

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight Jamie Turbayne



Many of you know Jamie as a lifelong Needham resident, artist and antique dealer. To us here at the Center, Jamie is a person to admire and emulate. He brightens our days with his beautiful piano playing, volunteers in our kitchen and café, and looks out for others participating at the Center. He always generously offers to help the staff set up for events. Join us in thanking Jamie for his time, talent and kindness!

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Pianist and local business owner Mark West shares his beautiful music with us each month. In April, some of our enthusiastic audience posed for a photo with the musician. From left: Mark West, David McMarran, Dorina Moriarty, and Kate Findlen.

Center At the Heights Hours

Monday/Wednesday/Friday	8:30 am - 5:00 pm
Tuesday/Thursday	8:30 am - 8:00 pm
Continental Breakfast	8:30 -10:30 am (M-F)
Springwell Lunch	12:00 -1:00 pm (M-F)

The Center will be closed on:
Memorial Day
May 27
Juneteenth
June 19



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From the Director of Aging Services

Dear Friends,

In May, we celebrate Older Americans Month to recognize the contributions of older adults across the nation. This is also a time to explore the many ways older adults can remain in and be involved with their communities and to discuss how planning, accessibility and making connections all help make this possible. The Center at the Heights provides support that can help seniors remain healthy and active in our community where they can continue to contribute their wisdom and talent and volunteer with organizations doing important work for all of us.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. Our Center social workers are here to assist anyone experiencing abuse, food insecurity, emotional distress or just needs counseling or resources.

We know that people's needs and preferences are unique and we are happy to provide a welcoming place for everyone. From our new Drum Fit Cardio Drumming class to exceptional programs that keep you intellectually engaged and entertained, there is always something new at the Center you should try. For those who can't come in, we also offer Zoom fitness, educational programs, and home delivered meals.

I encourage you to stop by this month and find out why life is great when you participate!

Happy Mother's Day and Father's Day to all,

LaTanya

"Summer means happy times and good sunshine. It means going to the beach, enjoying the scenery, having fun with family and friends."

-- Brian Wilson



Everyone loves when our staff makes homemade waffles for breakfast!



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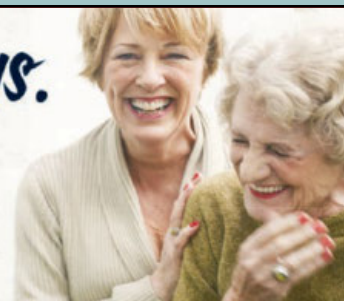
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CENTER INFORMATION & POLICIES

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 by calling our Front Desk, in person at the Center or online through 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.

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.

Weekly Blood Pressure Clinic

Every Tuesday from 9:00-11:00 am a Needham Public Health nurse is at the Center to check your blood pressure, respiration, temperature and other vital signs. They can also check your weight. This is a great way to track your vitals between doctor visits to make sure you stay healthy. You can register or just drop in. Cost: Free



Spanish Translator

Our friend and certified Spanish translator, Patricia Varon is volunteering translation services for anyone in need. To set up an appointment with Ms. Varon, email Aicha at akelley@needhamma.gov.

Notary Services

In need of a notary? Call the Center or email Aicha at akelley@needhamma.gov to be connected with Laurie Udell, a Needham lawyer who generously offers free notary services to our seniors. Please note: Laurie asks that participants be masked. Also, if any participant is seeking to have a will notarized, two witnesses are required in addition to the notary, and you should arrange for those people to join you when meeting with Laurie.

CATH Boutique

Please come in to 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 programming.

Community Resources

<i>Are You Ok?</i> 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.

Life After Loss Grief Group

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. This Group meets in the Memorial Room at the Episcopal Church, 1132 Highland Ave., Needham.



Sadly, we too often lose friends who are like family here at the Center. If you are experiencing grief from loss, Nikki's Life After Loss Grief Group is a wonderful resource. Pictured left is longtime Center participant Bruno D'Ercole (2/15/1930-3/27/2024). May his memory be a blessing to all who knew him.

Wellness for the Wise



Spring is here and we have already been able to enjoy some beautiful weather and sunshine! We have been talking a lot about mindfulness recently here at the Center. Has anyone ever tried meditating or engaging in a mindfulness activity and simply been not been able to sit in stillness or to clear troubling thoughts out of your head? We have all been there.

Try mindful movement instead. Take a walk and focus on how your body feels: the sensation in your feet, your breath and your body temperature. If taking a walk isn't an option for you, try what is called a simple body scan meditation. Start by bringing your attention to your toes, then your feet, and up all the way to the top of your head.

Studies show that engaging in meditation and mindfulness activities have tremendously beneficial effects on our physical and mental wellbeing. If you want to learn more, reach out to one of our wonderful social workers here at the Center or check our own Kerrie Cusack's weekly drop in meditation group!

—Your Center Social Work Team

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.

Fitness Center Hours



Personal Training With The Cadigans



Monday - Friday 7:00 am – 7:00 pm

To schedule a session 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 improve your balance through exercise and fall prevention techniques. Cost: Free

MONDAYS

Yoga with Sandi



Mondays, 9:00 am

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

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

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 7, 14, 21, 28 and Jun 4, 11, 18

Note: The last Walk & Talk Health date for the season is on June 18.

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 is required in advance. Cost: Free

Train the Brain



Tuesdays, 11:00 am

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: Lisa Cadigan

Zoom Meeting ID: 843 7955 7037

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

Arthritis Class



Tuesdays, 2:00 pm

May 7, 14, 21, 28 and Jun 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

Zumba Gold



Tuesdays, 4:30 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)

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: \$5

LaBlast Cardio Dance



Wednesdays, 10:15 am

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)

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

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

Interval Training

Wednesdays, 1:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)

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



Move It, Shake It, Lift It!

Wednesdays, 2:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)

Instructor: Randi Sharek

Join Randi for a 45-minute class in which you will use fitness tools to perform cardio, strength and flexibility exercises. The use of these tools (weights, bands, and fitness machines) enables a diverse, unique and fun workout program. Cost: \$5/class



Evening Yoga & Meditation

Wednesdays, 5:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)

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 has quickly become popular at the Center. Participants get a great workout seated or standing. The balls serve as drums and as stretching tools during the cool down part of the class. Try it!

Drum Fit: Cardio Drumming

Thursdays, 11:00 am

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

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 energizing 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 it or just to observe. Cost: \$5/class



Arthritis Class

Thursdays, 2:00 pm

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

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.



THURSDAYS

Tai Chi & Qigong

Thursdays, 10:00 am

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

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



S-t-r-e-t-c-h-o-l-o-g-y

Thursdays, 5:15-6:00 pm

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

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



SATURDAYS

Tabata

Saturdays, 9:45 am

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

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 for the active older adult and has an advanced fitness format. Cost: \$5/class



Arthritis Class

Saturdays, 10:15 am

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

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.



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 am

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

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



Floor, Core & More

Fridays, 1:00 pm

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

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



Photo from the right: Cynthia Hadley, Jim Metcalf and Michael Geller workout on the elliptical trainers in our Fitness Center.

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./Intermed. Canasta Lessons and Games	12:30 PM – 3:00 PM
Mahjong (Intermediate)	1:00 PM – 3:00 PM

Tuesday

Experienced Bridge	9:00 AM – 12:00 PM
Rummikub	1:00 PM – 3:00 PM
Vintage Voices	1:00 PM – 2:00 PM
Intermed. Bridge @ Night	5:00 PM – 7:00 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
Canasta & Mahjong @ Night	5:00 PM – 7:00 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

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 6, 13, 20 and Jun 3, 10, 17, 24 (no class 5/27)

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

A nurse from Needham Public Health is here to make sure we are healthy. Just drop in! Cost: Free

Mindful Living with Lisa



Tuesdays, 10:00 am

May 14, 21, 28 and Jun 4, 11, 18, 25 (no class 5/7)

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 - Rumba

June 4, 11, 18, 25 - Hustle

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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

May 7, 21 and Jun 4, 18

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

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no Bingo 6/19)

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

CATH Open Art Studio



Wednesdays, 11:30 am - 2:30 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)



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 take advantage of the natural light from our wall of windows or to collaborate with other local artists! Cost: Free

WEEKLY CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

Opinion History with Ron

Wednesdays, 1:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 26 (no class 6/19)
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 Daily Highlights for the topic of the week.
Cost: Free

Please enjoy our deck!

We have a beautiful outdoor deck on the second floor of the Center. You are always welcome to bring your lunch or dinner to the Center and enjoy it al fresco!



THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 am–4:00 pm

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

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

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

This group talks all things stock market related. New members are always welcome! Cost: Free



Weekly Shopping Trips

Council on Aging vans make weekly trips to several Needham grocery and drug stores. Needham residents can board our vans at the Center at the Heights 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

May 1, 8, 15, 22, 29 and Jun 5, 12, 26

(There is no shopping on 6/19 due to the holiday.)

Our van driver 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

May 1, 15, 29 and Jun 12, 26

Our van driver will pick you up from your home around 1:15 pm. After an hour of shopping time, the van will return you to your home. Cost: \$3

Trader Joe's, CVS & Walgreens

Every Thursday

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

Our van driver will pick you up at the Center or your home around 10:00 am. They will drive you to Trader Joe's and/or the drug stores and return you to your home. Cost: \$2

Knitting With Friends

Thursdays, 10:00 am-12:30 pm

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

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

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

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

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

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

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

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



Our Canasta fans love to play any time of day or night! Check out our games schedule on page 12.

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

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

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, 10:30–11:30 am

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

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 pm

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

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

May 3, 10, 17, 24, and Jun 7, 21, 28 (no movies on 5/31 and 6/14)

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

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

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

Registration is required for all programs

Life Transition Binder Workshop

Wednesday, May 1, 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



Military & Literary: A Glimpse of China's History (Part 1 of 2)

Thursday, May 2, June 20, 10:00 am

CATH favorite Lanny is back with his latest historical presentation. This two-part series will feature Fu Hao, China's first historic military commander and Ban Zhao, China's female historical literary phenomenon who is responsible for 25% of the most important history of China. Dr. Lanny Bruce Fields is a retired professor who taught at some of the most prestigious colleges and universities in the country.

Cost: Free



Michael Brophy Presents: Irish Genealogy

Thursday, May 2, 1:00 pm

Michael Brophy will present this practical guide to finding the origins of your Irish ancestors. His lecture begins with the destruction of the Public Records Office in Dublin in 1922 which creates unique challenges for Irish ancestral research. Vital records, immigration documentation, and unique resources will be presented. Brophy is a professional genealogical researcher, heir search specialist, and lecturer from the Boston area. He was featured on the Irish TV series Dead Money, a genealogy TV show about heir searchers and conducted research for Who Do You Think You Are? Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, May 6, 1:30 pm

This program with Neil continues via Zoom with a review of the many ways 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. Each session stands on its own and newcomers are always welcome. Cost: Free



Coffee Talk with Bath Planet of Boston

Tuesday, May 7, 10:00 am

Bath Planet of Boston is a nationally known and family-owned company specializing in low-maintenance shower and bath solutions that can help create a safe custom bathroom. Falls are the leading cause of injury among older adults, and Bath Planet helps you address fall prevention with tub to walk-in shower conversions, proper grab bar placement/ installation, durable shower seats, handheld shower fixtures, and comfort height toilets. Come to hear more and learn about financing options as well as possible home and VA modification loans that can assist in payment. Cost for the talk: Free



Dine & Discover at One Wingate Way

Tuesday, May 7, 11:00 am

One Wingate Way East, the newest independent living community in Needham, invites you to attend Dine & Discover at One Wingate Way. Guest speaker, Estate Planning Attorney Jay Marsden of Marsden Law P.C., will present *Celebrity Probate: How to Learn from the Celebrities' Estate Planning Mistakes*. Following the program, guests will enjoy lunch and tour of the community. RSVP as seating is limited - 781-247-6638 or mcallahan@wingateliving.com.



Lunch Chat with Debbie

Tuesday, May 7, 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 Debbie Maibor. Cost: Free



Coffee with Wingate: What's Happening Over There?

Wednesday, May 8, 9:30 am

Come to the Center to have coffee with Jessica Brooks, Director of Community Relations at Wingate. She will answer your questions about "everything Wingate." And, of course, she will bring breakfast goodies. Cost: Free



Chair Massage with Kris

Wednesday, May 8, 10:00 am - 12:00 pm

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



Davis Museum at Wellesley College

Wednesday, May 8, 11:00 am

Hop on our van to the Davis Museum, home to distinguished permanent collections from around the globe. Museum holdings include: paintings, sculptures, works on paper, photographs, and decorative objects, from antiquity to today. Cost: \$5



Life Transition Binder Workshop

Wednesday, May 8, 1:00 pm

See description on page 16.



The Timeless Landscape of the Channel Islands

Wednesday, May 8, 1:00 pm

Located in the English Channel between England and France, the Channel Islands belong to Britain but have been self-administered for centuries. During World War II, the Islands were the only British land occupied by the German Army, and Islanders' lives were severely restricted. German defense fortifications still litter the islands, as well as sculptures and monuments celebrating the end of Occupation. Lecturer Barry Pell visited each island, documenting its history and culture, which he looks forward to sharing with you! Cost: Free



Crafts with Kelley the Cop

Wednesday, May 8, 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 and home décor items and more. This class is creative, social, and fun. Cost: Free



Pictured from left:

*Mary Ann Parlato
& Lenore McCarthy
with the Spring
bunny decorations
they made during
April's Crafts with
Kelley the Cop.*



Health Forum with Stephen Cadigan: Technology in the Fitness & Exercise Industry

Wednesday, May 8, 3:00 pm

(Zoom and in person)

Meeting ID: 846 9467 8507 Passcode: 820350
Advancements in technology over past decades has been unimaginable. The fitness and exercise industries have exploited this growth. Smart home fitness equipment, fitness and wellness trackers, virtual reality, and miscellaneous fitness applications are some examples of the technology used to enhance fitness activities aimed for better health. Cost: Free



Low-Vision Support Group

Thursday, May 9, 10:30 am

Are you experiencing reduced vision and wonder how to cope with this change? Do you have tips and suggestions to share with others whose vision has diminished? Would you like to learn about helpful resources and devices that may be useful to you? Come to the Center for this monthly (every 2nd Thursday) support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. Cost: Free



Cultural Connection

Thursday, May 9, 11:00 am

Let's get together to discuss, share, and learn about each other's backgrounds and cultures. You're welcome to bring photos, items, food, music, or other items which exemplify your traditions and culture. Hosted by Speech and Language Pathologist Debbie Maibor. Cost: Free



Lunch & Learn With Elliott Physical Therapy: Understanding & Improving Lower Back Pain

Thursday, May 9, 12:00 pm

Do you think developing lower back pain is a normal part of aging and there's nothing you can do? Our Doctor of Physical Therapy will address many common misnomers on the causes and effects of low back pain and how it can impact your overall function and quality of life throughout your lifespan. They will also provide tips and exercises on how to improve these symptoms. Cost: Free



SPECIAL EVENTS

Registration is required for all programs

The Ukraine War & Vladimir Putin: Consequences Expected & Unintended. What's Next?

Thursday, May 9, 1:00 pm

This presentation begins with the causes of the war and examines the impact of the war on Ukraine, Russia, and the rest of the world. Some intended and some unintended.

Speaker Henry Quinlan has more than 36 years of experience dealing with the Soviet Union/Russia. He has visited Ukraine a dozen times. He represented President G.W. Bush in arranging the erection of the statues, "Make Way for Ducklings" in Moscow as part of the 1990 Summit between Presidents Bush and Gorbachev. He toured secret Soviet Spec facilities with Wally Schirra, one of our original astronauts. And he enjoyed a 35-year friendship with Vitaly Churkin, Russian Ambassador to the UN 2000 to 2017. Cost: Free



Brooks Goddard: On the Bus, At the Lunch Counter and Over the Bridge

Friday, May 10, 1:00 pm

Retired teacher Brooks Goddard will speak on the many insights gleaned from a recent civil rights tour of the South. No cruise on the Danube, this Road Scholars trip featured many of the sites burned into our memories from the '50s and '60s when the world seemed as dark as the world today. He will speak of the incredible museums, the parks, the churches, the monuments that challenge today as we seek peace and reconciliation. Cost: Free



Yom HaShoah: Holocaust Remembrance

Monday, May 13, 11:00 am

Holocaust Educators Sheira Rosenfield and Amy Degen will be here to present a program commemorating Yom HaShoah: Holocaust Remembrance Day (May 5th). Learn more about the many ways people remember the Holocaust and those who died, and why it is so important to revisit the past as we move into the future. [Never forget](#). Cost: Free

FEAR Project: Let's Talk About Fear

Monday, May 13, 1:00 pm

Guest speaker Karin Anell spent the last year asking 900 people of all ages around the world a simple question: What is your biggest fear? She will share her findings and showcase her digital *Wall of Fears* followed by a Q&A session and discussion. Cost: Free

New England Conservatory Concert

Monday, May 13, 1:00 pm



Julia LaGrand, a New England Conservatory student and violin soloist, will be here to share her beautiful music with us. Julia is blind and will come with her service dog, Otto. In this incredible program she not only plays the violin, but also talks about music and disability. Please join us! Cost: Free

Caregiver Support Group

Monday, May 13, 4:00 pm

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

MetroWest Legal Clinic VIA Phone or Zoom 🖥️

Tuesday, May 14, 10:00/10:30/11:00/11:30 am

Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy. Email Aicha at akelley@needhamma.gov to register for your 30-minute consultation. Cost: Free

Estate Planning & Tax Law Updates 👤

Tuesday, May 14, 11:00 am

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization? Come and learn what estate planning documents you should have in place. We will also discuss the recent estate tax law changes in Massachusetts and how this will impact you. Attorney Shani Rea Collymore will teach you how to avoid a crisis for your family by getting these crucial estate planning documents in place. Cost: Free

Express Yourself 👤

Tuesday, May 14, 11:00 am

These sessions, presented by Speech and Language Pathologist Debbie Maibor, focus on using your expressive skills through fun language games and activities. Join us! Cost: Free

Hearing Screenings 👤

Tuesday, May 14, 11:00 am

(First come–first served 5-minute appointments) Dr. Mark A. Parker, an auditory neuroscientist and clinical audiologist and the past Director of Audiology at Steward Medical Group, will conduct free hearing screenings here at the Center. In these 5-minute sessions (first come, first served) he will answer your questions about hearing, hearing loss, and the various treatments for hearing loss. Registration required. Cost: Free

Hearing Aid Clinic with Paul 👤

Wednesday, May 15, 10:00 – 11:00 am

Paul Dole of Flynn Hearing Aids comes to the Center monthly to conduct hearing aid clinics. Paul will clean and check your existing hearing aids, do some light wax removal, make small repairs (if he has the parts available), check and replace your batteries, and answer any questions you have on hearing loss and hearing aids. Cost: Free

Roof Deck Gardening with Volante Farms 👤

Wednesday, May 15 at 11:00 am

Join Dede from Volante Farms to get our roof deck ready for summer. Come to help her plant flowers, herbs and vegetables in our deck planters and benefit from her knowledge and gardening tips. Special thanks to Volante for the donation of time and materials for this program. We look forward to watching our garden grown all summer! Cost: Free

Songs of World War II with John Clark 👤

Wednesday, May 15, 1:00 pm

This second program of WWII songs highlights tunes familiar to those who lived through the war, beginning with *A Nightingale Sang in Berkeley Square* (from England) and *The Shrine of St Cecilia* (set in Norway). Following the Japanese attack on December 7, songs of strength and confidence appeared on the American Hit Parade, including *Remember Pearl Harbor* and *We Must Be Vigilant*. During the war there were hit songs that celebrated branches of the service like *What Did You Do in the Infantry?* And songs that paid tribute to heroes, like *Miss Pavlichenko* and *Johnny Zero*. At the war's end in 1945, there were songs that welcomed soldiers home, like *Sentimental Journey* and *It's Been a Long, Long Time*. Featured artists include the Andrews Sisters, the Song Spinners, Glenn Miller, Guy Lombardo, Harry James, Sammy Kaye, Vera Lynn, June Christy, Dinah Shore and Doris Day. Cost: Free

Sheryl Faye Presents: Queen Elizabeth II – “Her Majesty” 👤

Thursday, May 16, 1:00 pm



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

the people of the UK through both joyful times and darker periods of challenge and uncertainty. Sheryl Faye portrays the Queen in this one-woman performance as part of her Historical Women repertoire. She is brilliant! Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom

The Roaring '20s Music & Film with Deb Bock

Monday, May 20, 1:00 pm

The 20s are known as the Jazz Age. Many other musical genres grew during this time. Stage shows, singers like Ruth Etting and Vaudeville comedy acts like "banjo eyes" Eddie Cantor! Over 900 silent films, including artists like Charlie Chaplin, were produced annually. Join Theater Director and Film Educator Debra Block for this step back in time through film clips, music, dance, and a brief bio on Charlie Chaplin. Cost: Free



Mindfulness Practice with Neil Motenko

Monday, May 20, 1:30 pm

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



Conversation Group: Funny Stories

Tuesday, May 21, 11:00 am

Social connection and laughter are two ingredients for a healthy life. Join our interactive group and share funny stories about family, friends, events, and yourself! Hosted by Speech and Language Pathologist Debbie Maibor. Cost: Free



Cooking with Jessica

Tuesday, May 21, 3:00 pm

Join Jessica Weiss in our kitchen as she walks us through delicious spring and summer recipes. Cost: Free



Mark West Piano Concert

Wednesday, May 22, 1:00 pm

In addition to a light program of classical and ragtime, pianist Mark West will put on an all-Gershwin program, with improvisations on all of his most famous songs, including his original "A Rhapsody on I've Got Rhythm". Cost: Free



Filene's: Boston's Finest Specialty Store with Anthony Sammarco

Thursday, May 23, 1:00 pm

Historian Anthony Sammarco takes us back to 1851 when William Filene opened a store in 1851 on Hanover Street in Boston's North End. Edward Albert and Abraham Lincoln Filene, his sons, were to become two of the most well-known businessmen in America in the early twentieth century and were responsible for turning their father's clothing store into one of the largest department stores in the country. Cost: Free



Self-Care Series: Falls - How Can We Reduce Our Risks?

Thursday, May 23, 2:00 pm

More than 1 in 4 Americans 65 and older fall each year. It's the number one cause of death for people over 70. In this talk, Healthcare Advocate Lynn Croft will tell us why falls are so much more common, and more serious as we age. Learn how to reduce the risk of falling in your home by "fall proofing" your environment. Lynn will also share exercise suggestions you can do daily that will lower your risks for serious injury should you fall. Cost: Free



Memorial Day Hot Breakfast with Wingate

Tuesday, May 28, 10:00 am

Gather with us to remember the brave men and women who sacrificed their lives for our country. Enjoy a hot breakfast compliments of Wingate and the COA. Cost: Free



Taiwan: Past, Present & Future

Wednesday, May 29, 2024, 1:00 pm

Stephen Maire's career in Asia began with his arrival in Taiwan in 1977 and continued for 27 of the past 47 years. In this presentation, he looks at the history of Taiwan and prospects for the future. Cost: Free





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SPECIAL EVENTS

 = In Person  = Zoom

From Roses to Redwoods: A Journey Along the Pacific Coast with Joy



Thursday, May 30, 1:00 pm

Oregon is well known for its rose gardens, but also for its beautiful and rugged coast. Travel with Joy Marzolf through the Willamette Valley and the coastal range to Newport and the scenic Oregon coast. From sea anemones in tidepools to sea lions hauling out on the rocks, there is much wildlife to see. Travel further south to the Rogue River where a scenic boat trip can lead to bald eagle and river otter sightings. From Southern Oregon into northern California, this temperate rainforest is also home to the coastal redwood, some of the largest trees in the world. Explore the beauty and wildlife of this part of the Pacific coast. Cost: Free



Diabetic Shoe Clinic



Thursday, May 30, 1:30 pm

Attention adults with foot problems and Diabetes! People with Diabetes should get a new pair of diabetic shoes every year to prevent future complications and amputations. Is Medicare your primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts FREE to you if you are diabetic! Other insurances may cover this as well. Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order (pick up from the Center prior to clinic.) Make your 10-minute appointment through our Front Desk. Cost: Free

Dinner Bell Community Dinner



Thursday, May 9, 5:30 pm

Join us for a hot, nutritious meal and a fun social time with Needham residents of all ages. Register by Friday, May 3rd to attend. Cost: A voluntary contribution of \$5 per meal.

Red Cross Blood Drive at the Center



Friday, May 31, 9:00 am – 2:00 pm

To make your appointment, go online to <https://www.redcrossblood.org/give>.

Showtunes of the '50s:



A Sing Along with Alan Cohen

Monday, June 3, 1:00 pm

Alan is back featuring show tunes from the 1950s. Bring a friend or neighbor and join us for this entertaining and uplifting musical program! Song books will be provided. Cost: Free

A Series on Mindfulness with Neil Motenko



Monday, June 3, 1:30 pm

See description on page 16.

Lunch Chat with Debbie



Wednesday, June 5, 12:00 pm

See description on page 16.

Silk Scarf Painting



Wednesday, June 5, 1:00 pm

Karen Halloran from Eliot Nursing and Rehab will lead us in this fun painting class. The class will include instruction and all the materials needed to paint a beautiful silk scarf which you will take home at the end of class. Please wear your painting clothes! Cost: Free

Piano Sing Along with Mel Stiller



Wednesday, June 5, 1:00 pm

Always such a hit, Mel is back on the piano leading us in a sing along. He's been playing at parties, corporate events, public venues, and senior settings for 35 years. Songbooks will be distributed with the lyrics to more than 500 songs so you can join in! Cost: Free

Long-Term Care Planning



Thursday, June 6, 11:00 am

Overwhelmed with figuring out how you'll pay for long-term care? Not sure where to start? Worried about 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

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SPECIAL EVENTS

 = In Person  = Zoom

Life Transition Binder Workshop

Thursday, June 6, 1:00 pm

See description on page 16.



Sealed With a Kiss –

Author Talk with Paula Roberts

Thursday, June 6, 1:00 pm

After her parents died, Author Paula Roberts (a resident of Needham) found a trunk containing hundreds of letters her father wrote to her mother while he was serving in the U.S Army during WWII. The letters provide vivid details of his experiences in boot camp, Officer Candidate School, on the battlefield in Europe as Allied Forces pushed into Germany (where he suffered a serious wound from German artillery fire) to his long recovery in England and back in the US. She also found photos, her father's medals, and other artifacts that contributed to the richness of his wartime story. And now, all of these components have been assembled into the book *Sealed with a Kiss*, named after how her father ended his letters to her mother. Cost: Free



Center Cinema: *Pride* (2014)

Friday, June 7, 1:00 pm



In celebration of National Pride Month, we're showing *Pride* a 2014 British historical comedy-drama that depicts a group of lesbian and gay activists who raised money to help families affected by the British miners' strike in 1984, at the outset of what would become the Lesbians and Gays Support the Miners

campaign. The film was nominated for the Golden Globe Award for Best Motion Picture (Musical or Comedy) and for several other awards. Everyone in the community is invited to attend! Cost: Free

Cooking Demo with Chef Eric from The Residence at Boylston Place

Thursday, June 6, 3:00 pm

Have a healthy mindset by prioritizing your nutrition! Join Chef Eric from The Residence at Boylston Place in Chestnut Hill for a cooking demonstration on how to create simple and healthy recipes at home. He will also educate us about "brain healthy" foods. Come sample some healthy treats! Cost: Free



Caregiver Support Group

Monday, June 10, 4:00 pm

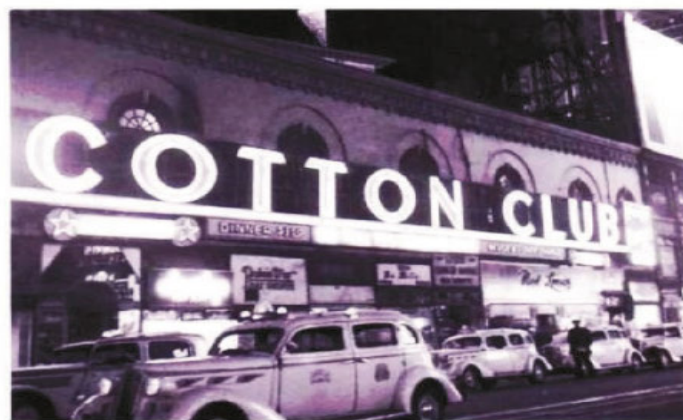
See description on page 18.



1923 Cotton Club with Deb Block

Monday, June 10, 1:00 pm

Harlem was at its swingiest in the 1920s. There were many speakeasies and clubs, but the biggest and best was the Cotton Club owned in 1923 by bootlegger & mobster, Owen Madden. The Cotton Club was a "white only" venue but the entertainers were primarily black. In 1927 Duke Ellington led the jazz orchestra. In 1931, Cab Calloway took over as band leader & overrode the "light black skinned only" rule for female dancers. Ella Fitzgerald, Lena Horne, the Nicholas Brothers, Bill "Bo-Jangles" Robinson & other great artists got their start there. Groove to the music of the Cotton Club. Learn about its significant contribution to the Jazz Age of the '20s. Cost: Free



MetroWest Legal Clinic VIA Zoom & Phone

Tuesday, June 11, 10:00/10:30/11:00/11:30 am

See description on page 19.



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SPECIAL EVENTS

Registration is required for all programs

Convey Your Personal Values with a Legacy Letter

Tuesday, June 11, 1:00 pm

We each have a unique set of values and life lessons that guide our decisions, how we view the world, our interactions with others, and the way we deal with setbacks. In this program, Miriam Diamond will help you prepare to articulate and convey your cherished principles and wisdom to inspire family, community members, friends, and future generations. Cost: Free



Trip Niagara Falls, Winery Tour/Tasting, and Baseball Hall of Fame

Tuesday-Friday, June 11-14, 4 Days / 3 Nights

Cost pp: \$749 Double, \$969 single, \$729 Triple/Quad
Call or stop by the Center for more information and a Best of Times Travel trip flyer.



Chair Massage

Wednesday, June 12, 10:00 am – 12:00 pm

See description on page 16.



Hearing Aid Clinic with Paul

Wednesday, June 12, 10:00 – 11:00 am

Paul Dole of Flynn Hearing Aids comes to the Center monthly to conduct hearing aid clinics. Paul will clean and check your existing hearing aids, do light wax removal, make small repairs (if he has the parts available), check and replace your batteries, and answer any questions you have on hearing loss and hearing aids. Cost: Free.



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

Wednesday, June 12, 3:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350

The Core is composed of a central group of muscles, which is the body's physical power plant. Some of these muscles attach from the middle of the spinal column and run all the way down to the leg bones. 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



Crafts with Kelley the Cop

Wednesday, June 12, 3:30 pm

See description on page 17.



Low-Vision Support Group

Thursday, June 13, 10:30 am

See description on page 17.



Lunch & Learn with Elliott Physical Therapy: Don't Let Knee Pain Sideline You!

Thursday, June 13, 12:00 pm

Elliott's physical therapists will explore the many causes of knee pain and empower you to fully understand how it affects your daily activities and overall mobility. They will explain the benefits of specific exercises and how to properly modify your movements to stay healthy and maintain an active lifestyle. Cost: Free



Life Transition Binder Workshop

Thursday, June 13, 1:00 pm

See description on page 16.





SPECIAL EVENTS

Greatest Love Songs of All Time with John Clark

Thursday, June 13, 1:00 pm

Let's face it—love and romance between two people is the most common topic of popular songs. So, what are the most cherished and enduring love songs of the 20th century? This first of several programs to come includes classics starting with *Me and My Gal* up to 1972's *First Time Ever I Saw Your Face*. Some of our very best songwriters are represented, like Hoagy Carmichael, Cole Porter and Rodgers & Hammerstein. Our most popular singers show up as well, including Tony Bennett, Nat King Cole, Elvis Presley and Frank Sinatra. Enjoy special live performances by Rod Stewart, Willie Nelson, Etta James and the Righteous Brothers. Many more great love songs will be coming your way in future talks. Cost: Free

Red Cross Blood Drive

Friday, June 14, 9:00 am – 2:00 pm

To make your appointment, go online to <https://www.redcrossblood.org/give>.

Seen by Sea: An Appreciation of the New England Coast

Monday, June 17, 1:00 pm

Presenter Alison O'Leary brings us the beautiful images and interesting history of New England's many ports from Providence to Bar Harbor, with insight into the industries, immigrants, and traditions that shaped our coastal towns. Cost: Free

Express Yourself

Tuesday, June 18, 11:00 am

See description on page 19.

Self-Care Series: Elder Orphans

Tuesday, June 18, 1:00 pm

An "elder orphan" is defined as someone who is aging alone with no family available to address their caregiving needs. More than 1 in 5 Americans older than 65 are at risk of becoming elder orphans. Healthcare Advocate Lynn Croft will educate us on the issues faced by this group of people. If you are currently an elder orphan or might be one in the future, you will learn how to plan for aging issues now. Refreshments and conversation will follow. Cost: Free



Military & Literary:

A Glimpse of China's History (Part 2)

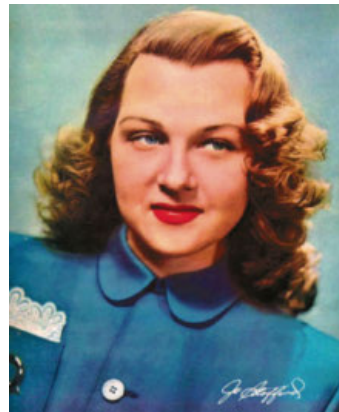
Thursday, June 20, 10:00 am

Center favorite Lanny is back with the second talk in this 2-part series featuring Fu Hao, China's first historic military commander and Ban Zhao, China's female historical literary phenomenon who is responsible for 25% of the most important history of China. Dr. Lanny Bruce Fields is a retired professor who taught at some of the most prestigious colleges and universities in the country. Cost: Free

Jo Stafford Presented by Frank King

Thursday, June 20, 1:00 pm

King will focus on the "singer's singer" Jo Stafford, whose career intersected with Frank Sinatra's earliest recordings. You will also hear the story behind 4 big hits from the great year of 1950, including the



appalling tale of the most inappropriate performance ever of *There's No Tomorrow*, the story of the great Boston-bred comedian Harry Einstein "Parkyakarkus", and the interesting history of *Goodnight Irene*. Cost: Free



Music Appreciation with Aicha

Wednesday, June 26, 1:00 pm

Join Aicha to learn the meaning and the stories behind many songs including country, folk and good ol' rock 'n roll! Cost: Free

Sean Fullerton Concert

Thursday, June 27, 1:00 pm

Come to enjoy a fantastic guitar and vocals performance by Sean Fullerton (one of our favorites). At the end of every show, there is a line of people at our Front Desk asking when we will be bringing him back! Cost: Free Cost: Free



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Open Studio Art Family in memory of Wanda DiMatteo
Kathryn & Paul Mahoney in memory of Frank D. Rogers
James McLaughlin in memory of David Silverman
Elves Orciani in memory of her husband, Elmo Orciani
Florence Weener in memory of Wanda DiMatteo

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Linda Gersten in appreciation of Sandi Levy's great Yoga Class
Margaret "Ann" Ryan in appreciation of Steve Cadigan's Arthritis Class
Evelyn Wall in honor of Anne McInerney Hudson



The Friends of the Center at the Heights hosted a fantastic Mardi Gras celebration for Center participants. Left photo: Anne Brain, Rita DellaRoca, Colleen Schaller, Lee Ann Keeler, Beverly Pavasaris, Isabelle Avedikian, Cliff Holbrook. Center photo: Officer Rocket. Right photo: Elaine Petralia and Center Director LaTanya Steele.

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FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS

Dear Center Participants and Donors,

The Friends of the CATH hope that you enjoyed all the special programs in March and April. The staff work diligently to book interesting programs and activities. You will also notice that more trips are being offered. There are flyers that tell about the trips on the round table near the boutique. Please register at the front desk for those activities. The gift shop has had a name change. It is now called the Boutique. Stop in when you are at the Center.

May is a month of transitions. The cold winds and rain are gone from early spring. Flowers are blooming, birds are chirping, and we are working in our gardens. There are many special observances in May. It's National Burger Month; Older Americans Month; National Military Appreciation Month and Wildflower Month. Daily observances are May Day, Cinco de Mayo, Teacher Appreciation Day, Mother's Day, and Memorial Day. The flower moon is on May 23. The birthstone for May is the emerald. Lilly of the Valley and the Hawthorn are the birth flowers. The Zodiac signs are Taurus and Gemini.

In June we experience the Summer Solstice which marks the longest day of the year. The sun will be directly overhead at noon. June's birthstone is the pearl. The flowers are the rose and honeysuckle. The month observances are Pride Month and Alzheimer's Month. Special days are Flag Day, Father's Day, and Juneteenth. The zodiac signs are Gemini and Cancer. You may be planning time away for the summer.

Friends thanks you for your annual membership fee of \$25.00. Your membership fee goes towards the payment of the Compass mailing, Café supplies, and programs.

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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Save On Medicare Costs!

On March 1, 2024, MassHealth changed their Medicare Savings Programs (formerly known as MassHealth Buy-in) and eliminated the consideration of assets in the determination of an applicant's eligibility for benefits. This change will mean many more seniors will now be eligible for this program for the first time!

To qualify, an individual's income must be below \$2,824 per month, and a couple's income must be below \$3,833 per month. Under the Medicare Savings Program, beneficiaries can save \$174 a month on their part B premium, get help paying for prescription drug costs, and, in some cases, get coverage for Medicare A and B copays and deductibles. Book your appointment today with a SHINE counselor to see if you're eligible and start saving now!

Remember, SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, reviewing claims, and much more. 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. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

