NEEDHAM C MPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight Bob Moss



We just can't say enough about Bob Moss! A 42year resident of Needham, Bob has been volunteering at our Front Desk 3-days a

week for 12 years. Bob genuinely cares about everyone who walks through our doors and offers assistance, kind words and a heartfelt inquiry about their families and health. You can also find Bob volunteering at the Needham Community Council Thrift Shop each week. What a community gem! Thank you Bob!

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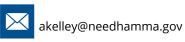


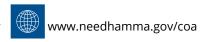
After our summer Dinner on the Deck event, several of our participants (who also happen to be volunteers) stayed to socialize while weeding our deck garden beds. Nice job! From left: Helen Newton, Rita Haney and Judith Keone.

Center At the Heights Hours

Monday/Wednesday 8:30 AM-5:00 PM
Tuesday/Thursday 8:30 AM-8:00 PM
Friday 8:30 AM-5:00 PM
Daily Continental Breakfast 8:30-11:30 AM (M-F)
Daily Springwell Lunch 12:00-1:00 PM (M-F)

The Center will be closed for holidays on Monday 9/4 and 10/9







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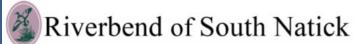


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COMMUNITY UPDATES

From the Director of Aging Services

Dear Friends.

Did you know that September is National Senior Center Month? There are over 10,000 senior centers in communities and neighborhoods across the country providing access to information, opportunities, and support to improve the lives of older adults. Senior centers have evolved since their beginnings in the 1940s, through their inclusion in the Older American's Act in 1973 and through today. Their mission has remained strong: to be the local, trusted place in the community that connects people to programs, services and opportunities needed to age well.

Today the Center at the Heights is open, thriving and working in partnership with community agencies, organizations, and businesses to provide access to an array of opportunities for older adults that help them to stay safe, active, and mentally and physically healthy.

I am so excited about National Senior Center Month. With this mind, I am very grateful and proud to be part of the Needham Council on Aging community. I use the word community because our senior center is a tight-knit group of beautiful people who give of their time, talent, and treasure to make our center so outstanding.

Wishing you all good health,

LaTanya

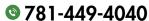
"Our ability to reach unity in diversity will be the beauty and the test of our civilization." - Mahatma Gandhi





In July we held the first in a series of monthly community dinners. Dinner Bell Community Dinner invites Needham residents of all ages to come together for a hot, nutritious, affordable (\$5 donation suggested) meal with others in our community. From left: Diners Micky Garrity, Elves Orciani and Needham Exchange Club volunteer servers Ann Walsh and Ann MacFate.





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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. Stop by for a bite or get a ride on our van. For more information about transportation, call Stephan at 781-455-7555, ext. 204.

Lunch at the Center or Delivered

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 781-444-2415.

Transportation News

Free Taxi Rides

Thanks to a generous grant from MassDevelopment, free taxi rides will be offered for medical appointments within an 8-mile radius of Needham. Needham residents ages 60+ are eligible for one round-trip ride per week.

Rides are available Monday- 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.

Officer Kelley's Corner

Updates & Alerts from NPD Officer Kelley Scolponetti



We have seen a large increase in home improvement scams in Needham. Beware of solicitors going door-to-door looking for work. All solicitors must register with the town and have

identification on them. If you are unsure of their legitimacy, please call us immediately. The most common scams we are seeing are masonry, roof/chimney work and paving. These contractors will pressure you for an immediate deposit and never return to complete the work. They may also damage your property.

The NPD has also seen an increase in mailbox phishing incidents. This means suspects are stealing mail looking for checks to "wash". We ask all residents not to use the outdoor blue Post Office bins. Please bring your outgoing mail directly inside during office hours. If you think one of your checks may have been "washed" call the NPD.

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!

Short-Term Counseling is Back!

Our team of social workers is happy to provide Needham residents with short-term mental health counseling. We are offering a free 8-week mental health counseling program to help individuals 60+ dealing with issues such as anxiety, grief and loss, stress, loneliness, etc. If you would like to learn more or sign up for the program, please contact Kerrie Cusack, LICSW at 781-455-7555, ext 205.

Wellness for the Wise



Did you know September is National Yoga month? Yoga is an activity that joins the mind and body together through movement, breathing and meditation. A recent research study from Brigham and Women's Hospital in Boston found that yoga increases our longevity as we age and has benefits in mobility, balance, and mental wellbeing. Whether seated or standing, join a yoga class at the CATH, online, or pop into Kerrie's weekly meditation. There are many types of yoga out there, find what works for you. Your wellness matters!

- Your friends in CATH Social Work

SNAP Benefits Reminder

You can use SNAP (Supplemental Nutrition Assistance Program) benefits to purchase groceries. SNAP provides benefits to income eligible individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. For more information about SNAP and to sign up to receive SNAP benefits, please call 781-455-7555 and ask to speak to one of our social workers!

SUPPORT GROUPS

Spousal/Partner Bereavement Circle..page 14

Caregiver Support Group......pages 16 & 26

Clutter Support Group......page 12

Low-Vision Support Group.....pages 17 & 24

COMMUNITY RESOURCES

Are You Ok wellbeing check service	21-866-900-7865
Caregiving Resources	508-573-7200
Domestic Violence Hotline	1-877-785-2020
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-243-4636
Medicare	1-800-633-4227
Metrowest Legal Services	508-935-2222
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

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-of-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 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 between 2-3 PM Contact 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

Sept 11, 18, 25 and Oct 2, 16, 23, 30

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

Sept 11, 18, 25 and Oct 2, 16, 23, 30

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: Free

Line Dancing with Paul

Mondays, 10:00 AM

Sept 11, 18, 25 and Oct 2, 16, 23, 30

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

Seated Strength & Balance with Pearl

Mondays, 10:30 AM

Sept 11, 18, 25 and Oct 2, 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 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





FITNESS CLASSES



TUESDAYS

Walk & Talk Health: New! Walking Group with JCC & NWH



Tuesdays, 10:30-11:30 AM Oct 3, 10, 17, 24, 31

We are excited to offer this community collaboration between the Needham COA, the JCC of Greater Boston and Newton Wellesley Hospital. Every week (beginning 10/3) Needham seniors are invited to walk at the JCC's indoor track. Once each quarter, a health professional from NWH will join the walkers to discuss a health topic. This program includes health professionals such as physical therapists, dietitians, personal trainers and more. Speakers Daniel Destin, Manager of the Shipley Fitness Center and Jane Barr, MPH, RD, LDN, and NWH Community Wellness Coordinator will walk the track with attendees and answer important questions about heart health. You must register in advance for admittance to the JCC. Cost: Free

Train the Brain



Tuesdays, 11:00 AM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

Instructor: Stephen Cadigan

This class 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

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

Instructor: Lisa Cadigan

Zoom 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

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

Instructor: Stephen Cadigan Zoom 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

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

Instructor: Lulu Tsai

Zoom 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

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

Instructor: Karen Karten

Zoom 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

Registration is required for all classes

FITNESS CLASSES

WEDNESDAYS (CONT.)

Interval Training

Wednesdays, 1:00 PM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

Instructor: Lisa Cadigan

Zoom 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

Move It, Shake It, Lift It!

Wednesdays, 2:00 PM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

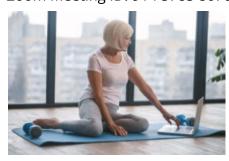
Evening Yoga & Meditation

Wednesdays, 5:00 PM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

Instructor: Nikhil Sole

Zoom 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

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

Instructor: Lisa Karger

Zoom 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

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode:

569547

See description on page 7. Cost: Free

Barre with Lisa

Thursdays, 10:30 AM

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

Instructor: Lisa Karger

Zoom 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

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

Instructor: Stephen Cadigan Zoom Meeting ID: 816 8790 1740

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





FITNESS CLASSES



THURSDAYS (CONT.)

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

Thursdays, 5:15-6:00 PM

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26

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

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

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27

Instructor: Lisa Cadigan

Zoom 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

FRIDAYS

Seated Strength & Balance

Fridays, 10:30 AM

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27

Instructor: Pearl Pressman

Zoom 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

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27

Instructor: Laila Vehvilainen

Zoom 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

SATURDAYS

Tabata

Saturdays, 9:15 AM

Sept 16, 23, 30 and Oct 7, 14, 21, 28

Instructor: Lisa Cadigan

Zoom 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

Sept 16, 23, 30 and Oct 7, 14, 21, 28

Zoom 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



WEEKLY CLASSES

Weekly Drop-In Groups & Games

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

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

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

Thursday

Experienced Bridge 9:00 AM - 12:00 PM 10:00 AM - 12:30 PM Knitting with Friends 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
Hand & Foot Game	9:30 AM - 11:30 AM
Beginner Bridge	10:00 AM – 12:00 PM
Bingo	10:30 AM - 11:30 AM
Mahjong (Experienced)	12:30 PM - 3:00 PM
Rummikub	1:00 PM - 3:00 PM

MONDAYS

Kerrie Cusack's Monday Meditation



Mondays, 11:00 AM

Sept 11, 18, 25 and Oct 2, 16, 23, 30

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, this is a great time to give it a go! Cost: Free

Beginner/Intermediate Canasta Lessons & Games



Mondays, 12:30-3:00 PM

Sept 11, 18, 25 and Oct 2, 16, 23, 30

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. Cost: Free

Ron's Historical Movie & Discussion Group

Mondays, 1:00 PM

Sept 11, 18, 25 and Oct 2, 16, 23, 30

Meeting ID: 850 1408 7723 Password: 881305

For this class, you will watch a movie each week at your leisure. On Mondays participants and instructor Ron Greenwald will Zoom to look at the movie's historical competency and discuss the historical relevance, the plot, the characters, the cinematography and more. Cost: Free

Open Craft Room



Mondays, 2:00 - 4:00 PM

Sept 11, 18, 25 and Oct 2, 16, 23, 30

Feeling crafty? Drop in to our Art Room to enjoy a variety of crafts. Invite a friend and make it fun! Cost: Free

WEEKLY CLASSES

= In Person = Zoom

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 - 11:00 AM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 Nurse Nancy from the VNA is here to make sure we are healthy. Just drop in! Cost: Free



Tuesdays, 10:00 AM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 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. Cost: \$5/class

Current Events Discussion Group

Tuesdays, 10:30 AM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.

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

Vintage Voices

Tuesdays, 1:00 PM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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 the piano and the accordian. Cost: Free

Tablet Talk with Stacey



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

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 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 If you would like a free customized Fire Tablet, call NCC at 781-444-2415. Cost: Free

Ballroom Dance with Betty



Tuesdays, 2:30 PM

Sept 5, 12, 19, 26 - Rumba; Oct. 3, 10, 17, 24 - Swing and Oct. 31, Nov. 7, 14, 21 - Cha-Cha

Betty Hood has been teaching ballroom dance for 20 years and through the Senior Center for 10 years. She is a fantastic teacher! Couples and singles are welcome. Changing partners will be optional. Masks are also optional. Cost: \$5/class

Clutter Support Group with Paul



Tuesdays, 3:00 PM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 Meeting ID: 869 9303 1998 Passcode: declutter

This group meets 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 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

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 Google Meet video call link: https://meet.google.com/xmc-wfvq-daq

Ben is a trained illustrator who will teach you how to develop your skills. In this class you will approach drawing in an informed but relaxed way, while getting inspiration from light, shape, form, and the natural world. Cost: \$5/class

Registration is required for all classes

WEEKLY CLASSES

TUESDAYS (CONT.)

Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 PM

Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 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

Tuesdays, 5:00-7:00 PM Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 Come to play some games and be social.

Intermediate Bridge at Night

Tuesdays, 5:00-7:00 PM Sept 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

We can't get enough bridge. So get out of your house and join us for some fun!

Movie Night at the Center

Tuesdays at 6:00 PM

Sept 12, 26 and Oct 10, 24

Come in two evenings each month to enjoy a movie starting at 6pm on our big screen. Bring a group of friends or come on your own. Cost: Free

WEDNESDAYS

How to Start Your Family Tree

Wednesdays, 9:30 AM, Sept 6, 13, 20, 27

Shirley Hoffman will guide you through the steps to research your family tree and history. She has spent a lot of time researching her own family tree and will share her tips and suggestions with you. Do not miss this interesting and helpful 4-week program.

Bingo at the CATH

Wednesdays (and Fridays), 10:30 AM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25 Join your friends every Wednesday and Friday for a few rounds of bingo! Small prizes will be awarded. Drop in. Cost: Free

Words Galore!

Wednesdays, 11:00 AM Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

CATH Open Art Studio

Wednesdays, 11:30 AM - 2:30 PM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25 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

Opinion History with Ron

Wednesdays, 1:00 PM

Sept 6, 13, 20, 27 and Oct 4, 11, 18, 25 Meeting ID: 861 2520 8844 Password: 672425

Did you struggle in history class? Was it just memorizing facts and dates that felt meaningless? This course is very different! Ron is the moderator, and does not have an opinion. He wants to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. Check Aicha's Highlights for the topic of the week. Cost: Free



Our friend Clark Taylor enjoys Bingo at the CATH so much that his family picked up this fun t- shirt for him during a recent trip to Las Vegas.

Good luck Clark!



WEEKLY CLASSES

A = In Person = Zoom

Wednesday Shopping Trips



Our vans make weekly trips to local stores. 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

Every Wednesday

The van will pick you up from your home around 1:30 PM and returns you to your home at about 2:45 PM. Total shopping time is 1 hour. Cost: \$2

Market Basket Waltham

Every other Wed - Sept 13, 27 and Oct 11, 25 The van will pick you up from your home around 1:15 PM and returns you to your home. Cost: \$3

Trader Joe's, CVS & Walgreens

Every Thursday at 10:00 AM

Our van will pick you up at the Center (10:00 AM) or at your home and drive you to Trader Joe's and/or the drug stores. Regardless of where you will be picked up, call Stephan at the number above to schedule your trip. Cost: \$2

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 AM-4:00 PM

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26
TJ Tedeschi, our Veterans Agent, is here on
Thursdays to help you with the problems that
confront veterans, their widows, widowers, and
dependent children. He can help you with a variety

of things, including obtaining your benefits from the Veterans Administration. To schedule a meeting with TJ, call 781-489-7509.

Great Plain Traders

Thursdays, 9:30 AM

Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26 This group talks all things stocks. Cost: Free

Spousal/Partner Bereavement Circle

Thursdays, 10:00 AM Sept 14, 21, 28 and Oct 5, 12, 19, 26

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)
Sept 7, 14, 21, 28 and Oct 5, 12, 19, 26
Stacey Fallon, Program Director for the Tablets &
Tutors at The Needham Community Council holds
office hours at the Center. If you need help with your
phone, email, ipad or tablet, schedule a 20-minute
appointment with her. Cost: Free

Pool Hall Nights

Thursdays, 5:00 – 8:00 PM Drop in. Cost: Free

Canasta & Mahjong at Night

Thursdays, 5:00–7:00 PM Drop in. Cost Free

FRIDAYS

Aging in the Technology Era

Fridays, 10:00 AM

Sept 8, 15, 22, 29 and Oct 6, 13, 20, 27

Have you gone to a restaurant where they ask you to "scan a code to see a menu"? Has your doctor told you to find your test results by logging into your "health portal"? If you sometimes feel like a Fred Flintstone in a George Jetson world, then this session is for you! In this safe space, you can vent and lean













Registration is required for all classes

SPECIAL EVENTS

FRIDAYS (CONT.)

Aging in Technology Era cont.

on your peers and some tech tutors for support. Cost: Free (Sponsored by Needham Community Council's Tech and Tutor Program)

Needham Creative Writing Crew

Fridays, 10:00 AM

Sept 1, 15 and Oct 6, 20

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. Cost: Free

Bingo at the CATH

Fridays, 10:30 AM

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27 See description on page 13.

Short Story Discussion Group

Fridays, 12:00 PM

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27 Meeting ID: 894 4350 9457 Passcode: 623397

New members are always welcome to join the discussion group. The weekly story will be posted in Aicha's Highlights email. Cost: Free

Center Cinema

Fridays, 1:00 PM

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27 Join us each week for a movie on the big screen. Cost: Free

Demistify Technology with Techie to the Rescue

Fridays, 1:30 PM

Sept 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27 Meeting ID: 850 5749 7471

Our friend and tech superhero Avrom will answer your technology questions and will discuss technology news topics each week. Cost: Free

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

To make an appointment email akelley@needhamma.gov
Avrom offers one-on-one help with all things technical. 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 Register for an appointment time. Cost: Free

Find YOUR Mass Money

Friday, September 1, 9:30-10:30 AM Come to the Center Cafe and we will help you navigate through FIndMassMoney.com to see if you have money to be claimed. Cost: Free

How to Spot and Avoid the Latest Scams

Tuesday, September 5, 11:00 AM

Join our friend, Danielle from the Better Business Bureau to go over the latest scams and frauds and how to protect yourself from these predators. Cost: Free

Ecology Today at the Center

Wednesday, September 6, 11:00 AM

Join us each month as we discuss and learn about the relationships among living organisms, including humans, and their physical environment. Cost: Free

Lunch & Learn:

Healthy Living for Your Brain and Body

Wednesday, September 6, 12:00 PM

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Presenter Norma Moreno Milligan from the Alzheimer's Association will share research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Cost: Free





= In Person = Zoom

Grandma Moses Day

Thursday, September 7, 11:00 AM

Let's celebrate Grandma Moses' birthday by learning more about her from the Bennington Museum in Vermont! The museum has a gallery devoted to the artist's work and has annexed the one-room schoolhouse attended by Moses, with memorabilia provided by her family. Cost: Free

Beer Tasting at Bin Ends Wine

Thursday, September 7, 2:30 PM

It's Beer Lover's Day! Let's go to Bin Ends Wine in Needham where John will introduce a variety of beer types. Light munchies will be served. Take our van or drive yourself. Cost: Free



Commonwealth Museum Comes to the Center

Thursday, September 7, 1:00 PM

Join us as Museum Director Dr. Stephen Kenney brings the Museum to us and explains the Musuem to us. Cost: Free

Center Open House

Thursday, September 7, 2:00 PM – 4:00 PM

Learn about all the great programming and community engagement we offer here at the Center. Chat with our instructors and pick up small goodies like cookies, pens and brochures. Cost: Free

The Real ID with RMV

Friday, September 8, 11:00 AM

The Registry of Motor Vehicles will offer its REAL ID workshop here at the Center. A REAL ID or a valid passport will be required to fly within the US starting May 7, 2025. This workshop will help you decide if a Real ID is right for you and how to obtain one. They will also explain the new federal and state requirements for renewing a Driver's License or ID card. Join us to learn more Cost: Free



Friday, September 8, 1:30 PM Come learn about the Friends of the Center at the Heights and the role they play in supporting Center initiatives such as the Gift Shop, programs, and the Compass newsletter. Register in advance.



Cost: Free

Caregiver Support Group

Monday, September 11, 4:00 PM

This group gives you the opportunity to share experiences, information, and encouragement. Come to connect with others facing similar challenges. To join via Zoom, email jrice@needhamma.gov. Cost: Free

The Golden Age of Hollywood Fashion

Monday, September 11, 1:00 PM

Fashion on the silver screen during the '30s, '40s, '50s was not only glamorous and influential, but also was enjoyed as an "escape" from the problems of each decade. Join presenter Karen "Ren" Antonowicz to travel through these fascinating decades and enjoy a glimpse into the glamour of that golden age. Cost: Free

A Series on Mindfulness with Neil Motenko

Monday, September 11, 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 in advance of the program), 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 receive a Zoom invitation to this program, email akelley@needhamma.gov. Cost: Free





Registration is required for all events

SPECIAL EVENTS

Metrowest Legal Clinic



Tuesday, September 12 at 10:00, 10:30, 11:00, and 11:30 AM

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

Long COVID 101 with Mass General Brigham Tuesday, September 12, 11:00 AM

Millions of people who have had COVID-19 find themselves suffering from debilitating symptoms that can persist for months after their infection fades. This phenomenon, long COVID, has puzzled experts since the early days of the pandemic. Join Amberly Ticotsky from Beth Israel Deaconess Medical Center, to discuss Long COVID, the symptoms and treatment plans. A Q&A period will follow the presentation. Cost: Free

Lunch Chat with Debbie



Tuesday, September 12, 11:30 PM

Get together with others at the Center to chat and eat! Please register early so we know how many lunches to order. Cost: Free

Cooking for Health with Chef Siders



Join us in the kitchen with talented Chef Tom Siders from Maplewood, as he walks us through healthy and delicious cooking! Cost: Free

Dinner on the Deck



Tuesday, September 12, 5:30-7:00 PM Join your friends on the Roof Deck to socialize and dine al fresco! Cost: free

Chair Massage with Kris



Wednesday, September 13, 10:00 AM - 12:00 PM Join Kris for a 15-minute chair massage. Schedule your appointment through our Front Desk. Cost Free. Tips appreciated.

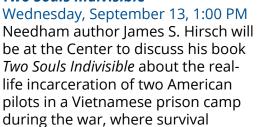
Jewelry Making With Michelle from InspireHappy

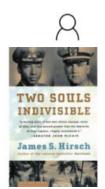


Wednesday, September 13 1:00 PM

Needham resident and owner of InspireHappy Jewelry, Michelle will be here to show us how to make our own bracelets. Materials will be provided. Cost: Free

Author Talk: James S. Hirsch Two Souls Indivisible





depends on mutual support. Hirsch is a former reporter for *The New York Times* and *The Wall Street Journal*. He is also the author of *Hurricane: The Miraculous Journey of Rubin Carter*, which was the basis for the film of the same name starring Denzel Washington. He graduated from the University of Missouri School of Journalism and has a master's degree from the LBJ School of Public Affairs at the University of Texas. Cost: Free

Health Forum with Stephen Cadigan: Prescription for Exercise & Better Living



Wednesday, September 13, 3:00 PM
Meeting ID: 846 9467 8507 Passcode: 820350
This forum will teach you how, how often, and how much exercise is required to obtain a better quality of life. Needham provides senior residents with a well-equipped exercise facility and fitness trainers at the Center. Come and learn how to make the most of this unique and invaluable asset. Cost: Free

Crafts with Kelley The Cop



Wednesday, September 13, 3:30 PM Join Officer Kelley Scolponeti as she teaches us a monthly craft in person. Cost: Free

All About Us with Debbie



Thursday, September 14, 11:00 AM Let's get together to really get to know each other!

Cost: Free

Low-Vision Support Group



Thursday, September 14, 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

A = In Person = Zoom

Patriots Hall of Fame Field Trip! Thursday, September 14, 9:45 AM

The Hall is a modern "museum" that takes guests through Patriots and New England football history in a cutting-edge way. Join us for this exciting tour. Cost: \$12 (\$7 ticket + \$5 van)

Mark West Piano Concert*



Thursday, September 14, 12:30 PM

Mark is coming back to entertain us with his musical talents. Cost: Free

Art Appreciation with Michele Marram* **Amedeo Modigliani**



Join us as research librarian and art educator Michele Marram explores the life and career of Amedeo Modigliani, an Italian artist who worked with drawing, painting, and sculpture. He is well-known for his distinctive portraits. Following the presentation you



will have the opportunity to experiment with portraits on your own.

* This monthly 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, inlaws by marriage, friends by choice.

Coffee Talk with Senator Rausch



Monday, September 18, 10:00 AM

Please join us in the Cafe to catch up with Senator Rausch. As always, there will be goodies! Cost: Free

One-Stop Real Estate Workshop Monday, September 18, 11:00 AM



Come get answers to all of the real estate

questions of interest to older adults. You will get expert advice from the following professionals:

David Tourtillott, CRMP®, Elder Law Attorney Paula Schlosser, Senior Real Estate Specialist Alison Borrelli, and Decluttering Specialist & Senior Move Manager Ann Newberry. Cost: Free

Pop Up Pilates!

Monday, September 18, 1:00 PM

If you've never tried Pilates, or have tried it and like it, join Lisa Karger at the Center for this special pop up class. Pilates focuses on developing flexibility, balance and strength. Work on your alignment, breathing, developing a strong core, and improving coordination and balance. Please bring your own voga/Pilates mat. Cost: Free

Mindfulness Practice with Neil Motenko



Monday, September 18, 1:30-2:15 PM

Email akelley@needhamma.gov for Zoom ID The monthly offering of "Mindfulness Practice with Neil Motenko," as distinct from the monthly "A Series on Mindfulness," is more practice-oriented, with one or two guided meditations, discussion about the selected 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

Cooking with Jessica



Tuesday, September 19, 3:00 PM

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

Dinner Bell Community Dinner



Tuesday, September 19, 5:30 PM

The Dinner Bell program at the Center serves up a hot, nutritious meal and a fun social time for Needham residents of all ages.

Please register by Tuesday, September 12 to ensure we have enough food for everyone. Cost: A voluntary contribution of \$5 per meal. Special thanks to our September Dinner Bell sponsor Denise Garlick.



Registration is required for all events

SPECIAL EVENTS

Drop In With Debbie

Tuesday, September 19, 10:00 AM

Speech and Language Pathologist Debbie Maibor is a wonderful resource and friend to us all! Drop by to chat, share concerns, discuss pertinent issues on your mind, share good news, etc. Cost: Free

Parkinson's Social Group



Tuesday, September 19, 1:00 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. Speech & Language Pathologist Debbie Maibor Cost: Free

Beatles History & Sing Along



Tuesday, September 19, 10:30 AM

Alan Cohen will be here with his guitar to lead us in an everything Beatles Sing Along! Lyric sheets will be provided. Come ready to sing, reminisce or just enjoy the music! Cost: Free

Express Yourself



Tuesday, September 19, 11:00 AM

Speech & Language Pathologist Debbie Maibor will encourage using your expressive skills through fun language games and activities. Cost: Free

Hearing Aid Clinic with Paul



Wednesday, September 20, 10:00 AM - 12:00 PM

Paul Dole of Flynn Hearing Aids will be here to clean your hearing aids, do some light wax removal, make small repairs, check your batteries and answer your questions. Cost: Free

Car Talk with Copley Motor Cars Owner Stu Carpenter



Wednesday, September 20, 1:00 PM

Join Stu for a vintage car show at the CATH. Learn how he got started in the biz and how he sources, sells and delivers his cars worldwide. He will also share with us some fun stories from car shows he's attended worldwide and his work with celebrity clients. Come to meet Stu and bring your vintage car to show. Refreshments will be served. Cost: Free

Trivia & Tunes Sponsored by Keller Williams Realty of Chestnut Hill



Thursday, September 21, 11:00 AM

Join us for a fun morning of music trivia and tunes! Thanks to Keller Williams Realty of Chestnut Hill for sponsoring a professional MC to run this fun event. Reminisce while listening to excerpts from great tunes from the past and test your memory! Cost: Free

Reiki with Nikki



Thursday, September 21, 11:15 AM

Join Nikki, a Reiki Master, to experience this Japanese form of energy healing alternative medicine. Reiki practitioners use a technique called "palm healing" or "hands-on healing" through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing. Cost: Free

Hearing, Hearing Loss & Its Effects on Communication



Thursday, September 21, 1:00 PM

Join Debbie Maibor, Speech and Language Pathologist, for this informative overview of: the hearing process; hearing losses; causes of hearing problems; and the effects on communication. Tips and resources will be provided. Cost: Free

Copley Motor Cars owner Stu Carpenter and his car restorer in a 1952 Ferrari 340 Mexico Vignale Spyder. They are on a tour on Highway 1 at the Pebble Beach Concours in 2015. This Ferrari is the only Mexico Spyder ever made and valued at \$12.5 million!





Field Trip!

Tour of the State Library of Massachusetts Thursday, September 21, Van boards at 9:45 AM

Established in 1826, the State Library of Massachusetts in Boston is rich with history. We will see the reading room, the stained glass windows and historical documents. Please bring a bagged lunch for a picnic in the park (weather permitting) Cost: \$5

Self-Care Series:

this event. Cost: Free

Falls - How Can We Reduce Our Risks Tuesday, September 26, 11:00 AM

In this talk Health Care Advocate Lynn Croft will explain why falls are so much more common and more serious as we age. You will also learn how to reduce the risk of falling in your home and exercises you can do daily that will lower your risks for serious injury should you fall. Cost: Free

becomes her career. Cost: Free. Our thanks to the

Needham Center for Arts and Culture for supporting

3 Steps to Personalize Your Medical Care

Thursday, September 21, 11:00 AM

Do you ever feel lost in the healthcare system? Or that you're just bouncing from one healthcare provider to another? Learn the 3 steps that will help you get the medical care you want. Speaker Lisa Catalano, LICSW is an Aging & Illness Coach with EpioneMD, an independently licensed clinical social worker, and a certified Hospice & Palliative Care specialist. Cost: Free

Veterans Coffee Hour

Wednesday, September 27, 10:00 AM

Get to know fellow veterans in a casual atmosphere and enjoy occasional guest speakers. This event is open to Needham veterans of all ages. Light refreshments will be served. Cost: Free

Stroke Social Group

Thursday, September 21, 11:00 AM

Stroke survivors and caregivers are invited to socialize with others who can relate. This group is facilitated by Speech & Language Pathologist Debbie Maibor.

TSA Explosives & K9 Dog Training Demo Wednesday, September 27, 1:00 PM

A TSA K9 handler will come to the Center to discuss the United States K9 Program. The handler will discuss how TSA uses the K9s and will show training videos and do a live demonstration with a K9.

Q&A will follow. Cost: Free



Australia Above & Below with Joy Marzolf

Thursday, September 21, 1:00 PM

Tour the temperate rainforests of Southern Queensland and the tropical rainforests of the Northeast. Enjoy views from above and below as we visit the home of "Nemo" and many other beautiful creatures found on the Great Barrier Reef, Cost: Free

"Can We Talk?" How to Start an Important **Conversation About Your Health**

Thursday, September 28, 11:00 AM

Have you had a conversation with loved ones about the type of medical care you'd want if the unexpected happens? Learn the 3 steps to start this conversation and bring your loved ones and your medical team into the fold. Speaker Lisa Catalano, LICSW is an Aging & Illness Coach with EpioneMD, an independently licensed clinical social worker, and a certified Hospice & Palliative Care specialist. Cost: Free



Monday, September 25, 1:00 PM

Sheryl Faye is back portraying Earhart's fearless,



adventuresome spirit! Earhart is enthralled with the wonders of the new "flying machines" during a family vacation to the Iowa State Fair. Later in life the science of aviation becomes her passion and flying



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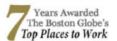


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For inquiries or to schedule a tour, contact the Director of Admissions, Lisa Belle at 617-527-0023 x227

A = In Person = Zoom

Piano Sing Along with Mel Stiller

Thursday, September 28, 1:00 PM

Mel has been playing piano in the Boston area for more than 30 years. He distributes songbooks with the lyrics to more than 500 classic rock/oldies, show tunes, standards and more. Join us to sing along! Cost: Free

Golden Tones Concert

Friday, September 29, 1:00 PM

Golden Tones is a chorus of about 60 retired (but young-at-heart) people who love to sing and dance. They present fun shows with singing, dancing and humor. Join us for this fun concert! Cost: Free

Real Estate 101

Monday, October 2, 11:00 AM

If you are overwhelmed with the thought of downsizing and transitioning into a new home, Deborah Feldman and Susan Weinstein from Coldwell Banker Real Estate will be here to help! Cost: Free

Fine & Danny: The Movie Music of Mr. & Mrs. Danny Kaye

Tuesday, October 3, 2:00 PM

In this lecture, Frank King will cover the lives of these great talents and will play the best of Sylvia Fine's music from their long career as one of the greatest show business teams. You'll also learn some interesting facts about Danny Kaye's life and career. Cost: Free

Ecology Today at the Center

Wednesday, October 4, 11:00 AM

Join us each month as we learn about the relationships among living organisms, including humans, and their physical environment. Cost: Free

Tudor Fashion

Wednesday, October 4, 1:00 PM

Step back in time to King Henry VIII's reign and view the fascinating fashions of the period. Join presenter Karen "Ren" Antonowic as she explores this unparalleled fashion era! Cost: Free

New Hampshire Turkey Train Trip! Luncheon & Day Trip

Thursday, October 5, 8:00 AM - 6:00 PM

We will be taking a deluxe motorcoach to the shores of Lake Winnipesaukee for the fall foliage. ALL ABOARD the Turkey Train for a lunch provided by Hart's Turkey Farm. There will also be a mystery stop after the train ride. Lunch to include: roast turkey, whipped potatoes, butternut squash, beverage and dessert. Cost: \$125



Financial Crimes Averted

Thursday, October 5, 11:00 AM

Elected Needham Town Constable Richard Graham is coming to the Center. He works for a Fortune 500 company as a director of financial crimes where he helps large banks and companies prevent financial crime. Graham will cover the basics: protecting identity, signs of a scam, checking bank statements, reporting threats to police, and the common scams that occur. Cost: Free

Mark West Piano Concert

Thursday, October 5, 1:00 PM See description on page 18.

StretchMD of Needham

Tuesday, October 10, 9:00 AM - 11:00 AM

StretchMD provides 1:1 assisted stretching done by a certified Stretch Therapist. Register for your 1:1, 15-minute complimentary stretching session to see what it is all about. Wear comfortable clothes and socks. Cost: Free







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9

Tuesday, October 10 at 10:00, 10:30, 11:00, 11:30 AM See description on page 17.

Coffee with the Needham Fire Department / Tuesday, October 10, 10:00 AM

Join us in the Café for Fire Prevention Week. The Needham Fire Department will go over identifying and preventing common home health hazards and provide health tips and information on cleaning supplies and chemicals, common household fires, and safety hazards from the latest technology. Cost: Free

Sports Museum at the TD Garden *Field Trip!* Tuesday, October 10, 10:30 AM

Founded in 1977 and housed on Levels 5 & 6 of the TD Garden, the Sports Museum features a half-mile of exhibits celebrating the history and character of Boston sports. This tour is on the eve of the Bruins home opener for their 100th season, and you will get to see the set up and excitement surrounding this game. Cost: \$5



Dinner on the Deck



Tuesday, October 10, 5:30-7:00 PM See the description on page 17.

Chair Massage with Kris



Wednesday, October 11, 10:00 AM - 12:00 PM See description on page 17

Lunch Chat with Debbie



Wednesday, October 11, 11:30 AM See description on page 17.

Lunch & Learn: Strengthening Mindsets



Wednesday, October 11, 12:00 PM

We have been through a lot in the last few years, and with the holidays right around the corner–now is the time to help yourself, help others and to realize a healthy mind is the greatest treasure. Join our Center social workers to learn what to look for and what steps and resources can help. Cost: Free

Parkinson's Social Group



Wednesday, October 11, 1:00 PM See description on page 19.

Health Forum with Stephen Cadigan: Prescription for Exercise & Better Living



Wednesday, October 11, 3:00 PM See description on page 17.

Crafts with Kelley The Cop



Wednesday, October 11, 3:30 PM See description on page 17.

Low-Vision Support Group



Thursday, October 12, 10:30 AM See description on page 17.

McMullen Museum of Art at BC



Thursday, October 12, 10:00 AM *field Trip!* Join us as we have a docent guided tour of the McMullen Museum at Boston College. Part of the tour will include an exhibition on Himalayan Art that is traveling from the Rubin Museum in New York City. Cost: \$5

McMullen Museum of Art at Boston College



Stroke Social Group



Thursday, October 19, 1:00 PM See description on page 20.

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Italian-American History

Thursday, October 12, 1:00 PM

Meeting ID: 835 6223 7952 Passcode: 093210 It has been said that Joe DiMaggio and Frank Sinatra probably did more than anyone else of their time to bring Italian-Americans into the mainstream of US pop culture during the 1930s and 40s. Since then, thousands of Italian-Americans have flourished in America. Join Evan Weiner to explore the baseball players, actors, and singers who have changed American culture. Cost: Free



Photo Restoration & Film/Video Conversio

Tuesday, October 17, 10:00 AM- 1:00 PM

Mark Swirsky, professional photographer and preservationist, converts movie film reels, videotapes, photos and slides to a digital format - either DVD or USB thumb drive. He can also restore your damaged photographs. Schedule your 15-minute appointment with Mark. Bring your photos, home movies and DVDs to the appointment. Consultation cost: Free

Senior Medicare Patrol Program

Monday, October 16, 11:00 AM

Our friends from the Senior Medicare Patrol are coming to the Center to deliver a presentation on how to detect, prevent, and report Medicare errors, fraud, and abuse. Cost: Free



Tuesday, October 17, 11:00 AM See description on page 19.

Q

Swallowing Disorders

Tuesday, October 17, 1:00 PM

This educational program focuses on how we swallow, issues that may arise when we try to swallow, therapeutic diets of solids and liquids, and safe eating strategies. This program is led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Cost: Free

100 Years of Boston Comedy with Nick Zaino III

Monday, October 16, 1:00 PM Nick Zaino is a writer, musician, and podcast host based in Boston. He has written about comedy and the arts as a freelancer for the Boston Globe for more than twenty years.



Cooking with JessicaTuesday, October 17, 3:00 PM

See description on page 18.



Coffee with Needham Cops

Wednesday, October 18, 9:30 AM

Join us in the Cafe when the women and men in blue from the Needham Police Department stop by to fill us in on all things Needham! Cost: Free

A Series on Mindfulness with Neil Motenko

This talk covers the history of comedians from Boston,

from Fred Allen's vaudeville and radio success through

the 80s comedy boom and current stars like Ziwe.

Monday, October 16 at 1:30 PM See description on page 16.



Wednesday, October 18, 10:00 AM – 12:00 PM See description on page 19.

Caregiver Support Group

Monday, October 16 at 4:00 PM See description on page 16.

Trivia & Tunes Sponsored by Keller Williams Realty of Chestnut Hill

Thursday, October 19 at 11:00 AM See description on page 19.



Reiki with Nikki

Thursday, October 19, 11:15 AM See description on page 19.

Drop In With Debbie

Tuesday, October 17, 10:00 AM See description on page 19.



Cost: Free

Registration is required for all events

SPECIAL EVENTS

All About Us with Debbie

Thursday, October 19, 11:00 AM See description on page 17.



Global History with Dr. Lanny Bruce Fields: 1905 Turning Point Year In World History

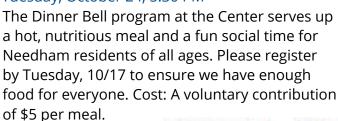
Thursday, October 19, 1:00 PM

This program will explore how global events from 1905 involving Japan, Russia, China and the United States influence and effect our world today. Dr. Lanny Bruce Fields is a well-known history professor who taught at California State University at San Bernardino, State University at Albany, University of San Diego, Southwest Missouri State University and University of the South. Dr. Fields recently relocated to Needham, and we are excited to welcome him to the Center!



Dinner Bell Community Dinners

politician. Cost: Free



code in New York that became a model for the

development and implementation of the New

financial safety nets that included Social Security

and Unemployment Insurance. She helped crack

the rigid societal model of the stay-at-home wife

and mother. Join presenter Janet Parnes for a

walk through the personal and professional

trials and triumphs of this heroic, principled

Deal, Frances provided working people with

country. Plunging both hands into the

Special thanks to our October Dinner Bell sponsor Schernecker Property Services.



Art Appreciation with Michele Marram: Joan Miro

Thursday, October 19, 1:30 PM Join us as research librarian Michele Marram explores the life and career of Joan Miro, a Spanish artist known for his surrealistic paintings and sculpture. Following the presentation, participants will have the opportunity to create an artwork in Miro's style.



Cost: Free

Creator of Social Security: First Female Cabinet Secretary Frances Perkins

Monday, October 23, 1:00 PM

Frances was a confidante of FDR, the first female Cabinet Secretary, and object of admiration and contempt from her male contemporaries. She dedicated her career to providing exploited working men and woman with safe, humane workplaces.

Over the course of her political life, she pushed through legislation to reform child labor and reduce crushing work-week hours and developed a fire-safety

Veterans Coffee Hour

Wednesday, October 25, 10:00 AM See description on page 20.

Rob Natoli Swing Band Concert Wednesday, October 25, 1:00 PM Come see Rob and his guys! They will have us swinging! Cost: Free

Self-Care Series: Stats, Facts & Myths About Aging

Thursday, October 26, 11:00 AM

Aging is inevitable, but not our attitudes toward it. Old age is shrouded in myths and misconceptions. Healthcare Advocate Lynn Croft reviews the most common myths of aging and how we can debunk them in our own lives.

Cost: Free





Registration is required for all events

An Evening with Spirit: A Night with Medium Dr. Cathy Ripley Greene Thursday, October 26, 6:30 PM

Experience an evening of laughter and tears!
Renowned medium Dr. Cathy Ripley Greene is coming back to the CATH by popular demand.
This is open to the general public—all are welcome. Registration and payment are required in advance. Cost: \$20



Mindfulness Practice with Neil Motenko Monday, October 30, 1:30-2:15 PM See description on page 18.



From the left above: Friends Co-President Beverly Pavasaris, volunteers Barbara Ryan and Lois Raskind, and Friends Co-President Anne Brain working the "toppings table" at the Friends Annual Ice Cream Social in August. The ice cream event hosted by the Friends of the Center at the Heights is always a wonderful way to celebrate summer!

FRIENDS DONATIONS

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FRIENDS OF THE CENTER AT THE HEIGHTS (CATH)

LETTER FROM THE PRESIDENTS

Dear CATH Participants & Donors,

The Friends hope that you all had a chance to enjoy our Ice Cream Social in August. Our next event will be our Strawberry Shortcake Social and Annual Meeting on Friday, September 8 at 1:30pm. Please come to socialize and see what the Friends are doing for the CATH. We also hope you will look through this edition of the Compass and register to participate in some of these interesting, educational, and fun programs.

Do you remember Earth, Wind and Fire singing the "September" song from 1978? Google it to hear the melody. September 1st is the beginning of autumn. The birthstone for September is Sapphire. The flower is Morning Glory or Aster. The zodiac signs are Virgo followed by Libra. September means "back to school" and apple picking. We celebrate Labor Day on Monday, September 4th. The new moon will be on September 14th. The full Harvest Moon will be on September 29th.

October brings colorful leaves and time to admire the fall foliage. The trees are shedding their leaves and providing us with the task of raking them. Apples are now picked and made into apple pie, apple cobbler, apple cider and so many edible treats. Pumpkins are being displayed outdoors with bales of hay and scarecrows. We celebrate Columbus Day on the 9th, Boss's Day on the 16th, and Halloween on the 31st. The October birthstone is opal, and the flower is Cosmos. The full moon (Hunter's moon or Blood moon) will be on October 28th, and the new moon will occur on October 14th. Zodiac signs are Libra followed by Scorpio. Make a donation to Friends to celebrate fall. The donation form is below.

Warmly,

Carol, Pat. Anne & Beverly

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It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2024. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Come meet with a SHINE counselor at the Center at the Heights to go over any changes and make sure you're in the right plan for you!

Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule a SHINE appointment, call Annie at 781-455-7555, ext. 225.

Call soon to schedule your appointment for any time from October 15 - December 7



October 15 — December 7



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