

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight

Monica A. Touhey



Monica moved to Needham in 2019 after retiring from a long career in financial services. Luckily for us, she jumped right into the community by volunteering at the Center! Monica spends two afternoons a week at our Front Desk fielding calls and registering people for classes. We can't thank her enough for her time and dedication to the Center. She's a treasure!



Our fabulous Fitness Center Trainers Lisa Cadigan, Stephen Cadigan and Randi Sharek, are here to help you reach your 2024 fitness goals. Come into the Center to meet them and learn how they can help.

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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)
Closed all day for holidays on:	January 1,15 and February 19



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COMMUNITY UPDATES

From the Director of Aging Services

Dear Friends,

Happy New Year! It's time to start over with a fresh new beginning, dream big about our ambitions and bond more with our friends and family. No age is too golden to create goals and New Year's resolutions. Are you working to stay on top of health appointments? Want to spend more time with friends and be more active? Maybe it's time to try a new hobby or update legal documents? How about exploring new volunteer opportunities? We have programs and activities that can help with all of that. Did you know we can refer you to a free legal clinic? We have movie nights, card games, a choral group, special events, and a variety of support groups for caregivers, stroke survivors and those experiencing bereavement. Check out our health and wellness programs, including Drum Fit, Balance Assessments and Mindfulness Meditation.

As you make your resolutions, I hope that becoming more involved here at your Center is one of them. When life's challenges hit, as we all know they do, please realize that the Center is a place where people care and where there are activities to take your mind off your troubles. We welcome you all!

I wish you a new year filled with good health, gladness and prosperity,

LaTanya

"The object of a New Year is not that we should have a new year. It is that we should have a new soul". -- Gilbert K. Chesterton



The Center at the Heights and Needham Veteran's Services hosted our Annual Veteran's Day Dinner in November. It is always an honor to be able to host these brave men and women and their families for their service to our country. Seated left: Robert Bell, Chuck and Pam Bell. Seated right: Kathy and Tom Keating.



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CENTER INFORMATION & POLICIES

Participation

All Needham seniors are welcome to participate in COA-sponsored activities at the Center at the Heights through the sole discretion of the Needham COA, subject to the following:

- Participants must be 60 years or older or a disabled resident. Spouses who are less than 60-years old may participate with an eligible partner.
- Participants must assume responsibility for themselves and be mentally and physically capable of participation.
- Participants must be registered with the Center and check in every time they enter the building.

Program Registration & Payment

Pre-registration for programs at the Center is required. Needham residents may have priority for programs with limited capacity. Fees for trips of any kind must be paid in full at time of registration.

You can register in person by calling or coming into the Center or online through <https://myactivecenter.com>. For more information about online registration, email jgarf@needhamma.gov.

Fees for classes/programs must be paid by cash or check made out to "Town of Needham" and dropped off at our Front Desk or mailed to the Center at the Heights, 300 Hillside Ave., Needham, MA 02494, Attention: Programming.

Program Cancellation

We reserve the right to cancel, change or reschedule programs as needed. If we do so, registered participants will be contacted. If programs don't meet a minimum enrollment number, they may be cancelled at our discretion and any pre-paid fees will be credited to your COA account. We do not provide refunds. If you can not attend a program you have registered for in advance, please call to cancel. Many of our programs have waitlists and someone else may be able to attend.

Kiosk Sign In

Every time you enter the Center, please proceed immediately to the Sign-In Kiosk at the Front Desk. Sign in using your key tag. (Each person receives a key tag when they register at the Center the first time.) Lost or misplaced key tags can be replaced at the Front Desk. Sign in is required so that we know who is in the building in the event of an emergency. It also allows us to track participation which provides statistics we use when applying for local, state and federal grants for our programs.

Transportation

Transportation is offered to residents of Needham, 60 years and over and to residents with a documented disability, regardless of age. Passengers must be able to board and exit the van independently. This will be assessed by COA staff prior to riding. Van passengers must carry a completed "File of Life" emergency card which can be obtained at our Front Desk.

Registration is required for all van rides and must be scheduled at least 24 hours in advance by calling 781-455-7555, x204. If you reach voicemail, please leave a message, and you will receive a return call confirming your ride. Van pick up and drop off is subject to a first come first served reservation policy, as van space is limited. Our vans will only pick up or drop off at a passenger's home or at the Center at the Heights.

Inclement Weather

Your safety is our top concern. In the event of inclement weather, we will attempt to inform you if the Center is closing via phone, email and Internet. For up-to-date information: check the recording on our phone line (781-455-7555), visit the town website (www.needhamma.gov), or check *Aicha's Daily Highlights* email. At times, we won't be able to determine our opening status until the morning. Please check these resources before heading to the Center.

CENTER SUPPORTS

Aicha's Daily Highlights Emails

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports. 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. Snacks may be available after 1 pm depending on availability of food donations and kitchen volunteers. We couldn't operate the Café without our volunteers. Please remember to thank them for their assistance!

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



On Saturday, December 2, NPD hosted 100 Needham seniors for our Annual Holiday Dinner. This event, much anticipated by everyone attending, is generously funded by NPD's Honor Guard each year. NPD officers and staff shop, prep, cook and serve the meals which consist of holiday favorites, wine and dessert.



Left: Marie Lawrence is delighted by a raffle prize centerpiece and a parting gift from NPD received by all diners. Right: Officers Frongillo and Brienze scoop ice cream for dessert.

Join us on Tuesday, January 9 at 10 am for a Hot Breakfast with Needham Police sponsored by The Linden of Dedham. We'd love to meet you and hear more about how NPD can best serve the needs of Needham seniors. See more about this event on page 17.

CATH Boutique

Need to buy a gift for a friend? Looking for a great deal on greeting cards? Check out our beautiful boutique located at the Center at the Heights! 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 are at the Center!

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 Available

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, x205.

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 Council	781-444-2415
Needham Fire.....	781-455-7580
Needham Police.....	781-455-7570
Needham Public Health.....	781-455-7940
Needham Town Hall.....	781-455-7500
SHINE Medicare Counseling.....	781-455-7555
Social Security.....	1-800-772-1213

CATH on the Go

Center at the Heights (CATH) social workers are collaborating with the Needham Community Council (NCC) to offer a new initiative called "CATH on the Go!" Social workers from the CATH -Needham Aging Services offer free 20-minute consultations to NCC patrons every Wednesday at the Needham Community Council from 10:30 am – to 1:30 pm. What a terrific way to share community resources to meet the needs of more residents.



Left: Center at the Heights Social Worker Izabelle Dick staffed a "CATH on the Go!" session at the NCC in November. These sessions are a great for people to find help and resources.

Wellness for the Wise

Reframing New Year's Resolutions

2024 is here! How many of us have rung in a New Year with a New Year's resolution? New Year's resolutions are often 'all or nothing' goals like 'I will exercise every day,' 'I will eat healthier,' and so on. Instead of these large all-consuming goals that require immediate change, let's try for small, more achievable goals. With small and more achievable goals, we are more likely to be successful and will achieve the long lasting change we are looking for. So this year, let's reframe our New Year's resolutions and make lasting changes for ourselves and our community. In 2024, we will 'take care of our bodies and prioritize our wellness.'

- Your friends in CATH Social Work

FITNESS CLASSES

 = In Person  = Zoom

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 age 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 in advance by calling 781-455-7555** or login to myactivecenter.com

Pre-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 2:00-3:00 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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

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

Tai Chi & Qigong

Mondays, 10:00 am

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

Instructor: J. Scott Brumit

Meeting ID: 897 6396 8005 Passcode: 609523

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Studies have shown that Tai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep, improve symptoms of Fibromyalgia, reduce risk of falls and more. Cost: Free

Line Dancing with Paul

Mondays, 10:00 am

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

Instructor: Pearl Pressman

Meeting ID: 829 6962 5214 Passcode: 8119

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet any needs. It begins with a warm-up for both the joints and the muscles, followed by strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Cost: \$5/class

TUESDAYS

Walk & Talk Health: Walking Group with JCC & NWH

Tuesdays, 10:30-11:30 am

Jan 23, 30 and Feb 6, 13, 20, 27

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. You must register 24 hours in advance to be admitted to the JCC. Cost: Free



Train the Brain

Tuesdays, 11:00 am

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: J. Scott Brumitt

This Wednesday class is in-person at the Center. See the description on page 8. Cost: \$5/class



LaBlast Cardio Dance

Wednesdays, 10:15 am

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Karen Karten

Zoom Meeting ID: 821 9688 5896 Passcode: LABLAST

This class uses simple patterns from ballroom and social dances that are easy to follow. Weights are incorporated for strength training. Enjoy music from all genres and decades which makes it a fun workout in disguise! No dance experience necessary. Cost: \$5/class



FITNESS CLASSES

 = In Person  = Zoom

WEDNESDAYS (CONT.)

Interval Training

Wednesdays, 1:00 pm

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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



Move It, Shake It, Lift It!

Wednesdays, 2:00 pm

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Randi Sharek

Join Randi for a 45-minute class in the Fitness Room where you will use fitness tools to perform cardio, strength and flexibility exercises. The use of this space enables a diverse, unique and fun workout program. Cost: \$5/class



Evening Yoga & Meditation

Wednesdays, 5:00 pm

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 8. Cost: Free



Drum Fit

Thursdays, 11:00 am

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

See description on page 9. Cost: \$5/class



Elaine Belkin exercises using the semi-recumbent bike in our Fitness Center several days a week.



THURSDAYS (CONT.)

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

Thursdays, 5:15-6:00 pm

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Instructor: Lisa Cadigan



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

strengthening, posture awareness, and stretches for greater flexibility. Cost: \$5/class

Floor, Core & More

Fridays, 1:00 pm

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

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

SATURDAYS

Tabata

Saturdays, 9:15 am

Jan 6, 13, 20, 27 and Feb 3, 10, 17, 24

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

Jan 6, 13, 20, 27 and Feb 3, 10, 17, 24

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

 = In Person  = Zoom

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
Board Games & Cribbage	5:00 pm – 7:00 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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

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

Jan 8, 22, 29 and Feb 5, 12, 26 (closed 1/1, 1/15, 2/19)

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

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 am

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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



Mindful Living with Lisa

Tuesdays, 10:00 am

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

Meeting ID: 886 1212 7278 Passcode: 126379

Enjoy calming breathwork, 10-minute meditations, mindful awareness practices, meditations for kindness and compassion, and tips to support your daily practice. Lisa Campbell is a certified meditation and mindfulness coach, Kripalu Mindful Outdoor Guide, and US Air Force veteran. Cost: \$5/class



Current Events Discussion Group

Tuesdays, 10:30 am

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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



Ballroom Dance with Betty

Tuesdays, 2:30 pm

Jan 9, 16, 23, 30 Waltz and Feb 6, 13, 20, 27 Hustle

Betty Hood has been teaching ballroom dance for



more than 20 years, and through our senior center for more than 10 years. She is a wonderful teacher and her classes are popular. Couples and singles are welcome. Changing partners and wearing masks are optional. Cost: \$5/class

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

Tuesdays, 4:00 pm

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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



Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 pm

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

Come to play some games and be social.



Intermediate Bridge at Night

Tuesdays, 5:00–7:00 pm

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

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



Movie Night at the Center

Tuesdays at 6:00 pm

January 9, 23, February 13, 27

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



WEEKLY CLASSES

 = In Person  = Zoom

WEDNESDAYS

Bingo at the CATH

Wednesdays, 10:30 am

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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



Words Galore!

Wednesdays, 11:00 am

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Meeting ID: 873 4149 1346 Passcode: 063569

Join Val Walker (author, consultant, educator) for an hour of word play and brain twisters. Learn new words, word history and origins. Enjoy limericks, riddles, famous quotes, puns and trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Learn more at www.ValWalkerAuthor.com. Cost: Free



CATH Open Art Studio

Wednesdays, 11:30 am – 2:30 pm

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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



Opinion History with Ron

Wednesdays, 1:00 pm

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Meeting ID: 861 2520 8844 Passcode: 672425

Did you struggle in history class? Did you feel like you were just memorizing endless facts and dates that seemed meaningless? This course is very different! First, there are no right answers. Second, there are only your opinions. Third, I am the moderator. I do not have an opinion. I want 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



Tablet Talk with Stacey

Sponsored by the Needham Community Council
Wednesdays, 11:00 am

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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



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 will return you to your home at about 2:45 pm. Total shopping time is 1 hour. Cost: \$2

Market Basket Waltham

Every other Wed - Jan 10, 24 and Feb 7, 21

The van will pick you up from your home around 1:15 pm and will return 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 781-455-7555, x204 to schedule your trip. Cost: \$2

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 am–4:00 pm

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

TJ Tedeschi, our Veterans Agent, is here on Thursdays to help you with problems that confront veterans, their widows, widowers, and dependent children. To schedule a meeting with TJ, call 781-489-7509.



Great Plain Traders

Thursdays, 9:30 am

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

This group talks all things stocks. Cost: Free



Spousal/Partner Bereavement Circle

Thursdays, 10:00 am

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Location: Christ Episcopal Church, Needham
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: In-Person Appointments

Thursdays, 11:00 AM–12:00 pm (20 min. sessions)

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Stacey Fallon, Director for the Tablets & Tutors at The Needham Community Council conducts one-on-one sessions 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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Drop in. Cost: Free



Canasta & Mahjong at Night

Thursdays, 5:00–7:00 pm

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22, 29

Drop in. Cost Free



FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

Jan 5, 19, and Feb 2, 16

Meeting ID: 862 5244 5587 Passcode: 889695

This group will teach you tools and tips to hone your writing. You will help one another with writing techniques, share writing, and talk about the love of writing. All genres of writers are welcome. Cost: Free



Bingo at the CATH

Fridays, 10:30 am

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

See description on page 13.



Short Story Discussion Group

Fridays, 12:00 pm

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

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



Demystify Technology with Techie to the Rescue

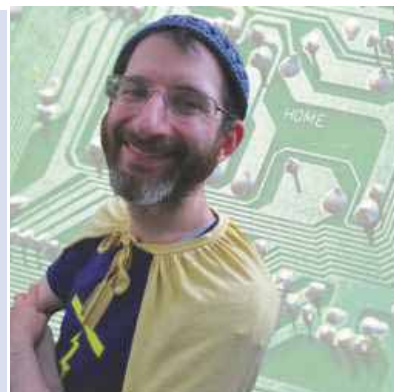
Fridays, 1:30 pm

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Meeting ID: 850 5749 7471



Our friend and "Techie to the Rescue" Avrom will answer your technology questions and will discuss technology news topics each week.



SPECIAL EVENTS

 = In Person  = Zoom

International Mind/Body Wellness Day Mini-Forum

Wednesday, January 3, 1:00 pm 

Have you thought of taking better care of yourself but not sure what to do? Come to these mini-sessions of wellness. There will be meditation, yoga, positivity training, Tai Chi and mindfulness. Come try them all! Cost: Free

Coffee with the Sheriff's Office

Thursday, January 4, 11:00 am 

Cheryl, from the Norfolk County Sheriff's Office will be here to give us an overview of all the programs they offer. Cost: Free

Great Generals of The Civil War (Part 1 of 2)

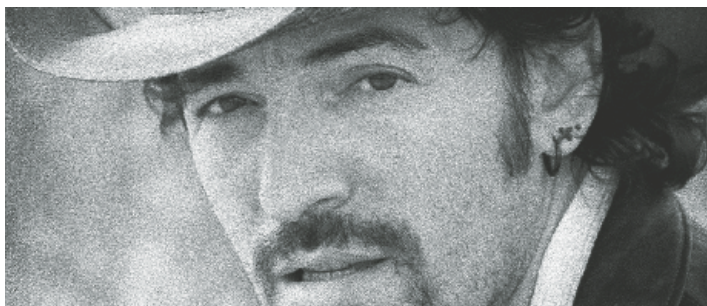
Thursday, January 4 and February 22, 1:00 pm

Generals Grant and Sherman are the most well-known generals to come out of the Civil War. Join our popular history expert and former college professor, Dr. Lanny Bruce Fields for this fascinating talk about the lesser known General George Thomas. Lanny quickly became a CATH favorite after his first series on global history was a hit. Cost: Free

Tour of the Boch Center (formerly Wang) - Bruce Springsteen Tribute

Friday, January 5, 9:30 am (Meet in Center Lobby)

Join us for a behind-the-scenes peek at one of Boston's most prominent landmarks. Learn about the theatre's architectural highlights and unique history—from its hotel roots and glamorous days as a movie "cathedral", to today's role as an impressive venue for performances and events. As a bonus, you will view a new tribute to Springsteen highlighting his past performances at the venue. Cost: \$10 for van ride.



Center Birthday Club

Friday, January 5, 12:30 pm

Join us in the Café to celebrate birthdays each month! Cost: Free

*Right:
Pardis Rezaei
recently
celebrated her
birthday with
cake and
friends at the
Center.*



Navigate Life Transitions in the New Year

Monday, January 8, 1:00 pm

A new year. Losses, gains, relocations, medical diagnoses, new technologies ... Life is full of changes and transitions. How can we best understand and deal with shifts, from those we choose to the completely unexpected? Join Dr. Miriam Rosalyn Diamond to gain insights and tools to ride and manage the currents that may come your way in 2024 and beyond. Cost: Free

A Series on Mindfulness with Neil Motenko

Monday, January 8, 1:30 pm

Email akelley@needhamma.gov to receive a Zoom meeting invitation

Presented jointly with the Wellesley COA

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, January 8, 4:00 pm

Email jrice@needhamma.gov to receive 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. Take time for yourself. Caregivers need support too. Cost: Free



Hot Breakfast with Needham Police Sponsored by The Linden of Dedham

Tuesday, January 9, 10:00 am

It's Law Enforcement Appreciation Day! Let's show our appreciation for Needham's men and women in blue. Join NPD officers for a hot breakfast sponsored by our friends at The Linden of Dedham. Cost: Free



Metrowest Legal Clinic

Tuesday, January 9, 10:00/10:30/11:00/11:30

These lawyers offer counsel to you via phone or Zoom. They are such a great resource! Email Aicha at akelley@needhamma.gov to schedule your 30 minute appointment. (First come, first served.) Cost: Free



Drop In With Debbie

Tuesday, January 9, 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, January 9, 11:00 am

These in-person sessions are presented by Speech and Language Pathologist Debbie Maibor, and focus on using your expressive skills through fun language games and activities. Cost: Free



Home Improvement 101

Tuesday, January 9, 11:00 am

Every year, consumers spend millions of dollars on home improvements. Remodeling and improving your home can be a huge undertaking. Join Jeanne Foy, Director of MASSPIRG Consumer Action Center, for a discussion on steps you can take to avoid potential home improvement contractor problems and where to turn for help if things go wrong. Cost: Free



Chair Massage with Kris

Wednesday, January 10, 10:00 am - 12:00 pm

Join Kris for a 15-minute chair massage. Register for your appointment. Please wear comfortable clothing. Cost Free. Tips appreciated.



Lunch Chat with Debbie

Wednesday, January 10, 12:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided. This program is led by Speech and Language Pathologist Debbie Maibor. For more information email dmaiborslp@gmail.com. Cost: Free



All About Us

Thursday, January 11, 11:00 am

Let's get together to really get to know each other! Cost: Free



50 Years in Publishing:

Humorous Stories I Had Along the Way

Thursday January 11, 1:00 pm

Henry Quinlan is back with his favorite anecdotes from people he encountered during 50 years in publishing. He will make you smile and appreciate the stories from your own life. He might even inspire you to write your story.

Some of his encounters include movie stars, cops and robbers, politicians, astronauts, famous journalists and more. Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

Stroke Social Group

Tuesday, January 16, 1:30 pm

Zoom ID: 852 8764 3979 Passcode: 586442

Stroke survivors, family members and friends are invited to meet on Zoom to socialize, catch up with others, share resources, etc. Questions? email Speech and Language Pathologist Debbie Maibor at dmaiborslp@gmail.com. Cost: Free



Cooking with Jessica

Tuesday, January 16, 3:00 pm

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



Hearing Aid Clinic

Wednesday, January 17, 11:00 am -12:00 pm

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



Life Transition Binder Workshop

Wednesday, January 17, 11:00 am

Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and help you manage your affairs if you needed assistance? Join Sandra Batra to create a customized binder that incorporates all your life details, including: personal data, property records, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. Cost: Free



Les Paul & Mary Ford with Frank King

Wednesday, January 17, 1:00 pm

In this lecture, Frank King will focus on the lives and songs of the fabulous husband-and-wife team Les Paul and Mary Ford, including Les' groundbreaking experiments that led to the invention of the electric guitar and multitrack recording. Also included: 3 hit



records from the great year of 1954; a rarely heard duet by Frank Sinatra and Dinah Shore connected to the fate of the Red Sox; and more surprises. Cost: Free

Reiki with Nikki

Thursday, January 18, 11:15 am-12:15 pm

Make your 15-minute appointment with Reiki Master Nikki Stournaras to experience this Japanese form of energy healing. Reiki practitioners use a technique called palm 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.



Long Term Care & Protecting Your Home

Thursday, January 18, 11:00 am

Overwhelmed with figuring out how you'll pay for long-term care? Not sure where to start? Worried what will happen to your home? Estate Planning and Elder Law Attorney Shani Collymore will show you how to protect your home from the cost of nursing home and other long-term care expenses. We'll discuss planning techniques as well as eligibility for MassHealth/Medicaid benefits to help pay for nursing home expenses. Cost: Free



The Battle of Gettysburg with Bob Begin

Thursday, January 18, 1:00 pm

In observance of Confederate History Day, Bob Begin will be here to revisit the Battle of Gettysburg. The Battle took place 160 years ago, in a small town in Pennsylvania, where Confederate and Union armies collided for three days in early July. At the end, Union troops would claim victory as the southerners retreated south. This battle marked the furthest advance made by Confederate General Lee's forces into the North. Locations such as Little Round Top, Devil's Den, and Cemetery Ridge were scenes of carnage. The battle was known as the turning point of the Civil War. Cost: Free



The Rat Pack – The Early Years with Deb Block

Monday, January 22, 11:00 am

We will examine the early years and the lives, loves, songs and films of Frank Sinatra, Sammy Davis, and Dean Martin, three charismatic members of The Rat Pack. Cost: Free



Life Transition Binder Workshop

Monday, January 22, 11:00 am

See description on page 18.



The Changing Real Estate Market: Lunch and Discussion

Monday, January 22, 12:00 pm

What does it mean for seniors as you decide next steps in either buying or selling? How do you best prepare? What pitfalls to avoid? What professionals should you have in your corner? Join Joe Drake of the Gillach Group--a William Raveis Real Estate team -- for lunch and a discussion on these topics. Gain some practical knowledge/advice and have your questions answered on what to do as you consider your next real estate move. You will also hear from lawyers with real estate law firm Dalton & Finegold. Cost: Free

Walk & Talk Health Presents: Dynamics of Stretching

Tuesday, January 23, 10:30 am

"Walk and Talk Health" (a collaboration between Newton Wellesley Hospital, the JCC of Greater Boston and the Needham COA) will kick off the new year with a discussion on the dynamics of stretching during this session of the weekly walking group at the JCC in Newton. John Scherry, Physical Therapist, Manager of NWH Cardiac Rehab and Daniel Destin, Exercise Physiologist, Fitness Specialist and Manager of the Shipley Fitness Center at NWH will lead a discussion on the guidelines for stretching, warming up and cooling down and then join the walkers on the JCC's indoor track to answer related health questions. Walkers must register at least 24 hours in advance with the senior center to be admitted to the JCC. Cost: Free



Pictured left: John Scherry, Physical Therapist. Pictured right: Daniel Destin, Exercise Physiologist, Fitness Specialist.



Lunch & Learn: Safeguarding Your Medicine Cabinet and Drug Take Back Event with Needham Public Health

Wednesday, January 24, 12:00 – 1:00 pm

Needham Public Health nurses will provide education and resources on the safe use of alcohol, prescription drugs, and cannabis for adults over 65. Learn about resources to help you manage taking your prescription drugs on time and in the correct doses. They will also share how to safely store alcohol, prescription drugs, and cannabis, and will introduce us to the Public Health Division's new Recovery Coaching Program. Bring your unused or expired over-the-counter and prescription drugs for safe disposal. (We do not accept sharps or

mercury thermometers. You can dispose of sharps at the Rosemary Recreation Center or Beth Israel Needham Hospital.) This event is co-sponsored by Needham Aging Services and Needham Public Health. Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

Self-Care Series: Loneliness During the Winter

Thursday, January 25, 11:00 am



During the winter months when it's more difficult to be active and social, many folks experience feelings of loneliness. Perhaps other times in your daily life you have felt lonely.

This presentation will explore what is loneliness and what drives those feelings. Additionally, presenter Lynn Croft offers some practical suggestions to ward off feeling lonely. Cost: Free

Adventures in Nova Scotia: Exploring History & Nature

Thursday, January 25, 1:00 pm

Joy Marzolf is back to discuss the history and nature of Nova Scotia and its long ties to New England. Learn how farming has changed in the Annapolis Valley from the unique techniques of the earliest French settlers of Grand Pre, to the vineyards of today. Visit the historic port of Yarmouth and learn about the "Age of Sail" and the role it played in the 18th and 19th centuries as people traveled back and forth to the US. Wildlife also migrates between our two countries. See birds and butterflies in ancient fields and whales and seabirds along the rugged coast. Enjoy a virtual visit to our neighbor to the North. Cost: Free



Mindfulness Practice with Neil Motenko

Monday, January 29, 1:30-2:15 pm



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

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. Cost: Free

Rob Natoli Swing Band Trio

Monday, January 29, 1:00 pm



Join us to swing off the winter blues with fabulous music! Cost: Free

What the World Needs Now Musical Program

Thursday, February 1, 12:00 pm lunch and performance begins at 12:30 pm



This fabulous vocal harmony group consisting of four singers – Walter Cooper, Stephen Cooper, Belle Linda Halpern and Jenny Bonham Carter – lends their voices to the social/racial/climate justice movement. They perform, lead a variety of music, and sing whatever is in their hearts. However, the dominating style is engaging civil rights movements music, soul and spirituals from different traditions. Come and sing along with us! Cost: Free

Walter Cooper (pictured right with Joan Story) and vocal harmony group "What The World Needs Now" visited the CATH last year. They're coming back to share their beautiful music and messages on February 1 at 12 pm.





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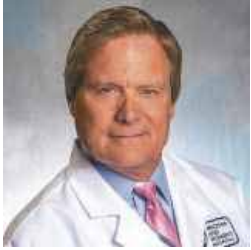
SPECIAL EVENTS

 = In Person  = Zoom

Cardiologist, John B. Cadigan III, MD National Wear Red Day



Friday, February 2, 1:00 pm



Did you know February is American Heart Month and the 2nd is National Wear Red Day? Heart disease is the leading cause of death in the U.S. and largely preventable. We're excited to welcome back Dr.

Cadigan, a brilliant cardiologist and our Stephen's brother! He will share the most up to date information on how to keep our hearts healthy. Dr Cadigan is a member of the Cardiovascular Division at the Brigham and Woman's Hospital and has over 30 years of clinical experience in treating cardiovascular diseases. Bring your questions and please wear red to help raise awareness for heart health. Cost: Free

Drop In With Debbie



Tuesday, February 6, 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, February 6, 11:00 am

These in-person sessions are presented by Speech and Language Pathologist Debbie Maibor, and will focus on using your expressive skills through fun language games and activities. You're welcome to attend any or all of the sessions. Cost: Free

Lunch Chat with Debbie



Wednesday, February 7, 12:00 pm

See description on page 17.

All About Us



Thursday, February 8, 11:00 am

See description on page 17.

Piano Sing Along with Boston-Famous, Mel Stiller



Thursday, February 8, 1:00 pm

He was such a hit – he's coming back! 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 can be distributed with the lyrics to more than 500 classic rock/oldies, show tunes, standards. Cost: Free

Mardi Gras Celebration with the Friends!



Monday, February 12, 1:00 pm

Join the Friends of the Center at the Heights for a festive Mardi Gras celebration. We will have beads, music and some traditional refreshments. We look forward to seeing you there! Cost: Free



A Series on Mindfulness with Neil Motenko



Monday, February 12, 1:30 pm

Email akelley@needhamma.gov to receive a Zoom meeting invitation. See description on page 16.

Caregiver Support Group



Monday, February 12, 4:00 pm

See description on page 17.

Metrowest Legal Clinic



Tuesday, February 13, 10:00/10:30/11:00/11:30 am

See description on page 17.

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SPECIAL EVENTS

 = In Person  = Zoom



Car Smart 101

Tuesday, February 13, 11:00 am

Hear this talk before you go President's Day car shopping, as cars are a major investment. Knowing the laws that protect consumers can help you make informed decisions about buying, leasing, and repairing a car in Massachusetts. Join Jeanne Foy, Director of MASSPIRG Consumer Action Center to learn how to be "car smart". Cost: Free



Greatest Love Songs of All Time with John Clark

Tuesday, February 13, 11:00 am

Let's face it—love and romance between two people is the most common topic of the popular song. What are the most cherished and enduring love songs of the 20th century? Enjoy classics from the teens (Me and My Gal) to 1972's (First Time Ever I Saw Your Face). Some of our best songwriters are represented, like Hoagy Carmichael, Cole Porter and Rodgers & Hammerstein. You will also hear our most popular singers, including Tony Bennett's The Way You Look Tonight, Nat King Cole with Unforgettable, Elvis Presley singing Can't Help Falling in Love and, of course, Frank Sinatra. Cost: Free



Stroke Social Group

Tuesday, February 13, 1:30 pm

See description on page 18.



Chair Massage with Kris

Wednesday, February 14, 10:00 am - 12:00 pm

See description on page 17.

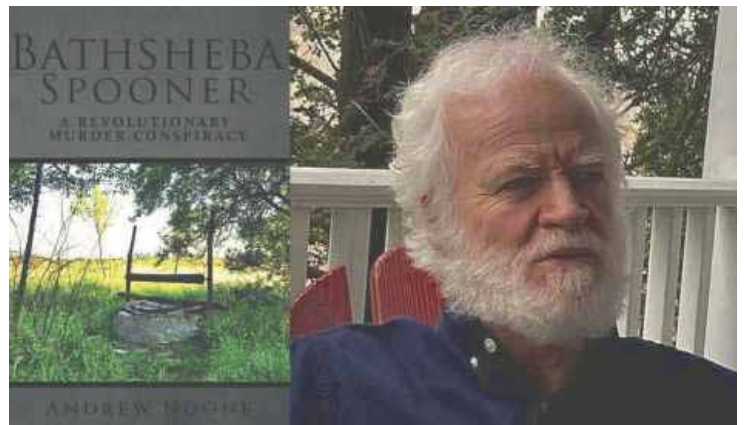


Author Talk by Andrew Noone: *Bathsheba Spooner: A Revolutionary Murder Conspiracy*



Wednesday, February 14, 1:00 pm

Noone's book details the most sensational crime of the Revolution. The title character, when five months pregnant, was hanged (despite protests to Boston) alongside her three British and American accomplices. Spooner, John Adams' second cousin, was the first woman executed in the new U.S., the instigator behind the nation's premier capital case. Cost: Free



Reiki with Nikki

Thursday, February 15, 11:15 am - 12:15 pm

See description on page 18.



Basic Estate Planning

Thursday, February 15, 11:00 am

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



Life Transition Binder Workshop

Thursday, February 15, 11:00 am

See description on page 18.



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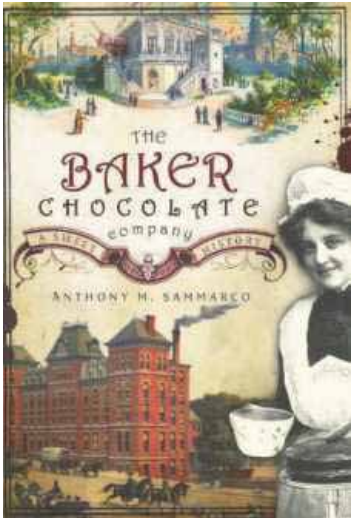


Kevin
Krinopol



SPECIAL EVENTS

 = In Person  = Zoom



Author and historian Anthony Sammarco is coming back to talk to share the history of the Baker Chocolate Company.

The History of the Baker Chocolate Company

Thursday, February 15, 1:00 pm

In 1765, Dr. James Baker of Dorchester stumbled upon Irishman John Hannon crying on the banks of the mighty Neponset River. Hannon, though penniless, possessed the rare skills required to create chocolate, a delicacy exclusive to Europe, and Baker, with pockets bursting, wished to make a name for himself. Using a mill powered by the same river upon which they met, the duo built America's oldest and most beloved manufacturer of this rich treat. Local historian Anthony Sammarco details the delicious saga of Massachusetts's Baker Chocolate Company, from Hannon's mysterious disappearance and the famed La Belle Chocolatiere advertising campaign to cacao bean smuggling sparked by Revolutionary War blockades. Both bitter and sweet, this tale is sure to tickle your taste buds. Cost: Free

Cooking with Jessica

Tuesday, February 20, 3:00 pm

See description on page 18.

Hearing Aid Clinic

Wednesday, February 21, 10:00-11:00 am

See description on page 18.

The Love of Abigail Adams

Wednesday, February 21, 1:00 pm

After a career in the accounting field and serving as a company controller for many years, presenter Richard Nichols has turned his attention to public speaking during retirement. Join him for an engaging discussion of the many topics on the life of Abigail Adams. She was a wife of a president and a mother of a president and she bravely fought for women's rights. Cost: Free

Self-Care Series:

Coming Out of the Winter Blues

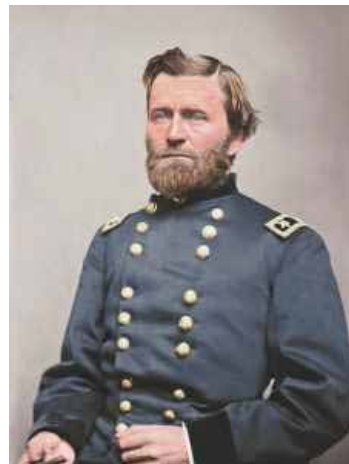
Thursday, February 22, 11:00 am

Join Healthcare Advocate Lynn Croft to learn how to tackle the "Winter Blues" and feel better. You'll discuss the five main areas of mental health, diet, sleep, exercise and how to keep on goal. Come away from this program with many tips for leading a more enriched life, even during the dark and cold winter months! Cost: Free

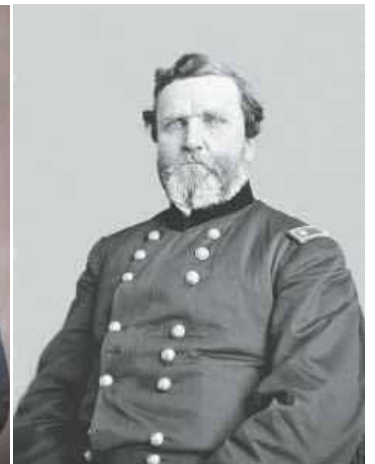
Great Generals of The Civil War with Lanny (Part 2 of 2-part series)

Thursday, February 22, 1:00 pm

See description on page 16.



General Ulysses S. Grant



General George Thomas

Presenting Carol Burnett with Deb Block



Monday, February 26, 1:00 pm

The Carol Burnett Show was a variety show that combined comedy sketches with song and dance. Burnett and her cast, Harvey Korman, Tim Conway, and Vicki Lawrence created many memorable characters during the show's run. We will look at these characters and sketches. We will also examine the structure of the show. Cost: Free



Mindfulness Practice with Neil Motenko



Monday, February 26, 1:30-2:15 pm

See description on page 20.

Eleanor Roosevelt – The First Lady of The World:



A Performance by Sheryl Faye

Tuesday, February 27, 1:00 pm

After suffering through an unhappy childhood and losing a parent and her brother, she figured out where she fit in and could make a difference. She grew up and became an American politician. She was the longest serving First Lady of the United States where she advocated for expanded roles for women in the workplace, the civil rights of African and Asian Americans, and the rights of World War II refugees. She became one of the first delegates to The United Nations and was one of the top ten most admired people of the 20th century. Cost: Free

Coffee with Needham Cops



Wednesday, February 28, 10:00 am

Come to the Cafe to spend some time with our men and women in blue from the NPD. As always, they will bring treats! Cost: Free



History of Boston Sports Championships



Wednesday, February 28, 1:00 pm

Relive the glory days with this documentary featuring some of Boston's most memorable championships. This Sports Illustrated film features Boston championships through the years. Don't miss this chance to reminisce with stories we all remember! There will be time for discussions after the documentary. Bring your memories and wear your favorite t-shirt or hat from your #1 Boston team! Cost: Free

Sheryl Faye as Eleanor Roosevelt in *Eleanor Roosevelt - The First Lady of the World*.

Sheryl Faye's performances are always full. Call to pre-register for this free performance today.



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Lois & William Bacon in honor of Ann Dermarderosian

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William & Kathleen Leahy in honor and appreciation of the senior center's social work staff

Beverly Linsky in honor of Marilyn Holstein's birthday

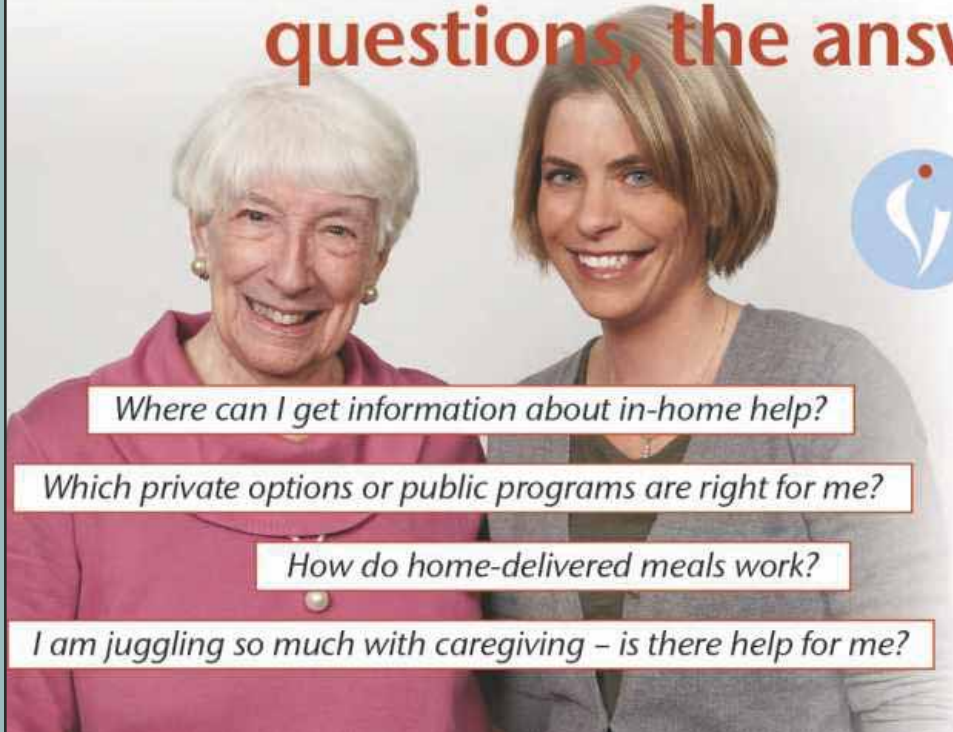
Leslie Pearlstein in appreciation of Sandy Levy and her fabulous yoga classes

Lois Raskind in appreciation of the senior center



Hats off to our CATH kitchen crew! These amazing volunteers and staff serve breakfast with a smile each week. Left: Appley and Tom are here on Tuesdays. Right: Caren, Tom, Jamie, Yustil, Fabienne, Stephan and Cliff are here on Wednesdays. Bingo days are busy and require all hands on deck!

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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 that you enjoyed the wonderful programs and trips during November and December. At the Friends Board of Directors meeting last fall a recommendation was made to remind participants that there is a suggested annual membership fee of \$25. As a reminder, your membership fee helps fund: programming when additional resources are needed; the mailing of the bimonthly Compass newsletter; Zoom subscription fees for Center staff; supplies for Crafts with Kelley the Cop, and coffee, tea, and refreshments for the Center's Café.

January 2024 has arrived! Epiphany is the 6th. Martin Luther King Day is the 15th. January is National Clean up Your Computer Month and National Hot Tea Month. January is usually the coldest month of the year. On the 2nd, Earth will be closest to the Sun. The Wolf Moon will shine the 25th. A meteor shower can be seen the night of the 3rd. Garnet is the birthstone, and Carnation and Snowdrops are the month's flowers. Capricorn and Aquarius share January.

February has 29 days and is a Leap Year. Groundhog Day is the 2nd. Will Punxsutawney Phil see his shadow? Lunar New Year is celebrated the 10th. the Friends' Mardi Gras party is the 12th. Ash Wednesday and Valentine's Day are the 14th. Presidents Day is the 19th. It is African American History Month. February is the snowiest month of the year. The full moon is called the Snow Moon and can be seen on the 24th. Aquarius and Pisces share the month. The Violet and Primrose are February flowers. Amethyst is the birthstone.

May the closeness of your loved ones, family and friends fill your heart with joy. Happy New Year!

Warmly,

Carol, Pat, Anne & Beverly

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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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SHINE NEWS

Medicare / Medicaid Counseling

Can I Still Change My Medicare Plan?

Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2024. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year:

- **Exceptional Circumstances:** If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.
- **Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.
- **For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs:** You can change your Medicare Advantage plan or drug plan during the year.



- **Medigap Plan:** You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back, as soon as possible.



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