

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight

Isabelle Avedikian



Always warm and smiling, Isabelle generously volunteers her time at the Center each week, as she has done for

than 12 years. She also serves on the Friends Board of Directors. Isabelle has lived in Needham for 57 years and worked as a teacher and school administrator locally while raising her family. Come into our Boutique on Wednesday mornings to say hello and help us thank her for her dedication to the Center!



We were thrilled to celebrate Black History Month at the Center by welcoming back *What The World Needs Now* Interfaith Coalition Singers for a soulful concert and luncheon. Pictured from left: Helen Gregory, Colleen Schaller, Jenny Bonham-Carter, LaTanya Steele, Stephen Cooper, Walter Cooper and Carol deLemos.

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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 Patriot's Day

April 15



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SHINE

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Director of Aging Services

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Assistant Director of Programming & Transportation

Aicha Kelley

Assistant Director of Counseling & Volunteers

Jessica Moss, LICSW

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Kerrie Cusack, LICSW
Izabelle Dick, LCSW
Stephanie Knoch (Intern)
Jessica Moss, LICSW
Jessica Rice, LCSW

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Karen Marchilonis
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From the Director of Aging Services

Dear Friends,

Hello Spring! I always look forward to this season as we emerge from the cold and start to get our gardens, yards and patios ready for the warmer weather. It's a time to plant new flowers and see old ones re-emerge. It's a season of growth, change and new energy.

Also, as we emerge from the cold weather, I hope to see a record number of seniors participating in programs and activities at the Center. Come in and invite a friend or neighbor to join you. This would be a perfect way to get others involved at the Center and benefitting from our educational, social and fitness programs.

Please remember that registration is required for all programs and activities. With many programs filling up, we do have waitlists. So, if you are unable to attend something you have signed up for—whether it is fee based or a free program—please call us and cancel so we can add someone from the waitlist. We want everyone to be able to enjoy all the amazing things we have to offer.

A big thanks to all who volunteer here for any number of jobs. We appreciate all you do.

I look forward to seeing you soon!

LaTanya

"March is an example of how beautiful new beginnings can be."

- Anamika Mishra



We love any occasion to celebrate at the Center! Pictured left: kitchen volunteer Appley Adams celebrates her birthday with us. Pictured center: Leila Bestourous, Victor Zaki and Officer Scolponeti celebrate Police Appreciation Day. Pictured right: Stephen Cadigan and his brother and Cardiologist Dr. Jack Cadigan, pose together after a talk given by Dr. Cadigan in celebration of American Heart Month.



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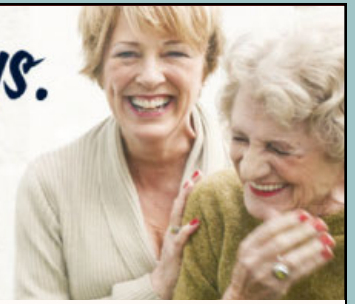
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CENTER INFORMATION & POLICIES

Participation

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 the priority for programs with limited capacity. Fees for trips of any kind must be paid in full at the 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 Avenue, Needham, MA 02494, Attn: 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

Upon entering 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.

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

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 emails. 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 Parking

Please park in the lot to the rear and left of our building or in a marked space on the street. Do not park in the MBTA lot to the right of our building unless you pay to park there. They regularly ticket cars throughout the day.

CENTER SUPPORTS

Aicha's Daily Highlights Emails

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports and random surprises. She includes everything from health updates to Zoom class links. This email is a great way to stay connected to the Center and up-to-date on Center activities. To receive them, email akelley@needhamma.gov.

The Center Café

The Café at the Center is abuzz each weekday morning and afternoon with people eating, dropping in for a cup of tea or coffee, socializing or just resting between classes and programs. Our wonderful volunteers serve a continental breakfast between 8:30-10:30 AM. Stop by for a bite or get a ride on our van.

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 on delivery, call Stephan at 781-455-7555 x204. There is a suggested donation of \$2.50 per lunch.

Spanish Translator

Our friend and certified Spanish translator, Patricia Varon is volunteering her services for anyone in need. Ms. Varon attended Boston University to gain her certification and now wants to share her talents with anyone who needs English/Spanish translation. To set up an appointment with Ms. Varon, email Aicha at akelley@needhamma.gov and she will help set up an appointment.

CATH Boutique

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 programs and initiatives.

Officer Kelley's Corner

Updates & Alerts from NPD Community Relations
Officer Kelley Scolponeti



The Needham Police Department warns all residents to beware of common scams that continue to occur in and around town. We will also be posting flyers around town that warn the public of the most common scams and hope to post town. Here are some of the most common scams we are seeing:

- ♦ Typically, no reputable company is going door to door to repair your chimney or fix your driveway since they have “extra material”;
- ♦ No police department or lawyer will ever call you looking to get someone out of jail with gift cards;
- ♦ No police department or lawyer will drive to your house to pick up cash for someone injured in an accident;
- ♦ Generally speaking, no one is selling tickets or furniture for an incredibly low price. If it seems too good to be true, it is. We promise.

If you believe something is a scam, slow down and call us. We are open 24 hours a day. You are not wasting our time by double checking. Needham residents fall victim to hundreds of scams a year. Let’s reduce this number together! 781-455-7570.

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

Counseling & 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

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.

Circle Round Support Group

For centuries and across cultures women have gathered in community to share their stories and to lean on one another for support. In today's world, these opportunities for connection seem hard to come by. In response, Center Social Worker Kerrie Cusack, LICSW, is facilitating a new women's support group for anyone looking for support, community and a safe space to share their unique story.

Each week the group will gather for a mindfulness exercise, do an activity to promote reflection (journaling, drawing, etc.), and be invited to share stories with others. Sharing is not required. The time is yours. Pre-registration is required. Call Kerrie Cusack to register, 781-455-7555, ext. 205.

Two times and locations (pick one):

- ♦ Mondays, March 25 – April 29, 3:00-4:00 pm
Location: Center at the Heights
- ♦ Wednesdays, March 27 – May 1, 2:00-3:00 pm
Location: Nehoiden Glen Community Room

Wellness for the Wise



We have all heard the phrase “April showers bring May flowers”. For those of us lacking a green thumb, here is another interpretation of this phrase as we transition to Spring.

Winters in New England can be challenging in far more ways than the unpredictable weather and shorter days. Winter and the holiday season often evoke memories; both good and bad, and for many, a reminder of those we have lost along the way. What if ‘April showers’ represented tears and ‘May flowers,’ a new beginning?

Though we have been conditioned to believe that crying is a sign of weakness, some types of crying can actually have positive effects on our wellbeing. Crying can help us regulate our emotions, elicit support from others, and relieve pain. Some studies have shown crying in certain situations can even have benefits to our physical health.

Perhaps our tears in April may not lead to flowers as quickly as this expression indicates. However, we can gather from this that expressing emotions can have positive benefits on our overall health.

-Your friends in CATH Social Work

FITNESS CLASSES

Registration is required for all classes

The Center offers in-person and Zoom fitness classes (\$5/class). We have a state-of-the-art Fitness Center (\$25/month) staffed by trainers that is available to anyone 60 or older. 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

Come in for your balance assessment using our HUR Balance Device. With the results you can take steps to improve your balance through exercise and fall prevention techniques. Cost: Free



Center Fitness Trainers Lisa Cadigan, Stephen Cadigan and Randi Sharek are here to help you set and reach your fitness goals.

MONDAYS

Yoga with Sandi

Mondays, 9:00 am

Mar 4, 11, 18, 25 and Apr 1, 8, 22, 29 (no class 4/15)

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

Join Sandi for Viniyoga, which is gentle and includes breathing exercises, balances, stretching work, strengthening work and relaxation. Cost: \$5/class

Tai Chi & Qigong

Mondays, 10:00 am

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

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, get better nighttime sleep, reduce risk of falls and more. Cost: Free

Line Dancing with Paul

Mondays, 10:00 am

Mar 4, 11, 18, 25 and Apr 1, 8, 22, 29 (no class 4/15)

Line dancing is a great way to have fun while you improve fitness. Each dance is broken down and demonstrated. No need to have a partner and no experience is necessary! Cost: \$5/class

Seated Strength & Balance with Pearl

Mondays, 10:30 am

Mar 4, 11, 25 and Apr 1, 8, 22, 29 (no class 3/18, 4/15)

Instructor: Pearl Pressman

Meeting ID: 829 6962 5214 Passcode: 8119

This seated class begins with a warm-up for the joints and the muscles, followed by strength training for the major muscle groups of the body using hand weights and 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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Every week Needham seniors are invited to walk at the Jewish Community Center in Newton on their indoor track. A fitness trainer will be there each week to join the walkers and answer your questions. Quarterly, a health specialist from Newton Wellesley Hospital will attend to educate on important health topics and walk and talk with you. Registration required. Cost: Free

Train the Brain

Tuesdays, 11:00 am

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Instructor: Lisa Cadigan

Zoom Meeting ID: 843 7955 7037

Elastic resistance bands are forgiving on the joints of the older adult and help increase strength while addressing all muscle groups. Registrants can pick up their bands at the Center. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class

Arthritis Class

Tuesdays, 2:00 pm

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

This is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance, balance and coordination. Cost: \$5/class

Zumba Gold

Tuesdays, 4:30 pm

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Instructor: Lulu Tsai

Zoom Meeting ID: 825 7084 7065 Passcode: Zumba

Zumba gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Lulu is great and will get you up and moving in the evenings. Hand weights may be used. Cost: \$5/class

WEDNESDAYS

Tai Chi & Qigong

Wednesdays, 9:00 am

Mar 6, 13, 20, 27 and Apr 3, 17, 24 (no class 4/10)

Instructor: J. Scott Brumit

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, get better nighttime sleep, reduce risk of falls and more. Cost: Free

LaBlast Cardio Dance

Wednesdays, 10:15 am

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

Instructor: Karen Karten

Zoom Meeting ID: 821 9688 5896 Passcode: LABLAST

This class incorporates simple patterns from ballroom and social dances like disco, salsa, foxtrot, swing and more together with music from all genres and decades. You'll have fun while getting a great cardio workout. No dance experience is necessary. Weights are incorporated for strength training. It's a fun workout in disguise! Cost: \$5/class

Interval Training

Wednesdays, 1:00 pm

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

Instructor: Lisa Cadigan

Zoom Meeting ID: 859 4613 1521

In this class Lisa offers high intensity interval training that is customized for you. It builds cardio 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

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

Move It, Shake It, Lift It!

Wednesdays, 2:00 pm

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

Instructor: Randi Sharek

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



Evening Yoga & Meditation

Wednesdays, 5:00 pm

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

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



Drum Fit

Thursdays, 11:00 am

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

Instructor: Stephen Cadigan

Join us for this fun class that will help you increase cardiovascular fitness, and improve your balance and flexibility! Using the drumsticks provided, you will drum on a yoga ball to the beat of great music while following a cardio routine led by Stephen. Participate standing or seated. This class can be enjoyed by anyone regardless of fitness level. Come in to try or just to take a look. Cost: \$5/class



Arthritis Class

Thursdays, 2:00 pm

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

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

This is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance, balance and coordination. Cost: \$5/class.



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

Thursdays, 5:15-6:00 pm

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

Instructor: Lisa Cadigan

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



THURSDAYS

Pilates

Thursdays, 8:00 am

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

Instructor: Lisa Karger

Zoom Meeting ID: 820 469 8985

Pilates helps with body alignment, breathing, building a strong core and improving coordination and balance. You will need a mat. Cost: \$5/class



Tai Chi & Qigong

Thursdays, 10:00 am

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

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Join Scotty on Zoom to take advantage of the many health benefits. Cost: Free



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 am

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

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 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

Balance, Posture, Core



Fridays, 10:30 am

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

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

Floor, Core & More



Fridays, 1:00 pm

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

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

Arthritis Class



Saturdays, 10:15 am

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

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.

Fitness Center Hours

9:00 am—2:00 pm Monday—Friday



Fitness Center clients Alex Cullen and Tony Cellucci like to incorporate the bike into their regular workouts.

SATURDAYS

Tabata



Saturdays, 9:15 am

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

Instructor: Lisa Cadigan

Zoom Meeting ID: 814 0515 8908 Passcode: 821835

This high-intensity interval training class 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

Spring Games with our Trainers



Wednesday, April 24, 2:00 pm

Come kickoff spring at the Center enjoying the warm weather games of your youth. Improve your agility and balance, while engaging in lively competition among friends. Beachball volleyball, bean bag toss and more designed to safely enhance your agility, core strength, flexibility, range of motion, and balance. You will also enjoy an interactive presentation which will sharpen your cognitive acuity! Cost: Free

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
Mahjong (Intermediate)	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

Mar 4, 11, 18, 25 and Apr 1, 8, 22, 29 (no class 4/15)

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

Mar 4, 11, 18, 25 and Apr 1, 8, 22, 29 (no class 4/15)

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

Mar 4, 11, 18, 25 and Apr 1, 8, 22, 29 (no class 4/15)

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

TUESDAYS

Blood Pressure Clinic



Tuesdays, 9:00 – 11:00 am

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Meeting ID: 886 1212 7278 Passcode: 126379

Enjoy calming breathwork, 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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

March 5, 12, 19, 26 – West Coast Swing

April 2, 9, 16, 23, 30 – Fox Trot

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

Come to play some games and be social. This is not an organized event. So, bring a friend or call ahead to see if others will be here to play. Cost: Free

Intermediate Bridge at Night



Tuesdays, 5:00–7:00 pm

Mar 5, 12, 19, 26 and Apr 2, 9, 16, 23, 30

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

Mar 12, 26 and Apr 9, 23

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

WEDNESDAYS

Bingo



Wednesdays, 10:30 am

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

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

Words Galore!



Wednesdays, 11:00 am

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

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



Rummikub is a favorite game among afternoon Café patrons.

Drop by to join in!

WEEKLY CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

CATH Open Art Studio

Wednesdays, 11:30 am – 2:30 pm

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

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

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

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



It may be cold outside, but it is warm and sunny in our Center! Drop in for a game of Hand & Foot—a version of Canasta or a variety of other card and board games. See page 12 for the daily schedule.



Weekly Shopping Trips

Our vans make weekly trips to several Needham grocery and drug stores. Needham residents can board our vans at the Center or get picked up and dropped off at home. If you'd like to get out to do a little shopping, call Stephan, 781-455-7555 x204 to reserve your seat a minimum of 24 hours in advance of each trip.

Sudbury Farms

Every Wednesday

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

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

Market Basket Waltham

Every other Wednesday

Mar 6, 20 and Apr 3, 17

The van will pick you up from your home around 1:15 pm and return you to your home. Cost: \$3

Trader Joe's, CVS & Walgreens

Every Thursday

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

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. Cost: \$2

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 am–4:00 pm

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

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

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

This group talks all things stocks. Cost: Free

Knitting With Friends

Thursdays, 10:00 am–12:30 pm

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

Bring your knitting to the Center to work on while you socialize with others. It is also a great opportunity for finding and offering inspiration and assistance with your projects. Cost: Free

Life After Loss Grief Group

Thursdays, 10:00–11:30 am

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

This Group meets in the Memorial Room at the Episcopal Church, 1132 Highland Ave., Needham. Nikki, a Chaplain at West River Hospice, offers her weekly bereavement group that follows an open spiritual path to process the loss of loved ones and other personal grief. Even if you don't want to share, listening and realizing you are not alone could help. Cost: Free

Pool Hall Nights

Thursdays, 5:00 – 8:00 pm

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

Drop in to play on your own, bring some friends, or join others who may also be here to play. This is not an organized activity. Cost: Free

Canasta & Mahjong at Night

Thursdays, 5:00–7:00 pm

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

Drop in to join others who may already be here or bring your friends to play. This is not an organized activity. Game sets are provided. Cost Free

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

Mar 1, 15 and Apr 5, 19

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 your love of writing. All genres of writers are welcome. Cost: Free

Bingo

Fridays, 10:30 am

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

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



Short Story Discussion Group

Fridays, 12:00 am

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

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

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

Bring your friends and join us most Fridays for a movie on the big screen. Check Aicha's Highlights or call our Front Desk to learn the movie title each week. Cost: Free

Demystify Technology with Techie to the Rescue

Fridays, 1:30 pm

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

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

SPECIAL EVENTS

 = In Person  = Zoom

Coffee with Best of Times Travel

Monday, March 4, 9:30 am

Kimberly Gibson of Best of Times Travel will be at the Center to introduce the great bus trips they are offering in 2024. If you enjoy their bus trips around New England, join us. Cost: Free



Aging with Purpose

Monday, March 4, 1:00 pm

So many seniors are living longer today than generations before. But how does one make the most of this gift? Learn how to make the extra years really count. Topics include: how seniors are changing the world; how ageism affects how long you live and how to "age on purpose." Cost: Free



Metrowest Legal Clinic

Tuesday, March 5, 10:00/10:30/11:00/11:30 am

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



Lunch Chat with Debbie

Wednesday, March 6, 12:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch is provided. This program is led by Speech and Language Pathologist Debra Maibor. Cost: Free



Andy Cooney's Irish Celebration Offered by Best of Times Travel

Wednesday, March 6 Departure time TBD

The sights and sounds of Ireland come alive at Danversport in Danvers, MA, with Andy Cooney and his Irish Celebration including The Guinness Irish Band and Emerald Fire Irish Dance. Cost: \$129pp includes transportation, plated luncheon, meal tax, meal gratuity, and show ticket.



TRIP

All About Us with Debbie

Thursday, March 7, 11:00 am

Let's get together to really get to know each other! This program is led by Speech and Language Pathologist Debra Maibor. Cost: Free



Understanding Alzheimer's & Dementia

Thursday, March 7, 11:00 am

Norma Milligan from the Alzheimer's Association is back with basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. Knowledge is strength. Cost: Free



Oldies But Goodies — A Sing Along with Archie Richards

Thursday, March 7, 1:00 pm

Always a Center favorite, Archie Richards will be here to lead us in a sing along featuring our favorite oldies but goodies! Cost: Free



Coffee With Select Board Member Kevin Keane

Friday, March 8, 9:30 am

Kevin Keane will join us for coffee before bingo. Come in to learn more about what's new in Needham, upcoming projects and improvements, and to have your questions about town of Needham matters answered. Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, March 11, 1:30 pm

Presented jointly with the Wellesley COA
Email akelley@needhamma.gov to receive a Zoom meeting 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 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 any time. Cost: Free



Caregiver Support Group

Monday, March 11, 4:00 pm

Email jrice@needhamma.gov to receive a Zoom link. This group offers the opportunity for members to share experiences, information, encouragement, new perspectives, tools and approaches related to the caregiving journey. Cost: Free



Lunch & Learn:

Cybersecurity—What You Should Know

Tuesday, March 12, 11:30 am

Are you aware of the online risks for seniors that could compromise your personal information and hard-earned savings? Have you come across suspicious emails or phone calls asking for sensitive details? Join local Realtors, Jonathan Migdol and Jane Migdol of Gibson Sotheby's International Realty for lunch and a presentation on cybersecurity, where we'll dive into the world of online scams and equip you with the knowledge to stay safe in the digital realm. Discover real-life examples of scams and other sneaky tactics used by cyber criminals. Learn how to spot red flags and protect yourself from falling into their traps. Cost: Free



Irish Music in America with John Clark

Tuesday, March 12, 1:00 pm

With the influx of Irish immigrants to America came a treasure trove of great music, the best of it featured in this program. Most of the songs you'll hear today are either traditional Irish ballads or Irish folk songs that tell dramatic and sometimes even violent tales. Some artists featured are the Dubliners, the Chieftains and the Clancy Brothers. Bring out the shamrocks and shillelaghs, pour me a Guinness and don't be forgetting the wearing of the green. Cost: Free



Health Forum with Stephen Cadigan The Core & Its Importance for Good Balance

Tuesday, March 12, 3:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350
The Core is composed of the central group of muscles, which is the body's physical power plant. Many of these muscles are large, long and run deep. Some attach from the mid-spinal column and run down to the leg bones. They are essential for good balance. Weak, injured and dysfunctional core muscles can result in poor balance and cause back, hip and leg pain. Learn more about these important muscles and how to strengthen them. Cost: Free



Life Transition Binder Workshop

Wednesday, March 13, 1:00 pm

Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your important life details. Take control and act now so your loved ones have the information they need in the event of an emergency. Cost: Free



Chair Massage with Kris

Wednesday, March 13, 10:00 am - 12:00 pm

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



The Mills Brothers

Presented by Frank King

Wednesday, March 13, 1:00 pm

Join Frank King for a musical lecture where you'll get to hear the standout songs of this Golden Era. Frank's lecture will cover the seven decades of music made by the wonderful Mills Brothers. Also included: the story behind 3 big hit records from 1957; and the evolution of the great song, *Mack the Knife*, from Kurt Weill to Bobby Darin. Cost: Free



Crafts with Kelley the Cop

Wednesday, March 13, 3:30 pm

Needham Police Officer Kelley Scolponeti teaches a monthly craft class at the Center. Join her for a variety of creative projects like holiday decor, bird baths, beautiful home decor items and more. This class is creative, social and so much fun! Cost: Free



Field Trip to Encore Casino **TRIP**

Thursday, March 14; Van boards at 10:00 am.

Feeling lucky? Let's head to Encore and see if you can win big - or just take in the sights. Cost: \$10



Brain Health – National Nutrition Month

Thursday, March 14, 10:00 am

Richard Rogers of Heart To Home Meals was standing in front of a gas oven in his restaurant when it exploded, causing a traumatic loss of memory and cognitive impairment. "The Forgetful Chef", speaks with groups, providing hope to others by relating his experience in regaining much of his cognitive abilities and memory function. He also discusses the latest information on how to improve brain health at any age. Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

Low-Vision Support Group

Thursday, March 14, 10:30 am

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

Self-Care Series: Cognitive Health & Wellness

Thursday, March 14, 11:00 am

Genetic, environmental, and lifestyle factors are all thought to influence cognition and health. Aging also has an impact on cognitive functions such as problems with attention, memory recall, planning, reasoning, and problem solving. Join Professional Healthcare Advocate Lynn Croft to learn ways to boost your cognitive fitness. Cost: Free

Global History With Lanny: The Way of Attuning

Thursday, March 14, 1:00 pm

Dr. Lanny Bruce Fields is back with his hugely popular Global History Program. This time he will focus on China and Albert Einstein. Lanny is a highly regarded retired professor who taught at many prestigious universities throughout his career. Cost: Free

National Consumer Rights Day— Be in the Know!

Friday, March 15, 11:00 am

Worried about getting taken in by the latest scam? Concerned about the possibility that your ID could be stolen, and you suddenly find yourself saddled with thousands of dollars of surprise bills? Join us for a discussion with Danielle Bass, Community Relations Manager with the Better Business Bureau, on current scams and what the BBB is doing to educate consumers and prevent victimization by scammers. Cost: Free

Irish Step Dancers

Friday, March 15, 10:30 am

Come to enjoy the talented Irish Step Dancers from the Greene- O'Leary School of Irish Dance in Norwood. They will be at the Center to help us kick off the St. Patrick's Day weekend! Cost: Free



"Are you Okay?" Program— with Sheriff McDermott's Office

Monday, March 18, 11:00 am

Cheryl Bamberg from Sheriff McDermott's office will be here to give us all the information we need to sign up for the free service "Are you Okay?" a daily well-being check for seniors. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors. Cost: Free

A Brief History of England's Conquest & Colonization of Ireland

Monday, March 18, 1:00 pm

Mike Beard is back with a quick overview of English and Irish history. His talk will start with the Emperor Claudius' invasion of Britain in 43AD, continue with William's invasion of England in 1066AD, Henry II's invasion of Ireland in 1171AD and conclude with the murder of Michael Collins in August 1922. We will also discuss how Cromwell murdered and enslaved tens of thousands of the Irish. Cost: Free



Walk & Talk Health: Stress & Its Impact on Your Health

Tuesday, March 19, 10:30 am

At this special session of Walk & Talk Health (a community collaboration between the Needham COA, Jewish Community Center of Greater Boston and Newton Wellesley Hospital), Reiki Master and Chairperson for Newton Wellesley Hospital Heart Health and Wellness Council Beth Keane, will lead a conversation about stress and the impact it has on your health. She will share tools and techniques for you to use to mitigate stress for a healthier mind and body. After the discussion Keane and Jane Barr, NWH Community Wellness Coordinator, will walk the track with participants and answer questions. (Pre-registration required.) Cost: Free

Cooking for Nutrition with BID Needham: Power Foods for the Brain & Body

Tuesday, March 19, 3:00 pm

Diet can have a major impact on your brain and its performance. Join the nutrition team from Beth Israel Needham for a discussion about what food does for the brain and the body, as well as how to prioritize nutrient rich power foods in your diet that may help improve your overall cognitive function by boosting your memory and sharpening your focus. A snack to help maintain your brain will be shared. Cost: Free

Daily Money Management 101

Wednesday, March 20, 11:00 am

Do you know what a Daily Money Manager (DMM) does? DMMs help people with their financial organization and management, including bill paying, document organizing and storage, compiling information for taxes for accountants, handling investment and financial paperwork, resolving problems with billings, submitting and tracking insurance claims and more. Certified DMM Jeffrey Wildstein will be here to shed some light about how DMMs can help clients relieve the stress of these often tedious tasks. Cost: Free

Songs of The Early 60s: Rock & Roll Sing Along With Alan Cohen

Wednesday, March 20, 1:00 pm

Alan is back after rave reviews of his last sing along. This month he will feature songs by Elvis Presley, Bobby Vee, Jay and The Americans, Leslie Gore, The Drifters and more! Join us for this entertaining and uplifting musical event! Cost: Free

Anthony Sammarco Presents: Boston History in Poetry

Thursday, March 21, 1:00 pm

Anthony Sammarco is back to share Boston history from the 17th through the 20th centuries in photographs and poems. Henry Wadsworth Longfellow immortalized Paul Revere in his poem *The Midnight Ride of Paul Revere*; Lydia Maria Child would commemorate her family Thanksgivings at her grandparents' house in Medford with the poem *Over the River and Through the Woods*. These are but a sampling of the prose by Bostonians that have come down to us and add a touch of prose and rhyme to our lives. Cost: Free

Coffee Talk with Blue Cross Blue Shield (BCBS)

Friday, March 22, 10:00 am

Charles Williams, a member of the BCBS Field Outreach Team, will be here to answer individual questions about Blue Cross Medicare, Dental and Geo Blue plans. This is a great in-person, relaxed way to speak to someone directly from BCBS in the comfort of our Center. Cost: Free

Quilt Show at the Masonic Hall

TRIP

Friday, March 22 (Van at Center boards at 1:15 pm)

Hop on our van to Needham's Masonic Hall to be treated to a broad range of visual delights – Over 100 quilts and some new “fiber art” pieces on display created by the Quinobequin Quilters. There will also be a quilt raffle, demonstrations, and a mini art quilt sale. Cost: \$10 per person for admission to be paid at the show.



Pictured left is the beautiful quilt that will be raffled off at this year's show. The Quilt show takes place March 22-23 from 10am-5pm at Needham's Masonic Hall, 1101 Highland Ave.

International Mind & Body Wellness Day

Friday, March 22, 1:00 pm

Have you thought of taking better care of yourself, but you're not sure what to do? Come to these mini wellness sessions to learn how! Join Center instructors Scotty Brumit, Lisa Campbell, Kerrie Cusack, and Sandi Levy for T'ai Chi, mindfulness, meditation, yoga, positivity training. Come try them all in one hour with this mini-session format! Cost: Free

Vein Screening with Vascular Care Group

Monday, March 25, 8:30 am

Register for a complimentary (15-minute) vein screening conducted by the experienced professionals of The Vascular Care Group. This non-invasive screening will help identify potential vascular issues early on. They will be available to answer your questions, provide personalized advice and guide you on the path to optimal vascular health. Appointments limited. Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom



Waffle Monday 
Monday, March 25, 9:30 am
Let's celebrate National Waffle Day! Join us in the Café for a special home-made waffle breakfast., Cost: Free

Mindfulness Practice with Neil Motenko 
Monday, March 25, 1:30-2:30 pm

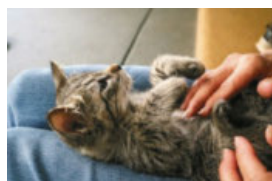
A joint program with the Wellesley COA
To receive a Zoom invitation to this program, email akelley@needhamma.gov.
A second monthly program, "Mindfulness Practice with Neil Motenko" via Zoom, as distinct from "A Series on Mindfulness," is more practice-oriented, with guided meditations, discussion about 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. Newcomers are welcome at any time. Cost: Free

Circle Round: A Women's Support Group 
Mondays, March 25 - April 29, 3:00 pm (no group 4/15) or Wednesdays, March 27 - May 1, 2:00 pm
See description on page 7.

Tour of The Boch Center (Formerly Wang Center) 
TRIP
Tuesday, March 26 (Van boards at 12:25 pm)
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. As a bonus, you will view a new tribute to Bruce Springsteen highlighting his past performances at the venue. Cost \$10 for van ride.

Representative Garlick Reports to the Community 
Tuesday, March 26, 12:00 - 2:00 pm
Join Rep. Garlick as she updates us on Needham and the State House.

Emotional Support Kittens 
Wednesday, March 27, 9:30 am
Come learn about an emotional support cat adoption and care program from Cat Companions, a nonprofit organization.



This program is for seniors and anyone living with a disability (e.g., physical, mental health). Cat Companions Founder, Julie Totten will explain how the program helps clients adopt friendly loving cats and the training they will provide on cat behavior and communication. Cost: Free

Hot Breakfast at Briarwood 
Thursday, March 28, 10:00 am
Briarwood Rehabilitation and Healthcare Center would like to spoil you with a hot and delicious breakfast in their dining room at 150 Lincoln Street, Needham. You must pre-register with us so we can let them know how many people to expect. You must also provide your own transportation. Cost: Free

Tanzania on Safari with Joy: Elephants, Lions Giraffes & More 
Thursday, March 28, 1:00 pm
Join Joy Marzolf to discover the amazing wildlife of the plains of Ngorongoro Crater and the Serengeti. Experience this captivating place together through lecture, videos and images like only Joy can deliver. Cost: Free

Vietnam Veteran's Day with Home Base 
Friday, March 29, 11:00 am
Home Base is a national nonprofit dedicated to healing the invisible wounds of war for veterans, service members, military families and families of the fallen. Learn more about this program (founded by Massachusetts General Hospital and the Boston Red Sox) and their wonderful impact. Cost: Free

Mark West Piano Concert 
Monday, April 1, 1:00 pm
Mark West is back to dazzle us with another beautiful piano concert. Cost: Free

Walk-In CPR Skills Clinic 
Tuesday April 2, 11:00 am - 12:30 pm
Take few minutes out of your day to learn how to save a life. Needham Public Health Nurses will host a 'skills lab' where you can learn the two steps for "hands-only CPR" and take some time to practice what you learn. The nurses will also be happy to answer your CPR-related questions. Cost: Free



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SPECIAL EVENTS

 = In Person  = Zoom

Piano Sing Along with Mel Stiller

Wednesday, April 3, 1:00 pm

Mel has been playing piano and leading sing alongs at parties, corporate events, public venues, and senior settings in the Boston area for more than 30 years. Song lyrics will be available so everyone can join in! Cost: Free



The Center Walking Challenge Kick Off

Wednesday, April 3, 1:00 pm

Join The Center staff as we kick off our month-long walking challenge. We'll track our steps and record results throughout the month and enjoy fitness tips and recipes to keep motivated and moving! Taking a walk daily can be beneficial to your overall emotional and physical health. Cost: Free



Coffee with the COA Board

Thursday, April 4, 10:00 am

Join us in the Café for a "meet and greet" with our wonderfully supportive COA Board.



All About Us with Debbie

Thursday, April 4, 11:00 am

See description on page 16.



The Etiquette Expert of 1890 - Advice & Admonitions From a Proper Victorian Lady: A Historical Portrayal by Lady J.

Thursday, April 4, 1:00 pm

Sip and nibble as Mrs. Russell Parsons, a (fictional) proper Victorian lady, will guide you through her era



of corsets, calling cards, and decorum. With a display of antique props, including clothing, a Topsy-Turvy Doll, and ice skates, Mrs. Parsons will explore the legend of Afternoon Tea, tea etiquette, fashion fundamentals, calling-card etiquette, courtship scandals, the role of a wife, and assorted other topics. Tea attire (including hats & gloves) is welcome. Cost: Free

Center Birthday Club

Friday, April 5, (first Fridays) 12:30 pm

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



Maximize Your Well-Being with Tools from Positive Psychology

Friday, April 5, 1:00 pm

Positive Psychology provides resources to enhance how we experience life and deal with challenges. In this program, Miriam Diamond will engage us in activities to boost inner peace and resilience through increasing awareness, recognizing our "superpowers," and preparing individualized emotional "first aid kits." Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, April 8, 1:30 pm

See description on page 16.



Caregiver Support Group

Monday, April 8, 4:00 pm

See description on page 17.



Specialized Telephones & Other Items For People With Disabilities

Monday, April 8, 1:00 pm

The MA Equipment Distribution Program provides residents with a permanent disability access to specialized telephones for free or reduced cost depending on income. Glen Schultz, from the Executive Office of Public Safety and Security State 911 Department will be here to explain the program and answer any questions you may have. Cost: Free



Metrowest Legal Clinic VIA Zoom/Phone

Tuesday, April 9, 10:00/10:30/11:00/11:30 am

See description on page 16.



Health Forum with Stephen Cadigan: Balance & Fall Prevention

Tuesday, April 9, 3:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350



Falls, with or without injury, can have a devastating impact on the quality of our lives. As we age many of our body parts that control and maintain balance decline in function. Learn how to lessen the effect of this natural decline and how to decrease the chances of a fall. Cost: Free

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SPECIAL EVENTS

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Lunch Chat with Debbie

Tuesday, April 9, 12:00 pm

See description on page 16.



Anne Frank – A Life to Remember: A Performance by Sheryl Faye

Tuesday, April 9, 1:00 pm

Our story starts on July 6, 1942 in the secret Annex and gives you a taste of what life was like for her. In this world where there is a lot of hate this a wonderful program about perseverance, hope, and love leaving us all with a stronger message. Sheryl Faye's live historical performances are entertaining, educational, and help us understand the profound positive impact these women have made in history.

Cost: Free



Life Transition Binder Workshop

Tuesday, April 9, 1:00 pm

See description on page 17.



Red Sox Annual Opening Day Bash

Tuesday, April 9, 2:00 pm

It's that time of year again! Come to the Center to watch Boston host the Baltimore Orioles. We'll have franks, peanuts, popcorn and more! Wear your favorite Red Sox apparel! Cost: Free



Chair Massage with Kris

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

See description on page 17.



Crafts with Kelley the Cop

Wednesday, April 10, 3:30 pm

See description on page 17.



Beautiful & Safe Home

Wednesday, April 10, 11:00 am

Thirty-four percent of older housing survey respondents recognize they may need physical changes to their home in order to age in place. And 6+ out of 10 adults would like to remain in their community or residence as long as possible. How? Come and learn how to modify your house so you can live in it safely, longer. Interior Design and Certified Aging in Place Specialist, Evangeline Bates of Evangeline Interiors will tell you how. Betsy Millane, local Realtor, will point out the value of creating a beautiful and safe environment in your home.

Cost: Free



Low- Vision Support Group

Thursday, April 11, 10:30 am

See description on page 18.



Field Trip to Encore Casino

Thursday, April 11 (Van boards at 10:00)

Feeling lucky? Let's head to Encore to see if you can win big - or just take in the sights. Register for limited seating. Cost: \$10 for transportation.



Self-Care Series: Moving Later in Life - Questions to Help You Decide

Thursday, April 11, 11:00 am

The decision to move to a new home later in life can be overwhelming. This presentation by Healthcare Advocate Lynn Croft will review the factors that go into that decision, including a review of the "Stay or Go" list, signs it is time to downsize, what health considerations are important and how to determine where to move. Walk away from this presentation with ideas to help you know what factors and questions to answer to define when the right time for you is. Cost: Free



Lunch & Learn: Balance & Fall Prevention with Elliott Physical Therapy

Thursday, April 11, 12:00 pm

Join us to learn how to improve your balance and prevent injuries! Dr. Zach Siegenthaler and Dr. Michele Lucas from Elliott Physical Therapy will teach you about your balance systems, provide fall prevention education, and discuss how physical therapy can make a positive impact on your overall health, balance, and help you safely participate in your favorite activities. Cost: Free.



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SPECIAL EVENTS

 = In Person  = Zoom

Cooking for Nutrition with BID Needham: Make Hydration & Fiber a Habit



Thursday, April 11, 3:00 pm



It's important for people of any age to stay hydrated, but did you know that it is especially important for people aged 60+? Join the nutrition team at Beth Israel Deaconess Hospital Needham for a discussion on the function of water in our bodies, and tips to make water exciting to help meet your hydration needs. Additionally, we will discuss the benefits of high fiber foods and how water can help fiber and food move through your body to promote regularity. Samples of hydrating, fibrous foods will be shared. Cost: Free

Cooking with Jessica



Tuesday, April 16, 3:00 pm

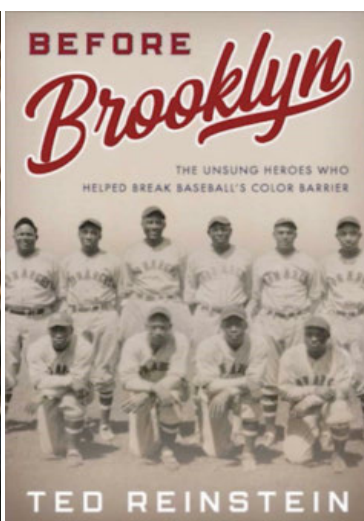
See description on page 18.

Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier



Tuesday, April 16, 6:00 pm

Join us for this author talk with Ted Reinstein, reporter for Channel 5 and author of this important book. This book is the story of the extraordinary Americans who, against impossible odds, never gave up the struggle to integrate baseball. From the Negro Leagues to the Black press, Pullman porters to pioneering units under fire in WWII, these unsung heroes kept the dream of an integrated national pastime alive. Cost: Free



Volunteer Appreciation Luncheon



Wednesday, April 17, 12:00 pm

If you volunteer your time at the Center, please be our guest for lunch. It's our turn to spoil those who so generously give us their time to teach, run the kitchen, serve meals, answer phones, manage the Boutique, call Bingo, organize the library, serve on our Board, and so much more. Volunteers, please register to attend. Cost: Free

99% Inspiration, 1% Perspiration with the Museum of Bad Art (MOBA)



Thursday, April 18, 1:00 pm

Thomas Edison famously described genius as 1% inspiration and 99% perspiration. Join a MOBA curator to view pieces by the museum's artists who may have been 99% inspiration and 1% perspiration. Each piece is shown with the classic art that inspired it. Cost: Free

Dinner Bell Community Dinner



Thursday, April 18, 5:30-6:30 pm

The Dinner Bell program serves up hot, nutritious meals and a fun social time for Needham residents of all ages. Join us! Cost: A voluntary contribution of \$5 per meal

The Green Needham Collaborative Presents "Ask the Experts"



Monday, April 22, 1:00 pm

It's Earth Day! The Green Needham Collaborative (GNC) will be here to share their knowledge and answer your questions about how to be more green. The GNC works with community groups, municipalities and schools to build a sustainable community. Join us to learn more! Cost: Free

Life Transition Binder Workshop



Tuesday, April 23, 1:00 pm

See description on page 17.

Kindness Rocks!



Tuesday, April 23, 11:00 am

Kindness Rocks is a great way to connect with others, by painting rocks with positive words and/or images. We will then distribute them around town to spread kindness. No artistic experience needed; all levels are welcome! All supplies will be provided. Cost: Free



9



DONATIONS

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Ellen Knizeski in honor of her parents, Bernie & Eileen Ford
Mr. & Mrs. C. Bruce Johnstone in honor of Tedi Eaton, Needham's Town Clerk
Leslie Friedman in honor of Lisa Cadigan
Mary-Ellen Hannigan in honor of the Center's staff and volunteers
Katie Pisano in honor of her sister- in-law Judy Hughes Zuccanini's birthday
Gabriele Giovani in appreciation of the Needham Senior Center

Thank
you!

The Friends Board would like to extend our thanks and appreciation to Pat White and Jay Kaplan for generously volunteering their time and service to the Center at the Heights. Not only has your volunteering supported the Center, but it has also supported our entire community.

Pat and Jay, we thank you so very much.

The Center would also like to thank Needham Woodworking Studio for repairing our broken piano. We will now have more music and joy filling our spaces each week. Needham Woodworking Studio is a shared woodworking studio where members gain access to professional woodworking machines, expert instruction, and a community of friendly woodworkers.

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FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS

Dear Center Participants and Donors,

The Friends hope you enjoyed the Mardi Gras celebration in February. Look through this Compass newsletter and choose the activities and events that interest you. Then, please call or stop by the front desk to register.

March is a month of new beginnings. The first day of Spring is March 19th. Look for the beautiful colors of the Cherry, Quince, Forsythia, Lilac, Dogwood, Magnolia, and Crabapple trees and shrubs. Two major celebrations in March are St. Patrick’s Day on the 17th and Easter on the 31st. There are also 9 celebratory days before Daylight Savings on March 10th including Dr. Seuss’s birthday, Pound Cake Day, Cheese Doodle Day, Cereal Day and Barbie Day. The 15th is the Ides of March. Ramadan begins on the 10th and ends at sunset on April 9th. Pisces and Aires are the zodiac signs that share the month of March. The first full moon of Spring is on the 24th and 25th. Also known as the Worm Moon. Daffodil is the flower and Aquamarine is the stone of March.

April 2024 begins with April Fool’s Day on the 1st. On the 8th there will be a total solar eclipse. The moon will pass between the Sun and the Earth, completely blocking the Sun. April is National Volunteer Month and Autism Acceptance month. The 15th is Patriots Day. Passover is from the 22nd to the 30th. MA taxes are due on the 17th. Federal taxes are due on the 15th. Arbor Day is the last Friday in April. Diamond is the stone for April and Daisy is the flower. Aries and Taurus share the Zodiac sign for the month.

Friends thanks you for your annual membership fee of \$25.

Carol, Anne, & Beverly

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

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Plans can change their network of pharmacies from year to year, so it is important to check yearly to avoid this happening to you! Make sure the pharmacy you're currently using is the best choice to maximize savings! If you haven't checked yet, you can log into your Medicare.gov account or schedule an appointment with one of our trained counselors.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 1-800-243-4636 and leave a voicemail with your name, number, and town. A volunteer will call you back, as soon as possible.



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