# **NEEDHAM C**MPASS

# SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

# NEW VETERAN'S AGENT Welcome TJ Tedeschi!



We are excited to welcome Needham's new Veteran's Agent TJ Tedeschi. TJ will be at the Center every Thursday from 9:30-11:30 AM to meet with veterans and provide them and their families with the support they deserve. Just drop in!

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Center and town of Needham employee Tom Watson and Center participant Irene Guiney tie-the-knot at Town Hall in a beautiful ceremony officiated by Town Clerk Tedi Eaton. We wish them both joy, health and happiness!

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Continental Breakfast

Monday-Friday 8:30 AM - 12:00 PM **Center Computer Room Game Room & Library** 

Monday-Friday 8:30 AM - 4:00 PM









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# **COMMUNITY UPDATE**

# From the Executive Director

Dear Friends,

Happy March! I hope you will enjoy the longer days, the changes in the weather and are looking forward to spring. We celebrate "Social Work Month" in March! This is a time to honor social workers for all they do. Please be sure to thank our social work team and CATH Staff for all they have been doing and will continue to do through the year.

We have great programs in March and April, and they're a reason to get out of the house and spend time with us. No matter what age or stage you find yourself in, there are many ways to evolve, develop and grow throughout one's life. I am continually inspired by our members who push themselves out of their comfort zones. Whether it's a challenge to meet a new goal of strength, health or fitness; the ability to learn (or rediscover) a new skill; to develop one's interests and talents; explore new places, or even just to make the brave first steps of making new friends— The Center at the Heights proposes a variety of opportunities for everyone.

We are seeing lots of new faces each day. We will continue to require you to register for activities, events and programs so that we can track participation, plan room placement, assess program interest, and much more. And even after you have registered for a program, we still require you to check in at the kiosk when you come into the Center to let us know that you are here. This data is important for justifying our funding requests. We are fortunate to continue to receive grants and donations to help keep our program costs low or free.

I hope everyone has a wonderful month as we move into spring. We look forward to seeing you!

LaTanya



Our Vintage Voices Chorale lead a merry round of holiday favorites at NPD's Annual Senior Holiday Dinner. A special thanks to the NPD for prepping, cooking and serving this spectacular free dinner for Needham seniors!





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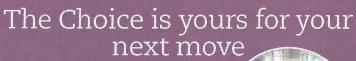
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# **CENTER SUPPORTS**

## **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.

# THE CENTER CAFÉ

The Café at the Center is abuzz each weekday morning and afternoon with people eating, dropping in for a cup of tea or coffee, socializing or just resting between classes and programs. Our wonderful volunteers serve a continental breakfast between 8:30-10:30 AM and set out snacks every afternoon between 2:00-4:00 PM. Stop by for a bite or get a ride on our van. For more information about transportation, call Stephan at 781-455-7555.

# 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, If you are homebound, lunch can delivered to you. For more information, call Stephan. There is a suggested donation of \$2.50 per lunch.

# **CLINICS**

Blood Pressure Clinic	page 12
Hearing Aid Clinic	pages 19 & 26
Metrowest Legal Clinic	pages 18 & 24

# **SOCIAL GROUPS**

Parkinson's Social Grouppages 17 8	<u>k</u> 24
Stroke Social Grouppages 18 8	<u>k</u> 24

#### **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.

Once you have your tablet, come to the Center for Tablet Talk with Stacey on Tuesdays at 2:00 PM. Or, you can make a private appointment with Stacey to go over your specific questions on Thursday afternoons. Look for these class listings on pages 13 and 15 of this newsletter.



Beautiful Betty Leary celebrated her 97th birthday with us at the Center. Her friends surprised her with a party during her favorite Vintage Voices weekly song session. Pictured left are Betty and her daughter Nancy Sterling.

# **CENTER SUPPORTS**

Social Services

#### **COUNSELING AND SUPPORT**

Our team of social workers is happy to provide Needham residents with support and referral services on a variety of issues, including: housing, transportation, traveling meals, SNAP benefits, unemployment benefits, short-term mental health counseling, long-term care planning, caregiver resources, health insurance benefits counseling, facilitation of various support groups and more. Please contact us at 781-455-7555 and ask to speak to a social worker!

# **COMMUNITY RESOURCES**

Are You Ok wellbeing check service	1-866-900-7865
Caregiving Resources	508-573-7200
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-243-4636
Needham Council on Aging	781-455-7555
Needham Community Council	781-444-2415
Needham Fire	781-455-7580
Needham Housing Authority	781-444-3011
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

# **SUPPORT GROUPS**

Bereavement Circle	page 15
Caregiver Support Group	pages 18 & 24
Clutter Support Group	page 12
Low-Vision Support Group	pages 17 & 26

We have a variety of clinics, groups and resources available at no cost to you. Call 781-455-7555 if you'd like to find out more or register for one of these programs.

#### 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, March 13, April 10, 4:00 PM

Register and email jrice@needhamma.gov for a Zoom invitation.



Renowned Illusionist Lyn Dillies wowed an audience of 85 people at the Center in January. Pictured Left: Fred Kresse with Lyn Dillies. Pictured below from left: Center volunteers and participants Lois Raskind, Rita Haney and Lenore McCarthy. By all accounts the show was fantastic. How did she turn the balloon into a dove?!



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

# **FITNESS CLASSES**

The Center at the Heights offers in-person and Zoom fitness classes (\$5/class) and 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 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

#### **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

## **MONDAY**

# Yoga with Sandi

Mondays, 9:00 AM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

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

Mondays, 10:00 AM

Mar 6, 13, 20, 27 and Apr 3, 10, 17, 24

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

Mar 6, 13, 20, 27 and Apr 3, 10, 24

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

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

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



# TUESDAY (CONT.)

#### **Train the Brain**

Tuesdays, 11:00 AM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

Instructor: Stephen Cadigan

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

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

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. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class

# **Arthritis Class**

Tuesdays, 2:00 PM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

Instructor: Stephen Cadigan Meeting ID: 816 8790 1740

This 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

Tuesdays, 4:30 PM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba Lulu will 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

Wednesdays, 9:00 AM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

Instructor: J. Scott Brumit

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

#### **LaBlast Cardio Dance**

Wednesdays, 10:15 AM

Mar 1, 8, 22, 29 and Apr 5, 12, 19, 26 (no class 3/15)

Instructor: Karen Karten

Meeting ID: 821 9688 5896 Passcode: LABLAST

This is a fitness class based on ballroom and social dances including disco, salsa, foxtrot, swing and more. No dance experience necessary. We'll use simple patterns from these dances that are easy to follow. Weights are incorporated to include strength training. We use music from all genres and decades which makes it a fun workout in disguise! Cost: \$5/class



Karen's Cardio Dance class is a hit! She has developed a big following in just a few weeks. Come in to join the fun!

# **Interval Training**

Wednesdays, 1:00 PM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

Instructor: Lisa Cadigan 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 builds cardiovascular fitness while improving muscular strength and endurance. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class

# FITNESS CLASSES

# WEDNESDAY (CONT.)

# Move It, Shake It, Lift It!

Wednesdays, 2:00 PM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

Instructor: Randi Sharek

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

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

Instructor: Nikhil Sole Meeting ID: 914 5785 8070

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

Thursday, 8:00 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

Instructor: Lisa Karger Meeting ID: 820 469 8985

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

Thursdays, 10:00 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

Instructor: J. Scott Brumit

Meeting ID: 841 2153 1726 Passcode: 569547 See description on page 7. Cost: \$5/class

#### **Barre with Lisa**

Thursday, 10:30 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

Instructor: Lisa Karger Meeting ID: 820 469 8985

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

#### **Arthritis Class**

Thursdays, 2:00 PM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

Instructor: Stephen Cadigan Meeting ID: 816 8790 1740

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



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

Thursdays. 5:15-6:00 PM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

Instructor: Lisa Cadigan

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 wellbeing. Some exercises will be performed on the floor (can be adapted for those who can't get on the floor). Mats will be provided. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format.

Cost: \$5/class



# FITNESS CLASSES

A = In Person = Zoom

#### FRIDAY

# **Seated Strength & Balance**

Fridays, 10:30 AM

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

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 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

## **Balance, Posture, Core**

Fridays, 10:30 AM

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

Instructor: Laila Vehvilainen

Meeting ID: 748 2001 4156 Passcode: kGfHd5

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

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

Instructor: Lisa Cadigan Meeting ID: 864 8971 0371

This class strengthens abdominals, glutes, lower back, hips and shoulders. We use hand weights and body weight as tools to enhance range of motion, flexibility, balance and muscular strength. Lisa can modify the activity to suit your needs. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format.

#### Cost: \$5/class

#### SATURDAY

#### **Tabata**

Saturdays, 9:15 AM

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29

Instructor: Lisa Cadigan

Meeting ID: 814 0515 8908 Passcode: 821835

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. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class

#### **Arthritis Class**

Saturdays, 10:30 AM

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29

Instructor: Stephen Cadigan Meeting ID: 816 8790 1740

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



During our recent monthly "Coffee with Needham Cops" event Officer Eddie Timmerman and his colleagues gathered around to congratulate newlyweds Tom and Irene Watson.

## **MONDAY**

# **Line Dancing with Paul**

Mondays, 10:00 AM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

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

# **Kerrie Cusack's Monday Meditation**

Mondays, 11:00 AM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

Meeting ID: 137 719 908 Password: 713980 Registration required (only 8 spots in person)

Kerrie will have you focused, centered and relaxed as you begin your week. If you've never tried meditation, give it a try! Cost: Free

# Beginner/Intermediate Canasta Lessons & Games

Mondays, 1:00 PM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

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

# Intro to iPads with Stacey

Mondays, 1:00 PM

March 13, 27, April 10, 24, 1:00 PM

Stacey from The Needham Community Council will be at the Center 2x a month to teach you how to better navigate your iPad. You will be amazed at how much you will learn and how much more you will be able to do with your iPad. Cost: Free



# **Weekly Drop-In Groups**

# Monday

Beginner Bridge 10:00 AM -12:00 PM

Experienced Canasta 12:30 PM - 3:00 PM

Hand & Foot Game 12:30 PM

Beginner/Intermediate 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 10:30 AM – 11:30 AM

Experienced Canasta 12:30 PM - 3:00 PM

# **Thursday**

Experienced Bridge 9:00 AM – 12:00 PM

Knitting with Friends 10:00 AM – 12:30 PM Mahjong - Intermediate 12:30 PM – 4:00 PM

Duplicate Bridge 12:30 PM - 3:30 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 - Experienced 12:30 PM – 4:00 PM

Rummikub 1:00 PM - 3:00 PM

A = In Person = Zoom



# Clutter Support Group with Paul

Mondays, 3:00 PM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

Meeting ID: 869 9303 1998 Passcode: declutter

This group 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. Registration required. Cost: Free



Mondays, 1:00 PM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

Meeting ID: 850 1408 7723 Password: 881305

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. Registration preferred. Sign up to receive Aicha's Daily Highlights email to see weekly movie selections. Cost: Free

# **Open Craft Room**

Mondays, 2:00 - 4:00 PM

Mar 6, 13, 20, 27 and Apr 3, 10, 24

Feeling crafty? Drop in to our Art Room to enjoy a variety of crafts. Select from our craft of the day, create something original from our wide variety of materials, or bring your own. Invite a friend and make it fun! Cost: Free

crafting on Mondays! Bring your own or use



## **TUESDAY**

#### **Blood Pressure Clinic**

Tuesdays, 9:00 AM - 11:00 AM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

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

# Mindful Living with Lisa Tuesdays, 10:00 AM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

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. Registration required. Cost: \$5/class

# **Current Events Discussion Group**

Tuesdays, 10:30 AM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25 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

# **Vintage Voices**

Tuesdays, 1:00 PM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25

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





**Tablet Talk with Stacey - New Series** 

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

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25 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. Read more about the Tech and Tutors Program on page 5. Cost: Free

# **Ballroom Dance with Betty**

Tuesdays, 2:30 PM March 7, 14, 21, 18 - Hustle April 4, 11, 18, 25 - Waltz 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

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25 Google Meet video call link: https://meet.google.com/xmc-wfvq-daq Registration required



Painting by Ben Marder

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: Free

# Poker/Cards/Pool at the Center

Tuesdays, 5:00 - 8:00 PM

Mar 7, 14, 21, 28 and Apr 4, 11, 18, 25 Registration preferred but you can drop in to play.

Bring a friend or come in on your own to enjoy playing poker or other card games. You can also play pool or ping pong. Cost: Free

## Movie Night at the Center Every 2nd and 4th Tuesday, 6:00 PM

Mar 14, 28 and Apr 11, 25 Registration preferred.

Come in two evenings each month to enjoy a movie on our big screen. Bring a group of friends or come on your own. We are even open to your movie suggestions. Cost: Free

## WEDNESDAYS

# Bingo at the CATH

Wednesdays (and Fridays), 10:30 AM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

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

# **CATH Walking Group**

Wednesdays, 11:00 AM (Weather permitting)

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

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

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



# **WEDNESDAYS** (CONT.)

#### **Words Galore!**

Wednesdays, 11:00 AM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26 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. Cost: Free



Wednesdays, 11:30 AM - 2:30 PM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26 Registration preferred Join your peers and friends in the Art Room to work on your piece of the day. Cost: Free



Officer Kelley Scolponetti challenged some of our local artists to create paintings of K-9 Officer Rocket in their own medium. We will feature these pieces in our newsletter over the next few months. Left is Judith Faling and her watercolor portrait of our favorite pooch!

## **Opinion History with Ron** Wednesdays, 1:00 PM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26 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,

# **Grocery Shopping Trips**



Our vans make weekly trips to local grocery stores. Let us give you a ride! Please 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 scheduled trip.

## **Sudbury Farms**

Wednesdays, Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26

The van will pick you up from your home around 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 - Mar 8, 22 and Apr 5, 19 The van will pick you up from your home around 1:15 PM and return to your home. Cost: \$3

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

# **Pool Hall Nights** Wednesdays, 5:00 PM

Mar 1, 8, 15, 22, 29 and Apr 5, 12, 19, 26 Join our friends in the Pool Hall for great fun and competition! Ladies, as always, welcomed! Cost: Free





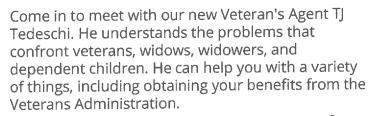
**NEW ZOOM** 

## **THURSDAYS**

## **Veterans Agent Hours**

Thursdays, 9:30 - 11:30 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27



#### **Great Plain Traders**

Thursdays, 9:30 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27 Registration required This group talks all things stocks. Cost: Free

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

Thursdays, 10:00 AM Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27

**NEW DAY** lust drop in

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. Cost: Free

# **Tech Talk With Stacey: Office Hours**

Thursdays, 11:00 AM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27 Registration for 15-minute appointment required

Stacey Fallon, Program Director for Tablets and Tutors at The Needham Community Council is offering office hours at the Center. If you need help with your phone, have a question about email or want to learn how to do more with your ipad, smart phone or tablet, Stacey is a wonderful resource! Cost: Free

#### **Pool Hall Nights**

Thursdays, 5:00 - 8:00 PM

Mar 2, 9, 16, 23, 30 and Apr 6, 13, 20, 27 Drop in to the Game Room for some pool. Cost: Free

## FRIDAYS

## **Needham Creative Writing Crew**

Fridays, 10:00 AM

March 3, 17, April 7, 21

Meeting ID: 862 5244 5587 Passcode: 889695 Registration preferred

This group 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 Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28 See description on page 13. Cost: Free

# **Short Story Discussion Group**

Fridays, 12:00 PM

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28 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

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28 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

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

Meeting ID: 850 5749 7471

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



A = In Person = Zoom

#### **Balance Assessments**

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

Come in for your balance assessment on our HUR Balance Device. Trainer Stephen Cadigan will help you take a simple test yielding a report and score on your balance. With these results, you can improve your balance through proper exercise and fall prevention techniques. Cost: Free

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



To make an appointment email kelley@needhamma.gov

Avrom offers one-on-one help with all things technical. He 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**



Mon-Fri, 9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM Registration for appointment required. Cost: Free

# **New Zealand: Penguins, Parrots &** Pods with Joy of The Joys of Nature Thursday, March 2, 1:00 PM



Meeting ID: 826 5676 0304 Passcode: JOY

Watch and listen as the yellow-eyed penguin returns from the ocean to feed its chick and the Antipodes Island parrot demonstrates looks, personality and talent. Watch New Zealand sea lions interact on isolated South Island beaches, pods of rare Hector's dolphins frolic near coastal shores and dolphins play with kayakers touring the fiords. Registration preferred. Cost: Free

# A Visit with Harvey Leonard, **Chief Meteorologist Emeritus of WCVB-TV** Friday, March 3, 11:00AM

Join us as Harvey stops by the Center to talk all things New England weather related!

# **Coffee Talk with Senator Rausch**



Monday, March 6, 10:00 AM

Please join us in the Café to catch up with Senator

Rausch. As always, there will be goodies! Registration preferred. Cost: Free

# Diverse Documentaries -To Be of Service Monday, March 6, 1:00 PM

In honor of Day of Memorial & Respect for Veterans we will watch a documentary film about veterans with PTSD who find that, after other treatments fall short, a service dog helps them return to an independent-feeling life. Registration preferred. Cost: Free

#### Mindfulness Practice with Neil Motenko Monday, 6, 1:30-2:15 PM



For a Zoom invitation to this program, email akelley@needhamma.gov.

Neil is now offering this second monthly program in addition to the long-standing monthly "Series on Mindfulness." This new series is more practiceoriented, with one or two guided meditations, discussion about the meditation practice(s) of the day, a focus on integrating practice into daily life, and offerings of poetry and sayings relating to mindfulness practice. This presents another monthly opportunity for us to gather in a community of practice. Newcomers to Neil's series are welcome at any time. Cost: Free

#### **Lunch Chat with Debbie** Tuesday, March 7, 11:30 AM



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. Registration required. Cost: Free

# Myths & Miracles of Victorian Medicine Tuesday, March 7, 1:00 PM

You will sigh, chuckle and cringe, as you become privy to the contradictions, misconceptions and surprising achievements in the medicine of your parents and grandparents! Janet Parnes of Historical Portrayals by Lady J, takes on the role of Myrtle Mills, a fictional lady who has endured "every illness known to man". She escorts you into the simultaneously advanced and utterly primitive world of medicine during the late 1800's. Registration required. Cost: Free

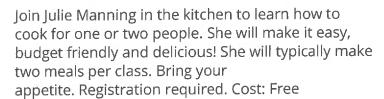
# **Parkinson's Social Group**

Tuesday, March 7, April 11, 1:30 PM



If you have Parkinson's we invite you (and your caregivers) to get together to socialize with others who can relate to the issues you are experiencing. Please come to enjoy a snack and conversation! Please register at the Center or email Debbie Maibor, Speech and Language Pathologist at: dmaiborsLp@gmail.com. Registration required Cost: Free

# Healthy Cooking for One or Two Tuesday, March 7, 3:00 PM



# Chair Massage with Kris

Wednesday, March 8, 10:00AM - 12:00PM

Join Kris for a 15-minute chair massage. Please wear comfortable clothing or tank top under your sweater! Registration for an appointment required. Cost Free. Tips appreciated.

# **Cybersecurity Support Group** Wednesday, March 8, 11:00 AM

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? Join this peer led group to help each other review, implement and expand the tips & concepts learned from George Mansour, author of Unhackable. Registration required. Check Aicha's Highlights the week of for Zoom ID. Cost: Free

# **New England Conservatory Concert** Wednesday, March 8, 1:00 PM

Join us as the ridiculously talented students from the Conservatory come to the Center to spoil us! Registration preferred. Cost: Free



# **Health Forum with Stephen Cadigan**

#### The Fascia

Wednesday, March 8, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

We are highlighting this topic again due to great interest the last time. The Fascia is thin connective tissue that incases, and surrounds your organs, blood vessels, and muscles. The Fascia holds all these body parts and the intricate maze of nerves throughout your body in place. Come find out how important this little-known part of your anatomy is and how vital it is for good balance. Learn how to keep your Fascia hydrated, functional, and healthy. Registration required. Cost: Free

# **Crafts with Kelley The Cop**

Wednesday, March 8, 3:00 PM

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

# **Low-Vision Support Group**

Thursday, March 9, 10:30 AM

Join facilitator Jeff Hill from the Mass Association for the Blind and Visually Impaired to discuss and learn the best way to live, and learn about our lives as people living with low vision. Registration preferred. Cost: Free

# **Express Yourself**

Thursday, March 9, 11:00 AM

These 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. Registration required. Email Debbie at dmaiborsLp@gmail. com. Cost: Free

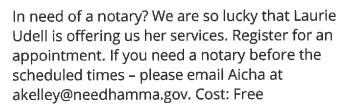


A = In Person = Zoom

# Sweet Dreams: How to Get the Good Night's Sleep Your Body Deserves Thursday, March 9, 1:00 PM

For some of us a good night's sleep may not be easy. Today, there are plenty of aids to help with these problems, from practicing good "sleep hygiene" to managing what you eat and when you exercise. Learn why sleep is vital to good health and tips for how you can fall asleep faster and stay asleep longer. Registration required. Cost: Free

# **Notary Services with Laurie Udell** Thursday, March 9, April13, 3:00 PM



# Coffee Hour with Rep Denise Garlick Monday, March 13, 10:00 AM

Join us for coffee and an update from Rep. Garlick. As always, there will be time for Q & A. Just drop in. Cost: Free

# A Series on Mindfulness with Neil Motenko

Monday, March 13, 1:30 PM

A Series on Mindfulness with Neil Motenko continues 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. Registration required. To register for Zoom email akelley@needhamma.gov . Cost: Free

# TSA Explosives and K9 Dog Training Demo

Monday, March 13, 1:00 PM

In Honor of K9 Veteran's Day – a TSA K9 handler will discuss the beginning of the United States K9 Program and how TSA uses K9s today. The handler will show training videos and have a live demonstration with a K9 followed by a Q&A session. Registration preferred. Cost: Free

# Caregiver Support Group Monday, March 13, 4:00 PM

This group gives you the opportunity to share experiences, information, and encouragement. Caregiving can be a lonely and isolating experience. Come to connect with others facing similar challenges. Take time for yourself; caregivers need support too. To join via Zoom email jrice@needhamma.gov. Cost: Free

## **Metrowest Legal Clinic**

Tuesday, March 14, 10:00, 10:30, 11:00, 11:30 AM

We have lawyers working with us from Metrowest Legal Services. They will do their Legal Clinics over the phone or via Zoom. (First come, first served.) To schedule an appointment email akelley@needhamma.gov. Cost: Free

# **Stroke Social Group**

Tuesday, March 14, 11:00 AM

We invite stroke survivors (and your caregivers) to get together to socialize with others. Come to enjoy a snack and conversation! Questions? Email facilitator Debbie Maibor at dmaiborslp@gmail.com. Registration required. Cost: Free

## How to Write Your Own Book Tuesday, March 14, 1:00 PM

In this class you will learn about the world of writers around you, how to get published, and how to publish a book. Presenter Betsy Millane, a local realtor, has written a book based on her family's exploits in the Dutch underground during WWII. Sixty Blades of Grass will be published in June of 2023. Registration preferred. Cost: Free







## **Cooking with Jess**

Tuesday, March 14, 3:00 PM

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

# **Hearing Aid Clinic**

Wednesday, March 15, 10:00 AM - 12:00 PM

Paul Dole of Flynn Hearing Aids comes monthly to do hearing aid clinics. This entails a clean and check of existing hearing aids, some light wax removal, small repairs, battery check and general Q/A on hearing loss and hearing aids. His goal is to be a resource, and to ensure that existing hearing aid wearers are getting optimal use from the aids. Registration required. Cost: Free

# Life Transition Binder Workshop

Wednesday, March 15, 11:00 AM

Could your family step in and help you manage your affairs if you needed assistance or were incapacitated? Join Sandra Batra as she explains how to create a custom notebook that holds all your life details, including: personal data, property, financial, retirement and insurance details, medical and service provider information. With this binder your loved ones will have the information they need and you will have peace of mind. Registration required. Cost: Free

# Ruth Bader Ginsberg Show: "I Dissent"

Wednesday, March 15, 1:00 PM

Join us for a superb show starring Sheryl Faye In honor of RBG's birthday! RBG was an American lawyer and jurist who served as an associate justice of the Supreme



Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups. Registration required. Cost: Free

# Matter of Balance with Pearl Pressman Wednesdays, March 15- May 3, 1:45 – 3:45 PM

Have you turned down a chance to go out with family or friends because you were concerned about falling? If so, please enroll in this program. MOB is an 8-week 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. Registration required (must have 8 registered to hold class). Cost: Free

# Real Estate Confidential: Managing the Process like a Pro! Thursday, March 16, 11:00 AM

Have you been approached by a builder about selling your house? Be careful! Don't do anything until you know the facts about the real estate market. You could be leaving money on the table! In this class Real Estate Agent Suzanne Nissen helps seniors faced with a confusing real estate market and gives you the information you need to be an informed seller. Registration required. Cost: Free

# Women in Sports With Evan Weiner

Thursday, March 16, 1:00 PM

Sexism and racism were two obstacles in the development of women's athletic competition. Women have had doors closed on them in pursuing sports as an occupation. Men didn't want them playing sports because they claimed playing sports was unladylike. Yet some women pursued sports and struggled to succeed. Join speaker Evan Weiner to learn how women's sports has grown in popularity, but still has a long way to go to be totally accepted. Registration required. Cost: Free



= In Person = Zoom



# **Glennon Donnelly Irish Duo**



Friday, March 17, 1:00 PM

Joe Donnelley and Jack Glennon are a funny and talented musical duo. They have been friends and playing music together for years. Celebrate St. Patty's Day with them at the CATH. Remember to wear something green! Registration preferred. Cost: Free

# through healthy and delicious cooking! Registration required. Cost: Free

# **Life Transition Binder Workshop**



Wednesday, March 22, 11:00 AM

See description on page 19.



# **Basic Estate Planning Advice**



Wednesday, March 22, 1:00 PM

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Attorney Shani Rea Collymore will be here to teach you how to avoid a crisis for your family. Don't delay getting your most crucial estate planning documents in place. Registration required. Cost: Free

# **Stress Reduction & Self-Care:** No Time Like the Present



Monday, March 20, 11:00 AM

As part of our everyday lives, stress takes a toll on our health and wellbeing. Let's come together to learn more about the impact of stress and to share solutions for self-care and resiliency. Speaker Deborah Lisansky Beck, MSW, LICSW, is the former director of the BSW Program at Wheelock College and is a practitioner and teacher of mindfulness meditation. Registration required. Cost: Free

# **Poetry Reading with Bagel Bards**



loin the former Poet Laureate of Brookline and a man who surrounds himself with incredibly talented writers, Zvi Sesling for this interesting poetry reading. Registration required. Cost: Free

## **Pet Pathology Presentation** Monday, March 20, 1:00 PM



During 40+ years as a veterinary pathologist, Lois Roth-Johnson did autopsies on animals as small as goldfish and as large as elephants. She collected specimens, (that are safe to handle) photographs (that are not gory), and stories (usually pretty funny) that she will share. Learn something new about animals small and large and ask questions that she will do her best to answer. Registration preferred. Cost: Free

# Susan Edgecomb: Clearing in the West Friday, March 24, 1:00 PM



Ioin Author Susan Edgecomb as she discusses her book, Clearing in the West. It is about her personal journey through great loss, grief and healing. Cost: Free

#### **Red Cross Blood Drive**



Monday, March 20, 9:00 AM - 2:00 PM

To register for an appointment visit the Red Cross website at www.redcross.org/give-blood. Walk in appointments will also be available.

# **Heart Disease & How to Combat It** Tuesday, March 28, 11:00 AM



Dr. Jamil Kirdar, Staff Cardiologist and Assist Prof of Medicine at VA Boston Healthcare System and Harvard Medical School will be here to help us understand what causes heart disease and how to treat and prevent it. Registration required. Cost: Free

# **Cooking for Health & Diabetes**



Tuesday, March 21, 3:00 PM

Musician: Rob Natoli

Join us in the kitchen with the talented chef from Maplewood, Andrew Santalucia as he walks us

Come see Rob and his guys. They will have us swinging! Registration required. Cost: Free

**Rob Natoli Swing Band Concert** 

Wednesday, March 29, 1:00 PM

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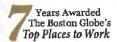


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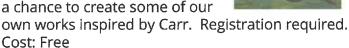
# **Red Sox Home Opener Bash**

Thursday, March 30, 2:00 PM

Join us in the Game Room as we celebrate and watch the Sox home opener. There will be Center franks, peanuts, popcorn and root beer. Wear your Sox swag! Registration required. Cost: Free

Art Appreciation with Michelle Marram: Emily Carr Thursday, March 30, 1:30 PM

loin us as research librarian and art educator Michele Marram explores the life and career of Emily Carr, a Canadian artist who was fascinated with the indigenous peoples and flora of the Pacific Northwest. Following the program we'll have a chance to create some of our





Mark is coming back to entertain us with his musical talents. 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. Registration preferred.

# **Author Talk: The Secret Life of Chocolate** Tuesday, April 4, 11:00 AM



Just in time for Easter! Why do we love chocolate? Author Lynn Bloom reminds us that chocolate looks good, smells good, tastes good, and feels good; the scent, texture and

instant gratification of melt-in-your-mouth chocolate are irresistible. It makes those who eat it feel wonderful, imparting sweetness to our lives. At the intersection of bitter, sweet, and succulent, chocolate is an irresistible medium for flirtation, seduction, courtship, appreciation, and apology. This talk is adapted from Lynn Bloom's new book, Recipe. Registration required. Cost: Free Cost: Free

# **Life Transition Binder Workshop** Tuesday, April 4 and 11, 11:00 AM

See description on page 19.

Healthy Cooking for 1 or 2 with Julie Tuesday, April 4, 3:00 PM

See description on page 17.

# Surprising Jewish Musical Stories with Frank King

Wednesday, April 5, 1:00 PM

Some of the stories include:

- The unknown but prolific polio-stricken songwriter of early rock & Elvis hits whose personal story and related songs are a tear-jerker;
- The secretary turned songwriter who wrote the beautiful music to Mary Martin's Peter Pan as well as Young at Heart, Witchcraft, and Hey Look Me Over; plus the beautiful "lost" ballad from Peter Pan;
- The Canadian pianist who wrote one of Sinatra's earliest hits as a result of the passing of her own beloved husband;
- A pair of songs from the parody writer Allan Sherman

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. Registration required. Cost: Free



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Southern Baja Sur, Mexico with Joy: Marine Giants- Humpbacks and Whale Sharks

Thursday, April 6, 1:00 PM

Meeting ID: 826 5676 0304 Passcode: JOY

Marine mammal watching in Southern Baja Sur is full of drama! Humpback whales launch into the air in the Southern Gulf of California. North, near Cabo Pulmo, crested caracara can be seen along the road and endemic Xantus's hummingbird, orioles and even butterflies can be found at a small oasis in the desert hills. In La Paz, visitors can swim with friendly California sea lions as they chase fish and each other. Baja is also the home of the whale shark- biggest fish in the sea! Baja is a land of marine giants and so much more. Registration required. Cost: Free



# **Diversity, Equity and Inclusion (DEI) Book Club with LaTanya**

Thursdays, April 6, 13, 20, 27, 6:00 - 7:00 PM

The DEI Book Club will help us expand dialogues, learning and engagement around diversity, equity, and inclusion themed books. The goal is to welcome participants to read a book that will expand our thinking and provide a safe place to discuss reactions and share experiences and insights- all contributing to shared learning. The first book is White Tears Brown Scars by Ruby Hamad. A free copy will be given to each participant. Registration required. Cost: Free

# Sox are Back! Fun with Red Sox Interviewer and Alumni Monday, April 10, 11:00 AM

A Red Sox interviewer and some alumni are making time for us and coming to the Center to present and chat! Registration required. Cost: Free



Monday, April 10, 1:00 PM

Join speaker Richard Nichols to learn about the many unknown facts about the life of Paul Revere! Topics include: his birth, growing up, soldier, family life, occupations, local battles, the midnight ride, the American Revolution and more. Registration required. Cost: Free

# Mindfulness Practice with Neil Motenko

Monday, April 10, 1:30-2:15 PM

See description on page 16.

# **Caregiver Support Group**

Monday, April 10, 4:00 PM

See description on page 18.

## **Metrowest Legal Clinic**

Tuesday, April 11 10:00, 10:30, 11:00, 11:30 AM See description on page 18.

# **Life Transition Binder Workshop**

Tuesday, April 4 and 11, 11:00 AM See description on page 19.

#### Stroke Social Group

Wednesday, April 12, 11:00 AM See description on page 18.

#### **Lunch Chat with Debbie**

Tuesday, April 11, 11:30 AM See description on page 16.

# **Diversity Month** Pot Luck Lunch & Discussion

Tuesday, April 11, 11:30 AM

April is Diversity Month. Let's gather to learn about everyone's heritages, traditions and lifestyles. RSVP to Aicha with what you will bring that best represents you! Registration required. Cost: Free

#### Parkinson's Social Group Tuesday, April 11, 1:30 PM

See description on page 17.

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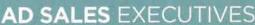
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# **Cooking with Jess**

Tuesday, April 11, 3:00 PM

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

# **Chair Massage with Kris**

Wednesday, April 12, 10:00 AM - 12:00 PM See description on page 17.

# **Cybersecurity Support Group**

Wednesday, April 12, 11:00 AM See description on page 17.

# Safe from Fraud and Scams with Dedham Savings

Wednesday, April 12, 11:00 AM

This program will review scams targeting older adults. Dedham Savings experts in the field will share best practices and provide valuable resources to help you avoid becoming a victim of fraud. Registration required. Cost: Free

# Health Forum with Stephen Cadigan

Wednesday, April 12, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

The Core is composed of the central group of muscles, which is the body's physical power plant. Many of these muscles are very large and long and run deep in your body. Some attach from the mid spinal column and run down to the leg bones. Registration required. Cost: Free

# **Crafts with Kelley The Cop**

Wednesday, April 12, 3:00 PM See description on page 17.

**Low-Vision Support Group** Thursday, April 13, 10:30 AM

See description on page 17.

## **Express Yourself**

Thursday, April 13, 11:00 AM See description on page 17.

# **New England Conservatory Concert**

Thursday, April 13, 1:00 PM The talented students from the Conservatory will be here to spoil us! Registration preferred. Cost: Free

# **Notary Services with Laurie Udell**

Thursday, April 13, 3:00 PM See description on page 18.

# Indian Cooking with Shruti

Tuesday, April 18, 3:00 PM

Indians are adept at using root vegetables in spiceinfused curries. The curries can be gravied or sautéed. We will incorporate root vegetables into a spice infused curry of butternut squash, yams, and carrots served with garlic rice and Naan bread.



Join Chef Shruti Mehta to enrich your repertoire with Indian food. Registration required. Cost: A \$5 ingredients fee is payable to the instructor.

# Hearing Aid Clinic with Paul Wednesday, April 19, 10:00 AM – 12:00 PM

See description on page 19.

# Friends For Life Part II: Friendship and Health - Making the Connection Wednesday, April 19, 1:00 PM

Friendships are among our most influential relationships. Speaker Miriam Diamond will discuss research on how and why friends affect longevity, health, and well-being. We'll explore ways we can promote wellness through interpersonal connections. Registration required. Cost: Free







#### **Food As Medicine**

Thursday, April 20, 11:00 AM

Based on the latest recommendations by the American Diabetes Association and the American Heart Association, this lecture teaches you what foods to eat to manage hypertension, diabetes and high cholesterol. Learn about what these diseases are, how they affect the body and how different medicines work. Q & A will follow and include easy-to-prepare recipes. Registration required. Cost: Free

# **Volunteer Appreciation Luncheon** Thursday, April 20, 12:00 PM

It is time to spoil our beloved volunteers! If you volunteer at the Center, look for your invitation in your email. We look forward to the opportunity to thank you for all you do! RSVP to invitation required. Cost: Free

# Art Appreciation with Michele: Katsukisha Hokusai

Thursday, April 20, 1:30 PM

Today we will look at some of the work of the Japanese painter and

printmaker known as Hokusai. He is best known for his "Thirty -Six Views of Mount Fuji" including the Great Wave off Kanagawa seen above. Participants will also have the opportunity to create a work of their own inspired by Hokusai. Registration required. Cost to you: Free --This monthly art 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.

# Diverse Documentaries: Made You Look

Monday, April 24, 1:00 PM

Made You Look: A True Story About Fake Art

A woman walks into a New York gallery with a cache of unknown masterworks. Thus begins a story of art world greed, willfulness and a high-stakes con. Registration preferred. Cost: Free

# A Series on Mindfulness with Neil Motenko

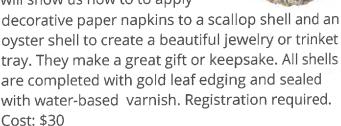
Monday, April 24 1:30 PM

See description on page 18.

# Decoupage Seashells with The Tin Rabbit

Tuesday, April 25, 11:00 AM

Hilary Chandler, owner of The Tin Rabbit store in Needham, will show us how to to apply



#### We Need to Talk...

Tuesday, April 25, 6:00 PM

Do you have a senior in your life, for whose care you are partly responsible? Are you concerned that they may have to stop driving soon, for the safety of themselves and others? Chris Webster of AARP will be here to teach you how to assess your loved one's driving skills and provide tools to help you have this important conversation and facilitate this change with compassion. Attendees will receive a booklet to take away that is full of tips and resources. Registration required. Cost: Free

#### Take or Toss

Wednesday, April 26, 1:00 PM

Join realtor Betsy Millane for this helpful and informative program. Betsy will present strategies, ideas and tips for getting organized! If you are not sure where to start, take the first step and come to Take or Toss, you will be glad you did! Registration required. Cost: Free

# Flash Fiction with Zvis Friends

Thursday, April 27, 1:00 PM

Join Zvi Sesling, the former Poet Laureate of Brookline and a man who surrounds himself with incredibly talented writers, for some flash fiction. Flash fiction is a genre of fiction, defined as a very short story. Zvi is great! Registration required. Cost: Free









# FRIENDS DONATIONS FROM 11/28/22 TO 1/24/23

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Lois Raskind in memory of Edward Raskind

#### IN APPRECIATION

Floyd Alwon in appreciation of Gene Arcand and the tax assistance program
Sue Barber in appreciation of the staff at the Needham senior center
Claire Blum in appreciation of Jill McGovern
Judith & Barry Caplan in appreciation of the senior center for services to Greta Caplan
Barbara Cooper in appreciation of Sandi Levy's Zoom Yoga classes
Ann Dermarderosian in appreciation of Louise Condon & her good deeds for senior citizens
C. Bruce & Holly Johnstone in appreciation and honor of Colleen Schaller

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# FRIENDS OF THE CENTER AT THE HEIGHTS (CATH)

# LETTER FROM THE PRESIDENTS

Dear CATH Participants and Donors,

Come to the CATH to participate in the exciting programs being offered. Review the programs in this Compass and sign up to participate!

March is the first month of Spring in the Northern Hemisphere which includes North America and Europe. Its birthstones are aquamarine and bloodstone. Daffodil is the flower of March. Zodiac signs are Pisces and Aries. We will all spring forward on the 12th. Set your clocks one hour ahead. March 15th is the Ides of March, an ill-fated day when Julius Caesar was assassinated. St Patrick's day is on the 17th. Ramadan begins on the 22nd. March's full moon is the Worm Moon. Peak illumination is the morning of the 7th. Now is the time to plan your vegetable gardens. It is also time to tap Maple Trees for sap.

April comes from the Latin word "Aperire" which means "to open". This is the season when trees and flowers bloom. The birthstone is diamond. The flower is a daisy or sweet pea. Zodiac signs are Aries followed by Taurus. Be careful as April Fool's Day is on the 1st. Passover begins on the 5th. Easter is celebrated on the 9th. Orthodox Easter is celebrated on the 16th. The Pink Moon is the full moon that takes place on April 6th. The name comes from the herb, pink moss which we know as Phlox. Patriot's Day is on the 17th. Earth Day is on the 22nd. Arbor day is on the 28th. Enjoy a pretzel on the 26th to celebrate Pretzel Day.

Celebrate Spring by donating to the Friends. It is your support that helps to sustain our CATH programs.

Warmly,

Carol. Pat. Anne & Beverly

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Plans can change their network of pharmacies from year to year, so it is important to check yearly to avoid this happening to you. Make sure that the pharmacy you currently use is the best one for you and your wallet! If you haven't checked yet, you can log into your



Medicare.gov account or schedule an appointment with one of our trained counselors.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local 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.



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