

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight: Caren Carpenter



Caren volunteers in our kitchen, Boutique and at our front desk. She always dives in and tackles anything that needs to be done, and she does it with warmth and enthusiasm. Whether it's making grilled cheese on Fridays, helping seniors shop in our Boutique or creatively solving one of the problems that crop up daily, she is always eager to help. Caren also helps participants make social connections and encourages inclusivity at the Center. We are lucky she has chosen to give so much of her time to Needham's seniors!

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Brigadier General Enoch "Woody" Woodhouse II, member of the Tuskegee Airmen and Boston resident, delivered an inspiring talk at the Center in October. His 4 little words of wisdom for all..."Do the right thing!" General Woodhouse described his incredible life and career and thanked all the veterans in attendance for their service. (See photo on page 3.) Above, General Woodhouse is pictured with Needham Aging Services Executive Director LaTanya Steele.

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)
Please review our Inclement Weather Policy on p. 5	

Holiday Closures

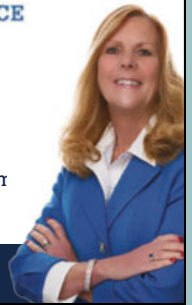
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Peter, is joining me to become the third generation of builders.



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Eleno Garcia

From the Director of Aging Services

Dear Friends,

It seems like just yesterday we were celebrating the coming of fall, the changing of the leaves and all the delicious food of the season. Well, the leaves may be gone, but it isn't winter just yet! November is still a great time to get outdoors. The daytime temperatures aren't too cold, and we can still enjoy the fresh air and sunshine.

Thanksgiving Day marks the beginning of the "holiday season" and is a time of celebration for many, but there are also people who experience feelings of loneliness and sadness during the holidays. Please remember to look out for your neighbor and reach out to people who have limited social networks or no family nearby. Our Center social workers are also here to help and are available to older adults who may benefit from some counseling during the holiday season.

With December will come the beginning of winter and possible inclement weather. Please take some time to review our Inclement Weather Policy on page 5. Remember that when we are open, the Center is a wonderful place to spend the day socializing with peers, exercising, playing cards and games, attending an educational program or just enjoying a hot meal. If you live in Needham, we can even provide you with transportation to and from the Center on our vans, saving you money on gas.

I encourage you to take advantage of everything we have to offer to invest in yourself and help shake off those winter blues. I'm certain you will love it here!

Happy holidays to you,

LaTanya

Veterans, Thank you for your service!



Local veterans pose for a photo with General Woodhouse during his visit to the Center in October.



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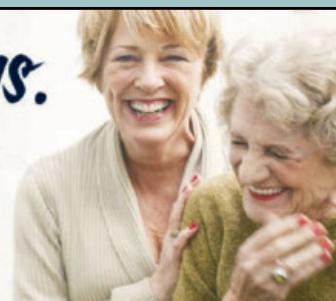
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CENTER INFORMATION & POLICIES

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 resident with disabilities. 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 (781-455-7555), 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 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 data we use when applying for local, state and federal grants.

Transportation / Shopping Trips

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 on our website. 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/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 programming updates and reminders. It also includes digital links to our Zoom classes. 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 weekdays 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. Once you are a registered Springwell client, you must call 24 hours in advance to order a lunch. 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 translation services for anyone in need. To set up an appointment with her, 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. If you seek to have a will notarized, two witnesses are required in addition to the notary, and you should arrange for those people ahead of time.

Veteran's Agent

Our local Veteran's Agent comes to the Center every Thursday to meet with veterans and their families. The agent is your point of contact for all matters to be brought before the Department of Veterans Affairs such as:

- ♦ Claims for pensions,
- ♦ Claims for compensation for service and connected disabilities,
- ♦ Claims for education benefits, and
- ♦ Claims for burial benefits as well as headstones and markers.

To contact or make an appointment to meet with our Veteran's Agent, call 781-489-7509.

Wellness Clinics (Free)

Blood Pressure

Every Tuesday from 9-11am a nurse is at the Center to check your blood pressure. The nurse can also check other vitals like respiration and weight. Register or just drop in to make sure you are healthy!

Hearing Aids

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, check and replace your batteries, and answer any questions you have on hearing loss and hearing aids. The next clinics are: Wednesdays, Nov 13 and Dec 11, 10:00 – 11:00 am



We love connecting people with community services like those provided by the Needham Community Council (NCC).

At our September Open House, NCC staff talked with Joe Marmor about the many services they provide for Needham residents.

Wellness for the Wise

Prioritizing Sleep as the Seasons Change

Did you know that the changing of the seasons can impact our sleep? Sleep is the fuel that drives our bodies. There is a common myth that we need less sleep as we age, but research tells us that this isn't true.

There are many reasons we may be prone to poor sleep as we age; caffeine sensitivity, higher risk for insomnia, sleep apnea, natural changing of circadian rhythms, medication side effects, etc. A lack of sleep can have major impacts on our health, including our mood, ability to focus, and even our risk of falling.

As we approach the end of 2024, let's think about ways we can improve our sleep:

1. Try a quick meditation before bed;
2. Drink that last cup of coffee a little earlier in the day;
3. Keep a journal by your bed to write down any thoughts that may be keeping you awake;
4. Reduce distractions in your bedroom (i.e. televisions, electronics, lights etc.);
5. Incorporate regular exercise into your day, and
6. Develop a consistent bedtime routine.

Sleep matters!

—Your Center Social Work Team

CATH on the Go

Our Center at the Heights (CATH) social workers are out in the community each month bringing social services to you. Drop in to meet with them.

Linden/Chambers Community Room

Second Tuesday of each month, 10:00–11:00 am

Seabeds Way Community Room

Second Thursday of each month, 11:00 am–12:00 pm

Needham Community Council

Wednesdays at 10:30 am –2:00 pm

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 also 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.

Community Resources

<i>Are You Ok?</i> wellbeing check service	1-866-900-7865
Caregiving Resources.....	508-573-7200
Domestic Violence Hotline.....	1-800-799-7233
Elder Abuse Hotline.....	1-800-922-2275
MA Office of Elder Affairs.....	1-800-243-4636
Medicare.....	1-800-633-4227
Needham Council on Aging.....	781-455-7555
Needham Community Council	781-444-2415
Needham Fire.....	781-455-7580
Needham Housing Authority.....	781-444-3011
Needham Police.....	781-455-7570
Needham Public Health.....	781-455-7940
Needham Town Hall.....	781-455-7500
SHINE Medicare Counseling.....	781-455-7555
Social Security.....	1-800-772-1213

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**

Pre-registration is required for all fitness classes.

Instructors cancel for illness or emergencies, and we need to be able to notify you if this happens. Classes can be paid for with cash or checks made out to "Town of Needham" and dropped off at our Front Desk or mailed to Needham Center at the Heights, 300 Hillside Ave, Needham, MA, 02494. Attn: Programming. Please include the names and dates of the classes you are taking.

Personal Training With The Cadigans

Monday - Friday 7:00 am – 7:00 pm

To schedule a session 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

Schedule 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

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

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

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

Instructor: J. Scott Brumit

Meeting ID: 897 6396 8005 Passcode: 609523

Tai Chi is a slow-motion, moving meditative exercise



for relaxation and health. Studies have shown that Tai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, get better nighttime sleep, reduce risk of falls and more. Cost: Free

Line Dancing with Paul

Mondays, 10:00 am

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

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

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

Instructor: Pearl Pressman

Meeting ID: 829 6962 5214 Passcode: 8119

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

The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension.

Cost: \$5/class



Big Moves & Loud Shout Class

Mondays, 1:00 pm

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

Instructor: Stephen Cadigan

This 45-minute class focuses on techniques founded on the evidence - based protocols of LSVT Big & Loud. It is geared toward people with Parkinson's but is a superb workout for anyone. The format allows the participants to be either seated or standing. It incorporates power and transitional posture movements, weight shifting, trunk rotations,



stepping strategies and voice enhancement drills. The purpose of the program is to improve quality of living, and better activities of daily living. You will also enjoy great music and have fun! Cost: \$5/class

TUESDAYS

Walk & Talk Health

Tuesdays, 10:30 – 11:30 am

Nov 5, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, ~~31~~

Join this self-led walking group for seniors offered in collaboration between Newton Wellesley Hospital (NWH), the Needham Council on Aging (COA) and JCC Greater Boston. Improve your cardiovascular health while connecting with others in our community while walking JCC's indoor track. A health specialist from NWH will join quarterly to present important health topics and answer your questions while walking along with you. [Mark your calendar!](#) A clinical pharmacist from NWH will join on January 21st to talk about sleep aids and supplements. Registration in advance is required for entrance to the JCC. To register call 781-455-7555. Cost: Free



Train the Brain

Tuesdays, 11:00 am

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, 31

Instructor: Stephen Cadigan

This class uses dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! Cost: \$5/class



FitBall Exercise Class

Tuesdays, 1:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, 31

Instructor: Lisa Cadigan

This fun class combines exercise with a stability ball to improve balance and stability helping you develop control and strength of the core body muscles and increase abdominal and back muscle strength in the process. This class is designed to help people of all fitness levels (from those with physical limitations to the advanced exerciser). First time participants, please call Lisa Cadigan at 781-856-5664 so she can size the ball to your height. Class is limited to 12 participants. Cost: \$5/class



Our FitBall fitness class uses a stability ball as a tool for stretching and improving stability and balance.

The class is taught by Lisa Cadigan on Tuesdays at 1pm. Lisa also teaches Interval Training, Stretchology and Floor Core & More. Give them a try.

Arthritis Class

Tuesdays, 2:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, 31

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

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



Zumba Gold

Tuesdays, 4:30 pm

Nov 5, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, 31

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

Nov ~~6~~, 13, 20, 27 and Dec 4, ~~11~~, 18, ~~25~~

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/class



FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

LaBlast Cardio Dance

Wednesdays, 10:15 am

Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~

Instructor: Karen Karten

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~

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

Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~

Instructor: Nikhil Sole

Zoom Meeting ID: 914 5785 8070

Nikhil will guide you through yoga and meditation to wind down the day. A Needham resident for 15+years, Nikhil works during the day as a principal software engineer in cyber security software. He's a 300h certified yoga teacher and a meditation teacher with Art of Living Foundation. Cost: Free



THURSDAYS

Tai Chi & Qigong

Thursdays, 10:00 am

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

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



Tai Chi is a favorite at the Center! Above, Scotty Brumit leads Suzanne Horton and John Snellings in slow, gentle movements. Join them in Scotty's in-person class at the Center on Wednesdays at 9:00 am or try a Zoom class.

Drum Fit Cardio Drumming

Thursdays, 11:00 am

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

Instructor: Stephen Cadigan

Increase your cardiovascular fitness and improve your balance and flexibility with Drum Fit! Using drumsticks, you will drum on a yoga ball to the beat of great music while following a cardio routine. This class can be enjoyed by anyone regardless of fitness level. Participate standing or seated Cost: \$5/class



Arthritis Class

Thursdays, 2:00 pm

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

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-o-l-o-g-y

Thursdays, 5:15-6:00 pm

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

Instructor: Lisa Cadigan

Come stretch with us to increase circulation, improve posture and reduce imbalances within muscles and joints that can lead to injury. 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



Instructor, Halle Katz, is an educator and performer with a passion for integrative arts & health practices that nurture our bodies, brains, and well-being. Halle has taught people of all ages and abilities through Needham Community Education, JCC Boston, Boston Public Schools, Dance for All People, Urbanity Dance, Babson College, Brown University, Temple Aliyah, Wellesley Theatre Project, and more. Cost: \$5/class

Floor, Core & More

Fridays, 1:00 pm

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

Instructor: Lisa Cadigan

Zoom Meeting ID: 864 8971 0371

This class strengthens abdominals, glutes, lower back, hips and shoulders. We use hand weights and body weight as tools to enhance range of motion, flexibility, balance and muscular strength. Lisa can modify the activity to suit your needs. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 am

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

Instructor: Pearl Pressman

Zoom Meeting ID: 829 6962 5214 Passcode: 8119

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet any needs. It 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



Chair Grooves: A Dance Class for Every Body

Fridays, 11:00 am

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

Instructor: Halle Katz

Spark joy within yourself and connect with others at Chair Grooves: a seated dance practice that takes you on a musical journey around the world and across time. From Broadway to ballet, this low-impact, high-spirited class celebrates all the ways we can move our bodies to feel free, energized, and empowered.

New!



SATURDAYS

Tabata

Saturdays, 9:15 am

Nov 2, 9, 16, 23, 30 and Dec 7, 14, ~~21~~, ~~28~~

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

Nov 2, 9, 16, 23, 30 and Dec 7, 14, ~~21~~, ~~28~~

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.



Weekly Drop-In
Groups & Games

Monday (Center is closed 11/11)

Beginner Bridge	10:00 AM – 12:00 PM
Beg./Experienced Canasta	
Lessons and Games	12:30 PM – 3:00 PM
Hand & Foot Game	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 (Center closes at 12pm 12/24 and all day 12/25)

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

Thursday (Center is closed 11/28)

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 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

Hand & Foot is a card game similar to Canasta. If you'd like to learn how to play, email Micky Gerrity at beachbelle66@gmail.com or call our Front Desk. Micky will arrange a time to teach you.

MONDAYS

Beginner Poker



Mondays, 10:00 – 11:30 am
Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30
Have you always wanted to learn to play poker? Come learn to play or just brush up on your game! Arnie will be here to teach beginners and help people who already play poker sharpen their skills. Cost: Free

Kerrie Cusack's Monday Meditation



Mondays, 11:00 am
Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30
Meeting ID: 137 719 908 Password: 713980
Kerrie will have you focused, centered and relaxed as you begin your week. If you've never tried meditation, this is a great time to give it a go! Cost: Free

Beg./Exp. Canasta Lessons & Games



Mondays, 12:30 – 3:00 pm
Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30
Join our wonderful friend and volunteer Barbara as she walks us through classic Canasta. There will be room for 3 to play with her and the rest are welcome to watch or play on their own. Cost: Free

Ron's Historical Movie & Discussion Group



Mondays, 1:00 pm
Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30
Meeting ID: 850 1408 7723 Password: 881305
For this class, you will watch a movie each week at your leisure. On Mondays participants will Zoom to look at the movie's historical competency and discuss the historical relevance, the plot, the characters, the cinematography & more. Cost: Free

Schedule Changes on Election Day

Please note that our schedule is altered on **Election Day—Tuesday, November 5:**

- The Fitness Center and Café will be open as usual.
- The Pool Room is open for a tournament only.
- The Transition Binder Workshop will take place.
- All other classes and programs are cancelled.

The Center is a polling site and is expected to be busy with limited parking available.

TUESDAYS

Blood Pressure Clinic



Tuesdays, 9:00 – 11:00 am

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

A nurse from Needham's Public Health Department is here weekly to make sure we are healthy. They can also check other vital signs like respiration, pulse and heart rate. Just drop in! Cost: Free

Mindful Living with Lisa



Tuesdays, 10:00 am

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

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

Nov 5, 12, 19, 26 and Dec 3, 10, 17, 24, 31

Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.

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

Vintage Voices



Tuesdays, 1:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

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

Ballroom Dance with Betty



Tuesdays, 2:30 pm

Nov ~~5~~, 12, 19, 26 – Waltz

Dec 3, 10, 17, 24, 31 – Bachata

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

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

New Time!



Tuesdays, 3:00 pm

Nov 5, 12, 19, 26 and Dec 3, 10, 17, 24, 31

Google Meet video call link:

<https://meet.google.com/xmc-wfvq-daq>

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

Board Games & Cribbage



Tuesdays, 5:00—7:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

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

Poker/Cards/Pool at the Center



Tuesdays, 5:00 – 8:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

Bring a friend or come in on your own to enjoy pool, ping pong, poker or other card games. Cost: Free

Intermediate Bridge at Night



Tuesdays, 5:00–7:00 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

We can't get enough bridge. Join us for some fun!

Movie Night at the Center



Tuesdays at 6:00 pm

Nov 12, 26 and Dec 3, 17

Come in to enjoy a movie on our big screen. Bring friends or come on your own. Cost: Free

Melissa's Sing Along Show

New!



Tuesdays, 6:15-7:15 pm

Nov ~~5~~, 12, 19, 26 and Dec 3, 10, 17, 24, 31

Join Melissa for a fun hour of music as she sings a variety of songs from the 60s to the 2000s. She'll be presenting songs that range from popular hits to 'one-hit-wonders' but you're sure to recognize them. There will be fun features such as song trivia, guess the theme, and guess the song writer. You can sing along, join in, and you may even convince her to take a few requests. Cost: Free

WEEKLY CLASSES

Registration is required for all classes

WEDNESDAYS



Weekly Shopping Trips

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

Sudbury Farms

Every Wednesday
Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~
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
Nov 13, 27 and Dec 11
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
Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, 26
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

Bingo

Wednesdays, 10:30 am
Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~
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
Nov 6, 13, 20, 27 and Dec 4, 11, 18, ~~25~~
Our Art Room is open during this time for artists to bring in their materials and work on their "piece of the day." Cost: Free



Adventure Travel Club

In lieu of this weekly discussion, Kathy will be hosting a presentation about her travels in the new year (date TBD) when she is stateside again. Her travel stops include: Tema, Ghana / Cape Town, South Africa / Port Louis, Mauritius / Cochin, India / Ho Chi Minh City, Vietnam / Hong Kong, Special Admin Region of China / Bangkok, Thailand.

THURSDAYS

Veteran's Agent Hours

Thursdays, 9:00 am – 4:00 pm
Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, 26
Our local 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, call 781-489-7509.



Great Plain Traders

Thursdays, 9:30 am
Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, 26
This group talks all things stock market related. New members are always welcome! Cost: Free



Knitting With Friends

Thursdays, 10:00 am – 12:30 pm
Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, 26
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 – 11:00 am
Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, 26
This Group meets in the Memorial Room at the Episcopal Church, 1132 Highland Avenue in 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. Even if you don't want to share, listening and realizing you are not alone could help. Cost: Free

Bereavement Caring Circle

First and Third Thursdays, 11:15 am – 12:15 pm

Nov 7, 21 and Dec 5, 19

Nikki, a Chaplain at West River Hospice, offers a second bi-weekly grief group that meets at the Center at the Heights. This group offers an open spiritual path to process the loss of loved ones.

Cost: Free

Pool Hall Nights

Thursdays, 5:00 – 8:00 pm

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

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

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

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

Most afternoons our Café is filled with the laughter of people having fun playing Rummikub. Come in to join them!



FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

Nov 1, 15 and Dec 6, 20

Meeting ID: 816 6729 8427 Passcode: 588833

This group meets bi-weekly and will teach you how to hone your writing skills. Help one another with writing techniques, share writing samples, and talk about your shared love of writing. Cost: Free

Bingo

Fridays, 10:30 – 11:30 am

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

See description on page 14.

Short Story Discussion Group

Fridays, 12:00 pm

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

Meeting ID: 894 4350 9457 Passcode: 623397

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

Cost: Free

Center Cinema

Fridays, 1:00 pm

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

Join us most Fridays for a movie on the big screen.

Cost: Free

Demystify Tech with Techie to the Rescue

Fridays, 1:30 pm

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

Meeting ID: 850 5749 7471

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

Saturdays

Saturday Night Supper Club

New!

Saturdays, 5:00 pm

Nov 2, 9, 16, 23 and Dec 7, 14, 21, 28

Meet with others for a nice, casual dinner on Saturday evenings. What a great way to check in on friends and make new ones! You provide your own transportation and cover the cost of your own meals. Carpooling is encouraged. Please pre-register so the restaurant will know how many people to accommodate.

Nov 2 Ray's New Garden (40 Chestnut Pl, Needham)

Nov 9 Pressed Cafe (300 Needham St, Newton)

Nov 16 Just Salad (669 Highland Ave, Needham)

Nov 23 District 118 (118 Needham St, Newton)

Dec 7 Mandarin Cuisine (238 Highland Ave, Needham)

Dec 14 Hearth (974 Great Plain Ave, Needham)

Dec 21 O'Hara's (1185 Walnut St, Newton)

SPECIAL EVENTS

Registration is required for all programs

Drop In with Debbie

Friday, November 1, 9:30 am

Let's have coffee in the Café together and discuss what's on your mind, upcoming programs at the Center, current events, etc. Cost: Free



Center Birthday Club

Friday, November 1, 12:30 pm

Join us in the Café to celebrate the special birthdays in November! Cost: Free



Lunch & Learn with Elliott PT: Diabetes

Monday, November 4, 12:00 pm

November is National Diabetes Awareness Month. Elliott Physical Therapy will be here to educate you on the disease process of Type 1 and Type 2 Diabetes and how this relates to your overall health, wellness and function! You'll leave with tips on how to stay active and safely exercise! Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, November 4, 1:30 pm

Presented jointly with the Wellesley COA Neil Motenko resumes "A Series on Mindfulness" with a review of mindfulness fundamentals and an opportunity to practice together. As always, a review of the fundamentals reminds us of the many benefits of mindfulness, for example, in dealing better with difficult thoughts and emotions, stress and anxiety, and change in our ever-changing lives and world. The sessions will be interactive, include guided practices, and cover how to integrate practice into our lives. Each session in the series stands on its own. Newcomers to Neil's series are welcome at any time. Email akelley@needhamma.gov to register and receive Zoom link. Cost: Free



Life Transition Binder Workshop Series:

A Must Have Tool (4-Class Series)

Tuesday, November 5, 12, 19, 26, 2:00 – 3:30 pm

Are all your important details organized in one place so they're easily accessible to your family if you are incapacitated? In this four-class series Sandra Batra guides you in creating a customized "Life Transition Binder" to incorporate these important details, including personal data, property, financial, retirement/investment, insurance, medical and service provider information. Sandra will also introduce other important topics that impact seniors. As part of this class, you will receive the binder and all the worksheets. The class will meet 4 times, each for 1.5 hours. Cost: \$40 includes supplies

This workshop will meet on Election Day, 11/5.



Drum One Drum All: Intergenerational Drum Circle

Wednesday, November 6, 2:30 pm

This drum circle consists of rhythm games and percussion activities to foster social connection between circle participants. By joining together in the expression of music, members of all generations can expect a fun, supportive, and artistic experience. Music skills are not necessary. Cost: Free

New!



The Truth Behind Hospice

Wednesday, November 6, 11:00 am

Think you know hospice? You probably don't. Come join our friend Nikki as she breaks down the truth of hospice for National Hospice Month! She wrote, "Hospice is misunderstood. Unfortunately people get on hospice late when they could have had the attention and benefits of hospice earlier. I will talk about what specialties hospice offers." Cost: Free



The Unsung Heroine Behind the New Deal (Part 2): FDR's Secretary of Labor Frances Perkins

Frances Perkins forges her way through Washington politics as the first woman cabinet secretary

Wednesday, November 6, 1:00 pm

Frances Perkins (as portrayed by Lady J) shares the trials, trip-ups, and triumphs that characterize her time as the country's first female cabinet secretary (Secretary of Labor) and beyond to the final years of her life. Gain insights into some of the many reasons Frances Perkins is referred to as one of the most influential women of the first half of the 20th century. Cost: Free



Holiday Fraud Prevention with the Office of Consumer Affairs

Thursday, November 7, 10:00 am

The holidays are almost here. Are you armed with vital information to keep yourself safe from scammers? Robin Putnam will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimmers and how to spot them, and identity theft and fraud prevention. Cost: Free



Car Smart 101

Thursday, November 7, 11:00 am

Knowing the laws that protect consumers can help you make informed decisions about buying, leasing, and repairing a car in Massachusetts. Join Jeanne Foy, Director of MASSPIRG Consumer Action Center to learn how to be "car smart". Cost: Free



JFK Presidential Library & Museum

Thursday, November 7, Meet at Center at 9:30 am

Trip! Join us as we tour the John F. Kennedy Presidential Library and Museum which portrays the life, leadership, and legacy of President Kennedy, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President. Located on a 10-acre park, overlooking the sea that he loved and the city that launched him to greatness, the library stands as a vibrant tribute to the life and times of John F. Kennedy. Cost: \$10 (\$5 for van \$5 for tour)



The Shetland Islands - Epic Landscape with a Viking Soul

Thursday, November 7, 1:00 pm

Co-sponsored with Babbet Home Care

Shetland, the northernmost region of the UK, is an archipelago of about one hundred islands. Conquered by the Vikings twelve-hundred years ago, they were ruled by Norway until a dispute over a marriage dowry transferred ownership to Scotland. Today, sixteen islands are inhabited by fewer than 25,000 people, many more sheep, beautiful wildlife, and the famous Shetland ponies. Presenter Barry Pell visited the islands, getting to know the Shetland people and their lifestyle. The program will be accompanied by his photography. Cost: Free



Veterans Day Hot Breakfast

Friday, November 8, 9:30 am

Join us as we honor our Veteran's with a delicious breakfast sponsored by Wingate. We'll also hear from several guest speakers. Cost: Free



How Do You Keep Yourself Safe in your Own Home?

Friday, November 8, 11:00 am

The North Hill team at Pines Edge Skilled Nursing Facility will outline recommendations for your home safety. They will review the latest home durable medical equipment, discuss the benefits of exercises to maintain a healthy lifestyle, teach you how to maintain control of your health, provide tips on when to call your doctor, and describe ER vs urgent care vs. PCP. We will have on-site durable medical equipment and a demonstration of assistive devices to enhance your mobility and a health screening for blood pressure, heart rate and oxygen levels. Cost: Free



Cultural Connection

Friday, November 8, 12:00 pm

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



Metrowest Legal Clinic Via Phone

Tuesday, November 12, 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 affairs and bankruptcy. They are such a great resource! Email Aicha at akelley@needhamma.gov to register for your 30- minute consultation. Cost: Free



Express Yourself

Tuesday, November 12, 11:00 am

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



AI 101 Presented by Techie to the Rescue

Date to be announced

Does the news have you concerned about artificial intelligence (AI)? Are you unsure what it is? Avrom, our "Techie to the Rescue" is teaching us all about AI, and it is something you shouldn't miss. There will be time for Q&A at the end. This Zoom event date will be announced in Aicha's Highlights. So, stay tuned or call our Front Desk to register and receive the Zoom link. Cost: Free



SPECIAL EVENTS

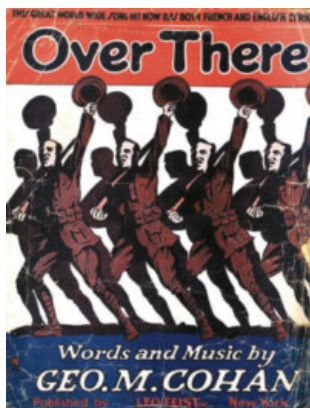
Registration is required for all programs

Music Of World War I with John Clark



Tuesday, November 12, 11:00 am

This program highlights some of the most popular singers, songs and songwriters of World War I. Prior to American involvement, British war songs were popular in this country, like *It's a Long, Long Way from Tipperary* and *Keep the Home Fires Burning*. Then, as events began to draw us into the war, opposing viewpoints were expressed in popular songs, like the pacifistic *I Didn't Raise My Boy to Be a Soldier* and the militaristic *Wake Up, America!* Don't forget the biggest wartime favorite of all,



George M. Cohan's *Over There*. There were also romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, like *'Til We Meet Again*. And even humorous songs like the tongue-twisting *Sister Susie's Sewing Shirts for Soldiers* and Irving Berlin's *Oh, How I Hate to Get Up in the Morning*. Then following the signing of the Armistice, we heard songs

about how American life had changed after the war: *How You Gonna Keep 'Em Down on the Farm* and *I've Got My Captain Working for Me Now*. Featured artists include Al Jolson, Eddie Cantor, John McCormack, Nora Bayes, Billy Murray, Henry Burr and several popular quartets of the era. Cost: Free

The Center's Remembrance Day Celebration



Tuesday, November 12, 1:45-2:30 pm

(This program will begin at the end of Vintage Voices) On this day we will take time to remember our Center friends who left us in 2024. If there is someone you'd like to add to our memorial list or if you have special music requests, please let Aicha know. Light refreshments will be served. Cost: Free

Chair Massage with Kris



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

Massage Therapist Kristen Sloan offers 15-minute chair massage appointments. Wear comfortable clothes. Cost: Free

Hearing Aid Clinic with Paul



Wednesday, November 13, 10:00 – 11:00 am

Paul Dole of Flynn Hearing Aids comes monthly to conduct hearing aid clinics at the Center. He will clean and check your hearing aids, do light wax removal, make small repairs, replace your batteries, and answer questions on hearing loss and hearing aids. Cost: Free

How To Research Genealogy & Family History



Wednesday, November 13, 1:00 pm

Nationally known professional genealogical researcher, heir search specialist, and lecturer Michael Brophy is back! Mike was featured on the TV series *Who Do You Think You Are?* and the Irish TV series *Dead Money*, a genealogy show about heir searchers. Cost: Free

Health Forum with Stephen Cadigan:



Balance and Our Balance Devices (Part 1 of 2)

Wednesday, November 13, 3:00 pm

Meeting ID: 846 9497 8507 Passcode: 820350

Learn how to improve your balance using the Center's two state of the art devices: The HUR Balance Machine and the Dividat Senso Machine. These devices assess your balance using 3 modes of testing: the Romberg Stability Test, the Limits of Stability Test, and accurate weight measurement. The machines will then recommend exercises to improve areas of deficiency, and they can store your data results for future testing and comparisons. The machines also have many entertaining games, which you can play to develop better balance, speed and agility. Cost: Free

Crafts with Kelley the Cop



Wednesday, November 13, 3:30 pm

Join Needham Police Officer Kelley Scolponeti for her monthly craft class at the Center. This class is creative, social and fun. Wonder what project she will think of next! Cost: Free

Trip To Twin River Casino



Thursday, November 14, 9:00 am -3:00 pm

For our next casino destination, we are heading to Twin River Casino in Lincoln, Rhode Island! Thank you to our Transportation Coordinator Stephan and all of the Center's drivers who make these trips possible! Cost: \$25

Hot Breakfast to Learn About Low-Vision Support



Thursday, November 14, 10:30 am – 12:00 pm

If you, a family member or friend was recently diagnosed with low-vision issues, or you have been struggling with low-vision for years – this program is for you! Come to enjoy a hot breakfast and meet our Low Vision Support Group Liaison Jeff Hill from the Massachusetts Association for the Blind and Visually Impaired. You will also hear from guest speaker Karen Hatcher, Director of the Older Independent Blind Program at the Mass Commission for the Blind. Learn about the many programs and resources that exist to help you navigate the world. Cost: Free

Lunch Chat with Debbie

Thursday, November 14, 12:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided - you bring the conversation! This program is led by Speech and Language Pathologist Debbie Maibor Cost: Free



Lunchtime Concert with Sean Fullerton

Thursday, November 14, 12:00 pm

You asked to hear him again. So let's have lunch and listen to Sean play his melodious music! Cost: Free



Exploring Zanzibar - Above and Beyond with Joy Marzolf

Thursday, November 14, 1:00 pm

Meeting ID: 827 3062 7306 Passcode: JOY
The Islands of Zanzibar and nearby Pemba are located just off the coast of the Tanzania mainland. While this area is steeped in history, nature abounds. One can see large animals like enormous Aldabra tortoises, and primates like red colobus and blue monkeys. Bird life varies widely from the tiny endemic Pemba Island sunbird to various kingfishers and even larger hornbills. Along the coast one might see shorebirds and land crabs, while under the sparkling waters is another world. From tiny, colorful fish to huge titan triggerfish and moray eels, the underwater world is equally amazing. Come explore the beauty and natural wonders of these exotic islands. Cost: Free



Art Appreciation with Michele: Josef Israels

Thursday, November 14, 1:30 pm

A Dutch artist born in Groningen, Netherlands, Israels was one of the leading painters of the Hague School. He painted historical and everyday genre themes, including landscapes, biblical characters, and his own contemporary observations. Following the program, you'll have an opportunity to create an everyday scene of your own. Cost: Free



Cooking for Nutrition with BID Needham: Healthy Holidays

Thursday, November 14, 3:00 pm

Join the dietitians from Beth Israel Deaconess Hospital Needham for an engaging 1-hour presentation on maintaining healthy habits throughout the holiday season. Learn how to make healthful choices at holiday feasts that will help you stay on track with your health goals. Take time for yourself during this busy time of year to review healthful portion sizes, lightening up holiday favorites, and other holiday nutrition tips that will help you keep the holiday spirit alive without compromising your wellness! We will have time for Q&A and a healthful holiday snack at the end. Cost: Free



An Overview of Swallowing Difficulties (Dysphagia)

Friday, November 15, 11:30 am

This program presented by Speech and Language Pathologist Debbie Maibor, provides an overview of the swallowing process, swallowing disorders, signs of difficulties, causes, and safe eating strategies. Cost: Free



National Philanthropy Day: Hope for the Holidays Wrapping Party

Friday, November 15, 1:00 pm

Every year Aicha and her kids gather donations of gifts for the patients at the Veteran's Hospital in West Roxbury. Let's all meet in the Cafe to wrap gifts that were donated for these deserving veterans. We can give back while enjoying music and some social time together. Cost: Free



Jump Start Your Healthy Life: Stretch & Strength

Monday, November 18, 11:00 am

Mass General Brigham Newton Wellesley Hospital is proud to present "Jumpstart Your Healthy Lifestyle with Proven Strategies for Wellness". John Scherry, PT, CCS, CSCS and Daniel Destin, Exercise Physiologist will discuss the importance of strength training and the benefits of stretching. How resistance training relates to your heart health. They will lead demonstrations to help you safely implement strength training and stretching into your routine. Discuss how these activities can reduce body aches and tightness that you feel at the start of your exercise session. This program is part of Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. Cost: Free.



SPECIAL EVENTS

 = In Person  = Zoom

Forgiveness & Healing

Monday, November 18, 1:00 pm

Forgiveness, acceptance, reconciliation...these are important concepts, often easier said than done. Miriam Rosalyn Diamond will help us consider their deeper meanings and how they connect to participants' experiences. Attendees will explore steps toward healing emotional wounds and shifting from victims to heroes. Light refreshments will be served. Cost: Free

Caregiver Support Group

Monday, November 18, 4:00 pm

To Join Zoom email Jess at jrice@needhamma.gov. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Take time for yourself; caregivers need support too. Cost: Free

A Safe Drive Through the Aging Process

Tuesday, November 19, 11:00 am

Developed by an Ohio State Trooper, this program is designed for seniors questioning their driving skills and considering retirement from driving. Topics include: defining the problem, warning signs of diminished driving skills, what you can do to continue driving safely, tips for reducing the likelihood of a crash, exercise and driving, and how to decide when to retire from driving. Cost: Free

Cooking with Jessica

Tuesday, November 19, 3:00 pm

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

Lunch & Learn: No Holiday Horrors

Wednesday, November 20, 12:00 pm

Join our social workers for lunch and get helpful tips on how to rid yourself of anxiety, loneliness, family feuds and money woes that can intensify during the holidays. Put the joy back into the holidays! Cost: Free

Trivia & Tunes

Thursdays, November 21, 10:00 am

We can't bring Jeopardy to you, but we can bring VIN! A morning full of fun trivia and music! Bring your brainpower! Cost: Free

Self-Care Series with Lynn: Navigating the Holidays

Thursday, November 21, 11:00 am

Do you get blue as you think about the holiday season? You are not alone! AARP reports 31% of older

adults surveyed felt lonely over the holidays. Television, social media and movies bombard you with images of an unrealistic "ideal" holiday experience. Healthcare Advocate Lynn Croft will teach you how to navigate through your mental health, your diet and "those" dealings with family. Gift yourself and make this a healthier holiday season. Cost: Free



Annual Thanksgiving Feast with Avita

Thursday, November 21, 12:00 pm

Avita of Needham generously invites you to another wonderful Thanksgiving feast at the Center. Avita is an assisted living community specializing in memory care. Their talented chef will prepare and serve up a delicious turkey dinner and holiday dessert. Register early. Spots are limited. Cost: Free

Pathways to Music: Open Mic Night

Thursday, November 21, 6:00-8:00 pm

Organized by the Needham's Plugged In Band Program, the open mic is for all ages, all abilities and all musical skills. There will be pizza, puzzles and crafts to encourage collaboration and conversations. Cost: Free

Red Cross Blood Drive

Friday, November 22, 9:00 am -2:00 pm

To register type this into your browser: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>

Holiday Fraud Prevention

Tuesday, November 26, 10:00 am

Email akelley@needhamma.gov to register. Are you armed with information to keep you safe from scammers this holiday season? Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs & Business Regulation, will share tips on Black Friday shopping, on return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices, identity theft and fraud prevention. Cost: Free

Pancake Breakfast with Avenue Church

Wednesday, November 27, 9:30 am

Our friends from Avenue Church are cooking up a yummy pancake breakfast. Join us! Cost: Free

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SPECIAL EVENTS

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The American Dream & Holiday Songs with Deb Block

Monday, December 2, 1:00 pm

Many of the great songwriters who wrote Christmas tunes in the 1930's-1940's are Jewish. Irving Berlin wrote *I'm Dreaming of a White Christmas*, Mel Torme and Robert Wells composed the music and lyrics to *Chestnuts Roasting on an Open Fire* and Sammy Cahn and Jules Stein were the creative geniuses behind *Let it Snow, Let It Snow!* We'll listen to these holiday songs and learn the stories of their lyricists and composers. Cost: Free

Texas Hold'em Tournament

Monday, December 2, 2:30 pm

Join volunteer host Rich Woerner for a Texas Hold'em poker tournament. Players start with 2,000 chips and play until there is only one player left with chips. This is suitable for both experienced and inexperienced players. Entry to the tournament is free and prizes will be awarded to the top 3 finishers. Registration required. Max 16. Cost: Free

Don't Get Scrooged! Protect Yourself from Holiday Scams

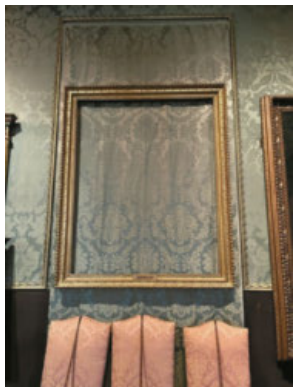
Tuesday, December 3, 11:00 am

'Tis the season for giving... and for scamming! Join us for a free webinar with Danielle Bass, Community Relations and Event Marketing Manager at the Better Business Bureau, to learn how to spot and avoid common holiday scams. Don't let your holiday cheer turn into holiday heartaches. Cost: Free

Has Anyone Seen \$500 Million in Art Lying Around Boston? A Talk with Author Bob Ainsworth

Tuesday, December 3, 1:00 pm

An hour or so after St. Patrick's Day ended in 1990, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named in the past, but none have been arrested. Many are now dead. Bob Ainsworth, the author of *Duped*, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. Cost: Free



Kenny & Dolly: A Smoky Mountain Christmas

Wednesday, December 4, (Time TBD)

Trip! Best of Times Travel presents a tribute show to two of the biggest names in country music this century. "A Smoky Mountain Christmas", starring Wendy T. and Dave Karl recreates the magic of country music's favorite couple - Kenny Rogers and Dolly Parton. This show recreates their incredible - *Once Upon a Christmas* Album and their subsequent CBS special in 1984 titled *Kenny & Dolly: A Christmas to Remember* and many of their greatest hits. Cost: \$129 pp includes transportation to Wrentham venue, entrance fee and a plated luncheon. Payment due at registration.

Holiday Shopping at University Station In Westwood

Wednesday, December 4 (meet at Center at 12:00 pm)

Trip! 'Tis the season! Let's go shopping! Stores include Marshall's, HomeGoods, Target, Wegman's, Michael's and more! Cost: \$5

The Sinking of The USS Indianapolis

Wednesday, December 4, 1:00 pm

Local historian Bob Begin will be here again for one of his fascinating programs. This talk will be about the sinking of the USS Indianapolis in July of 1945, two weeks before the end of the WWII. Cost: Free

Drum One Drum All: Intergenerational Drum Circle

Wednesday, December 4, 2:30 pm

See description on page 16.

Karaoke & Sing Along with Joe

Thursday, December 5, 10:00 am

Joe Silvi will have us dancing in our seats as we sing great songs from the past. This program is laid back and supportive. Join us! Cost: Free

Trip to the Natick Mall

Thursday, December 5 (meet at Center at 12:15 pm)

Trip! Join us as we go on a shopping and eating extravaganza! Just in time to pick all those items on your holiday shopping list! Cost: \$5 for the van. You pay for your own food.

Ukulele Lessons for All!

Thursday, December 5, 1:00 pm

Want to try an instrument that's fun and easy to play? Join Julie Stepanek to learn the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. Cost: Free



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SPECIAL EVENTS

 = In Person  = Zoom

Ted Reinstein's *Travels Through the Heart and Soul of New England: Stories of Struggle, Resilience, and Triumph*

Thursday, December 5, 6:00 pm 
Channel 5's Ted Reinstein is coming back to the Center with a new book *Travels Through the Heart and Soul of New England: Stories of Struggle, Resilience, and Triumph*. It's a grand tour through all six New England states, with every stop a visit with the most extraordinary people he has met in his more than twenty-five years of travel and reporting. Their stories are fascinating, moving, inspiring, and sometimes, just plain funny. Signed copies will be available for purchase. Cost: Free

Drop In with Debbie

Friday, December 6, 9:30 am 
See description on page 16.

Lunch & Learn: Curiosity about Cannabis

Friday, December 6, 11:30 am 
Join us for a delicious lunch with cannabis expert, Dr. Benjamin Caplan. The medical benefits of cannabis have never been clearer. Dr. Caplan is an authoritative face of cannabis medicine and wrote *The Doctor-Approved Cannabis Handbook*. Cost: Free

Holiday Piano Concert with Mark West

Monday, December 9, 12:30 pm 
Join us to make cards (see below) or just listen to Pianist Mark West as we welcome in the holiday season. Cost: Free

National Holiday Card Making Day

Monday, December 9, 12:30 pm 
Join us in the Café to make, sign and send holiday cards. They will go to our lunch delivery recipients, Briarwood Rehab and the VA patients. Refreshments will be served. Cost: Free

The Christmas Tree Shops by Anthony Sammarco

Monday December 9, 1:00 pm 
The Christmas Tree Shops was not just a New England icon, it was a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food, giftware and more. These were items you never thought you needed before stepping through the door, but who could resist a bargain? Join Anthony Sammarco for this historic look at these stores! Cost: Free

Caregiver Support Group

Monday, December 9, 4:00 pm 
See description on page 20.

Metrowest Legal Clinic VIA Phone

Tuesday, December 10, 10:00/10:30/11:00/11:30 am 
See description on page 17.

Express Yourself

Tuesday, December 10, 11:00 am 
See description on page 17.

Vintage Voices Holiday Party & Sing Along

Tuesday, December 10, 2:00 pm 
Join our choral crew for some holiday songs, refreshments, presents and more. Cost: Free

Chair Massage with Kris

Wednesday, December 11, 10:00 am – 12:00 pm 
See description on page 18.

Hearing Aid Clinic with Paul

Wednesday, December 11, 10:00 – 11:00 am 
See description on page 18.

Sergei Novikov Holiday Piano Concert

Wednesday, December 11, 1:00 pm 
Sergei Novikov is a Russian immigrant who moved to America at age 21 with a dream of making a better life for himself. He has exceeded his goals as a talented musician, innovative writer and successful entrepreneur. Sergei has performed for President George H. W. Bush, Secretary of State Condoleezza Rice, President Joe Biden and Billy Joel and Paul Newman. His CD's will be available for purchase. Cost: Free

Health Forum with Stephen Cadigan: Balance and Our Balance Devices (Part 2 of 2)

Wednesday, December 11, 3:00 pm 
Meeting ID: 846 9497 8507 Passcode: 820350
See description on page 18.

Crafts with Kelley the Cop

Wednesday, December 11, 3:30 pm 
See description on page 18.

Low-Vision Support Group

Thursday, December 12, 10:30 am – 12:00 pm 
If you are diagnosed with low vision or blindness and would you like to learn about helpful resources and devices, come to the Center for this monthly support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55+ with low vision or blindness. Cost: Free

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SPECIAL EVENTS

Registration is required for all programs

Coffee Talk with Elliott Physical Therapy: Staying Safe in Inclement Weather



Thursday, December 12, 11:00 am

With the winter months approaching, Elliott Physical Therapy will have a Doctor of PT here to teach us about staying safe in inclement weather such as snow and ice. Learn safe body mechanics for shoveling and snow removal as well as balance and maneuvering icy surfaces. Cost: Free

Self-Care Series with Lynn: Sleep is Key – Why & How to Achieve It



Thursday, December 12, 11:00 am

Tired of being tired? Getting good sleep is more than just having an earlier bedtime and a quiet cool bedroom. Learn about the “science” of sleep and how lack of good sleep affects not just your mood but is related to our weight and cognitive health to name a few consequences. You’ll discover what you can do in your daily life to improve your sleep length and quality. Napping alone is NOT the best solution! Let’s get you some ZZZs! Cost: Free

Lunch Chat with Debbie



Thursday, December 12, 12:00 pm

See description on page 19.

A Christmas Carol Presented by Delvena Theater Company



Thursday, December 12, 1:00 pm

The Christmas season comes alive with Delvena Theatre Company’s production of the beloved story of A Christmas Carol by Charles Dickens -- a dramatic reading of A Christmas Carol, complete with period



costumes, by three professional actors. Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth

and transform himself into a pleasant, giving old gentleman. Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season! Cost: Free

Holiday Lights Tour



Thursday, December 12, 19, 5:00 pm

Board our van and settle in to view the holiday lights around Needham. Enjoy cocoa, cookies and caroling along the way! Registration required. Cost: \$1

Red Cross Blood Drive



Friday, December 13, 9:00 am – 2:00 pm

To register, type the following into your browser: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>

Cultural Connection



Monday, December 16, 12:00 pm

See description on page 17.

Brain Healthy Behaviors



Monday, December 16, 1:00 pm

Noah Bell from TheKey of Boston will explore the fundamentals of brain health and the significant role lifestyle plays in maintaining it. He will identify modifiable risk factors for cognitive decline and conclude with practical tips to promote cognitive health. Cost: Free

A Series on Mindfulness with Neil Motenko



Monday, December 16, 1:30 pm

See description on page 16.

Understanding Hearing Loss and Its Effects on Communication



Tuesday, December 17, 11:00 am

Join us for an informative overview of the hearing process, hearing losses, causes of hearing problems, and the effects on communication. This program is presented by Speech and Language Pathologist Debbie Maibor. Cost: Free

Senior Living 101: Choosing the Right Option for You



Tuesday, December 17, 11:00 am

This comprehensive discussion will include signs care might be needed; costs and ways to prepare for senior living communities; in-home care vs. senior living communities; preparing for a move; things to consider when choosing and how to spot potential red flags, and the differences between independent living/assisted living/memory care/CCRC/and skilled nursing. Cost: Free

Holiday Piano Sing Along with Mel Stiller



Tuesday, December 17, 1:00 pm

Center favorite Mel Stiller is back to help us celebrate the holidays! He’s been playing piano and leading sing alongs at parties, corporate events, public venues, and senior settings for more than 30 years. Mel will provide song books so you can join in the holiday cheer! Cost: Free



SPECIAL EVENTS

Cooking with Jessica

Tuesday, December 17, 3:00 pm

See description on page 20.



Holiday Luncheon by Avenue Church

Wednesday, December 18, 12:00 pm

Avenue Church is generously hosting a holiday luncheon for us! Plan to stay for John Clarke's holiday music program after lunch. A great way to get in the holiday spirit! Registration is required as space is limited. Cost: Free



Holiday Music of the 1940's with John Clark

Wednesday, December 18, 1:00 pm

Come to enjoy this program of familiar and cherished holiday music from the 1940s. Hear the fascinating stories behind the writing of *Rudolph the Red-Nosed Reindeer*, *Baby It's Cold Outside*, *Winter Wonderland* and *The Christmas Song*. And how *Merry Christmas Darling* was composed in 1946 but took 32 years to find its way onto a Carpenters Christmas album. See movie clips of *Have Yourself a Merry Little Christmas* (Judy Garland), *Here Comes Santa Claus* (Gene Autry) and *Silver Bells* (Bob Hope). There are also performance videos of *All I Want for Christmas is My Two Front Teeth* (Spike Jones), *Let It Snow! Let It Snow! Let It Snow!* (Vaughn Monroe), *Winter Wonderland* (Perry Como) and *Blue Christmas* (recorded by Elvis Presley in the 1950s but written in the forties). Other featured artists include Bing Crosby, Andrews Sisters, Nat King Cole and Johnny Mathis. Cost: Free



Trivia & Tunes

Thursday, December 19 at 10:00 am

See description on page 20.



Backyard Mammals with Joy

Thursday, December 19, 1:00 pm

Meeting ID: 850 2842 3656 Passcode: JOY

There is a wide range of mammals found around New England, from the woods, fields and suburbs to the seashore. From the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit neighborhoods, sometimes under the cover of night. Learn about mammal behavior, tracks



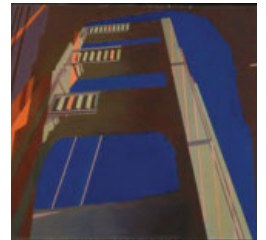
and signs to help figure out who is in your neighborhood! Cost: Free

Art Appreciation with Michele Marram: Charles Sheeler

Thursday, December 19, 1:30 pm

Charles Sheeler (1883-1965) was both a painter and photographer. His photographs influenced his painted images as he created "precisionist" works in which he called attention to geometric forms.

He is known for his unique depictions of urban, rural, and industrial landscapes in America. Following the presentation, we will have a chance to create our own Sheeler-inspired landscapes. Cost: Free



Cooking for Nutrition with BID Needham: New Year, Healthier You

Thursday, December 19, 3:00 pm

Join the dietitians from Beth Israel Deaconess Hospital—Needham for a 1-hour presentation designed to help you embrace a healthier lifestyle in 2025. Learn effective strategies for setting realistic and measurable personal health goals. Whether you're looking to lose weight, boost your energy, or simply make more informed food choices, get the tools and motivation you need to kick start your journey toward a healthier you. The event will end with Q&A and a nutritious snack. Cost: Free



Pathways to Music: Open Mic Night

Thursday, December 19, 6:00-8:00 pm

See description on page 20.



Hanukkah BINGO

Thursday, December 26, 10:30 am

Celebrate Hanukkah with a special edition of Hanukkah Bingo. We will have potato latkes (pancakes), jelly filled donut holes, chocolate gelt and more! Cost: Free



New Year's Comedy Show Featuring John Perrotta

Monday, December 30, 1:00 pm



Join us on the afternoon of New Year's Eve to help us ring in the New Year with laughter and a good time. Comedian John Perrotta will be in the house with another guest comedian. We will enjoy light refreshments after the show. Cost: Free



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Priscilla Cahn in honor of the Center staff and programming

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Marilyn Lichtman in gratitude and honor of Barbara "Babs"

Leslie Pearlstein in appreciation of Sandi Levy's Yoga Class

Susan Triger in appreciation of transportation appointments



The Center is excited to partner with Beth Israel Deaconess Needham's Nutrition Services team to bring you a series of nutrition programs. Their dietitians have run workshops at the Center on a variety of topics including blood sugar control, heart healthy eating, the importance of hydration and foods for your brain.

Check out the upcoming BID Nutrition programs offered in this newsletter on pages 19 and 27. Pictured second from left are BID Dietetic Intern Varsha Krishnan and Dietician Valerie Mason.

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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 our early fall events - the Strawberry Shortcake Social & Annual Meeting in September and the Halloween-themed Movie and Root Beer Float event in October. Please let us know if you enjoyed the latter as it was new for us, and your feedback is always helpful in planning future events.

November is the last month of autumn and a time to honor those who have served in the military and the families who have made sacrifices. Veteran's Day on the 11th is an opportunity to give respect to their commitment to protecting American freedoms. On November 1st we commemorate All Saints Day. On November 3rd we set our clocks back and on November 5th we will vote in our country's next general election. November is a social time with community dinners and Thanksgiving on the 28th. Zodiac signs are Scorpio and Sagittarius. Birthstones are yellow topaz and citrine. The flower is chrysanthemum, and the Beaver moon is the on the 15th.

In December we celebrate the holidays with lights, music and traditional foods. Christmas is the 25th, Chanukah is the 26th, Kwanzaa is the 26th and New Year's Eve is the 31st. Pearl Harbor Remembrance Day is on the 7th, and the month marks the end of the year and the beginning of winter. The birthstones are blue topaz and turquoise. Holly, poinsettia, and orchid are the flowers. Zodiac signs are Sagittarius and Capricorn. The full moon is the Cold Moon and occurs on the 26th.

November and December are times of giving. Please donate to the Friends to support this Compass Newsletter, café supplies, and wonderful programs offered at the Center.

Carol, Anne, & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC. DONATION FORM

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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SHINE NEWS

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Call your Senior Center and ask for a SHINE appointment. At the time of your appointment, you should have your:

- Medicare account Username and Password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)



Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call 781-455-7555. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.