

# NEEDHAM COMPASS

## SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS



### DONOR SPOTLIGHT: VOLANTE FARMS

A special thanks to Volante Farms for their donations of herbs, plants and flowers to make our space beautiful. They also volunteer their staff (Dede Dussault pictured with Joan Story) to garden with seniors on our deck and food for our events. Volante Farms is a wonderful community partner!



Center instructor and Speech Language Pathologist Debra Maibor shares information with volunteer and participant Lois Raskind about the many clinics and programs she offers at the Center during our September Open House. Many community members and partners were here sharing information about resources and programs for seniors.

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

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



**BOARD**

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Aicha Kelley

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Yustil Mejia

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 Anne Cosgrove  
 Sam Hart

**From the Director**

Dear Friends,

We are approaching the end of the year and 2023 is right around the corner. Upon reflection, the word that comes to mind is GRATEFUL! These eight little letters form such a powerful word that means so much. Over these past two years, this word has truly taken on a much more important meaning in all our lives.

The Center staff and I hope your holiday season is filled with gratitude and simple pleasures like those you experienced growing up. Try some of these simple ideas for making memories this year: write a letter to your grandkids recounting how you spent holidays as a child; connect with your daughter or daughter-in-law and pass on a family recipe while making it together; become pen pals with a grandkid, family member or friend; send a note to a health care worker or first responder, or reach out to someone who might be alone this season and deliver a special meal or treat to them. These simple acts of kindness and caring can be our most treasured gifts.

Thank you to our participants for your kind words and support for our programs this year. We feel truly blessed to be able to serve you all. We love seeing your smiling faces in person and on Zoom and your letters and cards of appreciation lift us up each week. We look forward to a new year and new ways to offer you activities, adventure and ways to connect!

“Let us always meet each other with a smile, for the smile is the beginning of love.” -Mother Teresa

Happy Holidays!

*LaTanya*



**Inclement Weather Policy**

As the winter months are approaching, we want to let everyone know that your safety is our top concern. We will attempt to let you know if the Center is going to be closed the night before the inclement weather. We will leave a message on the Center's phone line (781-455-7555), the town website ([www.needhamma.gov](http://www.needhamma.gov)) and Aicha's Daily Highlights email. However, this is New England, and the weather can change in a minute. So, at times, we won't be able to determine our opening status until the morning. Please check these resources before heading to the Center.



## 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](mailto:akelley@needhamma.gov).

## LUNCH AT THE CENTER OR DELIVERED TO YOU

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 781-4555 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. If you are homebound, lunch can delivered to you. There is a suggested donation of \$2.50 per lunch.

## TRANSPORTATION NEWS

### Welcome Deb Marcus!



We are happy to announce that Deb Marcus (long-time Center volunteer and Needham resident) has joined our transportation staff driving seniors back and forth to the Center, shopping, and to special events. Please say hello when you see her around town!

## 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. NCC's 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.

## BALANCE ASSESSMENTS

Did you know that falls are the leading cause of fatal and nonfatal injuries among older adults? Lower your risk of falling by better understanding your balance deficits.

The Center is now offering balance assessments on our new HUR Balance Device. You can meet one-on-one with a trainer who will walk you through a 15-minute assessment on the device which will yield a summary of your balance risks, areas of weakness and the direction in which you are most likely to fall. These results will help you make a plan for fall prevention using games and exercise.

### Balance Assessments with Stephen Cadigan

Mondays, Wednesdays and Fridays

Between 2:00-3:00 PM

Call the Center to make an appointment. Cost: Free



# 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. Please contact us at 781-455-7555 and ask to speak to a social worker!

## SNAP BENEFITS

**Reminder!** You can use SNAP (Supplemental Nutrition Assistance Program) Benefits to purchase groceries for your holiday cooking and baking.

SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores.

For more information about SNAP and to sign up to receive SNAP benefits, please call 781-455-7555 and ask to speak to one of our social workers.

## CAREGIVER SUPPORT GROUP

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, Nov 14 and Dec 12, 4:00 PM**  
Register and email [jrice@needhamma.gov](mailto:jrice@needhamma.gov) for a Zoom invitation.

## COMMUNITY RESOURCES

*Are You Ok* wellbeing check service..1-866-900-7865  
Caregiving Resources.....508-573-7200  
Elder Abuse Hotline.....1-800-922-2275  
Needham Council on Aging.....781-455-7555  
Needham Community Council .....781-444-2415  
Needham Fire.....781-455-7580  
Needham Police.....781-455-7570  
Needham Public Health.....781-455-7940  
Needham Town Hall.....781-455-7500  
SHINE Medicare Counseling.....781-455-7555  
Social Security.....1-800-772-1213



# 2022 Holiday Hours

Friday, November 11	Closed for Veterans Day
Thursday, November 24	Closed for Thanksgiving
Thursday, December 15	Closing at 2:30 PM for staff training
Friday, December 23	Closing at 12:00 PM for Christmas
Monday, December 26	Closed for Christmas Holiday
Monday, January 2	Closed for New Year's Holiday

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.

Registration is **required** for all fitness classes. Instructors cancel for illness or emergencies, and we need to be able to notify you if this happens.

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 and dates 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](mailto: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: \$55 / hour

## MONDAY

### Yoga with Sandi

Mondays, 9:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19,

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

Sandi teaches Viniyoga, which is gentle and includes breathing exercises, balances, stretching work, strengthening work and relaxation. It is a fun way to get a full body workout and feel relaxed and energized at the end. Cost: \$5/class



### Tai Chi & Qigong With Scotty

Mondays, 10:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19

Instructor: J. Scott Brumit

Meeting ID: 897 6396 8005 Passcode: 609523

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: \$5/class

### Seated Strength & Balance with Pearl

Mondays, 10:30 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19

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

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

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

# FITNESS CLASSES

 = In Person  = Zoom

## TUESDAY (CONT.)

### Gentle Yoga with Michelle

Tuesdays, 9:15 AM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Instructor: Michelle Lawlor

Meeting ID: 443 604 7877 Passcode: 0DbGrY

Michelle is a fabulous yoga instructor and can make this a seated yoga as well! Michelle will have you calm, limber and toned, and she is great at working on individual specific problem areas. Cost: \$5/class

### Train the Brain

Tuesdays, 11:00 AM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Instructor: Stephen Cadigan

Meeting ID: 816 9119 6399

This class is back by popular demand! It uses dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! Cost: \$5/class

### Resistance Band Program

Tuesdays, 1:00 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

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

### Arthritis Class

Tuesdays, 2:00 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

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

### Zumba with Lulu

Tuesdays, 4:30 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Lulu is back!! Thank goodness! She is ready to get you up and moving in the evening!! So hit the Zoom button to get your blood flowing. What better way to meet the evening than with music and dance! Cost: \$5/class

## WEDNESDAY

### Tai Chi & Qigong With Scotty In Person

Wednesdays, 9:00 AM

Nov 2, 9, 16, 23, 30 and Dec 14, 21, 28

Instructor: J. Scott Brumit

This Wednesday class is in-person at the Center. See the description on page 7. Cost: \$5/class

### Chair One Fitness

Wednesdays, 10:15 AM

Nov 2, 9, 16, 30 and Dec 7, 14, 21, 28

Instructor: Karen Karten

Meeting ID: 896 9641 6998 Passcode: ChairOne  
Registration required

Join us for this seated exercise class for those with mobility challenges, balance deficits, recovering from injury or surgery or starting a fitness program. Karen



will guide you through this fun, music-driven, interactive, full-body workout that uplifts through dance and fitness movements while sitting. This class is designed to maintain mobility and function while enjoying great music. Cost: \$5/class  
*Photo of Instructor Karen Karten*

## WEDNESDAY (CONT.)

### Interval Training

Wednesdays, 1:00 PM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Instructor: Lisa Cadigan

Meeting ID: 859 4613 1521

Registration required

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 builds cardiovascular fitness while improving muscular strength and endurance. Cost: \$5/class

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

Wednesdays, 2:00 PM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

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

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Instructor: Nikhil Sole

Meeting ID: 914 5785 8070

Registration preferred

Nikhil will guide you through yoga and meditation to wind down the day. A Needham resident for 15+ years, Nikhil works during the day as a principal software engineer in cyber security software. He's a 300h certified yoga teacher and a meditation teacher with Art of Living Foundation. Cost: Free

## THURSDAY

### Pilates with Lisa

Thursdays, 8:00 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: Lisa Karger

Meeting ID: 820 469 8985

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

### Tai Chi & Qigong with Scotty

Thursdays, 10:00 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: J. Scott Brumit

Meeting ID: 841 2153 1726 Passcode: 569547

Registration required

See description on page 7. Cost: \$5/class

### Barre with Lisa

Thursdays, 10:30 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: Lisa Karger

Meeting ID: 820 469 8985

Registration required

Barre incorporates the fluidity of ballet, flexibility of yoga, and core strengthening of Pilates. 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

### Gentle Yoga with Michelle

Thursdays, 1:00 PM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: Michelle Lawlor

Meeting ID: 443 604 7877 Password: 0DbGrY

Registration required

Michelle is now offering an in-person yoga class that will also be available via Zoom. She can adapt for those who need to sit and will have you calm, limber and toned! Cost: \$5/class

# FITNESS CLASSES

 = In Person  = Zoom

## THURSDAY (CONT.)

### Arthritis Class

Thursdays, 2:00 PM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

Registration required

See description on page 8. Cost: \$5/class



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

Thursdays, 5:15-6:00 PM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Instructor: Lisa Cadigan

Registration required

Come stretch with us to increase circulation, improve posture and reduce imbalances within muscles and joints that can lead to injury. You will leave feeling youthful and with a sense of well-being. Some exercises will be performed on the floor (can be adapted for those who can't get on the floor). Mats will be provided. Cost: \$5/class



### Balance, Posture, Core

Fridays, 10:30 AM

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 30

Instructor: Laila Vehvilainen

Meeting ID: 748 2001 4156 Passcode: kGfHd5

Registration required

In this class Laila will go over the core components of good balance and teach 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

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 30

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



## FRIDAY

### Seated Strength & Balance with Pearl

Fridays, 10:30 AM

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 30

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 any needs. It starts with a warm-up for both the joints and the muscles, flows into strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, then a few standing balance exercises for those who are able. The class ends with gentle stretching to increase flexibility and reduce muscle tension. Cost: \$5/class



## SATURDAY

### Tabata

Saturdays, 9:45 AM

Nov 5, 12, 19 and Dec 3, 10, 17

Instructor: Lisa Cadigan

Meeting ID: 814 0515 8908 Passcode: 821835

Registration required

This high-intensity interval training class aims to yield the most fitness benefits in the shortest amount of time. It burns fat, increases endurance and improves aerobic efficiency. The format consists of 8 rounds of strenuous exercise for 20 seconds followed by 10 seconds of rest or slow movement. Cost: \$5/class



### Arthritis Class

Saturdays, 10:30 AM

Nov 5, 12, 19 and Dec 3, 10, 17, 31

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

Registration required

See description on page 8. Cost: \$5/class



## Weekly Drop-In Groups

### Monday

Beginner Bridge	10:00 AM – 12:00 PM
Experienced Canasta	12:30 PM – 3:00 PM
Beginner Canasta Lessons and Games	1:00 PM – 3:00 PM

### Tuesday

Experienced Bridge	9:00 AM – 12:00 PM
Rummikub	1:00 PM – 3:00 PM
Vintage Voices	1:00 PM – 2:00 PM
Poker/Cards/Pool	5:00 PM – 8:00 PM

### Wednesday

Bingo at the CATH	10:00 AM – 11:30 AM
Experienced Canasta	12:30 PM – 3:00 PM

### Thursday

Experienced Bridge	9:00 AM – 12:00 PM
Center Trivia	10:00 AM – 11:00 AM
Mahjong	12:30 PM – 4:00 PM
Duplicate Bridge	12:30 PM – 3:30 PM
Knitting with Friends	10:00 AM – 12:30 PM

### Friday

Beginner Canasta	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

#### Line Dancing with Paul

Mondays, 10:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19

Registration preferred

Line dancing is a great way to have fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is first broken down, demonstrated and then danced to old favorites and contemporary music that you will enjoy! No need to have a partner and no experience is necessary! Cost: \$5/class

#### Beginner/Intermediate Canasta Lessons & Games

Mondays, 1:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19

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. Come early. Cost: Free



*Ati Vafai, Micky Garrity, Renay DiFiore, Carol Cox and Joy Loza-Tadros gather in our Café to play Canasta in the afternoons. If you'd like to join them, check the Drop-In Groups schedule to the left for the dates and times. The more the merrier!*

# WEEKLY CLASSES

 = In Person  = Zoom

## Ron's Historical Movie & Discussion Group



Mondays, 1:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19

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 Greenwald 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

## Current Events Discussion Group



Tuesdays, 10:30 AM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Email Gerry Koss (host) at [gerrykoss@gmail.com](mailto: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](mailto:gerrykoss@gmail.com). Cost: Free

## TUESDAY

### Blood Pressure Clinic



Tuesdays, 9:00 AM - 11:00 AM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Just drop in!

Lenny from the VNA is here to make sure we are healthy. Cost: Free



### Mindful Living with Lisa



Tuesdays, 10:00 AM

Nov 1, 8, 15, 22, 29 and Dec 6, 13

Registration required

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. Cost: \$5/class

### Vintage Voices



Tuesdays, 1:00 PM

Nov 1, 8, 15, 22, 29  
and Dec 6, 13, 20, 27

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



Sponsored by the Needham Community Council

Tuesdays, 2:00 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Registration preferred

The series (for Amazon Fire Tablet users) begins with powering on and off and maneuvering your tablet and builds each week focusing on new tablet skills. For a list of course topics, see the Front Desk or Aicha's Highlights email. If you would like a free customized Fire Tablet, call the Needham Community Council at 781-444-2415. Cost: Free

# WEEKLY CLASSES

## Ballroom Dance with Betty

Tuesdays, 2:30 PM

Oct 25 and Nov 1, 8, 15: Rumba

Nov 29 and December 6, 13, 20: Swing

Registration required

Betty Hood 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 optional.

Cost: \$5/class



## Drawing & Sketching at Home with Ben: Eyes Filled with Color

Tuesdays, 4:00 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Meeting ID: 885 7100 9884

Registration required

Do you like to draw and make art? Do you want to learn the principles of observing the visual world? Ben is a trained illustrator who 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: \$5/class



## Movie Night at the Center

Every 2nd and 4th Tuesday, 6:00 PM

Nov 8, 22 and Dec 13, 27

Registration preferred. Cost: Free



## Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 PM

Nov 1, 8, 15, 22, 29 and Dec 6, 13, 20, 27

Registration preferred but you can drop in to play.

Cost: Free



## WEDNESDAYS

## Bereavement Circle with Nikki

Wednesdays, 10:00 AM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Just drop in

Nikki, from West River Hospice offers her weekly Bereavement Circle to anyone who wants to join this



IN PERSON

compassionate and comforting group. Even if you don't want to share, listening and realizing you are not alone could help. Cost: Free

## Clutter Support Group

Wednesdays, 10:00 AM

Nov 2, 9, 16, 30 and Dec 7, 14, 21, 28

Meeting ID: 867 8751 7426 Password: declutter

Registration preferred

This group, run by Paul Hughes, is a gathering of individuals who meet weekly to solve their common problems of hoarding, cluttering and procrastinating. To attend, you must desire to change these habits and help one another. Paul provides you with the tools and skills needed to live a clutter-free life. Cost: Free



## Bingo at the CATH

Wednesdays (and Fridays), 10:30 AM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

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



## CATH Walking Group

Wednesdays, 11:00 AM (Weather permitting)

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

This group meets at the Chapel Street entrance to Town Hall for a one hour (approximately 2 mile) walk. As a group you will decide the route each week. There is no commitment required. Just show up. Please be on time. The group will only wait 5 minutes before beginning. Wear appropriate shoes and bring water. Cost: Free



## Cybersecurity Support Group

Wednesdays, 11:00 AM

Check Aicha's Highlights for dates and Zoom ID

How do we keep our privacy and security when everything online is being exposed and logged? How do we secure our connections and access to sensitive data in an unstable environment? Troubleshoot these issues together with others. Cost: Free



## WEDNESDAYS (CONT.)

### Words Galore!



Wednesdays, 11:00 AM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Meeting ID: 873 4149 1346 Passcode: 063569

Registration preferred

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

### CATH Open Art Studio



Wednesdays, 11:30 AM – 2:30 PM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Registration preferred

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

### Opinion History with Ron



Wednesdays, 1:00 PM

Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

Meeting ID: 861 2520 8844 Password: 672425

Registration preferred

Did you struggle in history class? Was it just memorizing facts and dates 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



You must register for shopping trips a minimum of 24 hours in advance. Call Stephan, 781-455-7555 x204. Since seating is limited, please be considerate of others and call if you wish to cancel your trip.

### Sudbury Farms



Weds, Nov 2, 9, 16, 23, 30 and Dec 7, 14, 21, 28

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. Cost: \$2

### Market Basket Waltham



Every other Wed - Nov 2, 16, 30 and Dec 14, 28

Pick up from your home around 1:15 PM and return to your home. Cost: \$3

### Matter of Balance with Pearl Pressman



Wednesdays, Nov 2 – Dec 28, 1:45PM – 3:45 PM (no class on 11/23)

Registration required. Minimum of 8 to run class.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, please consider this program. Matter of Balance is an evidence-based program developed by Boston University and sponsored by Newton Wellesley Hospital to reduce the fear of falling and increase activity levels among older adults. Learn how to set realistic goals to increase activity, change your environment to reduce falls, and what exercises increase strength and balance. Although exercises will be performed, this is NOT an exercise class. Cost: Free

# WEEKLY CLASSES

## THURSDAYS

### Veteran's Agent Hours with Nancy

Thursdays, 9:00 AM – 11:00 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Drop in (first come, first served)

Veterans are welcome to meet with Nancy to discover the benefits available to them. Cost: Free



### Great Plain Traders

Thursdays, 9:30 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Registration required

This group talks all things stocks. Cost: Free



### Center Trivia

Thursdays, 10:00 AM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Drop in for some fun trivia weekly in the Cafe!

Cost: Free



### Pool Hall Nights

Thursdays, 5:00 – 8:00 PM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Drop in to the Game Room for some pool. Cost: Free



*Our Game Room is always filled with people having fun playing pool and ping pong. Join them!*

### Spanish Exchange Conversation Group

Thursdays, 7:00 PM

Nov 3, 10, 17 and Dec 1, 8, 15, 22, 29

Zoom Meeting ID: 112 782 200

Spanish Exchange is a welcoming, international conversation group. Speaking Spanish isn't required. Cost: Free



## FRIDAYS

### Needham Creative Writing with Beth

Fridays, Nov 4, 18 and Dec 2, 16 at 10:00 AM

Meeting ID: 909 884 3526

Registration preferred

Beth Knaus, owner of That's a Spade Writing Services, will teach you tools and tips to hone your writing. You will help one another with writing techniques, share writing, and talk about the love of writing. All types of writers are welcome - fiction, non-fiction, essays, and journaling. Cost: Free



### Bingo at the CATH

Fridays (and Wednesdays), 10:30 AM

Nov 4, 18, 25 and Dec 2, 9, 16, 23, 30

See description on page 13. Cost: Free



### Short Story Discussion Group

Fridays, 12:00 PM

Nov 4, 18, 25 and Dec 2, 9, 16, 30

Meeting ID: 894 4350 9457 Passcode: 623397

Facilitators Lois Bacon and Rose Doherty always welcome new members to the discussion group. The weekly story will be posted in Aicha's Highlights email. Cost: Free



### Center Cinema

Fridays, 1:00 PM

Nov 4, 18, 25 and Dec 2, 9, 16, 30

Registration preferred

Join us each week for a movie on the big screen. Check Aicha's Highlights or inquire at the Front Desk to learn the movie title each week. Cost: Free



### Demystify Technology with Techie to the Rescue

Fridays, 1:30 PM

Nov 4, 18, 25 and Dec 2, 9, 16, 30

Meeting ID: 850 5749 7471

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



# SPECIAL EVENTS

 = In Person  = Zoom

Registration is required for all Special Events unless otherwise noted. To register call our Front Desk at 781-455-7555.

## Balance Assessments

Mondays, Wednesdays & Fridays, between 2-3 PM  
Call the Center to make an appointment

Come in for your balance assessment using our HUR Balance Device. Our trainer Stephen Cadigan will help you take a simple test yielding a report and score on your balance. With these results you can take steps to improve your balance through exercise and fall prevention techniques. 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, offers one-on-one help with all things technical. He is well-rounded in technology know-how and will answer your questions while teaching you along the way! 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. Cost: Free

## CPR with Public Health Nurses

Tuesday, Nov 1, 10:00 AM - 2:00PM  
Registration required. To register email Nurse Hanna Burnett at hburnett@needhamma.gov

This is a four-hour certificate course. Refresh your skills or learn something new. It could save a loved-one's life! Cost: Free

## Lunch and Learn: Diabetes 101 with Needham Public Health

Tuesday, Nov 1, 11:30 PM  
Registration required so lunches can be ordered

Needham Public Health Department's nurses will come to educate us about Diabetes—its causes, treatment and best management strategies. Join us for lunch and learn. Cost: Free

## Preserving Your Garden Produce

Tuesday, Nov 1, 1:00 PM  
Registration required

Therapy Gardens will be here to teach you how to jar and preserve your garden tomatoes and other produce so you can enjoy them all year! Learn how to safely preserve tomatoes, green beans, herbs, and assorted vegetables. They will also review how to make blackberry jelly. This class is great for home gardeners, foodies, and anyone interested in health and nutritious eating. Cost: Free

## Elder Fraud with Needham Bank

Wednesday, Nov 2, 11:00 AM  
Registration required

Needham Bank representative Erica Shom will give a presentation on "Protecting Yourself from Fraud" with a specific focus on common elder fraud schemes. Learn about current fraud trends, how to spot a scam, and what to do to protect yourself and your loved ones from falling victim to fraud. Cost: Free

## What A Year Series with Evan: 1946!

Wednesday, Nov 2, 1:00 PM  
Meeting ID: 823 6408 0003 Passcode: 418683

Evan Weiner is back, and we are traveling to the year 1946. North Korea and Israel were created. Wars would ensue. Truman defeats Dewey, the Cold War continues, Ed Sullivan and Milton Berle are on TV, and Gentlemen's Agreement wins Oscars and raises eyebrows. The hunt for American communists continues. Cost: Free

## Balance 101 with Connections Physical Therapy

Thursday, November 3, 11:00AM  
Registration required

Join Dr. Carri Bertelson PT, DPT from Connections Physical Therapy to learn about how we can maintain and improve our balance as we age. Balance can ALWAYS be improved and your risk of falling can ALWAYS be reduced. Join us to learn more. Cost: Free

## Dinner for the Ages

Thursday, Nov 3, 5:30PM – 6:30PM

Registration required

We are bringing this intergenerational dinner back! We will have a yummy dinner, chat, play games with some Needham teens! Cost: Free



## The Center Birthday Club

First Fridays, Nov 4, Dec 2, 12:30 PM

Just drop in

Join us in the Cafe to celebrate all the birthdays for the month. Cake will be served. Please let us know if you have a birthday coming up!



## Heart to Home Luncheon

Monday, Nov 7, 12:00 PM

Registration required for limited seating and meals

Heart to Home Meals is treating us to lunch! Come learn about their quick and delicious meals created with seniors in mind, so you can spend less time cooking and more time enjoying life. Their team of talented chefs have designed an extensive menu with over 160 options. Ordering is simple, and their local drivers deliver meals straight to your door. Join us as Shayla Lopez, of Heart to Home, tells us more about this company! Cost: FREE



## Behind the Scenes:

### Carousel the Musical with Deb Block

Monday, Nov 7, 1:00 PM

Registration required

Join us to examine Carousel, a sublime piece of 20th Century musical theater that includes a song, "If I Loved You", that ranks among the most beautiful ever written for the stage. We will view film clips from the original 1945 Broadway production, the 1956 film, and Lincoln's Center's 2013 production. Sing along with the songs and prepare for a lively discussion with Theatre Director Debra Block! Cost: Free



## Metrowest Legal Clinic VIA Zoom

Tuesday, Nov 8, 10:00, 10:30, 11:00, 11:30 AM

To schedule an appointment email [akelley@needhamma.gov](mailto:akelley@needhamma.gov)

We have lawyers working with us from Metrowest Legal Services. They will do their Legal Clinics over the phone or via Zoom. So, register today. (First come, first served.) Cost: Free



## Lunch Chat with Debbie

Tuesday, Nov 8, 11:30 PM

Registration required

Get together with others at the Center to catch up, chat and eat! Lunch will be provided. You bring the conversation! Please register early so we know how many lunches to order. Questions? Email Debbie Maibor at [dmaiborslp@gmail.com](mailto:dmaiborslp@gmail.com). Cost: Free



## Cooking with Jess

Tuesday, Nov 8, 3:00 PM

Registration required

Join Jess Weiss in our spacious Center kitchen as she walks you through delicious seasonal recipes. Learn, taste and have fun! Cost: Free



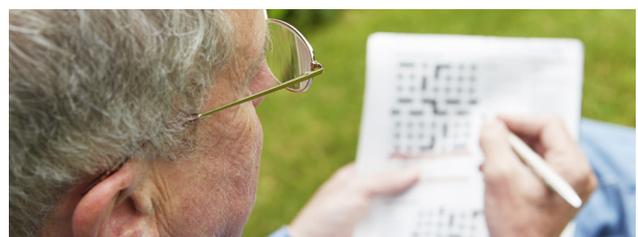
## Lunch and Learn:

### Healthy Brain Aging with Wingate

Wednesday, November 9, 12:00PM

Registration required

Join us for lunch sponsored by Wingate and learn about healthy brain aging. You will also learn more about our town's many services and resources for older adults. This will be a casual luncheon to learn and mingle. Cost: Free



# SPECIAL EVENTS

 = In Person  = Zoom

## How to Write Your Story and Self-Publish It



Wednesday, Nov 9, 1:00 PM, Registration required

Harry Quinlan will teach you how to write and self-publish your story, whether in the form of an autobiography or a memoir. The presentation focuses on the structure of your manuscript, errors to avoid and how to self-edit and organize to self-publish and sell it on Amazon. He will also cover: How to write the "all feel good memoir"; how to deal with painful memories in your autobiography, and how to write a fun book with a grandchild! Henry Quinlan is an author and publisher with more than forty years of experience. His recounting of anecdotes from authors he has published, always brings a smile, and a look of amazement from his audience. Cost: Free

## Crafts with Kelley The Cop



Wednesday, Nov 9, 3:00 PM,

Registration required

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

## Resilience for Mental Health in the "New Normal"



Wednesday, Nov 9, 6:00 PM

Online registration required (see below)

Dr. Chris Willard, psychologist, author and Harvard Medical School professor, will help us explore the foundations of resilience. He will guide us in a discussion about the most common mental health challenges our kids and grandkids are facing today and teach us ways to provide support with simple takeaway tips. Register online at [www.needhamprograms.com](http://www.needhamprograms.com) . Cost: Free

## Self-Care Series:

### Stats & Facts - Myths About Aging



Thursday, Nov 10, 11:00 AM

Registration required

Aging is inevitable, but not our attitudes toward it. Old age is shrouded in myths and misconceptions. In fact, much of what we think we know about aging is simply speculation. This presentation by Lynn Croft reviews the most common myths of aging and how we can debunk them in our own lives. Let's learn to age with empowerment! Cost: Free

## Author Talk: *Remember Me to All the Friends: Civil War Letters from George Harwood* by Jan Drake



Thursday, November 10, 1:00PM

Registration required

In Honor of Veteran' Day Jan Drake will present a program on the Civil War letters from her great-grandfather's cousin. With her husband she travelled to explore the locations in the letters and published them as a book. The program includes reading from the letters, maps and photos covering the journey and notes which help put them into a context for today's reader. George W. Harwood served three years (1862-1865) and travelled across nine states with the IX Corps primarily under General Ambrose E. Burnside. Signed copies of the book will be available for purchase. Cost: Free

## HEALTH FORUM WITH STEPHEN CADIGAN

### The Knee & The Hip

(Part 1 of 2)



Wednesday, Nov 9 and Dec 14, 3:00 PM

Meeting ID: 846 9497 8507 Passcode: 820350

Registration required



Come to this 2-part series to discuss the issues that affect knee and hip joints in the older adult. Both of these joints are vital for balance, safe movement, and the completion of daily activities. We will discuss: how these joints move; what parts of the body are involved in their movement; how to keep them healthy; how to know when they are not healthy; when it might be time for surgery or replacement; and how to pre-hab before and rehab after replacement surgery. Cost: Free

## The Ukraine War & Vladimir Putin-- Consequences Expected & Unintended. What's Next?



Thursday, Nov 10, 6:30 PM

Registration required

Join us for a discussion on this topic with Henry Quinlan, a publisher with 35-years of experience dealing with the former Soviet Union and Russia, including living in Moscow for five years. While engaged in a publishing venture in the former Soviet Union, Quinlan was asked by President George H. Bush to organize the publishing of the children's book, *Make Way for Ducklings* in 1991. He assisted the former president with a tour of a secret Soviet space research institute with Astronaut Wally Schirra. He had a 34-year friendship with Vitaly Churkin, former Russian Ambassador to the UN, and he interviewed for a Pentagon study about a successor to Vladimir Putin. Cost: Free



## Low-Vision Support Group



Thursday, Nov 10, 10:00 AM

Registration required

Join facilitator Jeff Hill from the Mass Association for the Blind and Visually Impaired each month to discuss and learn the best way to live, help and learn about our lives as people living with low vision. We will bring in speakers, professionals, and hear from each other about how to live our best lives. Join us for lunch after the meeting. Please call in order with the kitchen 24 hours in advance. Free

## Friends for Life: Making and Keeping Friendships Throughout our Lives



Monday, Nov 14, 1:00 PM

Registration required

Friendships are among our most important relationships. Why do we become friends with certain people? What are the benefits of these

connections? How can we stay friends when challenges arise? Join Dr. Miriam Rosalyn Diamond to explore research on this subject and how it applies to our own friendships. Cost: Free

## Diverse Documentaries



Monday, Nov 14, 2:00 PM

*Girl in the Picture*: A young mother's mysterious death and her son's subsequent kidnapping open a decades-long mystery. Cost: Free

## Express Yourself



Tuesday, Nov 15, 11:00 AM

Register at the Front Desk or email Debbie at [dmaiborsLpmail.com](mailto:dmaiborsLpmail.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

## The Loss Of The USS Quincy with Bob Begin



Tuesday, Nov 15, 6:30 PM

The Quincy was built during the Depression and named after the City of Quincy, MA. She represented America's naval power as she "showed the flag" on her journeys across the globe. In the late 1930s she shifted from a peacetime status to one preparing for war. On August 9, 1942, she and three cruisers were lost during an engagement with a Japanese surface force. Over 370 men were lost and 170 wounded during this conflict. Interviews with survivors will add a personal aspect to this story. Cost: Free

## Holiday Fashion Show



Wednesday, Nov 16, 1:00 PM

Wondering what the upcoming holiday season fashion trends will be? Come to our fashion show! We are looking for volunteer models. If you would like to walk the runway, see Aicha, Katie or Jen. Cost: Free

# SPECIAL EVENTS

 = In Person  = Zoom

## Holiday Fraud Prevention

Thursday, Nov 17, 11:00 AM

Registration required



The holidays are right around the corner. Are you prepared to keep yourself safe from scammers? Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation will share Black Friday shopping tips, educate on return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and identity theft and fraud prevention. Cost: Free



## Thanksgiving Feast with Avita

Thursday, Nov 17, 12:00 PM

Registration required

Come to the Center for a traditional Thanksgiving feast provided for us by Avita of Needham. Enjoy turkey, gravy, potatoes and more! Register early to reserve your spot at the table! Cost: Free

## Art Appreciation with Michele: Paul Klee

Thursday, Nov 17, 1:30 PM

Registration required

Join us as research librarian and art educator Michele Marram explores the life and career of Swiss/German artist Paul Klee. Klee was a great admirer of children's art and used ink, oil, tempera and watercolor in his own works. Following the presentation we will have a chance to create our own Klee-inspired works. Cost: Free



## Out to Dinner

Thursday, Nov 17, 5:30 – 6:30 PM

Registration required

If you live in Needham and are LGBTQ+ or an ally, join us for this monthly intergenerational dinner at the

Center. Meet seniors, NHS teens and other affirming neighbors of all ages. Cost: Free

## Social Security 101

Friday, Nov 18, 11:00 AM

Registration required



New England Investment and Retirement Group Wealth Management will host this presentation on Social Security. Topics will include: when to claim, spousal benefits, government pension offsets and more. You can never know too much! Cost: Free

## Piano Sing Along with Boston-Famous, Mel Stiller

Monday, Nov 21, 1:00 PM

Registration required



Mel has been playing piano and leading sing alongs at parties, corporate events, public venues and senior settings for more than 30 years. Aicha met him years ago when he played at Jacob Wirth's Restaurant in the Theater District every Friday night. He will bring books with the lyrics to more than 500 classic rock/oldies, show tunes and holiday songs. Cost: Free

## A Series on Mindfulness with Neil Motenko

Monday, Nov 21, 1:30 PM

To register for Zoom, email [akelley@needhamma.gov](mailto:akelley@needhamma.gov)



This program continues via Zoom with a review of the many ways that mindfulness can benefit us, affording the opportunity to be present in wise relationship with whatever is arising in our lives, and to cultivate qualities such as kindness, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. Cost: Free



# SPECIAL EVENTS

 = In Person  = Zoom

## Mark West Holiday Piano Concert

Monday, Nov 28, 12:30 PM

Mark is coming back to entertain us with his musical talents. In December, it will have a holiday theme. *This monthly piano program is offered in memory of Peter Kenney, a lifelong student and insatiably curious spirit. Funding is from the generous contributions of his family and friends in Guam and from Karen and Robert Fritz, in laws by marriage, friends by choice.* Cost: Free

## Stroke Social Group

Tuesday, Nov 29, 11:00 AM

Registration required--call the Front desk or email dbaiborsLp@gmail.com

If you are a stroke survivor, we invite you (and your caregivers) to get together to socialize with others. Please come to enjoy a snack and conversation! Questions? Email facilitator Debbie Maibor, Speech and Language Pathologist at email above. Cost: Free

## Dinner for the Ages

Thursday, Dec 1, 5:30 PM – 6:30 PM

Registration required

We are bringing this intergenerational dinner back! We will have a yummy dinner, chat, play games with some Needham teens! Cost: Free

## Center Birthday Club

Friday, Dec 2, 12:30 PM

Join us to celebrate December birthdays with cake!

*In September we celebrated the birthday of Dr. Don MacIntyre with singing and delicious cupcakes donated by Servente Bakery & Cafe.*

*Please come in during your birthday month so we can celebrate you!*



## New England Conservatory Holiday Concert

Monday, Dec 5, 1:00 PM

Registration preferred

They are back and we are thrilled! The talented students of the New England Conservatory are coming to the Center for a Holiday Concert. Not to be missed! Cost: Free

## CPR with Public Health Nurses

Tuesday, Dec 6, 10:00 AM - 2:00 PM

Register by emailing Nurse Hanna Burnett at hburnett@needhamma.gov

This is a four-hour certificate course. Refresh your skills or learn something new. It could save a loved-one's life! Cost: Free

## Lunch Chat with Debbie

Tuesday, Dec 6, 11:30 AM

Get together with others at the Center to catch up, chat and eat! Lunch will be provided. Please register early so we know how many lunches to order. Questions? Email Debbie Maibor at dmaiborslp@gmail.com. Cost: Free

## What A Year Series with Evan: 1945!

Wednesday, Dec 7, 1:00 PM

Meeting ID: 823 6408 0003 Passcode: 418683

December 7 is the 81st anniversary of WWII. Evan Weiner is back again to take us to the year 1945. World War II comes to an end. FDR dies, Churchill is kicked out of office by British voters and the Atomic Bomb is used twice by the US in Japan. Rationing is over, sacrifice is done and there is a transition in the United States from a war time economy to a post war economy. The first civil rights bill is passed since 1875. Frank Sinatra takes a stand for school integration in Gary, Indiana. The Slinky makes its debut. Cost: Free



# SPECIAL EVENTS

 = In Person  = Zoom

## Low-Vision Support Group

Thursday, Dec 8, 10:00 AM

See description on page 19.

## Exotic Turneffe Atoll, Belize with Joy

Thursday, Dec 8, 1:00 PM

Registration required

Joy Marzolf, owner of The Joys of Nature will be here to show us the beauty of the Turneffe Atoll--the second largest barrier reef in the world which lies off the coast of Belize. Away from the cruise ships of the mainland soar magnificent frigate birds and red footed boobies. Local golden-fronted woodpecker and spiny iguana can even be seen competing for space on the same tree! From above the water, dolphins can be seen frolicking in the waves while manatees slowly cruise along feeding on sea grasses. Under the crystal clear waters are beautiful scenes of colorful reef fish and corals with even the occasional turtle or spotted eagle ray. Join us for images of this beautiful place. Cost: Free



## Behind the Scenes: Irving Berlin's White Christmas with Deb Block

Monday, Dec 12, 1:00 PM

Registration required

Do you recall the sheet music your parents or grandparents had tucked inside their piano benches? Those song sheets were produced and sold by "song pluggers" at Tin Pan Alley. Irving Berlin was one of those song pluggers. He composed and wrote the lyrics to "I'm Dreaming of a White Christmas." We will study film clips from the movie

White Christmas, sing holiday songs and share beautiful memories of winter holidays past. Bring your stories and grab an eggnog or hot chocolate along the way! Cost: Free

## A Series on Mindfulness with Neil Motenko

Monday, Dec 12, 1:30 PM

Email [akelley@needhamma.gov](mailto:akelley@needhamma.gov) for Zoom ID

This program continues via Zoom with a review of the many ways that mindfulness can benefit us, affording the opportunity to be present in wise relationship with whatever is arising in our lives, and to cultivate qualities such as kindness, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. Cost: Free

## Diverse Documentaries: An Honest Liar

Monday, Dec 12, 2:00 PM

World-renowned magician and escape artist James "the Amazing" Randi dedicates his life to exposing fake psychics and others who claim paranormal powers. Cost: Free

## Metrowest Legal Clinic

Tuesday, Dec 13, 10:00, 10:30, 11:00, 11:30 AM

See details and description on page 17.

## Express Yourself

Tuesday, Dec 13, 11:00 AM

Register at the Front Desk or email Debbie at [dmaiborsLp@gmail.com](mailto:dmaiborsLp@gmail.com)

These in-person sessions with Debbie Maibor, M.S., CCC-SLP, speech and language pathologist will focus on using your expressive skills through fun language games and activities. Cost: Free



# SPECIAL EVENTS

 = In Person  = Zoom

## Cooking with Jess

Tuesday, Dec 13, 3:00 PM,  
Registration required

Join Jess Weiss in our Center kitchen as she walks us through delicious seasonal recipes. Cost: Free

## Tour of The Wang Decorated for the Holidays

Wednesday, Dec 14, 11:00 AM (van leaves at 10:00)  
Registration required for limited seating

Come with us behind-the-scenes of one of Boston's most prominent landmarks decorated for the holidays during the celebration of its 95th Anniversary. Learn about the theatre's architectural highlights and unique history – from its hotel roots and glamorous days as a movie "cathedral", to today's role as an impressive venue for performances and events. Cost: \$10 if you ride our van; free if you drive yourself.

## Crafts with Kelley The Cop

Wednesday, Dec 14, 3:00 PM

Officer Kelley Scolponeti runs a wonderful and popular craft class. Join in the fun and get your creative juices flowing! Cost: Free

## HEALTH FORUM WITH STEPHEN CADIGAN

### The Knee & The Hip



Wednesday, Dec 14, 3:00 PM (Part 2 of 2)  
Meeting ID: 846 9497 8507 Passcode: 820350

Come to this 2-part series to discuss the issues that affect knee and hip joints in the older adult. Both of these joints are vital for balance, safe movement, and the completion of daily activities. We will discuss: how these joints move; what parts of the body are involved in their movement; how to keep them healthy; how to know when they are not healthy; when it might be time for surgery or replacement; and how to pre-hab before and rehab after replacement surgery. Cost: Free  

## Self-Care Series: Loneliness During the Holidays

Thursday, Dec 15, 11:00 AM

During the holidays many folks experience feelings of loneliness. Perhaps other times in your daily life you have felt lonely. This presentation will explore what is loneliness and what drives those feelings. Additionally, presenter Lynn Croft offers some practical suggestions to ward off feeling lonely. Cost: Free

## Warm Winter Sing Along with Jazz Lunch Trio

Thursday, Dec 15, 1:00 PM

Registration required

Our Warm Winter Sing Along features Sarah Gardner on vocals accompanied her Dad "Pops" (Herb Gardner) performing jazz and holiday standards to warm up your holiday season. Pops plays piano in the stride style of Fats Waller and brings his dry New England octogenarian humor. John Clark rounds out the trio on clarinet and saxophone. (This event does not include a meal) Cost: Free

## Out to Dinner

Thursday, Dec 15, 5:30 – 6:30 PM

Registration required

If you live in Needham and are LGBTQ+ or an ally, join us for an intergenerational dinner at the Center. Meet seniors, NHS teens and other affirming neighbors of all ages. Cost: Free



## Mark West Holiday Piano Concert

Monday, Dec 19, 12:30 PM

Talented pianist Mark West will entertain us with holiday favorites. *This monthly piano program is offered in memory of Peter Kenney, a lifelong student and insatiably curious spirit. Funding is from the generous contributions of his family and friends in Guam and from Karen and Robert Fritz, in laws by marriage, friends by choice.* Cost: Free

# SPECIAL EVENTS

## Vintage Voices Holiday Concert & Party

Tuesday, Dec 20, 1:00 PM

Our talented and fun chorus is getting together to sing holiday songs and they want you to join in! Then we will have holiday sweets and mingle together. Cost: Free

## Hearing Aid Clinic with Paul

Wednesday, Dec 21, 10:00AM – 12:00 PM

Registration required

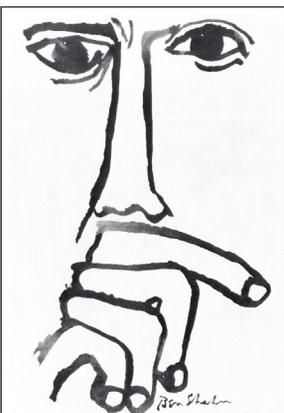
Paul Dole of Flynn Hearing Aids comes monthly to do hearing aid clinics. What this entails is a clean and check of existing hearing aids, some light wax removal, small repairs, (if he has the parts available), battery check and general Q/A on hearing loss and hearing aids. His goal is to be a resource,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

## Jewish Experience in Rome

Wednesday, Dec 21, 1:00 PM

Meeting ID: 822 7205 0600 Passcode: 968478

The Jewish Community in Rome is the most ancient residing outside of the Holy Land. First, migrants came as merchants to the most important city of what would have soon become the Roman Empire, and stayed through the centuries, with many events that shaped European history, world history and the history of the Jewish community itself. We'll go together through their history and the places they lived by enjoying images of Rome and its beautiful sites and monuments. Cost: Free



## Art Appreciation with Michele: Ben Shahn

Thursday, Dec 22, 1:30PM

Registration required

Join us as research librarian and art educator Michele Marram explores the life and career of Ben Shahn, a Lithuanian immigrant who came to the U.S. in 1906 with

his family. He is known as a “social realist” and his works reflect his interest in many (now historic) events, bible stories, and American life. He worked with photography, etching, lithography, paint, ink, posters, calligraphy, and murals. Cost: Free

## Stroke Social Group

Tuesday, Dec 27, 11:00 AM

Registration required--call the Front desk or email dbaiborsLp@gmail.com

If you are a stroke survivor, we invite you (and your caregivers) to get together to socialize with others. Please come to enjoy a snack and conversation! Questions? Email facilitator Debbie Maibor, Speech and Language Pathologist at email above. Cost: Free

## Holiday Harmony Histories - TAKE 2 with Frank King

Wednesday, Dec 28, 1:00 PM

Registration required

Frank returns with an all-new edition of his holiday music lecture, again revealing surprising backstories behind several well-known holiday songs, this time around including the department store origin of Rudolph the Red-Nosed Reindeer; the heat wave that created Let it Snow!; the holiday song written in a sanitarium; and others. You'll have a chance to sing along with these as well as Silent Night; Chanukah, Oh Chanukah, and more! Cost: Free

## New Year's Eve Party!

Friday, December 30, 1:00 – 2:00 pm

Join us for as we countdown 2022! Wear something sparkly to get in the spirit of the season. We will have music and tasty treats! Cost: Free



# FRIENDS DONATIONS FROM 7/30-9/18/22

Carolyn Piersiak  
Suzanne Kelly  
Margaret Pobywajlo  
Donald and Dianne  
MacIntyre

Shirley Klepadlo  
Sara McLaughlin  
Earl Kasdon  
Nancy DiMatteo  
Margie and Alan Glou

## IN MEMORIUM

Robert Andrews in memory of Jean Andrews  
Anne Brain in memory of Naomi Levy  
Tom Gallant in memory of James P. "Jim" Manning  
Shirley Klepadlo in memory of Doris Bosselait  
Tom Gallant in memory of Alex and William Gallant (brothers killed in action during WWII)

## IN APPRECIATION

Marie Howard in appreciation of Sandi Levy's Yoga classes  
Barbara Cooper in appreciation of Sandi Levy's Yoga classes  
Colleen Schaller in appreciation of the staff at the Center at the Heights and COA  
Ibtihag Loza-Tadros in appreciation of the breakfasts at the Center at the Heights



*In memory of beloved Center participants Jean and Harry Chin, the Chin family and their friends made donations to The Friends of the Center at the Heights. Jean and Harry always loved dancing and dance programs. So, with these donations the Center brought in Dance Caliente for participants to enjoy. Nearly 70 people, including the Chin's children, were here to enjoy the performance, dancing and cake! Pictured left are the Chin family and members of The Friends Board. Pictured right is Dance Caliente.*



# FRIENDS OF THE CENTER AT THE HEIGHTS

## LETTER FROM THE PRESIDENTS

Dear CATH Participants and Donors,

With November comes our last month of fall. The leaves lie still on the ground. November 6th is Daylight Savings time and we set our clocks back one hour. The full moon is called the Beaver Moon, as beavers build their dams during this time of the year. The birthstone is yellow topaz symbolizing friendship. Scorpio and Sagittarius are the Zodiac signs. The aromas from baked pumpkin and apple pies fill the air. We celebrate Veterans Day and Thanksgiving Day. Thank you to all our Veterans!

December is a busy month: Pearl Harbor Day is December 7th; Hanukkah begins December 18th; Christmas is celebrated on December 25th; Kwanzaa on December 26th, and New Year's on December 31st. Candles help us celebrate the holidays and provide a warm glow. The aroma of traditional cookies and pastries is throughout our homes. The Winter Solstice brings the shortest day of the year on December 21st. The full Cold Moon is on December 7th. The December flower is Holly, and Turquoise is the birthstone.

Come to the Center at the Heights to enjoy the wonderful programs that are offered. They are listed here in this Compass Newsletter. Your donations help to support these programs and more.

Please remember to donate to the Friends. The donation form is below. The Friends thank you for your generosity!

Warmly,

**Carol, Pat, Anne & Beverly**

### FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

PO Box 853, Needham Heights, MA 02494

#### 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 (newsletter) | <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) \_\_\_\_\_

#### FRIENDS BOARD OF TRUSTEES

**TRI-CHAIRS**  
Carol Ditmore  
Beverly Pavasaris  
Pat White

**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



# SHINE NEWS

Medicare / Medicaid Counseling

## Medicare Open Enrollment ends December 7th 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 the next year. Some Medicare regulation changes related to the Inflation Reduction Act will go into effect for 2023. So, it is more important than ever to review your options. **Call 781-455-7555 to ask for a SHINE appointment.**

When you come for your appointment please bring:

- Medicare account username and password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)



2022  
MEDICARE  
OPEN  
ENROLLMENT  
BEGINS

OCTOBER 15 -  
DECEMBER 7TH

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.



### FRIENDS OF THE CENTER AT THE HEIGHTS

300 Hillside Avenue  
Needham, MA 02494

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