MEN & RETIREMENT

Tuesday, November 23, 11:00 AM

Zoom Meeting ID: TBD

Join Henry as he discusses the challenges of retirement and how best to navigate through them. Wives, sisters, daughters and partners will also benefit from this presentation. Topics covered include: Four biggest challenges facing men in retirement —Loss or identity, boredom, loneliness and reinventing oneself; loss and change, how to build an emotional pension, creating a plan. Cost: Free.

## COOKING IN THE CENTER KITCHEN: HANUKKAH FOODS

Tuesday, November 30, 3:00PM

Register at the Front Desk for seating

Let's make and enjoy some traditional Hanukkah treats! Cost: Free.



## HOLIDAY BARGAIN SHOPPING TRIP

Wednesday, December 1, 10:00AM

Register at Front Desk for limited seating (7 )

Finish your last minute holiday shopping with trip to The Dollar Tree in West Roxbury,

Ocean State Job Lot in Dedham and lunch at Chick-fil-A. If you need transportation to or from The Center, you must pre call Stephan in advance, 781-455-7555, ext 203. Van will depart promptly at 10:00AM and return at 1:30AM

## SELF CARE TODAY SERIES:

### A STATE OF MIND OVER THE HOLIDAYS

Thursday, December 2, 11:00AM

Zoom Meeting ID:

Passcode:

Have you experienced feelings of loneliness during the holidays or even in your daily life? Professional Healthcare Advocate, Lynn Croft will offer some practical suggestions to ward off feeling lonely. Cost: Free.

## MAMMALS OF NEW ENGLAND

### WITH JOY

Thursday, December 2 @ 2PM

Zoom Meeting ID: 836 0415 1125

Passcode: MAMMAL

Joy his back again! There is a wide range of mammals found around New England, from the woods, fields and suburbs to the sea-shore. From the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit neighborhoods, sometimes under the cover of night. Learn about mammal behavior, tracks and signs to help figure out who is in your neighborhood! But what about the shore? There we might see harbor, gray or even harp seals, or dolphins and whales off shore. Learn more about our New England marine mammals and tricks for telling them apart. Cost: Free







# SPECIAL EVENTS (CON'T)

## HOLIDAY HARMONY HISTORIES WITH FRANK KING

Monday, December 6, 1:00PM

Register at the Front Desk for seating

Zoom Meeting ID: 827 6136 1250

Passcode: 951656

This lecture will reveal the surprising backstories behind 8 well-known holiday songs, including Jingle Bells, The 12 Days of Christmas, Silver Bells, Dreidel, Dreidel, Dreidel, and others. You'll learn how they began, hear never-before-heard lyrics, and join in to singalong with these classic tunes. Cost: Free.



## PALLIATIVE CARE 101

Tuesday, December 7, 11:00 AM

Register at the Front Desk for seating

Dr. Ashwini Bapat from Epione MD Coaching as she explains the philosophy and steps for palliative care. Palliative care is an interdisciplinary medical caregiving approach that optimizes quality of life and mitigates suffering among people with serious, complex illness. Learn if this is the correct approach for you or a loved one before you may need to make the decision. Cost: Free.

## ANNUAL NEEDHAM POLICE HOLIDAY DINNER

Sunday, December 5, 12:30 PM

Register at the Front Desk for seating

Our wonderful police department is spoiling us with their annual dinner!

Cost: Free.

## HOLIDAY PIANO CONCERT WITH MARK WEST

Sunday, December 12, 1:00PM

Live Stream Info: Stay Tuned

Cost: Free.

## WHITE CHRISTMAS!

Monday, December 13, 1:00PM

Register at the Front Desk for limited seating

Irving Berlin was a Tin Pan Alley song-plugger who composed and wrote the lyrics to White Christmas. Bing Crosby's original version single has sold 50 million copies—the biggest selling single of all time. Learn about Berlin, Crosby, Danny Kaye, and Rosemary Clooney. Bring your hot chocolate or egg nog...we're going on a sleigh ride. Cost: Free.

## HOLIDAY SING ALONG WITH JUDY

Tuesday, December 14, 11:30 AM

Judy is back to get us in the holiday spirit! She will be here live with her guitar and songs for the holidays. Enjoy holiday cookies and sing along! Cost: Free.



## HOLIDAY WOODEN PLAQUES

Tuesday, December 14, 1:00PM

Register at the Front Desk for seating (12)

Create and paint a wooden plaque for the holidays. You can use it to decorate your home or give it as a gift. Cost: \$20

# SPECIAL EVENTS (CON'T)

## HOLIDAY LIGHTS TOURS

Wednesday, December 15, 6:00PM

Thursday, December 16, 6:00PM

Monday, December 20, 6:00PM

There are 3 programs, but you may only sign up for 1 to give everyone a chance. Register at the Front Desk for seating.



Hop into our van for a lights tour around Needham. We'll enjoy holiday tunes, drink cocoa and eat sweet treats. Contact Stephan if you need a ride from your home. Cost: Free

## CENTER AT THE HEIGHTS HOLIDAY FESTIVITIES

Wednesday, December 22, 1:00PM

Register at the Front Desk for seating

Let's get together for some holiday treats, songs and sharing. Cost: Free.

Happy  
Holidays



*Above:* Officer Rocket (the furry one) and his fellow officers from the Needham PD posed for photos on our deck this fall following NPD training at The Center. *Below:* Arman D. enjoys roasted poblanos during a "Farm-To-Table" program using our roof deck garden produce.



# FRIENDS OF THE CATH

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## DONATIONS

---

Retired Mens Club of Needham

Jin-Lan Hsia

Christofer Palasinski

Claire Blum

Claire Groden

Barbara Cusack

Barbara Keough

Mary Santoes

Patricia Wiggin

Shirley Derosa

Francis Broll

Mary Lou Hughes

Suzanne Holloran

Sheila Aliber

Shirley Klepadlo

Robert Dunning

Bettie Edmonston

## IN MEMORY

---

Georgianna & Anthony Divincenzo in memory of Robert Belkin

Judith Faling in memory of Robert Belkin

Esta-Jean Cahn in memory of Robert Belkin

Barbara and Tom Harkins in memory of Robert Belkin

Barbara and Richard Kelley in memory of Robert Belkin

Thomas Gallant in memory of Anne Gallant

Francis Broll in memory of Mary Broll

## IN HONOR & APPRECIATION

---

C. Bruce Johnstone in Honor of the Leadership of Colleen Schaller

Michael Segal X2 in Appreciation of Pearl Pressman's classes

Mary Huegel in Honor of Pearl Pressman's classes

Marie Howard in Appreciation of Sandi Levy's yoga classes

Denise Benson in Appreciation of Sandi Levy's yoga classes

Claire Blum in Appreciation of Kristen Lindley

Gerald & Miriam Rovner in Honor of Gerry Koss



# FRIENDS OF THE CATH

Dear CATH Participants and Donors,

It is already November! Daylight Savings ends on November 7 and the days are growing shorter. We are in the last month of Fall. Gourds and pumpkins decorate our porches and homes. The beautiful leaves that we saw in October, are now falling to the ground. Can you smell pumpkin bread baking in the oven,? Or, maybe it is apple crisp, or apple pie, or pumpkin pie? They all taste so good. We celebrate Veteran’s Day on November 11 to honor those who have served in the Armed Forces. We can’t forget Thanksgiving with the turkey, stuffing, sweet potatoes and all the other delicious dishes that are shared with family, friends and neighbors.

December closes the 2021 year. Winter begins. The shortest day and longest night is on December 21. Pearl Harbor Day is December 7. It is a day to remember all those who lost their lives or were injured when Pearl Harbor was attacked. Happy celebrations take place in December: Bodhi Day, Hanukkah, Christmas, and Kwanzaa. Candles are lit, gifts are given, and ethnic foods are prepared and enjoyed by family and friends.

Thank you to all who support the Friends with generous donations.

Celebrate your December holiday by making a donation to Friends. The donation form is below. Give at whatever level is comfortable for you.

The Friends thank you! —Carol, Pat, Anne and Beverly

## FRIENDS OF THE CENTER AT THE HEIGHTS, INC. 2021 FRIENDS SUPPORT / DONATION FORM

Please select your friendship level below:

- |   |   |
|---|---|
| <input type="checkbox"/> \$25 Individual Friend             | <input type="checkbox"/> \$75 Special Friend        |
| <input type="checkbox"/> \$25 Non Resident Friend (mailing) | <input type="checkbox"/> \$100 Best Friend          |
| <input type="checkbox"/> \$50 Family Friend                 | <input type="checkbox"/> Exceptional Friend \$_____ |

Name: \_\_\_\_\_

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

Birth Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Donation In Memory of: \_\_\_\_\_ Amount: \_\_\_\_\_

Family name & address (for acknowledgement): \_\_\_\_\_

Make checks payable to "FRIENDS" and mail to:  
FRIENDS, PO Box 853, Needham Heights, MA 02494

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# SHINE PROGRAM NEWS



COUNCIL  
ON AGING  
Needham

## MISSION STATEMENT

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

## Medicare Open Enrollment ends December 7.

Don't miss your chance to change plans.

### SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.



Call The Center at 781-455-7555 to ask for a SHINE appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. *For a phone appointment or other Medicare related matters, call 781-453-8076. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.*

VISIT US ONLINE AT [WWW.NEEDHAMMA.GOV/COA](http://WWW.NEEDHAMMA.GOV/COA)



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