NEEDHAM C MPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

VOLUNTEER SPOTLIGHT Barbara Ryan



Needham resident Barbara Ryan is our "volunteer extraordinaire!" She teaches Canasta, helps in our kitchen,

and fills in just about anytime we need an extra set of hands. She drives seniors to medical appointments and shops for those who aren't able. Barbara always has a warm welcome for new Center participants. Thanks, Barbara, for all you do for the Center!

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SHINE NewsBack Cover



Harvey Leonard greeted Eppie Boze and other members of the audience when he came to the Center in March. The Channel 5 Meteorologist Emeritus spoke to a full house about his vibrant career. He was warm, funny and enjoyed by all! (Photo credit to Stephan Grably)

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









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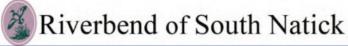


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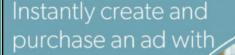
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COMMUNITY UPDATE

From the Director of Aging Services

Dear Friends,

Happy Older Americans Month! Every May we honor and celebrate older adults and all that you do! This year's theme is Aging Unbound. I hope this will inspire you to get out, get involved, be engaged in life and our senior center!

In addition to celebrating older Americans in May, we will celebrate mothers, acknowledge Mental Health Awareness Month and reduce the stigma of seeking therapeutic help. We will be closed on Memorial Day to remember and honor those who have served our country. In June we celebrate Pride Month and our LGBTQ+ friends and neighbors. We also honor fathers and acknowledge Men's Health Awareness Month. On June 19th the CATH will be closed for the Juneteenth holiday honoring the end to slavery in the United States.

We have some fantastic and fun programs listed in this issue of our Compass Newsletter. Please register to reserve your spot and invite your friends to come along! I'm excited to report that we have welcomed more than fifty new faces to the CATH in the past few months. Come in to make new friends and spend time with us!

I wanted to take this time to let you know that we are here for you. If you need to talk or share your feelings, please reach out to our clinicians. Seeking help is a strength. We are going through some challenging and interesting times, and we want to make sure that you are well and continue to participate fully in life.

Stay safe and healthy,

LaTanya

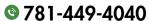
"Challenges are what make life interesting and overcoming them is what makes life meaningful." — Joshua J. Marine"



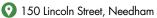


We were thrilled to welcome What the World Needs Now: Interfaith Coalition Singers to the Center to celebrate Black History Month. Their joyful and soulful music had everyone singing, laughing and crying. Pictured from left: Bishop William E. Dickerson and Lady Luella Dickerson, Walter Cooper, LaTanya Steele (Director of Aging Services), Belle Linda Halpern, Pastor Carmen M. Hardmon, and Pastor Richard C. Hardmon Sr. Pictured right: Walter Cooper and Joan Story.





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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, come to the Center or call to register with Springwell. If you are homebound, lunch can be delivered to you. For more information, call Stephan at 781-455-7555 x204. There is a suggested donation of \$2.50 per lunch.

TECH & TUTORS PROGRAM

Needham Community Council provides tablets, Chromebooks and technology training to Needham residents who do not currently have access to or are not comfortable with technology. 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. To obtain a customized Fire Tablet or one-on-one tutoring, call Stacey at 781-444-2415.

VETERAN'S AGENT UPDATE

TJ Tedeschi, U.S. Marine Corps (Ret.)



My name is TJ Tedeschi and I am the new Veteran Service Officer (VSO) for the five communities of the West Suburban Veterans District (WSVD). Retiring from the

Marine Corps with 21-years of active-duty service has given me a unique perspective, and one I am eager to share with the WSVD. I am looking forward to assisting with the gathering of essential paperwork to support legitimate claims, filing such claims and, if necessary, appeal any denied claims. You can find me at the Center on Thursdays from 9:00am to 4:00pm. Please call my office to schedule an appointment: (781) 489-7509.

OFFICER KELLEY'S CORNER

Updates and Alerts from NPD Officer Kelley Scolponetti



Please beware of the Grandparent Scam. Someone calls claiming to be a family member or grandchild. The person explains that they are in trouble by saying something

like ..."There's been an accident; I'm in jail, in the hospital or stuck in a foreign country and need your help." Often the caller tells you a third person (such as a lawyer, doctor or police officer) is requesting that you send money to Western Union, MoneyGram or an overnight delivery of cash, check or prepaid gift card.

Don't do it! Court systems, police departments and hospitals don't accept gift cards for payment. Hang up the phone and breathe! Call the family member or even your grandchild. You may be surprised to learn that they are just fine.

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!

SNAP BENEFITS QUESTIONS?

We Can Help!

SNAP (Supplemental Nutrition Assistance Program), formerly called food stamps, is a government program that helps people buy the food they need for healthy lives. SNAP helps many people stretch their budgets because the money they would use on food can go towards other needs like medical bills, utilities and rent.

During COVID, Massachusetts households received extra SNAP benefits made available under the Families First Coronavirus Relief Act. Recent action by the federal government ended the extra COVID SNAP benefits as of February 2023.

The Center Social Work Team is a certified SNAP Intake site. If you have any questions about your SNAP benefits or whether or not you are eligible for SNAP benefits, please call us at 781-455-7555 and ask to speak to a Social Worker!

SUPPORT GROUPS

Bereavement Circle	page 15
Caregiver Support Group	pages 17 & 26
Clutter Support Group	page 13
Low-Vision Support Group	pages 18 & 24

FREE TAXI RIDES

The Center at the Heights Taxi Program is back thanks to a generous grant from MassDevelopment. Rides will be offered for medical appointments only within an 8 mile radius of Needham. Needham residents ages 60 and older are eligible for one round trip ride per week.

Rides are available Monday through Friday, 9:00 AM-4:00 PM. Rides must be requested by 12:00 PM (noon), the business day prior. Rides are on a first come, first served basis and can be booked up to 3 weeks in advance. Please note, rides are subject to the availability of a taxi. We will confirm with you if we are able to accommodate your request. We encourage all riders to have a working cell phone accessible for ease of communication during trips.

To book a ride, please call us at this special number, 781-343-1258.



COMMUNITY RESOURCES

Are You Ok wellbeing check servi	ce1-866-900-7865
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 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

A = In Person = Zoom

FITNESS CLASSES

The Center at the Heights offers in-person (\$5/class) and Zoom (\$5/class) fitness classes. We have a state-or-the-art Fitness Center (\$25/month) staffed by wonderful trainers that is available to Needham residents over 60. We also offer free wellness programs on a variety of subjects. Come to the Center or login to Zoom to give them a try. **Register by calling 781-455-7555** or login in to myactivecenter.com

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 Contactl 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

MONDAYS

Yoga with Sandi

Mondays, 9:00 AM

May 1, 8, 15, 22 and Jun 5, 12, 26

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

May 1, 8, 15, 22 and Jun 5, 12, 26

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

May 1, 8, 15, 22 and Jun 5, 12, 26

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

TUESDAYS

Gentle Fitness

Tuesdays, 8:15 AM

May 2, 9, 16, 23, 30 and Jun 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



TUESDAYS (CONT.)

Train the Brain

Tuesdays, 11:00 AM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

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

May 2, 9, 16, 23, 30 and Jun 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. 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

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

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 Gold

Tuesdays, 4:30 PM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Lulu will get you up and moving in the evening! Hit the Zoom button to get your blood flowing. Hand

weights may be used. Cost: \$5/class

WEDNESDAYS

Tai Chi & Qigong

Wednesdays, 9:00 AM

May 3, 10, 17, 24 and Jun 7, 14, 21, 28 (no class 5/31)

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

May 3, 10, 17, 24 and Jun 7, 14, 21, 28 (no class 5/31)

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

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

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



Registration is required for all classes

FITNESS CLASSES

WEDNESDAYS (CONT.)

Move It, Shake It, Lift It!

Wednesdays, 2:00 PM

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

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

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

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

THURSDAYS

Pilates

Thursdays, 8:00 AM

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29

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

May 4, 11, 18 and Jun 1, 8, 15, 22, 29 (no class 5/25)

Instructor: J. Scott Brumit

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

Barre with Lisa

Thursdays, 10:30 AM

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29

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

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29

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

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29

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 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. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format.

Cost: \$5/class





FITNESS CLASSES



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 AM

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30

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

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30

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

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30

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

SATURDAYS

Tabata

Saturdays, 9:15 AM

May 6, 13, 20, 27 and Jun 3, 10, 24 (no class 6/17)

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

May 6, 13, 20, 27 and Jun 3, 10, 24 (no class 6/17)

Instructor: Stephen Cadigan Meeting ID: 816 8790 1740

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



Stephen Cadigan teaches three fitness classes a week that are designed for those with arthritis. Participants can do the exercises seated or standing, and Stephen modifies the exercise to meet the specific needs of each person. All three classes are available on Zoom and his Tuesday/Thursday classes are also in person. They are very popular! Give them a try!



WEEKLY CLASSES

MONDAYS

Line Dancing with Paul

Mondays, 10:00 AM

May 1, 8, 15, 22 and Jun 5, 12, 26



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

May 1, 8, 15, 22 and Jun 5, 12, 26

Meeting ID: 137 719 908 Password: 713980

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, 12:30-3:00 PM

May 1, 8, 15, 22 and Jun 5, 12, 26

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

May 8 and Jun 5, 26

Stacey from The Needham Community Council will be at the Center twice 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 – 3:00 PM

Beg./Intermediate Canasta

Lessons and Games 12:30 PM – 3:00 PM Mahjong (All levels) 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

WEEKLY CLASSES

= In Person = Zoom

Ron's Historical Movie & Discussion Group

Mondays, 1:00 PM

May 1, 8, 15, 22 and Jun 5, 12, 26

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



Mondays, 2:00 - 4:00 PM

May 1, 8, 15, 22 and Jun 5, 12, 26

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

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 - 11:00 AM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

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

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Meeting ID: 886 1212 7278 Passcode: 126379

Enjoy calming breathwork, 10-minute meditations, mindful awareness practices, meditations for kindness and compassion, and 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

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 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

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

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. Cost: Free

Tablet Talk with Stacey - New Series /

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

May 2, 9, 23, 30 and Jun 6, 20, 27

This class 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. Taught by informative and funny Stacey Fallon, this class is fantastic! 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 of this newsletter. Cost: Free





Registration is required for all classes

WEEKLY CLASSES

Ballroom Dance with Betty

Tuesdays, 2:30 PM May 2, 9, 16, 23-Night Club 2-Step No class on May 30, June 6 June 13, 20, 27- Students' Choice

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

Clutter Support Group with Paul

Tuesdays, 3:00 PM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 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. Cost: Free

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



Tuesdays, 4:00 PM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 Google Meet video call link: https://meet.google.com/xmc-wfvq-daq

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





May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 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

Board Games & Cribbage New!



Tuesdays, 5:00-7:00 PM

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 Warmer weather is here! Come be social and play some games and be with old or new friends.

Intermediate Bridge at Night New! Tuesdays, 5:00-7:00 PM



May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27 We can't get enough bridge. So get out of your house and join us for some fun!

Movie Night at the Center



Every 2nd and 4th Tuesday, 6:00 PM May 9, 23 and Jun 13, 27

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 May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

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) May 3, 10, 17, 24, 31 and Jun 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

WEEKLY CLASSES

A = In Person = Zoom

WEDNESDAYS (CONT.)

Words Galore!

Wednesdays, 11:00 AM

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28 Meeting ID: 873 4149 1346 Passcode: 063569

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

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28 Our Art Room, which is filled with beautiful light, is open during this time for artists to bring in their materials and work on their "piece of the day." Come in to concentrate or collaborate! Cost: Free



Dan Callahan paints a portrait of our favorite pooch, Officer Rocket!

Look for a portrait of Officer Rocket each painted by different artists in the next several issues of this newsletter.

Opinion History with Ron

Wednesdays, 1:00 PM

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28 Meeting ID: 861 2520 8844 Password: 672425

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

Grocery Shopping Trips



COA vans make weekly trips to local grocery stores. Let us give you a ride!

Call Stephan, 781-455-7555 x204 to reserve your seat a minimum of 24 hours in advance of each trip. Our van seating is limited. So, if you have reserved a seat and can't make the trip, please call Stephan to cancel and free up the seat for another shopper.

Sudbury Farms

Wednesdays, May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

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 - May 3, 17, 31 and Jun 14, 28 The van will pick you up from your home around 1:15 PM and return to your home. Cost: \$3

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

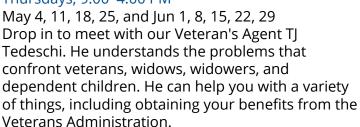
Registration is required for all classes

WEEKLY CLASSES

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00-4:00 PM





Thursdays, 9:30 AM

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29 This group talks all things stocks. Cost: Free

Bereavement Circle with Nikki

Thursdays, 10:00 AM May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29 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–1:00 PM (20 min. sessions) May 4, 11, 25, and Jun 1, 8, 22, 29 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, email, ipad or tablet, Stacey is a wonderful resource! Sign up for your 20-minute appointment. Cost: Free

Pool Hall Nights

Thursdays, 5:00 – 8:00 PM

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29 Drop in to the Game Room for some pool. Cost: Free

Canasta & Mahjong at Night

Thursdays, 5:00-7:00 PM

May 4, 11, 18, 25, and Jun 1, 8, 15, 22, 29 We have such big Canasta and Mahjong groups during the day, we're adding them at night!

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 AM

May 5, 19, and Jun 2, 16

Meeting ID: 862 5244 5587 Passcode: 889695

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. Registration preferred. Cost: Free

Bingo at the CATH

Fridays (and Wednesdays), 10:30 AM May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30 See description on page 13. Cost: Free

Short Story Discussion Group

Fridays, 12:00 PM

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 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

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30 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. Registration preferred. Cost: Free

Techie to the Rescue

Fridays, 1:30 PM

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30

Meeting ID: 850 5749 7471

Avrom can answer your technology questions and will discuss technology news topics each week.

Cost: Free





SPECIAL EVENTS

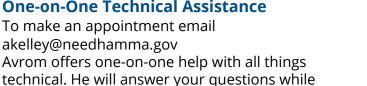
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Balance Assessments

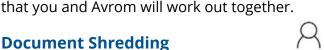


Mondays, Wednesdays & Fridays, 2:00-3:00 PM Call the Center to make a 20-minute appointment Come in for your balance assessment on our HUR Balance Device. Trainer Stephen Cadigan will help you take a simple test yielding a report and score on your balance. With these results, you can improve your balance through proper exercise and fall prevention techniques. Cost: Free

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



Document Shredding



Mon-Fri, 9:30 AM, 1:30 PM, 3:30 PM Register for an appointment time. Cost: Free

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

teaching you along the way! This is a paid program



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. To register for Zoom email akelley@needhamma.gov. Cost: Free

Photo Restoration and Film/Video Conversion



Tuesday, May 2, 10:00 AM-12:00 PM by appointment

Mark Swirsky is a professional photographer and expert in preserving your special memories. He converts 8 and 16mm movie film reels, videotapes of all formats, and photos and slides to a digital format - either DVD or USB thumb drive. He also specializes in photo restoration, where he scans

your faded, cracked, discolored or torn photographs, and restores a digitized version back to new, and sometimes even better. Register for a free 15-minute appointment and bring your old photos, home movies and DVDs to the Center. Restoration fees will vary depending on the scope of your project.

MassHealth Updates from SHINE



If you are currently on Medicare and MassHealth, or want to see if you may be eligible for a MassHealth program to help cover your medical and prescription expenses, please join MetroWest SHINE for this presentation. We will share updates about the ending of the continuous coverage protections due to COVID-19, and the expansion of the Medicare Savings Programs. SHINE provides free, unbiased health insurance counseling to Medicare beneficiaries and their caregivers. Cost: Free

Mark West Piano Concert



Wednesday, May 3, 12:30 PM

Drop in to our Cafe to hear Mark work his magic on the black and whites! Cost: Free

Successful Ways to Identify & Deal with the Common Challenges that **Accompany Aging**



Thursday, May 4, 10:30 AM

Aging brings with it many challenges that need to be dealt with in order to live full and rich lives. Presenter and senior, Marion Nierintz, will share what she has learned through her extensive work with seniors over the past several years. Questions, answers and time to share will follow. Cost: Free

Backyard Wildlife With Joy Marzolf



Thursday, May 4, 1:00 PM

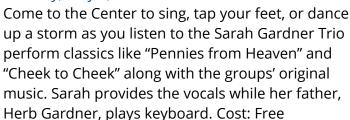
Meeting ID: 864 8650 9514 Passcode: JOY From dragonflies and butterflies to birds and mammals, a wide variety of animals may visit area backyards. Which animals are you most likely to see in fall and winter? Which animals are seen more often in spring and summer? Come find out more about our local wildlife, as well as occasional visitors, and what brings them to our neighborhoods. Cost: Free

Registration is required for all events

SPECIAL EVENTS

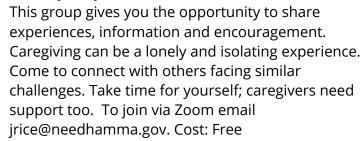
Sarah Gardner's Live Jazz Trio

Monday, May 8, 1:00 PM





Monday, May 8, 4:00 PM



Metrowest Legal Clinic

Tuesday, May 9, 10:00 AM-12:00 PM

We have lawyers working with us from Metrowest Legal Services. They will do their Legal Clinics with you over the phone or via Zoom. (First come, first served.) To schedule your 30-minute appointment, email akelley@needhamma.gov. Cost: Free

Mass Save Program: Benefits & Offerings

Tuesday, May 9, 11:00 AM

Mass Save's lead vendor, CLEAResult, will present details of the Home Energy Assessment Program. Attendees will learn the ins and outs of the program's many offerings as well as learn how to take action towards improving your home, condo, or apartment. There will be time for Q&A at the end. Cost: Free

Lunch Chat with Debbie

Tuesday, May 9, 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. Cost: Free



Parkinson's Social Group

Tuesday, May 9, 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! Register at the Center or email Debbie Maibor, Speech and Language Pathologist at: dmaiborsLp@gmail.com. Cost: Free

Cooking with Jessica

Tuesday, May 9, 3:00 PM

Join instructor Jessica Weiss in our kitchen as she walks us through delicious seasonal recipes. Register early. Cooking classes fill up fast. Cost: Free

Chair Massage with Kris

Wednesday, May 10, 10:00 AM-12:00 PM

Join Kris for a 15-minute chair massage. Please wear comfortable clothing and bring water. Reserve your spot by contacting the front desk. Cost Free. Tips appreciated.

New England Conservatory Concert

Wednesday, May 10, 1:00 PM

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

Crafts with Kelley The Cop

Wednesday, May 10, 3:00 PM

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

> In March, Kelley and her crafters created adorable spring centerpieces!

Here Susan Robertson shows off her fun finished piece.







SPECIAL EVENTS

A = In Person = Zoom

Health Forum with Stephen Cadigan

PAIN

2

Wednesday, May 10, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

Come and learn more about this troublesome topic. Pain affects everyone, but most specifically the older population. We will discuss the causes of pain and what we can do to help avoid or lessen the fallout. Cost: Free

Low-Vision Support Group



Thursday, May 11, 10:30 AM

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. Cost: Free

All About Us



Thursday, May 11, 11:00 AM

Let's get together to really get to know each other! Email Debbie at: dmaiborsLp@gmail.com with questions or to register. Cost: Free

Newton Swing Band



Thursday, May 11, 1:00 PM

The Newton Swing Band performs to spread happiness! This 10-piece band with vocalists has been performing in the local music scene for decades. Come hear them and get your "happy" on! Cost: Free

Memory Social Group



Thursday, May 11, 1:30 PM

This group is for individuals, family members and caregivers of individuals who have memory loss. Join Debbie Maibor, speech/language pathologist for a social get together. Email Debbie at: dmaiborsLp@gmail.com with questions. Cost: Free

Debbie Reynolds & Carrie Fisher with Deb Block



Monday, May 15, 11:00 AM

Mary Frances "Debbie" Reynolds was an American actress, singer, and businesswoman. Her career spanned almost 70 years. She was known for her breakout role in "Singing in the Rain" with Gene Kelly. Debbie Reynolds and Eddie Fisher were only together for four years. The actor and singer got married in 1955, and divorced in 1959. Their daughter Carrie was also an actress best known for her role as Princess Leia on "Star Wars." They had an unbreakable bond. Through film clips, we will discuss Debbie Reynold's relationship with her daughter. Cost: Free

A Series on Mindfulness with Neil Motenko

Monday, May 15, 1:30 PM

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

Red Cross Blood Drive



Monday, May 15, 1:00-6:00 PM

Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation. Roll up your sleeve and donate! Go to redcross.org to make an appointment at this location (Center at the Heights). Walk-in appointments will also be available.

Registration is required for all events

SPECIAL EVENTS

Breathwork & Mindful Sitting Sponsored by Webster Bank Needham

Tuesday, May 16, 10:00 AM

Registered yoga teacher Michael Kistoglou will lead us in the practice of deep breathing and will teach us postural awareness techniques. Doing these practices regularly provides many benefits, including pain relief, increased energy, decreased stress, better digestion and mood, and improved lung elasticity and capacity. Join us after for complimentary coffee, bagels, cream cheese, butter, and jam. This is an all levels 30-minute workshop on how to naturally improve your inner life force by the way you sit and breathe. Cost: Free



Tuesday, May 16, 11:00 AM

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. Register at our Front Desk or email Debbie at dmaiborsLp@gmail.com. Cost: Free

Hearing Aid Clinic with Paul

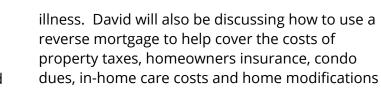
Wednesday, May 17, 10:00 AM - 12:00 PM

Paul Dole of Flynn Hearing Aids comes monthly to do hearing aid clinics. This entails cleaning and checking your 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. Paul's goal is to be a resource, and to ensure that you are getting optimal use from your aids. Cost: Free

Reverse Mortgages – Pros, Cons & How to Use as a Retirement Planning Tool or to Fight Inflation

Wednesday, May 17, 11:00 AM

Please join David Tourtillott, CRMP® of Homestead Mortgage for an educational class on Reverse Mortgages. Mortgage to supplement monthly income due to the rising cost of living, the sudden loss of a spouse, loss of a job or an unexpected



to allow you to age in place. Lastly, David will go over the benefits of the "Purchase Reverse Mortgage" product which is an option for folks that are considering selling their current home and purchasing a new home as a way to downsize, upsize or rightsize to move closer to family/grandchildren or to a more desirable climate. Cost: Free

Hearing, Hearing Loss & Its Effects on Communication

Thursday, May 18, 1:00 PM

This in-person program presented by Debbie Maibor, M.S., CCC-SLP, speech/language pathologist, provides an informative overview of: the hearing process; hearing losses; causes of hearing problems; and the effects on communication. Suggestions and resources will be provided. There will be time for questions and answers at the end of the session. Cost: Free

Self – Care Series: Spring Into Shape: Ways to Be Healthier

Thursday, May 18, 11:00 AM

In this presentation Healthcare Advocate Lynn Croft will discuss how to eat, sleep and exercise to improve our daily habits now that Spring has sprung! Great tips on how to set realistic goals to keep your health on track. How do we revitalize our diet as we age, and how to get better sleep. You will walk away with ideas to achieve your healthy lifestyle. Cost: Free

Drop In With Debbie

Thursday, May 18, 11:00 AM

Drop by to chat, share concerns, discuss pertinent issues on your mind, share good news, etc. Registration is preferred or email Debbie at: dmaiborsLp@gmail.com. Cost Free





SPECIAL EVENTS

Registration is required for all events

A = In Person = Zoom



Trivia & Tunes Sponsored by TheKey

Thursday, May 18, 11:00 AM

Join us for a fun and entertaining morning of music trivia and tunes! Kevin from TheKey will be here with a professional music trivia MC to lead the event. All are welcome to attend and you do not need a team to participate! Refreshments will be served.

Cost: Free

Art Appreciation with Michele: Georges Seurat

Thursday, May 18, 1:30 PM



Join us for a look at the ideas and art of French painter Georges Seurat. Following the presentation, you'll have a chance to experiment with the pointillism technique for yourself. Cost: Free

Happiness for Seniors: What It Looks Like & How to Achieve It Friday, May 19, 11:00 AM

Presenter Henry Quinlan reminds us that happiness is a fleeting emotion. So, we must look to happiness and something else to bring us to a stage of contentment with our lives. That stage of contentment where we feel good about our lives, and we can smile when we think about it. New studies have shown we are not determined by genetics, and we can change how the brain sees, and thereby change the trajectory of our lives if we wish. Cost: Free

Coffee Talk about CaptionCall

Monday, May 22, 10:00 AM

Hearing loss often leads to self-isolation and depression and can make daily life exhausting. Keeping up with conversations can be overwhelming, and often the easier thing to do is not participate at all. This is particularly true when talking on the phone. The CaptionCall captioning service and phone can give you the confidence to use the phone again without worries. CaptionCall is a no-cost captioned telephone service that allows people with hearing loss to read what a caller is saying. The CaptionCall phone displays big, easy-toread text that automatically scrolls during your conversation. It dials, rings, and works just like a regular phone. Join presenter Peter Johnson to learn all about this great tool! Cost: Free

Diverse Documentaries: Bob Ross

Monday, May 22, 1:00 PM

Bob Ross brought joy to millions as the world's most famous art instructor. But a battle for his business empire cast a shadow over his happy little trees. Cost: Free

Diabetic Shoe Clinic

Monday, May 22, 1:30 PM

Attention, adults with diabetes! Is Medicare your primary insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts FREE! Other insurances may also cover them. Please bring your Medicare card and any supplemental insurance cards, as well as the completed doctor's order (pick up from the Center.) Register in advance for your 10minute appointment. Cost: Free

Stroke Social Group

Tuesday, May 23, 11:00 AM

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 dmaiborsLp@gmail. com. Cost: Free







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For inquiries or to schedule a tour, contact the Director of Admissions, Lisa Belle at 617-527-0023 x227

SPECIAL EVENTS

Registration is required for all events

Lunch and Learn: Small Steps for Better Heart Health

Tuesday, May 23, 11:30 AM

The food you eat, how you handle stress and how much exercise you get has a big impact on your heart health. Making small changes can have a large, positive impact on your health and how you feel. In this discussion we will cover highlights of a heart healthy diet, look at food labels for key ingredients that nourish your heart, review the latest physical activity recommendations and look at how resiliency techniques can help you manage stress. This seminar is by Mass General Brigham's Newton Wellesley Hospital and will be presented by Jane Barr, MPH, RD, LDN from the Elfers Cardiovascular Center and Shipley Fitness Center. Jane is a Licensed Dietitian with a Master of Public Health. Cost: Free



Wednesday, May 24, 1:00 PM

Join us to celebrate National Scavenger Hunt Day! We can make a team for you or make your own team of 4. We will go around the Center looking for goodies and the team with the most items wins! Cost: Free

Performance by Guitarist, **Sean Fullerton**

Thursday, May 25, 1:00 PM

Sean Fullerton is a Massachusetts-based solo acoustic/electric musician, singer/songwriter, recording engineer and producer with 26 years of professional experience, specializing in "Feel Good" Blues, Soul, Rock 'n' Roll, and Fingerstyle Guitar...covers and originals. Sean was voted 2010 Worcester Music Awards 'Best Solo Act'. Cost: Free

The Political & Romantic Songs of WWII with John Clark

Tuesday, May 30, 1:00 PM

This program highlights some of the most popular music of the war years (1939-1945). You'll see and hear songs tied to specific events and situations



A = In Person = Zoom



presented by this war, songs that expressed the feelings of soldiers and their spouses and families, songs of longing for this war to end. And yes, even humorous songs. Featured artists include the Andrews



Johnny Mercer, Frank Sinatra, Bing Crosby, Judy Garland, Vera Lynn, Kate Smith, Vaughn Monroe and Spike Jones. Cost: Free

Veteran's Coffee Talk

Sisters, Glenn Miller,

Wednesdays, May 31, 10:00 AM

Join us as we have monthly guest speakers to learn and some refreshments to all be together. Cost: Free

Beautiful Butterflies With joy

Thursday, June 1, 1:00 PM

Meeting ID: 864 8650 9514 Passcode: JOY From the large Eastern tiger swallowtail and colorful monarch to the tiny spring azure, there is a huge range of size, color and patterns in New England butterfly species. What makes a good butterfly habitat? How do you attract more of these beautiful animals? Find out more about our local butterflies and what brings them to our neighborhoods. Experience the sights of some of our most beautiful seasonal creatures! Cost: Free

Center Senior Prom

Friday, June 2, 1:00 PM

Time to put on your prom dress and tux (or whatever you feel dressed up in) and come dance the afternoon away! There will be a punch bowl and finger foods. Cost: Free

Diverse Documentaries: A Secret Love

Monday, June 5, 10:30 AM

Falling in love in 1947, two women -- Pat Henschel and pro baseball player Terry Donahue -- begin a 65year journey of love and overcoming prejudice. Cost: Free









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SPECIAL EVENTS

= In Person = Zoom

Registration is required for all events

A Series on Mindfulness with Neil Motenko

Monday, June 5, 1:30 PM

See description on page 18.

Lunch Chat with Debbie

Tuesday, June 6, 11:30 AM

See description on page 17.

Parkinson's Social Group

Tuesday, June 6, 1:30 PM

See description on page 17.

Tour of The Wang (Boch Center)

Wednesday, June 7,10:30 AM, 9:15 AM van boards

Join us for a behind-the-scenes tour of one of Boston's most prominent landmarks. 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. This experience will provide opportunities to encounter areas not normally accessible to the public with plenty of opportunities for Q&A. Cost: \$10

Author Talk: Betsy Milane Sixty Blades of Grass

Wednesday, June 7, 1:00 PM

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. Cost: Free

Low-Vision Support Group

Thursday, June 8, 10:30 AM

See description on page 18.

All About Us

Thursday, June 8 11:00 AM See description on page 18.



Frank King Presents Connie Francis

Thursday, June 8, 1:00 PM

Frank's lecture will focus on the number one worldwide female vocalist from the late 50's through the early 60's - the great CONNIE FRANCIS, featuring a medley of her top ten hits and the interesting stories behind "Who's Sorry Now", "Where the Boys Are", and "Everybody's Somebody's Fool". Also hear the rare recordings she made before she became famous, and the roller-coaster details of her personal life and four marriages. Cost: Free

Memory Social Group

Thursday, June 8, 1:30 PM

See description on page 18.

Mark West Piano Concert

Monday, June 12, 12:30 PM

Mark is a classical and jazz pianist who has professionally performed for years. We look forward to his monthly performances at the Center! Cost: Free 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.

The Declaration of Independence & the Judeo-**Christian Foundation of the American Nation**

Mondays, June 12, 26, 10:00 AM

Join Mike Beard as he breaks down history of the Declaration of Independence. Cost: Free

lune 12: Part I 1965 – 1776 and

June 26: Part II: 1776 - First Century AD

Mindfulness Practice with Neil Motenko

Monday, June 12, 1:30-2:15 PM



Neil is qualified by the Center for Mindfulness at the University of Massachusetts Medical School (CFM) to teach programs in mindfulness. His programs are wonderful. See a description for this class on page 16.



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Kevin Krinopol



SPECIAL EVENTS

= In Person = Zoom

Caregiver Support Group

Monday, June 12, 4:00 PM

See description on page 17.



Metrowest Legal Clinic VIA Zoom

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

See description on page 17.



players promise a music hour filled with joy!

Wednesday, June 14, 3:00 PM See description on page 17.

Cost: Free



Health Forum with Stephen Cadigan

BALANCE & FALL PREVENTION

Wednesday, June 14, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

Come and learn more about this topic that affects everyone, but most specifically the older population. We will discuss the cause of these issues and what we can do to help avoid or lessen the fallout. Cost: Free

Coffee Talk with Norma

Tuesday, June 13, 10:00 AM

Join us in the Café as we introduce our new friend and resource, Norma Moreno Milligan from the Alzheimer's Association! She is engaging, passionate and wise! Let's be proactive! Cost: Free

Express Yourself

Tuesday, June 13, 11:00 AM See description on page 19.



Cooking with Jessica

Tuesday, June 13, 3:00 PM See description on page 17.



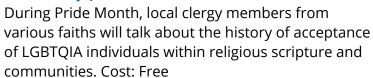
Chair Massage with Kris

Wednesday, June 14, 10:00 AM - 12:00 PM See description on page 17. Cost: Free. Tips appreciated.



Religion & LGBTQIA Acceptance: A Historical Look

Wednesday, June 14, 11:00 AM





Song, Smiles, & Schtick with Carlo & Margie

Wednesday, June 14, 1:00 PM

Join Carlo Cocuzzo and Margie Brodsky, our Vintage Voices accompanists, for an hour filled with a variety of music fun. This will include sing along tunes, a salute to Flag Day, music Games like Name that Composer/Tune and lots more. Our resident piano



Thursday, June 15, 11:00 AM See description on page 20.



Self-Care Series: Cognitive Health and Wellness

Thursday, June 15, 11:00 AM

Cognitive health is the ability to clearly think, learn, and remember. Genetic, environmental, and lifestyle factors are all thought to influence cognition and health. As we age, that also has an impact on our cognitive functions such as problems with attention, memory recall, planning, reasoning, and problem solving. Join Healthcare Advocate Lynn Croft to learn ways to boost your cognitive fitness. Cost: Free

Swallowing Disorders

Thursday, June 15, 1:00 PM



This educational program focuses on how we swallow, issues that may arise with various problems when we try to swallow, therapeutic diets of solids and liquids, and safe eating strategies. This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information or to register, email dmaiborsLp@gmail.com. Cost: Free



Registration is required for all events

SPECIAL EVENTS

Trivia & Tunes Sponsored by TheKey Thursday, June 15, 11:00 AM See description on page 20.

2

Western Gunslingers with Daniel Seligman

Mondays, June 26-August 28, 11:00 AM

This course consists of ten weekly Powerpoint seminars on the life and times of gunslingers who

lived in the American West in the late 19th century

and are well known in American popular culture.

The seminars are broken up into two series: five

on the "Good Guys" and another five on the "Bad

exaggeration, and, on the other, to a more recent tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can

be ascertained from historical records. Cost: Free

Guys." The American West has been portrayed

extensively in westerns and other media and

subjected, on the one hand, to broad

Wild Bill Hickok



Art Appreciation with Michele:

Alexander Calder Thursday, June 15, 1:30 PM

Join us as research librarian Michele Marram explores the life and work of 20th century American sculptor Alexander Calder. Following the presentation, participants will have the opportunity to create their own sculptural works of art. Cost: Free



Alexander Calder, "6 Dots over a Mountain," 1956. Lent by Hirshhorn Museum and Sculpture Garden, Smithsonian Institution to Denver Botanic Garden

The Declaration of Independence & the Judeo-Christian Foundation of the American Nation

Monday, June 26, 10:00 AM

lune 26

Join Mike Beard for Part II of this presentation (1776 – First Century AD) as he breaks down the history of the Declaration of Independence. Cost: Free

Stroke Social Group
Tuesday, June 20, 11:00 AM
See description on page 20.

Hearing Aid Clinic with Paul

Lunch & Tour of the State House

with Rep. Garlick

Wednesday, June 21, 10:00 AM – 12:00 PM See description on page 19.

Wednesday, June 21, 9:00 AM (van boards)

Please join us as Rep. Garlick takes us on a tour of our

beautiful and historical State House. Register early.

Helen Keller Presented by Sheryl Faye Tuesday, June 27, 1:00 PM

This dramatic performance by Sheryl Faye is written from Helen's perspective and reenacts her full life from childhood through her discovery of

language at seven years old to the writing of her twelve books. She shows the audience how she speaks and reads in Braille, and her story continues through her graduation from college. Cost: Free

ks. lle, ugl

Great Ladies of Song with John Clark:

Dinah Shore, Patti Page & Doris Day

Wednesday, June 21, 1:00 PM

Seating is limited. Cost: \$5

All three lovely ladies began their careers singing for musical groups and big bands, then went on to greater popularity on their own. Watch, listen and learn about three of the most talented and lovely singing stars of the forties and fifties. Cost: Free

This 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.

Veteran's Coffee Talk

Wednesday, June 28, 10:00 AM See description on page 22.



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Mary-Ellen Hannigan in appreciation of the Center's staff & volunteers

Carolyn Kohlman in appreciation of Sandi Levy's yoga classes

Robert Moss & family in honor of Jay & Sue Kaplan's anniversary

Ruth Richards in honor of Jay & Sue Kaplan's anniversary

Robert & Marilyn Robertson in appreciation of Gene Arcand & the tax preparation volunteers

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LETTER FROM THE PRESIDENTS

Dear CATH Participants & Donors,

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

May is 1 of 7 months to have 31 days. It is a spring month for us, but an autumn month for those who live in the Southern Hemisphere. Typically, May is the start of the summer vacation season. May's birthstone is the emerald. The flowers are lily of the valley and mayflowers. The zodiac signs are Taurus and Gemini. Special days are: May Day (5/1), Cinco de Mayo (5/5), Mother's Day (5/14), Armed Forces Day (5/20), and Memorial Day (5/29). May's full moon is the Flower Moon on May 5th. Step outside that night and look for the big, bright shining disk!

June is the month of beauty in all forms from flowers to sunlight. The month is named after the goddess Juno, the patroness of marriage. June's flowers are the rose and the honeysuckle. Remember Ethel Merman singing "Everything's Coming up Roses"? You can hear her on You Tube! The birthstone is the pearl. June zodiacs are Gemini and Cancer. June's full moon is the Strawberry Moon on the 3rd. Special days are: Flag Day (6/14), Father's Day (6/18), Summer Solstice (6/21), and Midsummer (6/24). Remember to plant your tomato plants.

Celebrate the sun's warmth, the birds chirping, the flowers blooming and your gardens that are growing by donating to the CATH. It is your support that helps to sustain our wonderful programs.

Warmly,

Carol, Pat, Anne & Beverly

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SHINE NEWS

Medicare / Medicaid Counseling

MassHealth Members-Be on the Lookout!

MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency, but those protections ended on March 31st.... What does this mean? MassHealth will be able to terminate members who are no longer eligible for their current MassHealth benefit. MassHealth will send out renewal forms as of April 1st on a rolling basis for the next 12 months. Make sure you are on the lookout for a blue envelope so you can renew your coverage! If you do not return the form within the time frame, you risk the chance of losing your MassHealth benefits.

If you are Medicare-eligible and need assistance with your application or would like to see if you're still eligible for a MassHealth program, come see a SHINE



Be on the lookout for your MassHealth Eligibility Renewal Application. It will come in a blue envelope starting this spring!

counselor so we can help you understand your options. SHINE counselors offer free, unbiased health insurance counseling for all Medicare beneficiaries. To schedule a SHINE appointment, give us a call here at the Center at the Heights at 781-455-7555.



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