# **NEEDHAM C** MPASS

#### SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS



### DONOR SPOTLIGHT: SERVENTE BAKERY & CAFE

A special thanks to Servente Bakery & Cafe and owner Christie Radeos. They regularly donate pastries to the Center making our daily continental breakfasts so delicious!

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Dedicated volunteer Helen Newton plants flowers on our deck with the assistance of Dede from Volante Farms. The Farm donates vegetable plants, herbs and flowers to our monthly Garden Project Club and keeps our outdoor spaces looking beautiful.

The Center Cafe Continental Breakfast Monday-Friday 8:30 AM - 12:00 PM

Center Computer Room Game Room & Library Monday-Friday 8:30 AM-4:00 PM

The Center will be closed on Monday, July 4.







#### **COUNCIL ON AGING**

#### **BOARD**

Chair

Colleen Schaller

#### **Vice Chair**

Penny Grossman

Ed Cosgrove
Carol deLemos
Dan Goldberg
Helen Gregory
Sue Mullaney
Sandra Prinn
Ted Prorok
Lianne Relich
Mary Elizabeth Weadock

## Kathy Whitney SHINE

Michelle Gucciardi Amy Gomes

#### **STAFF**

**Director of Aging Services** LaTanya Steele, BSW, MPA

Assistant Director of
Programming & Transportation
Aicha Kelley

Assistant Director of Counseling & Volunteers

Jessica Moss, LICSW

#### **Social Workers**

Kerrie Cusack, LICSW Jill McGovern, CMC Jessica Moss, LICSW

#### **Programming Support**

Jennifer Garf Katie Pisano Kippy Steeves

#### **Transportation Coordinator**

Stephan Grably

#### **Van Drivers**

Michael Beard Dylan Copley Steve D.

Mary Ann Messenger Tom Watson

#### Custodian

Yustil Mejia

#### **ADVISORY BOARD**

Adele Chang Ann Dermarderosian Tom Gallant Marjorie Gaulitz Anne Cosgrove Sam Hart

#### **COMMUNITY UPDATE**

#### From the Director

Dear Friends,

Summer is finally here!! We are so excited to welcome summer and share all our wonderful upcoming programs.

Get moving. Spruce up your summertime and visit the Center! Recreation comes in all shapes, sizes and methods. In this edition of our newsletter, we're introducing graphic icons to make it easier for you to determine which classes are taking place in person, via Zoom or a hybrid of both. We welcome your feedback on this new addition.

Our programming team is seeking out new ways to keep you engaged through traditional and non-traditional programs. We are partnering with Needham Park and Recreation to reserve our very own section at Memorial Field for the Summer Concert Series. You'll find more information about that on page 22. Our goal is to keep you coming and actively involved doing the things that sustain your health, both mentally and physically. Our caring staff is always here to help you.

Stay healthy, safe, and have a great summer,

### LaTanya

"I have only to break into the tightness of a strawberry, and I see summer¬-its dust and lowering skies".

--Toni Morrison, The Bluest Eye



We celebrated our wonderful volunteers at our Annual Volunteer Luncheon in the Spring. We are grateful for all they do at the Center.

### **CENTER SUPPORTS**

#### **AICHA'S DAILY HIGHLIGHTS EMAILS**

Our Assistant Director, Aicha Kelley, produces a daily email 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 and up-to-date on Center activities. To receive them, email akelley@needhamma.gov.

#### **LUNCH AT THE CENTER**

Springwell Elder Services prepares and serves lunch daily Monday - Friday from 12:00 -1:00 PM at the Center. If you would like to join us for lunch on a particular day or every day, call Springwell at 781-4556 x203 to register. You must fill out a form once and call at least 24 hours in advance of the day you want to dine. There is a suggested donation of \$2 per lunch.

#### **TECH & TUTORS PROGRAM**

Needham Community Council provides tablets, Chromebooks and technology training to Needham residents who do not currently have access to or are not comfortable with technology. Our mission is to improve the well-being of residents by delivering tech and training that enables users to communicate with friends, family, medical professionals and gain access to resources. We want to make technology your friend! To obtain a customized Fire Tablet or one-on-one tutoring, call Stacey at 781-444-2415.

#### TRANSPORTATION NEWS

#### Van Drivers Needed!

Needham's Aging Services Division has several Van Driver jobs available. This is a part-time (up to 19.5 hours per week), flexible position. For more information and a copy of the job description, visit the Town of Needham website http://needhamma.gov/Jobs.aspx.



Special thanks to pool player Ted Pierce (left) for donating coffee to our daily continental breakfast at the Center.

#### WELLNESS CLINICS

#### **Hearing Loss Clinic**

Speech and Language Pathologist Debbie Maibor is offering informational hearing clinics to provide an overview of hearing, hearing problems and the effects on communication. She will also answer your related questions. Please email her to set up a time to connect on Zoom at dmaiborsLp@gmail.com.

#### **Swallowing Clinic**

Debbie is also offering a swallowing clinic. As we age, we may have problems with swallowing. Learn about the three phases of swallowing and associated problems. We'll discuss foods, textures and swallowing diets. Safe eating strategies will be suggested. Email dmaiborsLp@gmail.com to make a Zoom appointment.

#### **Blood Pressure Clinic**

Every Tuesday (except July 5) from 9:00-11:00 AM, Lenny from the VNA will be at the Center to take your blood pressure. He can also answer your related questions. Just drop in to see him.



### **CENTER SUPPORTS**

**Social Services** 

#### **COUNSELING AND SUPPORT**

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, mental health counseling, long-term care planning, caregiver resources, health insurance benefits counseling and more.

In addition to our ongoing services, we are offering a free 8-week mental health counseling program to help individuals 60 and older dealing with issues such as anxiety, grief and loss, stress, loneliness etc. If you are interested in learning more or signing up for the program, please contact Kerrie Cusack, LICSW at 781-455-7555.

#### **COMMUNITY RESOURCES**

Are You Ok wellbeing check service.	1-866-900-7865
Needham Community Council	
Needinain Community Council	/01-444-2413
Needham Fire	781-455-7580
Needham Police	781-455-7570
Needham Town Hall	781-455-7500
SHINE Medicare Counseling	781-455-7555

#### BEREAVEMENT CARING CIRCLE

Losing a loved one is something that affects everyone differently. No one should have to go through this difficult time alone. Please join this comforting group led by Kerrie and Jill, from our social services team. Even if you aren't ready to speak up, join the group to ease into healing. Refreshments will be served.

The group meets every 3rd Tuesday of the month, 1:00 PM (July 19 & Aug 16). Registration preferred.

#### **CAREGIVER SUPPORT GROUP**

This group offers members a chance to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience, but this group helps to connect individuals with others facing similar challenges. Share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will occasionally be invited to provide information on local resources. Take time for yourself; caregivers need support too.

Mondays, July 11 and Aug 8, 4:00 PM Register and email Kcusack@needhamma.gov for Zoom link.

Some members of our *Vintage Voices* choral group opened
Needham's Annual Town
Meeting this Spring with a
rousing version of *God Bless America*. The more than 200
meeting attendees rose and
joined in! Pictured from left to
right are accompaniest Carlo
Cocuzzo, singers Mary Ann
Siersdale, David Siersdale, Betty
Leary, Tom Gallant, Bob Quinn
and accompaniest Margie
Brodsky.



### $\triangle$ = In Person $\Box$ = Zoom

### **FITNESS CLASSES**

The Center at the Heights offers in-person and Zoom fitness classes (\$5/class), a Fitness Center (\$25/month) staffed by wonderful trainers that is available to Needham residents over 60. We also offer wellness programs on a variety of subjects. Come to the Center or login to Zoom to try them.

Classes can be paid for with cash or checks made out to "Town of Needham" and dropped off at our Front Desk or mailed to Needham Center at the Heights, 300 Hillside Ave, Needham, MA, 02494. Attn: Programming. Please include the names of the classes you are taking.

#### Personal Training With The Cadigans 🖳 🔔

Monday - Friday 7:00 AM - 7:00 PM To schedule a session email akelley@needhamma.gov or call 781-455-7555 Meet with our trusted trainers Stephen or Lisa Cadigan to create an exercise program tailored to your needs. Cost: \$50 / hour

#### **MONDAY**

#### Yoga with Sandi

Mondays, 9:00 AM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

Registration required

Sandi has such a following that her class always has a long waitlist. Now everyone can see how great her yoga program is. No wait list on Zoom! Cost: \$5/class

### Tai Chi With Scotty

Mondays, 10:00 AM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: J. Scott Brumit

Meeting ID: 897 6396 8005 Passcode: 609523

Registration preferred

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Studies have shown that Tai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep, improve symptoms of fibromyalgia, reduce risk of falls and more. Cost: Free

#### **Seated Strength & Balance with Pearl**

Mondays, 10:30 AM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: Pearl Pressman

Meeting ID: 829 6962 5214 Passcode: 8119

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet any needs. It begins with a warm-up for both the joints and the muscles, followed by strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Cost: \$5/class

#### **TUESDAY**

#### **Gentle Fitness**

Tuesdays, 8:15 AM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Instructor: Lisa Karger

Meeting ID: 853 9928 6741 Passcode: 797598

Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights. Cost: \$5/class

#### **Resistance Band Program**

Tuesdays, 1:00 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Instructor: Lisa Cadigan Meeting ID: 843 7955 7037

This 45-minute class uses elastic bands to provide resistance during the concentric and eccentric phases of movement, maximizing the benefits throughout the entire class. With this routine you will increase strength and address all muscles of the body. Bands are forgiving on the joints of the older adult. Registrants can pick up their bands at the Center. Cost: \$5/class

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### **FITNESS CLASSES**

= In Person = Zoom

#### TUESDAY (CONT.)

#### **Arthritis Class**

Tuesdays, 2:00 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Instructor: Stephen Cadigan Meeting ID: 816 8790 1740 Registration required

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: \$5/class

#### **WEDNESDAY**

#### Tai Chi & Qigong

Wednesdays, 9:00 AM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: J. Scott Brumit Registration required

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Studies have shown that Tai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better nighttime sleep, improve symptoms of fibromyalgia, reduce risk of falls and more. Scott has studied various forms f martial arts since 1983. Give his class a try! Cost: \$5/class

#### Zumba

Wednesdays, 9:00 AM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: Jopeng Tseng

Meeting ID: 520 520 9898 Passcode: ZumbaGold

Registration required

Jo is back and ready to get you up and moving in the morning! Pour a cup of coffee, have a couple sips and hit the Zoom button to get your blood flowing. Cost: \$5/class

#### **Interval Training**

Wednesdays, 1:00 PM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: Lisa Cadigan

Registration required

Meeting ID: 859 4613 1521

A popular trend in fitness is High Intensity Interval Training. Our trainers have put together a version of this for Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. Cost: \$5/class

#### **Exercise with Ease**

Wednesdays, 1:00 PM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: Laila Vehvilainen

Meeting ID: 254 025 0890 Passcode: 443362

Registration required

Join Laila for a total-body, low-impact, strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Hand weights and a mat needed for class. Cost: \$5/class

#### Move It, Shake It, Lift it!

Wednesdays, 2:00 PM

July 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: Randi Sharek Registration required

Join Randi for a 45-minute class in the Fitness Room where you will use fitness tools to perform cardio, strength and flexibility exercises. The use of this space enables a diverse, unique and fun workout program. Cost: \$5/class

#### **Evening Yoga & Meditation**

Wednesdays, 5:00 PM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31

Instructor: Nikhil Sole

**NEW** Meeting ID: 914 5785 8070

Join our dear friend, Nikhil, as he guides us through some yoga and meditation to wind down the day! Nikhil has been a Needham resident for 15+ years works during the day as a principal software engineer in cyber security software. He's a 200h & 300h certified yoga teacher as well as a meditation teacher with Art of Living Foundation. Cost: Free





### **FITNESS CLASSES**

#### **THURSDAY**

#### **Pilates**

Thursday, 8:00 AM

July 7, 14, 21, 28 and Aug 4, 11, 18, 25

Instructor: Lisa Karger Meeting ID: 861 7641 1723 Registration required

In this class you will work on alignment, breathing, developing a strong core and improving coordination and balance. You will need a mat. Cost: \$5/class

#### T'ai Chi & Qigong

Thursdays, 10:00 AM

July 7, 14, 21, 28 and Aug 4, 11, 18, 25

Instructor: J. Scott Brumit

Meeting ID: 841 2153 1726 Passcode: 569547

Registration required

T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scotty has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it! Cost: \$5/class

#### **Barre**

Thursday, 10:30 AM

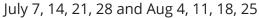
July 7, 14, 21, 28 and Aug 4, 11, 18, 25

Instructor: Lisa Karger Meeting ID: 820 469 8985 Registration required

Barre incorporates the fluidity of ballet, flexibility of yoga, and core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact class uses light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, and light weights. Cost: \$5/class

#### **Arthritis Class**

Thursdays, 2:00 PM



Instructor: Stephen Cadigan Meeting ID: 816 8790 1740 Registration required

This class is a mostly seated exercise class that does not exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance, balance and coordination. Motion is lotion in this class which is rounded out with mindful relaxation. You DO NOT have to have arthritis to take part. Cost: \$5/class

#### S-t-r-e-t-c-h-ology

Thursdays. 5:15-6:00 PM

July 7, 14, 21, 28 and Aug 4, 11, 18, 25

Instructor: Lisa Cadigan Registration required

Stretching is for EVERYBODY. With increased range of motion, increased circulation and improved posture, you will reduce imbalances within muscles and joints that could lead to skeletal pain and injury. Come and enjoy an exercise class that will test your limitations and leave you feeling youthful and with a sense of well-being. Wear loose fitting clothes. Some exercises will be performed on the floor. Chair accommodations will be made for those who can't get on the floor. Mats will be provided but Feel free to bring your own mat and towel. Cost: \$5/class

#### Have you paid for your fitness classes?

We pay our fitness instructors to teach both inperson and Zoom classes. Please help us keep these programs running by paying \$5/class whether in-person or via Zoom. Just give us a call to register. You can pay in advance or as you attend classes. We accept cash or checks made out to "Town of Needham."

Let's show our instructors some love!

### FITNESS CLASSES

 $\triangle$  = In Person  $\square$  = Zoom

 $A \Box$ 

#### **FRIDAY**

#### Zumba

Fridays, 8:30 AM

July 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Jopeng Tseng

Meeting ID: 520 520 9898 Passcode: ZumbaGold

Registration required

Jo is back and ready to get you up and moving in the morning! Pour a cup of coffee, have a couple sips and hit the Zoom button to get your blood flowing. What better way to meet the day than with music and dance! Cost: \$5/class

#### **Seated Strength & Balance with Pearl**

Fridays, 10:30 AM

July 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Pearl Pressman

Meeting ID: 829 6962 5214 Passcode: 8119

Registration required

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet the needs of any participant. The class begins with a warm-up for both the joints and the muscles, followed by strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Cost: \$5/class

#### **Balance, Posture, Core**

Fridays, 10:30 AM

July 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Laila Vehvilainen

Meeting ID: 748 2001 4156 Passcode: kGfHd5

Registration required

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

posture awareness, and stretches for greater flexibility. Cost: \$5/class

#### Floor, Core & More

Fridays, 1:00 PM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Lisa Cadigan Meeting ID: 864 8971 0371 Registration required

This class strengthens abdominals, glutes, lower back, hips and shoulders. We use rollers, bands and body weight as tools to enhance range of motion, flexibility, balance and muscular strength. Lisa can modify the activity to suit your needs. Cost: \$5/class



#### **Join Our Fitness Center Today!**

Our Fitness Center is open Monday-Friday from 9:00 AM - 2:00 PM. Your monthly fee of \$25 allows you unlimited access to all the fitness equipment AND our wonderful trainers who are always available to direct, guide and assist you with your workouts.

### **Weekly Drop-In Groups**

#### **Monday**

Beginner Bridge 10:00 AM -12:00 PM 12:30 PM - 3:00 PM **Experienced Canasta** Canasta Lessons 1:00 PM - 3:00 PM Beginner Mahjong 1:00 PM - 3:00 PM 1:00 PM - 3:00 PM Mahjong Lessons (limited seating)

#### **Tuesday**

**Experienced Bridge** 9:00 AM - 12:00 PM Rummikub 1:00 PM - 3:00 PM 1:00 PM - 2:00 PM Vintage Voices Poker/Cards/Pool 5:00 PM - 7:00 PM

#### Wednesday

10:30 AM - 11:30 AM Bingo Experienced Canasta 12:30 PM - 3:00 PM

#### **Thursday**

**Experienced Bridge** 9:00 AM - 12:00 PM Mah Jong 12:30 PM - 4:00 PM **Duplicate Bridge** 12:30 PM - 3:30 PM Knitting with Friends 10:00 AM - 12:30 PM

#### **Friday**

Canasta Lessons 9:30 AM - 11:30 AM Beginner Bridge 10:00 AM – 12:00 PM Quilting 10:00 AM - 12:00 PM Bingo 10:30 AM - 11:30 AM Mahjong 12:30 PM - 4:00 PM Rummikub 1:00 PM - 3:00 PM

#### **MONDAY**

#### Math for the Brain!

Mondays, July 18 - August 22, 10:00 AM July 18, 25 and Aug 1, 8, 15, 22 Registration required

This 5 – week program will help your brain hit the "refresh button" and you will learn along the way. Mathematics you've learned before will be the basis for this course. Any topic that is now vague will be reviewed as required. Week 1: Statistics. Week 2: About numbers. Week 3: Metrics, Geometry and Trigonometry. Week 4: Topics in Algebra, Quadratics, Formulae, Conic Sections. Week 5: Potpourri to the finish! Cost: Free

#### **Line Dancing with Paul**

Mondays, 10:00 AM

July 11, 26 and Aug 2, 9, 16, 23, 30 Registration required

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you 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! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner, it is something for everyone and no experience is necessary! Line dance classes for all levels. Cost: \$5/class

#### **Monday Meditation with Kerrie Cusack**

Mondays, 11:00 AM

July 11, 18, 25 (Program paused for Aug-Sep)

Registration required

It's time to relax and center with Kerrie. She is the best to teach us how! Cost: Free





= In Person = Zoom

#### Beginner/Intermediate Canasta

Lessons & Games Mondays, 1:00 PM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 Registration required

Join our wonderful friend and volunteer Barbara as she walks us through classic Canasta. There will be room for 3 to play with her and the rest are welcome to watch or play on their own. This is meant to inspire anyone who used to play and those who always wanted to learn. It's also a great way to be social! Come early. Cost: Free

#### Mahjong Lessons



Mondays from 1:00 - 3:00 PM Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 Registration required

Always wanted to learn the game but didn't know how to start? Join Carol as she walks you through the rules and tips of this great game. Cost: Free

#### Spanglish Exchange Conversation Group



Mondays, 1:00 PM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 Zoom Meeting ID: 112 782 200 Registration preferred

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

#### **Ron's Historical Movie & Discussion Group**



Mondays, 1:00 PM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 Meeting ID: 850 1408 7723 Password: 881305 Registration preferred

For this class, you will watch a movie each week at your leisure. On Mondays participants will Zoom to look at the movie's historical competency and

discuss the historical relevance, the plot, the characters, the cinematography and more. Instructor Ron has three graduate degrees in history and taught at three local colleges. Register for Aicha's daily Highlights email to see weekly movie selections. Cost: Free

#### **Clutter Support Group**



Mondays, 2:00 PM

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 Meeting ID: 865 6904 4770 Passcode: declutter Registration preferred

The Clutter Support Group, run by our friend Paul, is a gathering of men and women who meet weekly to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these habits and help one another. Paul provides members with the tools and skills needed to live a clutter free life. The group offers understanding, trust and hope in a caring and discreet environment. Cost: Free

#### **TUESDAY**

#### **Blood Pressure Clinic**



Tuesdays, 9:00 AM - 11:00 AM July 12, 19, 26 and Aug 2, 9, 16, 23, 30

Lenny from the VNA Is here to make sure we are healthy. Just drop in! Cost: Free

#### **French Conversation Group**



Tuesdays, 10:30 AM - 12:00 PM July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Registration preferred. Email Wellesley.Nathalie@gmail.com to join Meeting ID 769-2859-0292 Password k9Xcqi

Native speaker Nathalie will help you improve your conversational French. To prepare for the discussions, you will receive by email brief videos or documentaries in French to watch or news articles and literature to read, This is a fun way to improve your fluency in French. The goal is to practice talking in a relaxed setting. Cost: Free

#### **Current Events Discussion Group**

Tuesdays, 10:30 AM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Register at the Front Desk to attend in-person. Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.

The moderator of the day will provide a concise update of the past week's news followed by a discussion. All are encouraged to bring up additional topics and all have the option to speak and/or listen. To keep our meetings secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation, contact Gerry Koss (Host) at gerrykoss@gmail.com. Cost: Free

#### **Mindful Living with Lisa**

Tuesdays, 11:00 AM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Join by telephone: (646) 558-8656

Meeting ID: 886 1212 7278 Passcode: 126379

Enjoy calming breathwork, 10-minute meditations, mindful awareness practices, meditations for kindness and compassion, and helpful tips to support your daily practice. Lisa Campbell is a certified meditation and mindfulness coach, Kripalu Mindful Outdoor Guide, and US Air Force veteran.

#### **Vintage Voices**

Tuesdays, 1:00 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Just drop in

Join our Center choral group each week as we sing some of our old-time favorite songs accompanied by our dear friends Margie and Carlo on the piano and the accordion. Cost: Free



#### **Tablet Talk with Stacey - New Series**

2

Sponsored by the Needham Community Council Tuesdays, 2:00 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Registration required

The series begins with powering on and off nd maneuvering your tablet and then builds each week by focusing on a new Tablet skill. For a detailed list of course topics, please see the front desk or check Aicha's Highlights email. This class is designed for Amazon Fire Tablets. If you are interested in a free customized Fore Tablet, please call the Needham Community Council at 781-444-2515. Cost: Free

#### **Words Galore!**

Tuesdays, 2:30 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Meeting ID: 873 4149 1346 Passcode: 063569

Join Val Walker (author, consultant, educator) for a fun and lively hour of word play and brain twisters. Learn new words, word history and origins. Enjoy limericks, riddles, famous quotes, puns and fascinating trivia about trendy words. We'll play guessing games with the dictionary and wordswithin-word games. We'll challenge our wits and have a few laughs. Learn more at www.ValWalkerAuthor.com. Cost: Free

#### **Ballroom Dance with Betty**

R

Tuesdays, 2:30 PM

Registration required
July 5, 12, 19, 26 – Fox Trot
August 2, 9, 16, 23 - Salsa
Register at the Front Desk for limited space

Betty has been teaching ballroom dance for 20 years and through the Senior Center for 10 years. Couples and singles welcome. Changing partners will be optional. Masks requested. Cost: \$5/class

= In Person = Zoom

#### **TUESDAYS** (CONT.)

#### **Bridge at Night**

Tuesdays, 5:30 PM – 7:30 PM

July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Registration preferred so we know people will be in the building.

Meet new friends or bring old friends to play the great game of Bridge. Cost: Free

#### **Movie Night at the Center**

Every second and fourth Tuesday, 6:00 PM July 12, 26, Aug 9, 23 Registration preferred. Cost: Free



Tuesdays, 5:00 – 7:30 PM July 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30 Registration preferred

We're opening up the Center for evening card games. Come in and show us your hand! Cost: Free

#### WEDNESDAYS

#### Drawing & Sketching at Home with Ben

Wednesdays, 10:00 AM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Meeting ID: 885 7100 9884

Do you like to draw and make art? Have you always wanted to learn the principles of observing the visual world? Ben is a trained illustrator who has drawn all his life. He will teach you how to develop these skills. In this class you will approach drawing in an informed but relaxed way, while getting inspiration from light, shape, form, and the natural world. Cost: \$45

#### Bingo at the CATH

Wednesdays, 10:30 AM

Just drop In

Join your friends every Wednesday for a few rounds of bingo! This is casual and light-hearted fun. Small prizes will be awarded. Cost: Free

#### **CATH Walking Group**

Wednesdays, 11:00 AM (Weather permitting)
July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31
To join, email Marte at joyfullmarte@gmail.com

Marte wants to get the group walking. Email her each week if you are going to join and she will let you know where to meet. Everyone should be able to walk 2 miles, MUST wear a mask and should wear comfortable walking shoes. Please bring water. Cost: Free

### Internet Safety and Troubleshooting with George

Wednesdays, 11:00 AM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Zoom July 20 and Aug 17 also in person Meeting ID: 366 205 9811 Passcode: 7k2Gty

Join this weekly program with our friend, George! He wants to keep you safe on the internet especially while we are all using technology more than ever! 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? The question is a concern for everyone around the world. Cost: Free

#### **CATH Open Art Studio**

Wednesdays, 11:30 AM – 2:30 PM July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Registration preferred

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

#### **French Conversation Group**

Wednesdays, 10:30 AM - 12:00 PM July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Meeting ID 769 2859 0292 Password k9Xcqi

Register at the Front Desk and email Nathalie for a Zoom invitation-- Wellesley.Nathalie@gmail.com See description on page 12. Cost: Free





#### **WEDNESDAYS** (CONT.)

#### **Opinion History with Ron**

Wednesdays, 1:00 PM

July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Meeting ID: 861 2520 8844 Password: 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? This course is very different! Ron is the moderator, and does not have an opinion. He wants to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. Check Aicha's Highlights for the topic of the week. Cost: Free

### Grocery **Shopping Trips**





#### **Sudbury Farms**

Weds, July 6, 13, 20, 27 and Aug 3, 10, 17, 24, 31 Registration required a minimum of 24 hours in advance. Call Stephan, 781-455-7555 x204.

The van departs from the Center at 1:30 PM and returns to your home at about 2:45 PM. Total shopping time is 1 hour. Since seating is limited, please be considerate of others and call if you wish to cancel your trip. Cost: \$2

#### **Market Basket Waltham**

Two Wednesdays/month, July 6, 20 and Aug 3, 23 Registration required a minimum of 24 hours in advance. Call Stephan, 781-455-7555 x204.

Pick up from your home around 1:15 PM and return to your home. First come, first served. Cost: \$3

#### **THURSDAYS**

#### **Veteran's Agent Hours** with Sarada & Nancy



Thursdays, 9:00 AM - 11:00 AM July 7, 14, 21, 28 and Aug 4, 11, 18, 25 Drop in (first come, first served)

Veterans are welcome to meet with Sarada & Nancy to discover the benefits available to them.

Cost: Free

#### **Great Plain Traders**



Thursdays, 9:30 AM

July 7, 14, 21, 28 and Aug 4, 11, 18, 25 Registration required This group talks all things stocks. Cost: Free

#### **Center Trivia**



Thursdays, 10:00 AM Join us for some fun trivia weekly in the cafe!

#### Corn Hole for All



Thursdays, 10:00 AM





Get your arms ready and Join us for a fun and social game. Cost: Free

**NEW** 

#### **French Conversation Group**



Thursdays, 10:30 AM - 12:00 PM July 7, 14, 21, 28 and Aug 4, 11, 18, 25 See program details on page 12. Cost: Free

#### **Tablet Talk with Stacey**



Thursdays, 1:00 PM July 7, 14, 23, 30

Registration preferred

This series continues from June to build on learned skills. Weekly topics: 7/7-Taking selfies; 7/14-Social Media; 7/21-Facebook; 7/28-Tik Tok. This class is designed for Amazon Fire Tablets. If you are interested in obtaining a free Fire Tablet, call the Needham Community Council at 781-444-2415. Cost: Free

A = In Person	= Zoom
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#### THURSDAYS (CONT.)

#### **Bereavement Circle with Nikki**

Thursdays, 3:00 PM & 4:30 PM

July 7, 14, 23, 30 and Aug 4, 11, 18, 25 To join Zoom email akelley@needhamma.gov

Nikki, from West River Hospice offers her weekly Bereavement Circle to anyone who wants to join this compassionate and comforting group. Even if you don't want to share, listening and realizing you are not alone could help.

#### **Pool Hall Nights**

Thursdays, 5:00 – 8:00 PM

July 7, 14, 23, 30 and Aug 4, 11, 18, 25 Pool anyone? Come join in all the fun in the Game Room! Just drop in. Cost: Free

#### Spanglish Exchange Conversation Group

Thursdays, 7:00 PM

July 7, 14, 23, 30 and Aug 4, 11, 18, 25 Zoom Meeting ID: 112 782 200 See description on page 12.

#### **Beginner/Intermediate Canasta** Lessons

Fridays, 9:30 AM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26 Registration required See description on page 11.

#### **FRIDAYS**

#### **Needham Creative Writing with Beth**

Friday, July 1, 15, Aug 5, 19, 10:00 AM Registration preferred Meeting ID: 909 884 3526

Beth Knaus, owner of That's a Spade Writing Services, will teach you tools and tips to hone your writing. The group also helps one another with

discussion of writing techniques, sharing writing, and talking about the love of writing. All types of writers are welcome - fiction, non-fiction, essays, and journaling. Cost: Free

#### Bingo at the CATH

Fridays, 10:30 AM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26 See description on page 14. Cost: Free

#### Short Story Discussion Group

Fridays, 12:00 PM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor; Lois Bacon

Meeting ID: 894 4350 9457 Passcode: 623397 The weekly story will be posted in Aicha's

Highlights. Cost: Free

#### **Center Cinema**

Fridays, 1:00 PM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26

Registration preferred

Join us each week for a movie on the big screen.

Cost: Free

#### **Techie to the Rescue**

Fridays, 1:30 PM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Avrom

Meeting ID: 850 5749 7471

Avrom will discuss all things technical focusing on technology news topics each week. Bring your

questions. Cost: Free

#### Spanglish Exchange Conversation Group \_\_\_\_

Fridays, 7:00 PM

July 8, 15, 22, 29 and Aug 5, 12, 19, 26 See description on page 12. Cost: Free



#### **Techie to the Rescue: One-on-One Technical Assistance**

To make an appointment email akelley@needhamma.gov

Avrom, our Techie To the Rescue, is now offering one-on-one help with all things technical. He is wellrounded in technology know - how, but if he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

#### **Document Shredding**



Monday-Friday

9:30 AM,11:30 AM, 1:30 PM, 3:30 PM

You must register for an appointment by calling the Front Desk.

#### **Reverse Mortgage One-on-One Clinics VIA Zoom or In Person**



Tuesday, July 5 and Aug 2, 11:30, 12:00, 12:30PM Email Aicha to book a time and David will call you

Join David Tourtillott, CRMP® for a 30-minute phone session where he'll educate you on the many ways a Reverse Mortgage can be used to gain peace of mind during uncertain times. Learn how to use a Reverse Mortgage to refinance your home if you desire to age in place, or how to purchase a new more suitable home that meets your needs. He'll share the pros & cons and how many are using this unique financial tool to enhance their retirement. Cost: Free

### Sing Along to Celebrate Independence Day



Wednesday, July 6, 1:00 PM Registration preferred Join Margie as she tickles the piano keys to have us sing along!

#### **Leveraging Your Financial Foundation** Later in Life



Thursday, July 7, 11:00 AM Registration preferred

In this workshop, you'll learn about the 50-20-30 rule for allocating your income to help make retirement dreams a reality. We'll also discuss our four-step checklist for planning retirement

income sources, how to maximize the income from your employee retirement plan and Social Security, and how to proactively protect your retirement assets by safeguarding personal data. Cost: Free

#### **Center Welcome Wagon**



Monday, July 11 and Aug 1, 10:00 AM

Just drop in

Let's make the Center more welcoming! The first day of each month, we will meet in our cozy library where new participants will sit with people who have been coming to the Center for years. We will talk about programming wants and needs and what we have to offer and we will brainstorm new ideas to make the Center a place for all to enjoy!

#### Santorini, Greece with Photographer **Ron Rosenstock**



Monday, July 11, 1:00 PM Registration preferred

Santorini, Greece is known as the home of some of the most spectacular land and seascapes in the world. View the rich architectural details, distinct blue domes, white washed buildings, and warm friendly faces against the blue Mediterranean sky. View sunsets over the remaining volcanic islands, just off shore, in the Aegean, often in blazing colors. If you have been to Santorini, this travelogue will bring you back there, and if you haven't been there, you will want to visit this beautiful Greek Island. Cost: Free

#### **Metrowest Legal Clinic VIA Zoom**



Tuesday, July 12 and Aug 9 10:00 AM, 10:30 AM, 11:00 AM, 11:30AM Email Aicha to schedule an appointment

Greg Deaugustine, a lawyer with Metrowest Legal Services will answer your legal questions. He conducts these Legal Clinics over the phone or via Zoom. This is such a great resource! Register today. Cost: Free

 $\bigcirc$  = In Person  $\square$  = Zoom

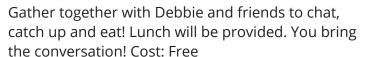
#### **Caregiver Support Group**

Mondays, July 11 and Aug 8, 4:00 PM Registration required. Once registered, email Kcusack@needhamma.gov for Zoom link.

This group offers the opportunity for members to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will also be invited to attend intermittently to provide information on local resources. Take time for yourself; caregivers need support too. Cost: Free

#### **Lunchtime Talk with Debbie**

Tuesdays, July 12 and Aug 9, 11:30 AM Registration required in advance



#### **Cooking Class with Needham Community Farm**

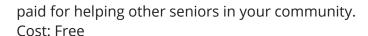
Tuesdays, July 12 and Aug 9, 3:00 PM Registration required

Join our friends from Needham Community Farm as they create recipes with recently harvested produce. You will watch them cook, learn about the food and leave with some of the produce to re-create the recipes at home. Cost: Free

#### **Building a Retirement Life that has Meaning and Purpose for You**

Wednesday, July 13, 11:00 AM Registration preferred

Are you looking for meaningful part-time work built around your schedule? Seniors Helping Seniors may be what you've been looking for. No professional caregiving experience necessary, just the desire to help others. This 30-minute presentation will give you all the details you need about how you can get



#### **Ethnic Accordion Concert with Carlo**

Wednesday, July 13, 1:00 PM Registration preferred

Join Carlo (whom we love!) as he entertains us with a variety of ethnic songs - Italian, Irish, French, Yiddish, Polkas, etc. If possible, we will hold this concert on the deck with refreshments. Cost: Free

#### **Health Forum with Stephen Cadigan: Involuntary Muscle & Strength Loss--Sarcopenia**

Wednesday, July 13, 3:00 PM

Registration preferred

Meeting ID: 846 9497 8507 Passcode: 820350

Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30. Even those who are active can still have some muscle loss. This is called Age-Related Sarcopenia. Join Stephen to learn about this potentially debilitating condition and the variety of things you can do to delay or treat this loss of muscle mass. Nutrition, exercise and pharmacological strategies will be discussed. Cost: Free

#### **Crafts with Kelley The Cop**

Wednesday, July 13 and Aug 10, 3:00 PM Registration required

Join Officer Kelley Scoliponeti as she teaches us a monthly craft in person. She is a hit and the crafts are so creative. Cost: Free

Last month, Kelley and her crafters made decoupaged planters they filled with succulents. Jin-Lan Hsia (right) poses with her colorful teapot planter!





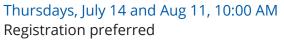
#### **Express Yourself**

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Thursday, July 14, July 21 and Aug 11, 18, 11:00 AM Register at the Center or email Debbie at dmaiborsLp@gmail.com

These in-person sessions are presented by Debbie Maibor, M.S., CCC-SLP, speech/language pathologist, and will focus on using your expressive skills through fun language games and activities. You're welcome to attend any or all of the sessions. Cost Free

#### **Low Vision Support Group**



This group offers connection and support for older adults with vision impairment. Peer Support Specialist Jeff Hill from the Massachusetts Association for the Blind and Visually Impaired facilitates these monthly meetings to offer insights on all things that can improve your quality of life including, resources, technology and devices, therapies, and more. Cost: Free

#### **Navigating Grief**

Thursday, July 14, 11:00 AM Registration preferred

Grief is traditionally thought of as a sense of loss after death. But the truth is that grief can enter our lives for many other reasons such as the end of a relationship, the loss of a job, and a change in your health status. It is a profound sadness and a feeling of loss over what life could have been if the loss or change hadn't occurred. You are forever changed as a result and the evolving layers of strain demand attention, to move from grief to healing. Cost: Free

#### Winston Flowers Boston Design Studio Tour



(Van leaves Center promptly at 12:45 PM and will return at 2:45.) Registration required

In 1944, Robert Winston and his son first wheeled their pushcart of flowers onto Boston's Newbury Street in front of the original Ritz-Carlton hotel. From those modest beginnings, Winston Flowers was born. Today, the third-generation, family-owned company is run by Robert's grandsons and is one of the nation's most highly regarded florists. Join us at their Boston headquarters for a tour of their



# Iceland in Winter - A Journey Around the Country's Ring Road



Iceland, an island nation in the North Atlantic, is about the size of Kentucky but with only 365,000 people. It has captured the imagination since its settlement by the Vikings a thousand years ago to over two million annual visitors today. While most tourists arrive in the warm months, our lecturer, Barry Pell, drove the entire circumference during the challenging winter weather season. Hear about his journey and view his photos of Iceland's attractions-volcanoes, steaming hot springs and geysers, towering glaciers, black lava fields, and remote farms and churches--dusted and glazed in a winter wonderland of snow and ice. Cost: Free

#### **Dinner for the Ages**

Thursdays, July 14 and Aug 18, 5:30PM – 6:30PM Registration required

Join us for this fun intergenerational event! We will have a yummy dinner, chat, and play games with some Needham teens! Cost: Free

#### Jam Night at the Center

Thursdays July 14 and Aug 18, 5:30PM – 7:00PM Registration preferred

Grab your guitar, banjo, harmonica, cymbal, or coffee can and spoon and come jam at the Center. You can also just come to watch and listen!

Cost: Free



= In Person = Zoom



#### **Home Improvement Contractors -**Who To Trust?

Monday, July 18, 11:00 AM Registration preferred

Summer is the time to fix our homesteads! Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on home improvement contractors. The presentation will include information about the Office and what we do. It will also cover registration of contractors, what to do about complaints, arbitration, and the guaranty fund. Cost: Free



#### **Diverse Documentaries**



Mondays, July 18 and Aug 15, 1:00 PM Registration preferred

#### July 18 - Elizabeth and Margaret:

Love and Loyalty: This documentary takes an intimate look at the complex, widely misunderstood relationship between Queen Elizabeth II and her sister, Princess Margaret. Starring: Kate Fleetwood. Watch all you want.

#### August 15 - Chef's Table: Francis Mallman:

Francis Mallmann is an Argentine celebrity chef, author, and restaurateur who specializes in Argentine cuisine, and especially in Patagonian cuisine with a focus on various Patagonian methods of wild fire cooking food. Cost: Free

#### **Take or Toss**



Tuesday, July 19, 11:00 AM

Meeting ID: 880 5187 7299 Passcode: 329256

It's harder and harder to find a place to donate or

sell your unwanted, and yet fully functional furniture and other belongings. Join Betsy Millane and organizer, Ellie Anbinder, for a Q&A session. We will advise you on how to dispose of your unneeded items and how to turn some items into cash. Need help getting organized? We will share a step-by-step process and offer organizers who will be beside you to help keep you focused and productive. Cost: Free

#### **Food for Thought**



Registration required by noon on the day before

Let's meet at a local restaurant for a social lunch, and spend some time discussing a pertinent topic. Please bring cash to pay your own bill.

Tuesday, July 19, 11:30 AM Hearth Restaurant, 974 Great Plain Ave., Needham

Tuesday, August 16, 11:30 AM Ray's New Garden Chinese Restaurant, 40 Chestnut Place, Needham

#### **Bereavement Caring Circle**



Tuesday, July 19 and Aug 16 (3rd Tuesday of the month), 1:00 PM

Registration preferred

Losing a loved one is something that affects everyone differently but being alone is not a great option. Please join this comforting group led by our own Kerrie and Jill. Even if you aren't ready to speak up – join the group to ease into healing. Refreshments will be served. Cost: Free

#### **Hearing Aid Clinic with Paul**



Wednesdays, July 20 and Aug 17, 10:00 AM-12:00 РМ Registration required

Paul comes monthly to do hearing aid clinics. What this entails is a clean and check of existing hearing aids, some light wax removal, small repairs, (if he has the parts available), battery check and general Q&A on hearing loss and hearing aids. His goal is to be a resource and to insure that hearing aid wearers are getting optimal use from the aid/s. Cost: Free

= In Person = Zoom

#### **Swing Fever Trio Concert**

Wednesday, July 20, 1:00 PM

Registration preferred

We haven't seen this Trio for 3 years! Join us for this fun concert! Cost: Free

#### Center Book & Tea Club



Tuesdays, July 20 and Aug 1, 6:00PM - 7:30PM Registration preferred

Come on over to the CATH Library where the fireplace will be lit and the iced tea will be waiting. This group will help motivate reading while discussing the book, characters, themes and more. Once the group meets – everyone can weigh in on the book choices.

#### **Self-Care Series: How to Talk** to Your Doctor and Be Your Own Advocate

Thursday, July 21, 11:00 AM

Registration preferred

In the current healthcare environment, patients must learn to become their own advocate. This presentation educates about keys to better communication for better outcomes from their physician visits. Cost: Free

#### **Choosing a Nursing Home 101**



Thursday, July 21, 1:00 PM Registration required

Although the goal for most people is to keep from moving into a nursing home unless it is the last possible solution. Still, it is a choice many need to make. Best thing to do is be prepared before you face the decision. 2Sisters Senior Living Advisors have the answers you need to be able to make these difficult decisions. Learn how to interpret staffing ratios and other performance data, find and read Department of Public Health surveys deficiencies and citations, understand how MassHealth works in a nursing home and what is covered. Cost: Free.

#### **Park and Rec Summer Concert Series**



Thursday, July 21 and August 18, 7:00 PM (Van?) Registration required

Our friends at Needham Park & Rec are saving us some seats for these concerts--our own VIP section! July 21: The Reminisants (music from 50's—90's) August 18: Marc Berger American Roots Cost: Free

### Hamburger Day with Needham Rotary



Monday, July 25, 1:00PM

Registration required

After 3 years, our Friends at Needham Rotary are coming back to celebrate Hamburger Day! Only 40 Seats so register today. We are hoping to have it on our roof deck with the grill Rotary bought for us years ago! Cost: Free



### **Steven Spielberg with Debra Block**



Monday, July 25, 1:00 PM Registration preferred

"When I was a young filmmaker, I was approached by a journalist who asked, "why do you do what you do?" I turned to the journalist in a very flip way and replied, "I dream for a living." Years later, I realized this is what I do, "I dream for a living."

-- Steven Spielberg, Film Director

Join Deb for a one-hour interactive film program on the professional and personal life of the most successful filmmaker of this generation. Cost: Free

A = In Person = Zoom

#### **Creepy Crawlies and other Creatures** of the Night with Joy from The Joys of Nature

Tuesday, July 26, 2:00 PM

Registration preferred

Meeting ID: 894 8367 9150 Passcode: CREEPY

From bats to fireflies, frogs and more, learn about the animals that come out in our neighborhoods at night. Many of these animals include important predators, such as bats, frogs and owls and help us unseen under the cover of darkness. Some of these animals, such as fireflies, are also under threat. Learn what you can do to help these amazing creatures of the night! Cost: Free

#### **An Italian Cheese Route (2 Part Series)**

Wednesday, July 27 and Aug. 24, 1:00 PM

PART 1: Wednesday, July 27

Meeting ID: 833 2656 1431 Passcode: 602207

PART 2: Wednesday, August 24

Meeting ID: 811 6371 1154 Passcode: 698772

Italy churns, blends, pulls, stretches and ages milk into virtually thousands of different cheese varieties. Each region, city and hamlet, is home to numerous native formaggi. We will explore Italy's macro-cheeseareas in this two-part lecture. Together we'll discover the stories of the famous and lesser known Italian products, traveling along a virtual cheese journey that starts in the Alps and ends in the crystal waters of volcanic Sicily. Walk with us down the fragrant route of Italy's most prominent dairy expressions, touching the various (but not all) cheese varieties of Italy, with anecdotes to boot. Cost: Free



### Cooking With The Programming Staff

Monday, August 1, 2:00 PM

Registration required

In celebration of National Pie Day, join the programming staff while we make 3 different

pies! Cost: Free

#### First Ladies of Comedy with Evan

Wednesday, August 3, 1:00 PM

Meeting ID: 854 5502 7295 Passcode: 266478

Registration preferred

Who watches the Marvelous Mrs. Maisel? Now for the real story of women and comedy! It's really a man's world according to the talent agents. However, some women did manage to open the door. Phyllis Diller is credited as being the first real woman standup comic. Before Diller women were held back but there were Moms Mabley and Jean Carroll. Joan Rivers and many others have followed in this highly competitive field.

Cost: Free

#### **Interceuticals: Protect Memory** and Cognitive Function as we Age

Thursday, August 4, 11:00 AM Registration preferred

Most adults expect their memories to worsen a bit over time. You might notice that you forget appointments more often or need to write things down to remember them. Small changes in memory happen, and they're typically not something to worry about. But sometimes, these small changes signal something more serious, like dementia or Alzheimer's disease. Speaker and founder of Interceuticals, Dr. Peipei Wishnow, is a scientist, entrepreneur and healthy aging advocate with the mission to develop and provide safe, effective, clinically tested natural remedies. Cost: Free

#### Summer Concert with Pianist. **Mark West**

Monday, August 8, 1:00 PM

Registration preferred

It is extra special when Mark comes to the Center to perform. He is a true talent. Cost: Free



= In Person = Zoom

### Help! My Kids Will Sell My House After I'm Gone. What Do I Need To Do Now?

Wednesday, August 10, 11:00 AM

Registration preferred

In many cases, seniors are leaving their houses to their kids to dispose of as part of their estate. Makes sense, right? There are a lot of serious legal ramifications that could mar this transfer if people don't get proper advice ahead of time. Betsy Millane of Gibson Sotheby's Realty is here with some advice! Cost: Free



Wednesday, August 10, 12:00 PM

Registration required

This luncheon provides an opportunity for residents to get familiar with some of the departments in the town and the many services they can provide. Also, for those who don't always go to the CATH it helps get them familiar what they provide. The goal to make residents comfortable and to reach out when they need help. This will be a casual luncheon to mingle and learn.

#### Health Forum with Stephen Cadigan: **Chronic Pain**

Wednesdays, Aug 10, 3:00 PM

Registration preferred Meeting ID: 846 9497 8507

Passcode: 820350

Chronic pain is defined as pain that lasts for 3 months or longer. Over 20% of individuals suffer from chronic pain, and most of that population are older adults. Join us and learn about the two types of chronic pain, and what can be done to minimize its effects to live a quality life.

### Better Safe Than Sorry: Is It Safe To Drive?

Thursday, August 11, 11:00 AM

Registration preferred

When it comes to driving, safety should always outweigh a senior's desire to remain independent by getting behind the wheel. Talking to a

patient/client/resident, family members, or yourself—about

hanging up the keys is not an easy conversation to have, but it may be a necessary one. Learn about factors that affect driving ability, how to assess a senior's driving skills, alternate transportation options, and more. Cost: Free

#### A Night with Medium Cathy Ripley Greene

Thursday, August 11, 6:30 PM - 8:30PM

Registration and pre-payment required (\$20) Renowned medium Cathy Ripley-Green will be coming to the Center to spend an evening with us. This is open to the general public. All are welcome!



#### **Driving Safety with AARP**

Wednesday, August 17, 10:00 AM - 3:00 PM

Registration required

In this class you will refresh your safe driving techniques and learn how to adjust your driving to compensate for our age-related physical changes. Our friends from AARP are here to make sure we stay safe on the road! Cost: Free

#### **Self-Care Series: Loneliness--**A State of Mind

Thursday, August 18, 11:00 AM

Registration preferred

During the Pandemic many folks have experienced feelings of loneliness. Perhaps you've felt lonely at other times in your daily life as well. This presentation will explore loneliness—what it is and what drives those feelings. Additionally, Lynn offers some practical suggestions to ward off feeling lonely. Cost: Free

#### 

Thursday, August 18, 1:00 PM Registration preferred

Meeting ID: 823 6873 3924 Passcode: DRAGON

What is the difference between a dragonfly and a damselfly? What are they doing in our yards? How do you tell males from females? Enjoy beautiful images of these animals and learn more about these amazing flyers and how their presence in our neighborhoods can benefit us all! Cost: Free



#### Rotator Cuff & Shoulder Pain Workshop With APR Physical Therapy and David Fleischman, MPT

Monday, August 22, 11:00 AM Registration preferred

Please join us to learn what's causing your shoulder pain. We will review the anatomy of the shoulder, discuss the most common diagnosis of shoulder pain and most importantly teach you about what successful treatment and relief from shoulder pain looks and feels like without the side effects of medications, injections or surgery. You will also learn some simple exercises that you can perform at home to maintain your overall shoulder health. Please dress comfortably. Cost: Free

#### **Garden Pot Luck**

Tuesday, August 23, 2:00 PM Registration required

We are heading to the roof deck with our creations



from our gardens and the Needham Community
Farm's gardeners are joining us. Please make
enough for 30 people to have small samples. Write
down your recipes and Aicha will make copies so we
can see ingredients for food allergies and to share
with our new friends. Cost: Free

### Crooner Comedy with Frank King

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Thursday, August 25, 12:30 PM

Registration required

An important part of the "Golden Era" were the lighthearted "novelty songs" that proliferated from the late '40s through the early '60s. In Frank's next special lecture, *Crooner Comedy*, you'll be smiling as you listen to amusing ditties by Jimmy Durante, Ethel Merman, Allan Sherman, Teresa Brewer, the Four Lads and others. Along the way you'll discover: the cute tune about the place in Massachusetts that has the longest name of any place in the USA; the surprising story of the life of Dale Evans (before and with Roy Rogers); the funny song that commemorates the end of the Middle Ages 500 years earlier, and more. Cost: Free

### Steven Spielberg with Debra Block Part II



Monday, August 29, 1:00 PM Registration preferred See description on page 22. Cost: Free

#### **Garden Project Club**



Check Aicha's Highlights emails for summer dates Registration required

Join Dede, from Volante Farms and Nancy Irwin to work on a seasonal project, talk all things gardens and flora. You will also get tips on how to make our own gardens thrive. Check Aicha's weekly Highlights email for schedule changes due to weather. Cost: Free

### FRIENDS OF THE CENTER AT THE HEIGHTS

#### **DONATIONS** (FROM 3/30-5/20/22)

Robert Quinn

Suzanne and Ray Kelly

Maria Romero

Cheryl Casey

Patricia Harris

Christofer Palasinski

Herbert Wiener

Kathleen Phillips

Sandra Ow

Richard Tiernan

**Robert Dunning** 

**Geraldine Lally** 

Rayna and Les Suckney

Kathleen Sferrazza

Margie and Dan Jones

Anneliese Golubic

Mary Margaret Cretella

#### **IN MEMORY**

Anne Brain in memory of Jim Rennie

Darrell and June Minnich in memory of Jim Rennie

Ellen and Eric Fleming in memory of Jim Rennie

Carol Ditmore in memory of Jim Rennie

Elizabeth Jacobson in memory of Jim Rennie

Ann and Armen Dermarderosian in memory of Del Miller

Reva Winston in memory of Gert Schlessinger

Tom Gallant in memory of Shirley Bibbo

Christine Merlo in memory of Jean Kilroy

Susan Hazell in memory of jean Kilroy

Thaddeus and Mary Prorok in memory of Helen Antonopoulos

#### IN APPRECIATION & HONOR

Vincent and Loretta Nigro in appreciation of Gene Arcand and tax preparation Florence Weener in honor of Tom and Kathleen Keating's wedding anniversary Patrick O'Dea in appreciation of the tax preparation program Josephine Roman in appreciation of Gene Arcand and tax preparation Gabriele Rabboini in appreciation of the SHINE program Adrienne Lederman in appreciation of Gene Arcand and tax preparation Richard and Ruth Aronson in appreciation of the kitchen staff and Bridge group

### FRIENDS OF THE CENTER AT THE HEIGHTS

#### LETTER FROM THE PRESIDENTS

Dear Center Participants and Donors,

Friends extend our thanks and appreciation to Servente Bakery and Café in Needham. Owner Christie Radeos has been donating delicious baked goods and treats to the CATH for morning coffee and snacks.

July is the warmest month in the Northern Hemisphere and the coldest month in the Southern Hemisphere. Flowers are blooming and gardens are growing. We are making meals with fresh vegetables and fruits. July is National Ice Cream month and National Hot Dog Month. Do you remember growing up and your friends singing, "I scream. You scream. We all scream for ice cream?" How about, "Take Me Out to the Ballgame?" We look forward to celebrating the 4th of July and our nation's independence!

August brings ripened tomatoes, ripe melons, sweet corn on the cob and zucchini squash. Do you remember canning fruits and vegetables in August? Roses are declining but Hollyhocks are in full bloom. Celebrate National Watermelon Day on the 3rd and S'mores Day on the 10th. August is a great month for star gazing. The Perseid meteor shower will occur predawn on August 11-12. Almanac predictions are 50 meteors per hour!

Celebrate the warmth of the summer and July 4th by donating to the Friends. The donation form is below. The Friends thank you for your generosity!

Warmly, Carol, Pat, Anne & Beverly

#### FRIENDS FRIENDS OF THE CENTER AT THE HEIGHTS, INC. **BOARD OF TRUSTEES** PO Box 853, Needham Heights, MA 02494 **SUPPORT / DONATION FORM TRI-CHAIRS Carol Ditmore** Please select your friendship level below: **Beverly Pavasaris Pat White** \$25 Individual Friend \$75 Special Friend **TREASURER** \$100 Best Friend \$25 Non-Resident Friend (newsletter) **Anne Brain** Exceptional Friend \$ \$50 Family Friend **SECRETARY Beverly Pavasaris BOARD MEMBERS** Address: \_\_\_\_\_ **Isabelle Avedikian Clifton Holbrook** Jay Kaplan Birth Date: Phone: \_\_\_\_\_ Lee Ann Keeler **Barbara Ryan** Zip: \_\_\_\_\_ Email: \_\_\_\_\_ **GIFT SHOP COORDINATOR** Donation In Memory of: Amount: \_\_\_\_\_ **Chumai Fung EX-OFFICIOS** Family Name & Address (for acknowledgement) LaTanya Steele **Aicha Kelley** July / August 2022 | Newsletter Edition

### **SHINE NEWS**

Medicare / Medicaid Counseling

### **Medicare Questions?**



Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on

Medicare) program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.



#### FRIENDS OF THE CENTER AT THE HEIGHTS

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