

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight

Lenore McCarthy



A lifelong resident of Needham, Lenore raised her family here and has volunteered around town her whole life. The Center has been lucky

enough to benefit from Lenore's time and talent for the past 14 years--most recently as a Front Desk Volunteer. Lenore knows almost everyone who walks through our doors and is guaranteed to make them laugh. Thanks Lenore for making our Center feel like home for so many!



After many rainy days this summer our seniors were excited for another opportunity to dine on the deck this fall. Seated left to right are Ellyn Bronstein, Judith Keone, Jack Rothschild, and Barbara Ryan.

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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	8:30-10:30 AM (M-F)
Daily Springwell Lunch	12:00-1:00 PM (M-F)

The Center will be closed for holidays on:

11/23 (all day), 12/22 (at noon) and 12/25 (all day)



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COMMUNITY UPDATES

From the Director of Aging Services

Dear Friends,

Fall is a great time to get outdoors. The daytime temperatures are just right, and the leaves are changing to beautiful colors and falling to the ground. Soon we'll be celebrating Thanksgiving and the holidays. Needham older adults have an extra reason to celebrate - not just the holidays but all year long - because the Center at The Heights is 10-years old! Needham's new senior center opened on November 4, 2013. Now, the Center at 300 Hillside Avenue is bustling with people using the Fitness Center, playing mahjong, having breakfast, or just grabbing a cup of coffee with friends.

One of the most important things our senior center can do for you is help you build or rebuild your social network. Here you have a place to turn for education, entertainment, guidance, and many resources to use as you age. Most importantly, our Center can be your connection to the community - a place to make new friends, check in with a professional, or just a place to go when you don't have another place to go. We are a place that allows you to leave the four walls of your home, even if it is just for an hour each day. A change of scenery and a moment of social stimulation can mean more than you realize. Join us!

Happy 10th Anniversary to the Center at the Heights, and happy holidays to you all!

LaTanya



Needham seniors made connections with our instructors and community resources at our annual Center Open House in September. Left: Art Appreciation instructor Michele Marram shares information about her monthly art classes. Right: Representatives from Mass General Brigham share information about CPR to Isabel Avedikian who practices on a dummy.



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of every race, religion, color, national origin, sex, disability and familial status.

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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.

Officer Kelley's Corner

Updates & Alerts from NPD Community Relations Officer Kelley Scolponetti



Financial scams and abuses that target older people are happening more often. If you or someone you know is age 60 or older and has been a victim of fraud, help is standing by at the National Elder Fraud Hotline. Reporting fraud can help authorities identify those who commit fraud and can also prevent others from becoming victims. Hotline experts will help victims navigate this process. The hotline is staffed by professionals who know how to support victims of fraud and are caring and understanding. Callers will reach a case manager who will help them through the reporting process at the federal, state, and local levels. Victims will also be connected with other resources on a case-by-case basis.

National Elder Fraud Hotline

1-833-372-8311

CATH Boutique

Need to buy a gift for friend? Looking for a great deal on a birthday card? Check out our beautiful boutique located at the Center at the Heights! We offer great products at reasonable prices. The boutique is operated and staffed by Friends of the CATH volunteers and all proceeds go back to the Center to support our wonderful programs. Please come and shop in the CATH Boutique next time you're here!



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.

Welcome Social Work Intern!



My name is Stephanie Knoch and I am a graduate student at Boston College School of Social Work. I am passionate about helping others and thrilled to be working at the Council on Aging for my

internship. In my free time, I love to read and take hikes with my husband and two dogs. If you haven't had a chance to meet me yet, please stop by my office anytime and introduce yourself.

Wellness for the Wise

Embracing Gratitude

As the foliage begins to change and we head into the holiday season, the word gratitude comes up a lot. Popular media often depicts families cozily seated around a table sharing what they are grateful for. It is important to remember though that what we see in the media and what we experience may vary. For many, the holiday months can be some of the hardest. Feelings of loss, sadness, and worry can surface particularly when expectations for holidays do not mean reality.

Gratitude is a tool that connects us to something larger than ourselves. It is a tool that helps us link with positive memories and emotions. Research tells us that when people find higher levels of gratitude, their likelihood of experiencing depression is lower, they sleep better, and may even generally feel healthier. Here are some strategies we can all use to find gratitude in these next few months:

- Start small;
- Keep a gratitude journal-- Keep track of those positive moments, look back, and reflect;
- Say thank you, even if it's to yourself, and
- Be present in your surroundings.



- Your friends in CATH Social Work

COMMUNITY RESOURCES

Are You Ok wellbeing check service..1-866-900-7865
Caregiving Resources.....508-573-7200
Elder Abuse Hotline.....1-800-922-2275
MA Office of Elder Affairs.....1-800-243-4636
Medicare.....1-800-633-4227
Needham Community Council781-444-2415

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

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

 = In Person  = Zoom

TUESDAYS

Walk & Talk Health: Walking Group with JCC & NWH

Tuesdays, 10:30-11:30 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19 (no group 12/26)

We are excited to offer this collaboration between the Needham COA, the JCC of Greater Boston and Newton Wellesley Hospital. Every week Needham seniors are invited to walk at the JCC's indoor track. Once each quarter, a health professional from NWH will join the walkers on the track to discuss a health topic and answer important questions about heart health. Registration required. Cost: Free

Train the Brain

Tuesdays, 11:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19 (no class 12/26)

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

Nov 7, 14, 21, 28 and Dec 5, 12, 19 (no class 12/26)

Instructor: Lisa Cadigan

Zoom Meeting ID: 843 7955 7037

This class uses elastic bands to provide resistance during the phases of movement, maximizing the benefits. 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

Nov 7, 14, 21, 28 and Dec 5, 12, 19 (no class 12/26)

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

This is a mostly seated exercise class that addresses range of motion, strength, flexibility, endurance, balance and coordination. Cost: \$5/class

Zumba Gold

Tuesdays, 4:30 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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

LaBlast Cardio Dance

Wednesdays, 10:15 AM

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

Instructor: Karen Karten

Zoom Meeting ID: 821 9688 5896 Passcode: LABLAST

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

Interval Training

Wednesdays, 1:00 PM

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

Instructor: Lisa Cadigan

Zoom Meeting ID: 859 4613 1521

Our trainers have put together a version of high intensity interval training that is customized for you. It builds cardiovascular fitness while improving strength and endurance. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class

WEDNESDAYS (CONT.)

Move It, Shake It, Lift It!

Wednesdays, 2:00 PM

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

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

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

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

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

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

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

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

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

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



Drum Fit *New!*

Thursdays, 11:00 AM

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

Instructor: Stephen Cadigan

Cardio drumming is all the rage! Join us for this fun class that will help you: increase your cardiovascular fitness, improve your balance and flexibility, and learn how to play the drums! You will listen to great tunes and drum along on a yoga ball while you follow a cardio routine led by Stephen. Participate standing or seated. Cost: \$5/class



Arthritis Class

Thursdays, 2:00 PM

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

Instructor: Stephen Cadigan

Zoom 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

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

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

 = In Person  = Zoom

FRIDAYS

Seated Strength & Balance

Fridays, 10:30 AM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

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

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

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 through a variety of exercises for core and leg strengthening, posture awareness, and stretches for greater flexibility. Cost: \$5/class

Floor, Core & More

Fridays, 1:00 PM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

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

SATURDAYS

Tabata

Saturdays, 9:15 AM

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30

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, 10:15 AM

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30

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



Try our new Drum Fit class on Thursdays at 11am. Cardio drumming is all the rage and a great way to get fit while having fun. Instructor Stephen Cadigan will select some great music from the past and show off his drumming skills! See a class description on page 9.

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

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
Bingo	10:30 AM – 11:30 AM
Mahjong (Experienced)	12:30 PM – 4:00 PM
Rummikub	1:00 PM – 4:00 PM

MONDAYS

Kerrie Cusack's Monday Meditation



Mondays, 11:00 AM

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18

Feeling crafty? Drop in to our Art Room to create your own self-directed project using a variety of our craft supplies. Invite a friend and make it fun!
Cost: Free

WEEKLY CLASSES

 = In Person  = Zoom

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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



Mindful Living with Lisa

Tuesdays, 10:00 AM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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. Cost: Free



Vintage Voices

Tuesdays, 1:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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



Tablet Talk with Stacey

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

Nov 7, 14, 21, 28 and Dec 5, 12, 19 (no class 12/26)
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

Oct 31, Nov 7, 14, 21 - Cha-Cha

Nov 28, Dec 5, 12, 19 - American Tango

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



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

Tuesdays, 4:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

Google Meet video call link:
<https://meet.google.com/xmc-wfvq-da>

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



Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

Come to play some games and be social.



TUESDAYS (CONT.)

Intermediate Bridge at Night

Tuesdays, 5:00–7:00 PM

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26

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

Nov 7, 21 and Dec 5, 19

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

Bingo at the CATH

Wednesdays, 10:30 AM

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

Join your friends for a few rounds of bingo! Small prizes will be awarded. Drop in. Cost: Free



Words Galore!

Wednesdays, 11:00 AM

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

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. Learn more at www.ValWalkerAuthor.com. Cost: Free



CATH Open Art Studio

Wednesdays, 11:30 AM – 2:30 PM

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

Our Art Room 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



Beginner Mahjong Lessons

Wednesdays, 12:30-3:00 PM for 5 weeks only

Nov 1, 8, 15, (no class 11/22) 29 and Dec 6

Always wanted to learn the game but didn't know how to start? Join Carol Sklar as she walks you through the rules and tips of this great game. You must be present for the first class. Cost: Free. Order your cards prior to class through: nationalmahjonggleague.org.



Opinion History with Ron

Wednesdays, 1:00 PM

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

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



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.

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 - Nov 8, 22 and Dec 13, 27

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



WEEKLY CLASSES

 = In Person  = Zoom

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 AM–4:00 PM

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

TJ Tedeschi, our Veterans Agent, is here on Thursdays to help you with 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 VA. To schedule a meeting with TJ, call 781-489-7509.

Great Plain Traders

Thursdays, 9:30 AM

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

This group talks all things stocks. Cost: Free

Spousal/Partner Bereavement Circle

Thursdays, 10:00 AM

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

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)

Nov 2, 9, 16, 30 and Dec 7, 14, 21 (no class 12/28)

Stacey Fallon, 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

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

Drop in. Cost: Free

Canasta & Mahjong at Night

Thursdays, 5:00–7:00 PM

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

Drop in. Cost Free

FRIDAYS

Aging in the Technology Era

Fridays, 10:00 AM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22 (no class 12/29)

Have you gone to a restaurant where they ask you to "scan a code to see a menu"? 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 on your peers and tech tutors for support. Cost: Free (Sponsored by Needham Community Council's Tech and Tutors Program)

Needham Creative Writing Crew

Fridays, 10:00 AM

Nov 3, 17 and Dec 1, 15

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 genres of writers are welcome. Cost: Free

Bingo at the CATH

Fridays, 10:30 AM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

See description on page 13.

Short Story Discussion Group

Fridays, 12:00 PM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

Meeting ID: 894 4350 9457 Passcode: 623397

Join this interesting discussion group. The weekly story will be posted in Aicha's Highlights email. Cost: Free

Center Cinema

Fridays, 1:00 PM

Nov 3, 10, 17 (no movie 11/24) and Dec 1, 8, 15, 22, 29

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

Demystify Technology with Techie to the Rescue

Fridays, 1:30 PM

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29

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

Registration is required for all classes

SPECIAL EVENTS

Know the 10 Signs of Alzheimer's



Wednesday, November 1, 11:00 AM

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about: the difference between normal aging and Alzheimer's; common warning signs; the importance of early detection and the benefits of diagnosis; next steps and expectations for the diagnostic process; and Alzheimer's Association resources. Cost: Free

Day of the Dead Comes to the Center



Thursday, November 2, 1:00 PM

Join us to learn more about this native Mexican tradition rooted in the belief that life on Earth is a preparation for the next world, and maintaining a strong relationship with the dead is important. We will watch a documentary and then celebrate! Cost: Free



Center Welcome Wagon in the Café



Friday, November 3, 9:30 AM

Join us on the first Friday of the month in our Café to welcome newcomers and learn about what is happening at the Center. Bring any ideas – we are here for you! Just pop in! Cost: Free

Broadway Baritone, James Michael



Monday, November 6, 1:00 PM

James Michael, a world class baritone, will perform his widely and critically acclaimed production of "Melodies of Memories and Miracles Broadway Classics." Michael captures the spirit of Broadway during his performances through resonant singing, personal stories and a passionate spirit. Cost: Free

Driver Safety with AARP



Tuesday, November 7, 10:00 AM – 3:00 PM

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

Daniel Day-Lewis with Deb Block



Tuesday, November 7, 11:00 AM

One of the most respected actors of his generation, Daniel Day-Lewis is the only man who has won three Oscars for Best Actor: My Left Foot (1989), There Will Be Blood (2007) and Lincoln (2012). View film clips of several of his movies and interviews with the actor. Cost: Free

Lunch Chat with Debbie



Tuesday, November 7, 11:30 AM

Get together with others at the Center to catch up, chat and eat! Lunch will be provided - you bring the conversation! Questions? This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiborslp@gmail.com. Cost: Free

Chair Massage with Kris



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

Join Kris for a 15-minute chair massage. Please wear comfortable clothing or a tank top under your sweater. Make a reservation through the Front Desk. Cost Free. Tips appreciated.

Archie Richards Piano Sing Along



Wednesday, November 8, 1:00 PM

Archie is back and ready to play and sing! Cost: Free

Field Trip to the Museum of Fine Arts



Wednesday, November 8, 2:00 PM – 5:45 PM

Let's head to the MFA in Boston for a peek at some of the collections and current exhibits. Cost: \$10

Crafts with Kelley the Cop

Wednesday, November 8, 3:30 PM

Join talented NPD Officer Kelley Scolponetti in our Art Room to enjoy a monthly craft. The projects are wildly creative and it is always a fun social time for participants. Cost: Free



September's Crafts with Kelley the Cop did not disappoint!

Participants created these cute Halloween door decorations using materials supplied in the class. Happy Halloween!

Low-Vision Support Group

Thursday, November 9, 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, November 9, 11:00 AM

Let's get together to really get to know each other! This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiborslp@gmail.com. Cost: Free



Elder Orphans

Thursday, November 9, 11:00 AM

An "elder orphan" is defined as someone who is aging alone with no family available to address their caregiving needs. More than 1 in 5 Americans older than 65 are at risk of becoming an elder orphan. In this presentation by Lynn Croft, we will learn the issues faced by this category of people. And if you are currently an elder orphan, or might be one in the future, you will also learn how to plan for life issues now! Cost: Free



Real Estate Confidential:

What You Need to Know in This Crazy Market!

Thursday, November 9, 11:00 AM

The inventory of homes in Needham has been low for years and has diminished even more since the pandemic. Builders are becoming more aggressive and that is not always good for you as a seller. This class will help you understand how the continued low inventory has impacted the market and give you the information you need to be an informed seller. Presenter Suzanne Nissen has over 18 years' experience as a real estate agent in Needham and the surrounding towns. Before becoming a real estate agent, she was a social worker working with seniors and is especially sensitive to the concerns of this population. Cost: Free



Hearing, Hearing Loss & Its Effects on Communication

Thursday, November 9, 1:00 PM

Join us for an informative overview of the hearing process, hearing losses, causes of hearing problems, and the effects on communication. This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiborslp@gmail.com. Cost: Free



Global History with Dr. Lanny Bruce Fields: Su Shi and Aging

Thursday, November 9, 1:00 PM

Su Shi (1037-1101) is widely regarded as one of the most accomplished figures in Chinese Literature. Join us for this fascinating program highlighting the life of the Chinese calligrapher, essayist, gastronome, pharmacologist, poet, politician, and travel writer during the Song dynasty. Dr. Fields is a history professor who taught at California State University at San Bernardino, State University at Albany, University of San Diego, and more. Dr Fields recently relocated to Needham and we are excited to welcome him to the Center. Cost: Free



Art Appreciation with Michele:

Wassily Kandinsky

Thursday, November 9, 1:30 PM

This Russian artist is known as an early pioneer of abstract art. Join us as research librarian and art educator Michele Marram explores Kandinsky's theories and evolution as an artist. Following the presentation, participants will have the opportunity to create their own pieces of art using some of Kandinsky's theories. Cost: Free



Veteran's Day Dinner

Thursday, November 9, 5:30 PM

We want to thank you! Needham veterans of all ages are invited to this dinner in your honor. There will be yummy food, guest speakers and an introduction to the many services available for Needham vets. Cost: Free



Tour of Boston Symphony Hall

Monday, November 13, 11:00 AM

Join us as we head into Boston to tour the first home of the Boston Symphony Orchestra. Symphony Hall is widely regarded as one of the top concert halls in the world. Get a peek behind the scenes and learn about the fascinating history of this first-of-its-kind concert hall. Cost: \$10



A Series on Mindfulness with Neil Motenko

Monday, November 13, 1:30 PM

Presented jointly with the Wellesley COA

Email akelley@needhamma.gov for a Zoom invitation

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. Cost: Free

Caregiver Support Group

Monday, November 13, 4:00 PM

Email jrice@needhamma.gov for a Zoom invitation

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



Drop In With Debbie

Tuesday, November 14, 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



Express Yourself

Tuesday, November 14, 11:00 AM

Come to the Center to use your expressive skills through fun language games and activities. These sessions are presented by Debbie Maibor, M.S., CCC-SLP, speech/language pathologist. For more information email dmaiborslp@gmail.com. Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

Metrowest Legal Clinic



Tuesday, November 14, 10:00 AM -12:00 PM

We have lawyers working with us from Metrowest Legal Services. They will do their Legal Clinics over the phone or via zoom. This is such a great resource! Email Aicha at akelley@needhamma.gov to schedule your 30-minute appointment (First come, first served). Cost: Free

Needham Rotary 101



Tuesday, November 14, 11:00 AM

Join the Needham Rotarians as they tell us about all the wonderful things they do for the Needham community and what they would like to do for us as well. Cost: Free

Meet Julia Child! - the Beloved French Chef



Tuesday, November 14, 1:00 PM

Presented by Delvena Theater Company
This is a live performance featuring Lynne Moulton as Julia Child doing what she did best. Learn more about her life – from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared – to becoming one of the culinary legends of all time. Come to view Julia on the set of *The French Chef* TV show, an amusing and fun experience! Our thanks to the Needham Center for Arts and Culture for supporting this event. Cost: Free



Stroke Social Group



Tuesday, November 14, 1:00 PM

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? This program is facilitated by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiborslp@gmail.com. Cost: Free

Hearing Aid Clinic with Paul



Wednesdays, November 15, 10:00 AM – 12:00 PM



Paul Dole of Flynn Hearing Aids comes to the Center monthly to do hearing aid clinics. Paul will clean and check your existing hearing aids, do some light wax removal, make small repairs, (if he has the parts available), check

and replace your batteries, and answer any questions you have on hearing loss and hearing aids. His goal is to be a resource, and to insure that existing hearing aid wearers are getting optimal use from the aid/s. Cost: Free

Reiki with Nikki



Thursday, November 16, 11:15 AM-12:15 PM

Make your 15-minute appointment with Reiki Master Nikki Stournaras to experience this Japanese form of energy healing, a type of 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

Registration is required for all events

SPECIAL EVENTS

Annual Thanksgiving Feast with Avita



Thursday, November 16, 1:00 PM

Join us as Avita spoils us with a wonderful Thanksgiving feast. Cost: Free



The Nature of Raja Ampat with Joy: From Birds of Paradise to Walking Sharks



Monday, November 20, 1:00 PM

Raja Ampat is composed of a group of islands in Northern Indonesia, so one of the best ways to explore is by boat. The landscape, both above and below, is strikingly beautiful. Above the water it is home to unique and colorful wildlife, from hornbills and bright red lorikeets to the Red Bird of Paradise with its flamboyant mating display. Below the water is a huge variation of marine life including the endemic walking shark and enormous cuttlefish that can change color among the corals and roots of the nearby mangroves. Join us in person for this virtual trip to these islands. Cost: Free



Cooking with Jessica



Tuesday, November 21, 3:00 PM

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

Memory & Brain Health with Dr. Syme



Tuesday, November 21, 11:00 AM

Dr. Maggie Syme, a licensed psychologist at the Deanna and Sidney Wolk Center for Memory Health, will present on whole-person healthy ageing, and what each of us can do to keep our bodies and brains living healthier, longer. Dr. Syme received rave reviews from the Milton COA and we are thrilled to have her present at the Center. Cost: Free



The USS Bunker Hill with Bob Begin



Wednesday, November 22, 1:00 PM

The USS Bunker Hill was an aircraft carrier which saw extensive action in the Pacific during World War Two. Built in Quincy, MA and launched one year after the attack on Pearl Harbor, she would be the victim of Kamikaze attacks off Okinawa on May 11, 1945. Suffering heavy casualties and damage, her crew would keep her afloat and allow her to return to America. This talk by Bob Begin will focus on the mindset of a Kamikaze pilot, numerous acts of bravery and sacrifice by the officers and men of the Bunker Hill. This is the story of a valiant ship and her men that warrants retelling. Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom

Mindfulness Practice with Neil Motenko

Monday, November 27, 1:30 PM

A second monthly program, "Mindfulness Practice with Neil Motenko" via Zoom, as distinct from "A Series on Mindfulness," is more practice-oriented, 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 receive a Zoom invitation to this program, email akelley@needhamma.gov. Cost: Free

Mark West Holiday Concert

Monday, November 27, 12:30 PM

Come to the Center to hear accomplished pianist Mark West tickle the ivories and play some beautiful holiday music! Cost: Free

Hershey: Great American Chocolate Factory

Wednesday, November 29, 1:00 PM

What better way to celebrate National Chocolate Day than by learning the history of Hershey Chocolate. We will watch the documentary Hershey: Great American Chocolate Factory and learn about the history, how the chocolate is made and other interesting facts you may not know. There will be a surprise treat made famous by Hershey Chocolate at the end! Cost: Free



Our newest device at the Center is the HUR SENSO -- a dual-tasking fall reduction and cognitive training platform designed to support independent living.

Fitness Center trainer Stephen Cadigan introduces Irwin Silverstein to the SENSO and the benefits of using the device.

Meet the SENSO: The Center's Newest Balance Assessment & Training Device

Wednesday, November 29, 3:00 PM

Come to meet the SENSO and maximize your potential. Center trainer Stephen Cadigan will introduce you to this intricate, and sophisticated device that utilizes and assesses state of the art information and technology to test your balance, limits of stability, and reaction time. You will learn how to use the extensive array of training exercises and games this apparatus provides, which will improve these aspects of your cognitive ability, reflexes and physical performance. Enjoy and benefit from the SENSO's broad capabilities. Drinks and refreshments will be served. Cost: Free

Eliminate Back Pain

Thursday, November 30, 11:00 AM

This workshop will teach you: the prevalence and causes of back pain; the most effective options for treatment of back pain; what works and what doesn't; what to do if you have back pain, and home care tips / exercises. There will be time for Q&A and discussion. Cost: Free



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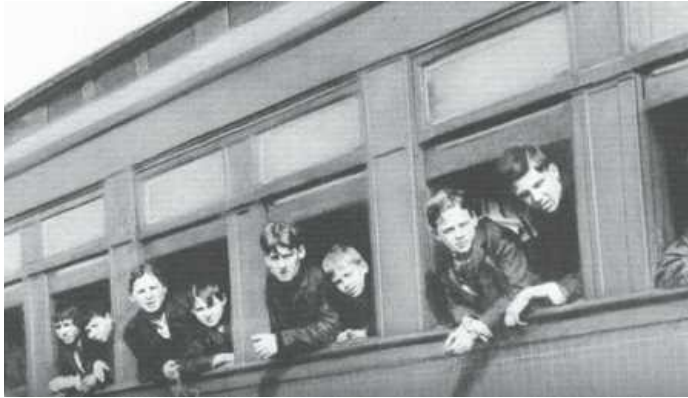
www.stonerehabandseniorliving.com

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



SPECIAL EVENTS

 = In Person  = Zoom



Michael Brophy Presents The Orphan Train Movement

Thursday, November 30, 1:00 PM

From 1854 to 1929, over 200,000 children were transported by train from New York to the Midwest and beyond and adopted by new families. The program was organized by reformers in New York in an attempt to both remove them from the squalor and poverty of the city and help provide labor for farms out west. Michael Brophy, professional genealogical researcher, heir search specialist, and lecturer from the Boston area, will explore the history, genealogy, and legacy of the movement in this interesting presentation. Brophy has conducted research for *Who Do You Think you Are?* TV show and Ancestry.com. Cost: Free



Center Welcome Wagon in the Café

Friday, December 1, 9:30 AM

See description on page 15.



White Christmas – No Pianist with Deb Block

Monday, December 4, 1:00 PM

Do you recall the sheet music your parents or grandparents had tucked inside their piano benches? Those song sheets were produced and sold by “song pluggers” at Tin Pan Alley. Irving Berlin was one of those song pluggers. He composed and wrote the lyrics to I’m Dreaming of a White Christmas. In addition to learning about Tin Pan Alley and Irving Berlin, we will study film clips from the movie White Christmas, sing holiday



songs, and share beautiful memories of winter holidays past. Cost: Free

Hanukkah Bingo!

Wednesday, December 6, 10:30 AM

Join us for a few rounds of Hanukkah-themed bingo and prizes! Stick around after bingo for a delicious traditional treat of potato latkes and applesauce. Cost: Free



Holiday Shopping Trip

Wednesday, December 6, 1:00 PM

Join us as we head to University Station shopping center in Westwood. You can go to HomeGoods, Wegman’s, and Marshall’s to do some holiday shopping. Cost: \$3



Newton Swing Band Concert

Wednesday, December 6, 1:00 PM

Join us for a fan favorite. Get up and dance, tap your feet or just listen to this wonderful band! Cost: Free



Drop In with Debbie

Thursday, December 7, 10:00 AM

See description on page 17.



Express Yourself

Thursday, December 7, 11:00 AM

See description on page 17.



Stroke Social Group

Thursday, December 7, 1:00 PM

See description on page 18.



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Friends of The Center At The Heights, Needham Heights, MA

06-5329

SPECIAL EVENTS

 = In Person  = Zoom

Louis Prima Presented by Frank King

Thursday, December 7, 1:00 PM

As a tribute to Louis Prima's birthdate (December 7th), Mr. King will be covering the dynamic duo of Louis Prima and Keely Smith. You'll learn - and listen to - Louis' roller-coaster music career before he met Keely; his funny hit records from the 1940's; how they first teamed up in Virginia Beach; how Louis & Keely lit up the Casbah Lounge at the Sahara Hotel and made it THE place to be seen in Las Vegas; the story behind their biggest hit, "That Old Black Magic"; and the story of their personal lives, including after they split up. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. Cost: Free

The World Of Dolls

Monday, December 11, 1:00 PM

Join us for this presentation on the history of dolls with a display of 45+ collectable/antique dolls from the late 1800's through modern day.

- Learn about different types of dolls and where they come from.
- Take a walk down memory lane with Shirley Temple, Patty Play Pal and Ginny and many more.
- Learn about the varied materials that go into making different styles of dolls ; discover a variety of clothing and hair styles throughout the centuries, and
- Learn how to identify a doll and look for markings

Cost: Free

A Series on Mindfulness with Neil Motenko

Monday, December 11, 1:30 PM

See description on page 17.

Caregiver Support Group

Monday, December 11, 4:00 PM

See description on page 17.

Metrowest Legal Clinic

Tuesday, December 12, 10:00 AM -12:00 PM

See description on page 18.

Holiday Tour of The Wang (Boch Center)

Tuesday, December 12

(Our van boards at 9:15 AM)

Join us for another beautiful holiday tour at The Wang! We will take you behind-the-scenes of one of Boston's most prominent landmarks. Also, get an exclusive look at the Folk Americana Roots Hall of Fame! 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



What a great photo from the Center's 2022 Holiday Tour of the Wang!

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Kevin
Krinopol



SPECIAL EVENTS

 = In Person  = Zoom

Lunch Chat with Debbie

Tuesday, December 12, 11:30 AM

See description on page 15.



Holiday Lights Tour

Tuesday, December 12, 6:00 PM

Board our van and settle in to view the holiday lights all around Needham. Enjoy cocoa, cookies and singing carols along the way! Cost: \$3



Chair Massage with Kris

Wednesday, December 13, 10:00 AM - 12:00 PM

See description on page 15.



New England Conservatory Holiday Concert

Wednesday, December 13, 1:00 PM

This is one of our favorite partnerships! Come and let these talented students put us in the holiday spirit with their beautiful music! Cost: Free



Crafts With Kelley the Cop

Wednesday, December 13, 3:30 PM

See description on page 16.



Low-Vision Support Group

Thursday, December 14, 10:30 AM

See description on page 16.



All About Us

Thursday, December 14, 11:00 AM

See description on page 16.



Swallowing Disorders

Thursday, December 14, 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 Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiborslp@gmail.com. Cost: Free



Holidays at the Newport Mansions

Thursday, December 14 (Departure time TBD)

Come see two of Newport's most elegant mansions, The Breakers and the Marble House, decorated and on display for this wonderful time of the year. The tour director will provide commentary and background of the history of Newport. Lunch will be on your own at Bowen's Wharf area of Newport. This trip will require a certain degree of walking. Cost: \$119



Marble House Mansion in Newport, Rhode Island decorated for the holidays.

Holiday Piano Sing Along with Boston-Famous, Mel Stiller

Thursday, December 14, 1:00 PM

He was such a hit – he's coming back for the holidays!! Mel has been playing piano and leading sing-alongs at parties, corporate events, public venues, and senior settings for more than 30 years. Aicha knew him from when he would play at Jacob Wirth Restaurant in the Theater District every Friday Night. Wherever he plays, songbooks will be distributed with the lyrics to more than 500 classic rock/oldies, show tunes, standards, and holiday songs. Cost: Free



Mindfulness Practice with Neil Motenko

Monday, December 18, 1:30 PM

See description on page 20.



Sheryl Faye presents: Queen Elizabeth II – “Her Majesty”



Monday, December 18, 1:00 PM

She was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the



people of the UK through both joyful times and darker periods of challenge and uncertainty. An enduring admiration for Queen Elizabeth II united people across the Commonwealth. Sheryl

Faye portrays the Queen in this one-woman performance that is not to be missed! Cost: Free

Cooking with Jessica



Tuesday, December 19, 3:00 PM

See description on page 19.

Dinner Bell Community Dinner



Tuesday, December 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, December 12 to ensure we have food for everyone. Cost: A voluntary contribution of \$5 per meal.

Vintage Voices Holiday Concert & Party



Tuesday, December 19, 1:00 PM

Join in and sing or listen to holiday songs. Refreshments served! Cost: Free

Hearing Aid Clinic with Paul



Wednesday, December 20, 10:00 AM – 12:00 PM

See description on page 18.

Reiki with Nikki



Thursday, December 21, 11:15 AM-12:15 PM

See description on page 18.

Art Appreciation with Michele: Piet Mondrian



Thursday, December 21, 1:30 PM

Join research librarian and art educator Michele Marram as she explores the career of Piet Mondrian, a Dutch artist most well known as a leader of the De Stijl movement. How did this artist evolve from painting landscapes to those odd squares and rectangles? Following the presentation we'll have a chance to create our own “Mondrian-esque” works. Cost: Free



This monthly art program is offered in memory of Peter Kenney, a lifelong student and insatiably curious spirit. Funding is from the generous contributions of his family and friends in Guam and from Karen and Robert Fritz, in laws by marriage, friends by choice.

It's A Wonderful Life Movie Special



Wednesday, December 27, 1:00 PM

Join us to watch this holiday classic on the big screen. Holiday cookies and hot chocolate will be served. Bring a friend or neighbor! Cost: Free

1950's Rock and Roll Sing Along with Alan Cohen



Thursday, December 28, 1:00 PM

Alan is back after rave reviews of his Beatles Along program. This time he will feature 1950's Rock and Roll songs. Come enjoy this music from the late 1950's era. Lyrics will be provided.

Cost: Free

Art Appreciation participants try their hand at portraits in the style of Amedeo Modigliani during class in September.

From left:
Joan Onofrey, Jean Veigas, David & Mary Ann Siersdale.



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Sara Donahue & James Jakobek in honor of Anne McInerney's 100th birthday
Clyde Evans in appreciation of Scott Brumit's Tai Chi classes
Marilyn Harris in appreciation of Scott Brumit's Tai Chi classes

Car Talk with Stu Carpenter of Copley Motorcars in September was so much fun! We've been asked to bring Stu back for Part 2 because one hour just wasn't enough!

Here Dave Tamasy (left) talks with Stu about a car Stu brought to show. It is a 1957 Mercedes Benz 300SL Roadster worth \$1.3 million dollars. It was so interesting to hear how Copley Motor Cars sources rare and vintage cars for clients around the world.



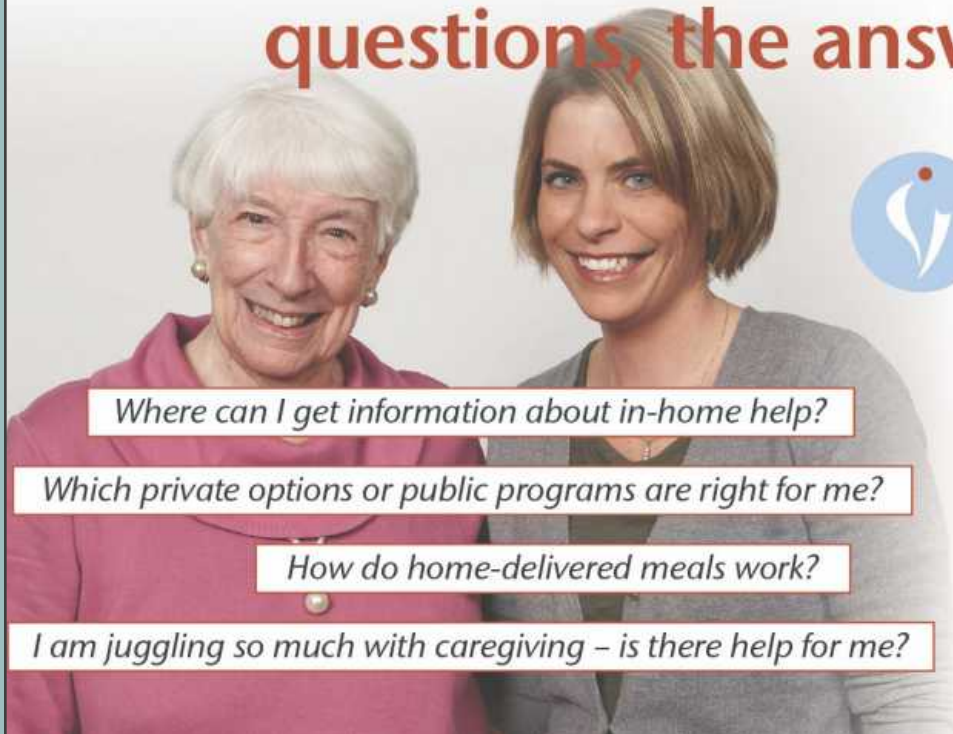
Special cookies for the event made by Hazels Bakery and donated by Stu & Caren Carpenter.



Many thanks to Patricia Varon for the donation of her beautiful watercolor titled "Satsuma Mandarins" to the Friends Gift Shop at the Center.

Did you know that the Center at the Heights displays beautiful works of art by area artists? These works are curated and changed monthly by the Needham Art Association. Anyone in the community is welcome to come in during our open hours to stroll our hallways and enjoy the work of these talented artists.

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FRIENDS OF THE CENTER AT THE HEIGHTS (CATH)

LETTER FROM THE PRESIDENTS

Dear CATH Participants & Donors,

The Friends of the CATH hope you enjoyed the Strawberry Shortcake Social in September. It was a good time for Friends to summarize what we do at the Center with your generous donations:

- Pay postal expenses for the permit and mailing of the bimonthly Compass newsletter;
- Purchase computer monitors for staff and front desk reception volunteers;
- Purchase new equipment for our Fitness Center;
- Supply coffee, tea, and refreshments for the Center's Café, and at Needham senior housing sites for those unable to go to the Center;
- Provide Zoom support for programs including Current Events Discussion with Gerry Koss;
- Provide funding for materials to support Crafts with Kelley the Cop, and
- When the Center first opened in 2014, Friends provided furnishings, kitchen equipment, and many other items requested by Center staff and participants.

In November some celebrate All Saints Day on the 1st, Veteran's Day on the 11th, and Thanksgiving on the 23rd. The full moon is on the 27th and is called the Beaver Moon as the beavers are preparing for the snow! The flower is the Chrysanthemum. November has two birthstones: Topaz and Citrine. Scorpio and Sagittarius are the Zodiac signs. In December there are celebrations for Hanukkah beginning on the 7th, Festivus on the 23rd, Christmas on the 25th, and Kwanzaa beginning on the 26th. Enjoy the lights, music, and traditional foods. The Cold Full Moon is on the 26th. Turquoise is the birthstone and Holly is the December flower.

Donate to Friends to celebrate the Holidays. The donation form is below.

Warmly,

Carol, Pat, Anne & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

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Your donation helps to fund the Compass and COA programs and activities that are not fully funded by the federal, state or local government.

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October 15 - December 7



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