

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight:

Jihong Qiao



Ji and her husband moved to Needham 24 years ago and raised their 2 children in what she considers "a wonderful town." Ji now

generously gives her time each week to volunteer in our kitchen, serving breakfast to seniors in our Café, and in our Boutique, selling items to raise money for our programs. Ji is warm, energetic and has a smile that lights up the room. We couldn't be happier that she is so committed to serving Needham's older adult community at the Center!



Long-time Center participant and Needham resident Jerry Owen recently celebrated his birthday among friends at the Center.

WHAT'S INSIDE

Community Updates.....	3
Information & Policies.....	5
Center Supports	6
Community Resources.....	7
Social Services.....	7
Fitness Classes.....	8
Drop-In Programs.....	12
Weekly Classes.....	12
Weekly Shopping Trips.....	14
Special Events.....	16
Letter From Friends.....	30
Friends Donation Form.....	30
SHINE.....	32

Center at the Heights Hours

Mon/Wed/Fri	8:30 am-5:00 pm
Tues/Thurs	8:30 am-8:00 pm
Continental Breakfast	8:30-10:30 am (M-F)
Springwell Lunch	12:00- 1:00 pm (M-F)

See our Inclement Weather Policy on p. 5

Holiday Closures

January 1
January 20
February 17



300 Hillside Avenue
Needham, MA 02494



781-455-7555



akelley@needhamma.gov



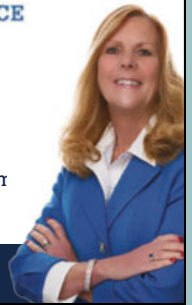
www.needhamma.gov/coa

PROVIDING HONESTY, INTEGRITY & EXPERIENCE
EXPERTISE IN WORKING WITH SENIORS



cell: 617.909.8716 | email: Maureen.McCann@raveis.com
web: MaureenMcCann.raveis.com
168 Garden Street | Needham | MA 02492

WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE



Three Generations Building in Needham



My father purchased a piece of land on Tower Hill in Needham from William Carter in the 1940s and built his first home where I grew up. Much has changed, but I have continued building new homes and renovating existing homes in Needham, and now my son, Peter, is joining me to become the third generation of builders.



We are looking to purchase homes and will buy as is, with no inspection, and will offer market price cash offers, if we can help with your transition to simply or move from your current house, please contact us.

Paul Doisneau
Paul Doisneau,
Tower Hill Builders Inc.

Contact: Peter Doisneau
Tower Hill Builders, Inc.
781-422-9064

towerhillbuildersinc@gmail.com
www.towerhillbuilders.com



EVERYTHING YOU NEED, NOTHING YOU DON'T.

Chestnut Hollow Senior Boutique Apartments.

- 1 or 2 Bedroom Private Apartments
 - Elevator Service
 - Large Closets
 - Light Housekeeping
 - Location, Location, Location
- Simply Perfect!**



Reserve Now
781-453-0294

Chestnut Hollow
141 CHESTNUT ST., NEEDHAM

ChestnutHollow.com



Louise Condon Realty, Inc.

Serving Needham & surrounding communities since 1985!

Our services include:

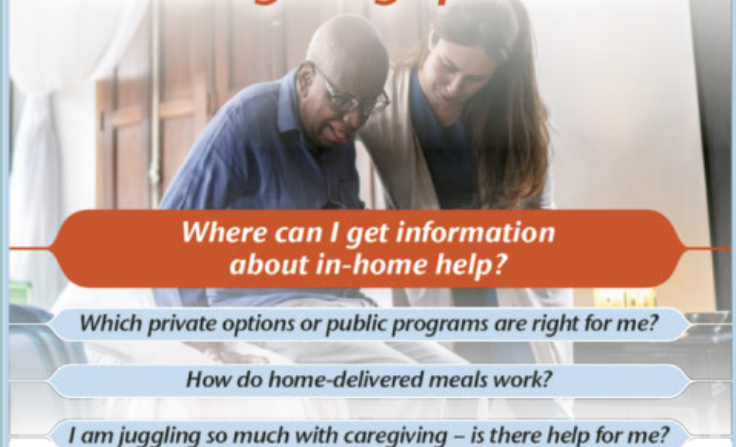
- Free Competitive Market Analysis (CMA)
- Experienced **buyer & seller** representation
- Extensive marketing expertise
- Notary services

399 Chestnut St.
Needham, MA 02492

781-449-6292
info@condonrealty.com

CondonRealty.com

For all of your aging and caregiving questions...



*Where can I get information
about in-home help?*

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

...the answer is **springwell**

We're a non-profit, community resource for all.
Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest

www.springwell.com



Tish Kennedy Dolan, Esq.

Senior Real Estate Specialist, SRES®

REALTOR WITH EXPERIENCE & KNOWLEDGE

617-543-8526 | TishKD@condonrealty.com

Louise Condon Realty | 399 Chestnut St., Needham



COMMUNITY UPDATES

Council on Aging Board

Chair

Colleen Schaller

Vice Chair

Penny Grossman

Ed Cosgrove	Sue Mullaney
Carol deLemos	Ted Prorok
Ann Dermarderosian	Lianne Relich
Dan Goldberg	Kate Robey
Helen Gregory	Kathy Whitney

SHINE

Michelle Gucciardi
Amy Gomes

COA STAFF

Director of Aging Services

LaTanya Steele, BSW, MPA

Assistant Director of Programming & Transportation

Aicha Kelley

Assistant Director of Counseling & Volunteers

Jessica Moss, LICSW

Social Workers

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

Programming Support

Jennifer Garf
Karen Marchilonis
Katie Pisano
Kippy Steeves

Transportation Coordinator

Stephan Grably

Van Drivers

Dylan Copley	Allen MacDuffie
Steve D.	Deborah Marcus
David Frawley	Mary Ann Messenger
Matthew Levin	Dean Putnam

Kitchen Coordinator

Tom Watson

Custodian

Yustil Mejia
Eleno Garcia

From the Director of Aging Services



Dear Friends,

Happy New Year! I hope you were able to slow down a little during the holidays to reflect on 2024 and think about your hopes for the new year. I did, and I'd like to share that my hope is for peace and more kindness in our world. In a time that can sometimes feel chaotic and fast-paced, it's easy to forget the power of a simple act of kindness. Our growing community at the Center (which includes staff and volunteers) also thrives on kindness and supporting one another. Here are a few ideas on how to foster a culture of kindness at the Center:

Be Patient. We are lucky to be able to hold multiple programs at once. Other people may occupy adjacent spaces at the same time as your activity. Please be patient while waiting for a meeting room as other programs that may be in session around you. Give others a little grace as well.

Respect each other's differences. Let's embrace our differences and treat one another with respect and understanding. Try walking a mile in someone else's shoes.

Express gratitude. Take a moment to thank our staff and volunteers for their hard work and dedication. Their efforts are instrumental in making this a vibrant and welcoming place.

Lead by example. As members, you play a pivotal role in setting the tone for our community. Lead by example and inspire others to be kind and considerate.

Let's fill the winter months with kindness, and infuse every interaction with patience, respect and gratitude. Together, we can create an environment that nurtures personal growth, fosters positive connections and makes The Center an even better place to be.

Respectfully,

LaTanya Steele



Speaking of kindness, our wonderful community partners sponsored and served delicious meals at the Center during the holidays. Thank you to the Carpenters & Copley Motorcars, Avita of Needham and Avenue Church!



BRIARWOOD
REHABILITATION
& HEALTHCARE CENTER

781-449-4040
BriarwoodRehab.com
150 Lincoln Street, Needham

- Short Term Rehab / Daily Therapies
- Cardiopulmonary Care
- Orthopedic Rehabilitation
- Nurturing Long Term Care
- Certified Dementia Care

A PROUD MEMBER OF MARQUIS HEALTH SERVICES



*Fulfilling days.
Every day.*

Call to schedule your
personalized tour.



*We provide exceptional assisted living
and bar-raising memory care.*

THE LINDEN
AT DEDHAM

Dedham • (781) 285-6328
TheLindenAtDedham.com



THE LINDEN
AT DEDHAM



"Best Memory Care" U.S. News & World Report 2022-2023

SUNMED
Your CBD Store
Call 781-400-5614

Plant Based Wellness
for Pain, Anxiety, Sleep, Weight Loss and Relaxation



FREE SHIPPING
Shop Online!

YourCBDStoreNeedham.com
1096 Great Plain Ave., Needham

15% off
with this ad

**Your Future
is Here!
Come
claim it!**

Life at North Hill offers a promising future. Good friends,
good food – a very good life indeed. There is so much to look
forward to every single day when you live at North Hill.

Call and claim your future today!

781.433.6524

Secure your assets and your peace of mind
with a Life Care contract at North Hill.

North Hill
VIBRANT LIVING FOR PEOPLE AGE 65+

NorthHill.org

865 Central Avenue, Needham, MA

North Hill is a community that highly values diversity and inclusion. We welcome people
of every race, religion, color, national origin, sex, disability and familial status.

Eaton Funeral Homes
Over 200 Years of Dedicated Service

**As one of the nations oldest funeral homes we
have been helping families honor the ones
they love for over 200 years. With two
locations we cater to our communities and
those we surround with compassion and an
expertise like no other.**

Because there is a difference...

- Every life has a story to tell. Let us tell yours. -

1351 Highland Avenue

Needham

781-444-0201

465 Centre Street

Newton

617-244-2034



A Tradition of Caring Since 1818

For Over Seven Generations

www.eatonfuneralhomes.com

Laurence R. Eaton • David E. Eaton • Kevin J. Greene

(2021)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

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.

Free Rides for Medical Appointments



We are excited to offer free rides to medical appointments within a 10.5 mile radius of Needham for Needham residents age 60 and over through a rideshare service called GoGo Inc. Rides are available Monday - Friday, 8am - 6pm.

To schedule a ride, call our dedicated transportation line at **781-343-1258**. Our operator will take your ride information Monday - Friday 9am - 4:30pm, exclusive of holidays. A ride agreement must be signed and returned to the transportation office before your first ride. When you call, please have the full address and full details of your appointment available. This service is sponsored through a grant from the Massachusetts Council on Aging Association. Rides will be available as long as funding allows.

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 Connections

The Community Connections program pairs volunteers with our older adults in Needham to provide companionship and light practical assistance with specific and pre-agreed to tasks such as light organizing, taking the trash out, computer help, changing a light bulb, etc. Help us connect neighbors with neighbors and support each other! If you are interested in signing up to be a volunteer, or to have a Community Connections volunteer come to you, please contact Jess Rice at jrice@needhamma.gov or 781-455-7555 x229.

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

Wellness for the Wise

Nourish Yourself

Valentine's Day will be upon us again soon. While it seems like we are being flooded with messages about flowers, chocolate, jewelry and more, let's pause for a moment and take value in our most important relationship: our relationship with ourselves. It is the longest relationship any of us will ever have.

While the importance of showing affection for those we love should never diminish, let's also nourish ourselves with love in this season too.

—Your Center
Social Work Team



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 2:00 – 3:00 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 – 10:00 am

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

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 – 11:00 am

Jan 6, 13, 20, 27 and Feb 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 – 11:00 am

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

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 – 11:30 am

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

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

Bollywood Dance Class

New!



Monday, 11:15 am – 12:00 pm

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

Instructor: Bala Venkat

Come unleash your inner rockstar with Bala's Bollywood inspired dance fitness program where you will dance to heart pumping, energetic rhythms of Indian music. We will focus on a low-intensity cardio (LIT) dance workout that will get you moving, grooving and energized. Cost: \$5

Big Moves & Loud Shout Class



Mondays, 1:00 – 1:45 pm

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

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 (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

Train the Brain



Tuesdays, 11:00 am – 12:00 pm

Jan 7, 14, 21, 28 and Feb 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

FitBall Exercise Class



Tuesdays, 1:00 – 2:00 pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Instructor: Lisa Cadigan

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

Arthritis Class



Tuesdays, 2:00 – 3:00 pm

Jan 7, 14, 21, 28 and Feb 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 – 5:30 pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Instructor: Lulu Tsai

Zoom Meeting ID: 825 7084 7065 Passcode: Zumba Zumba Gold is for those looking for a modified class that recreates the original Zumba moves you love at a lower intensity. Lulu loves teaching Zumba classes because, "every class feels like a party!" Join Lulu and the many others who love her Zumba classes on Zoom. Hand weights may be used. Cost: Free

TUESDAYS

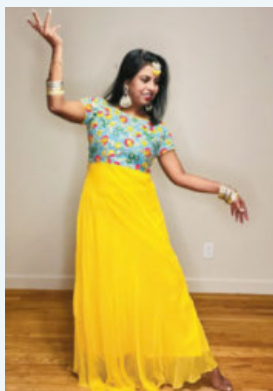
Walk & Talk Health



Tuesdays, 10:30 – 11:30 am

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

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 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. On January 21, John Scherry, Physical Therapist, Manager of Cardiac Rehab and Jane Barr, Community Wellness Coordinator, will offer information and screenings to assess your risks for cardiovascular disease. Register in advance for entrance to the JCC. To register call 781-455-7555. Cost: Free



New Instructor: Bala Venkat Bollywood Dance

Bala is a certified BollyX instructor and has performed in various events in and around the Greater Boston area. She is also a trained Classical dancer and has been dancing Bollywood dance and other folk dance forms since childhood.

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS

Tai Chi & Qigong

Wednesdays, 9:00 – 10:00 am

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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



LaBlast Cardio Dance

Wednesdays, 10:15 – 11:15 am

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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 – 2:00 pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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 – 3:00 pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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 – 6:00 pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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

Chair Yoga with Marianne

New!



Thursdays, 10:00 – 11:00 am

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

Instructor: Marianne Zullas

Chair yoga offers breath work, movement and meditation and is good for people of all ages and abilities. Through this class you can gain core strength, improve mobility and flexibility, reduce stress, and gain mental clarity. Cost: \$5/class



New Instructor: Marianne Zullas

Chair Yoga with Marianne

Marianne Zullas is a registered 500-Hour Yoga Teacher, Trauma-Sensitive Yoga certified, Accessible/Chair Yoga certified, and Sound-Healing certified. She is also the founder of MZ Yoga Connections.

Tai Chi & Qigong

Thursdays, 10:00 – 11:00 am

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

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 8.



Drum Fit Cardio Drumming

Thursdays, 11:00 am – 12:00 pm

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

Instructor: Stephen Cadigan

Increase your cardiovascular fitness and improve



your balance and flexibility with Drum Fit! This class can be enjoyed by anyone regardless of fitness level. Participate standing or seated Cost: \$5/class

Arthritis Class

Thursdays, 2:00 – 3:00 pm

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

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

See description on page 9.



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

Thursdays, 5:15 – 6:00 pm

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

Instructor: Lisa Cadigan

Stretching increases circulation, improves posture and reduces 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. This class is designed for the active older adult with a challenging advanced fitness format. Cost: \$5/class



Floor, Core & More

Fridays, 1:00 – 2:00 pm

Jan 3, 10, 17, 24, 31 and Feb 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



SATURDAYS

Tabata

Saturdays, 9:15 – 10:15 am

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

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 – 11:15 am

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

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

See description on page 9.



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 – 11:30 am

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

Instructor: Pearl Pressman

Zoom Meeting ID: 829 6962 5214 Passcode: 8119

This seated class begins with a warm-up for the joints and muscles, followed by strength training for all major muscle groups using hand weights (or household objects) and body weight. The class concludes with balance work and 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 – 12:00 pm

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

Instructor: Halle Katz

This is 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. Cost: \$5/class



New Instructor: Halle Katz Chair Grooves

Halle Katz is an educator / performer with a passion for integrative arts. She has taught through Needham Community Ed, JCC Boston, Boston Public Schools, Dance for All People, Babson College, Brown University, Temple Aliyah, Wellesley Theatre Project, and more.

WEEKLY CLASSES

Registration is required for all classes

Weekly Drop-In Groups & Games

Monday (except for holidays on 1/20 & 2/17)

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
Intermed. Bridge @ Night	5:00 PM – 7:00 PM
Poker/Cards/Pool	5:00 PM – 8:00 PM

Wednesday (except for holiday on 1/1)

Bingo	10:30 AM – 11:30 AM
Experienced Canasta	12:30 PM – 3:00 PM
Cribbage	1:00 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 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

Kerrie Cusack's Monday Meditation

Mondays, 11:00 am – 12:00 pm

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

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

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

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

Beginner Poker

Mondays, 1:00 pm

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

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

Ron's Historical Movie & Discussion Group

Mondays, 1:00 – 2:00 pm

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

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

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 am

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

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 – 11:00 am

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

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 – 11:30 am

Jan 7, 14, 21, 28 and Feb 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 – 2:00 pm

Jan 14, 28 and Feb 11, 25

Join our Center choral group bi-weekly to 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

Tech Help with Bruce



Tuesdays, 2:00 – 3:00 pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Join our friend Bruce from Needham Community Council's Tech & Tutors program for a 20-minute appointment to get help with your tech devices. Register in advance. Cost: Free

Ballroom Dance with Betty



Tuesdays, 2:30 – 3:30 pm

Jan 7, 14, 21, 28 - Salsa
Feb (TBD)

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



Tuesdays, 3:00 – 4:00 pm

Jan 7, 14, 21, 28 and Feb 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. Approach drawing in an informed and relaxed way, while getting inspiration from light, shape, form, and nature. Cost: \$5/class

Poker/Cards/Pool at the Center



Tuesdays, 5:00 – 8:00 pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

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

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Bring friends or join others to play. Cost: Free

Movie Night at the Center



Tuesdays at 6:00 – 8:00 pm

Jan 7, 21 and Feb 4, 18

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

Melissa's Sing Along Show



Tuesdays, 6:15 – 7:15 pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

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 song trivia, guess the theme,



The Needham Police Department hosted a delicious complimentary holiday dinner for 125 Needham seniors in December. Even the Grinch couldn't put a damper on this thrilling annual event!

WEEKLY CLASSES

Registration is required for all classes

WEDNESDAYS



Weekly Shopping Trips



Our vans make weekly trips to 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 a minimum of 24 hours in advance of each trip.

Sudbury Farms

Every Wednesday

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

Our 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

Jan 8, 22 and Feb 5, 19

Our 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

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

Our 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

Tech Help with Kit



Wednesdays, 10:00 – 11:00 am

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

Join Kit from Needham Community Council's Tech & Tutors program for a 20-minute appointment to get help with your tech devices. Register in advance. Cost: Free

Bingo



Wednesdays, 10:30 – 11:30 am

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

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

Cribbage Lessons & Games with Cliff



Wednesdays, 1:00 – 3:00 pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

Join our friend Cliff to learn or freshen up on Cribbage and enjoy a few games! Cost: Free

THURSDAYS

Veteran's Agent Hours



Thursdays, 9:00 am – 4:00 pm

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

Our local Veterans Agent is here to help you with problems that confront veterans, their widows, widowers, and dependent children. He can also help you obtain your benefits from the VA. To schedule a meeting, call 781-489-7509.

Great Plain Traders



Thursdays, 9:30 – 10:30 am

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

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

Tell Me YOUR Story!

New!



Thursday 9:30 – 10:30 am

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

Join Arnie for this new program focused on helping people tell stories. Participants will focus on telling their own stories as well as different weekly themes. Stories may be fiction or nonfiction. Cost: Free

Knitting With Friends



Thursdays, 10:00 am – 12:30 pm

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

Bring your knitting to the Center to work on while you socialize with others. Cost: Free

Bereavement Caring Circle

Thursdays, 10:30 – 11:30 am

Jan 16, 30 and Feb 6, 20

Nikki, a Chaplain at West River Hospice, offers her bi-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



Intergenerational Fun & Games

Thursdays, 5:00 – 7:00 pm

Jan 16, 30 and Feb 6, 27

Join Needham middle schoolers at the Center to chat and play board games, cards, chess, Rummikub or pool. Refreshments will be served! Cost: Free



Pool Hall Nights

Thursdays, 5:00 – 8:00 pm

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

Drop in to see if others are here to play or bring friends. This is not an organized activity. Cost: Free



Canasta & Mahjong at Night

Thursdays, 5:00 – 7:00 pm

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

Drop in to see if others are here to play or bring friends. This is not an organized activity. Game sets are provided. Cost Free



Brain Games with Pearl Pressman

Thursdays, 6:00 – 7:00 pm

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

This fun and unique class is a combination of specific activities designed to improve your memory, reasoning, conceptualization, language and problem-solving skills. Researchers no longer believe that losing mental capacity is an inevitable part of the aging process. Take a break from doing the Sunday crossword puzzle and give this a try. Cost: Free



New!

Bingo

Fridays, 10:30 – 11:30 am

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

See description on page 14.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

Jan 3, 10, 17, 24, 31 and Feb 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 – 3:00 pm

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

Enjoy a movie on the big screen. Cost: Free



Acrylic Painting & Drawing with Anna

Fridays, 1:00 – 3:00 pm

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

This class teaches the principles of academic painting and drawing, focusing on shapes, color, light, linear perspectives and spatial relationships. Instructor Ana Pogossyan Vladimirov is a professional graphic designer and artist experienced in teaching different age groups. You will work with acrylic paints and explore other media. A supply list will be provided at registration. Cost: Free



New!

Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

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

Meeting ID: 850 5749 7471

Our friend Avrom will answer your technology questions and will discuss technology news topics each



SATURDAYS & SUNDAYS

Weekend Lunch or Brunch Bunch

Saturdays or Sundays (time and place TBD)

Meet others at a local restaurant and enjoy social time together. You provide your own transportation and pay for your own meals. Register by contacting our Front Desk. Once you're registered, Micky (our wonderful volunteer) will reach out to you. Call the Center at 781-455-7555 or check Aicha's Highlights email to learn the restaurant of the week. You can also email Micky directly with questions at beachbelle66@gmail.com



FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am

Jan 3, 17 and Feb 7, 21

Meeting ID: 816 6729 8427 Passcode: 588833

Learn how to hone your writing skills and help each other by sharing techniques and writing samples.

Cost: Free



SPECIAL EVENTS

Registration is required for all programs

Drop In with Debbie

Tuesday, January 7, 10:00 – 11:00 am

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



Author Talk with Gene Hile: Simple Wealth, Inevitable Wealth

Tuesday, January 7, 1:00—2:00 pm

Gene began his Wall Street career in New York City and worked in wealth management, retirement planning, behavioral investment advising and marketing initial public stock offerings (IPOs) for many New England-based companies. His clients included a US Supreme Court justice, presidential cabinet member, first families of New England and Fortune 500 corporate executives. He moved to the Boston area and currently teaches and mentors students at a variety of colleges and universities. Attendees will receive a free copy of his book. Cost: Free



Chair Massage with Kris

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

Join Kris Sloan for a relaxing, 15-minute chair massage. Please wear comfortable clothing. Reservations required. Cost Free.



Hearing Aid Clinic with Paul

Wednesday, January 8, 10:00 – 11:00 am

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



Healthy Living for Your Brain & Body In the New Year

Wednesday, January 8, 11:00 am – 12:00 pm

Did you make a New Year's resolution about being healthier? Our friends from the Alzheimer's Association will be here to educate us about important research into diet/nutrition, exercise, cognitive activity and social engagement. They will also help us develop a plan for healthy aging. Cost: Free



Life Transition Binder Presentation

Wednesday, January 8, 11:00 am – 12:00 pm

Sandra Batra, owner of LifeLink Consulting LLC, will explain how you can create a Life Transition Binder, a resource with all your important life details in one



place (personal, property, financial, retirement, insurance, medical, and service provider.) This tool allows you to remain in control and independent as you age and is a critical resource for your family in the event you are incapacitated. Cost: Free

Lunch Chat with Debbie

Wednesday, January 8, 12:00 – 1:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided for those who register in advance. This program is hosted by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Cost: Free



Elvis Presley's 90th Birthday Celebration with Alan Cohen

Wednesday, January 8, 1:00 – 2:00 pm



In honor of Elvis' 90th Birthday, Alan Cohen will be at the Center for a special sing along. Songs will include favorites from the early, middle, and later years of Elvis's musical career, including *Heartbreak Hotel*, *Are you Lonesome Tonight*, *If I Can Dream*, *In the Ghetto*, *Suspicious Minds* and more. Cost: Free



Drum One Drum All: Intergenerational Drum Circle

Wednesday, January 8, 2:30 – 3:30 pm

This intergenerational drum circle consists of rhythm games and percussion activities to foster social connection between drum circle participants. By joining together in the expression of music, members of all generations can expect a fun, supportive, and artistic experience. No previous music skills are necessary. Cost: Free



Bone Density Screening with Fallon Health

Thursday, January 9, 10:00 am – 12:00 pm

Fallon Health will be here conducting bone density screenings by appointment only. Pre-register for an appointment by January 7 and a representative from Fallon will contact you to schedule your time slot. Cost: Free



Coffee Talk with Elliott Physical Therapy: Kickstart Healthy Habits



Thursday, January 9, 11:00 am – 12:00 pm

Join our Doctor of Physical Therapy, Seneca Spargo, to learn about ways to kickstart the New Year with healthy habits: including sleep education, walking programs and physical activity! Cost: Free

Hot Breakfast with Needham Police (Co-Sponsored by Wingate)



Thursday, January 9, 10:00 – 11:00 am

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



Bob Begin Presents: Coconut Grove – Where Were You?



Thursday January 9, 1:00 – 2:00 pm

By November of 1942, America was fully engaged in WWII. In Boston, people were looking for an escape from the stresses of war. Bars and clubs offered a place to get away from it all for a few hours at a time. Boston's Coconut Grove nightclub, with its tropical flair and romantic vibe, was the place to go for a good time. On November 28, 1942, the Grove was packed beyond capacity when a fire broke out and spread rapidly. The exits were blocked, panic ensued and when the fire was over, 492 people were dead. This tragedy would result in a revolution in fire prevention, building codes, and burn treatments throughout America. Cost: Free

Coffee Talk with Living Forward



Friday, January 10, 9:30 – 10:30 am

Join us in the Café for coffee and an engaging downsizing seminar hosted by Needham resident Adrienne Mathias from Living Forward, a senior move management company. Whether you're looking to downsize your home or declutter a closet or junk drawer, you'll gain valuable tips to make the process easier and less stressful. Cost: Free

National Save on Energy Costs Day with Mass Saves



Friday, January 10, 12:30 – 1:30 pm

Mass Saves' lead vendor, CLEAResult, will present details of the Home Energy Assessment Program. Learn the ins and outs of the program's many offerings as well as how to take action towards improving the efficiency of your home, condo, or apartment. Cost: Free

Celebrating Steven Foster with the *Birth of Popular Music!*



Monday, January 13, 10:00 – 11:00 am

Join us to view the documentary *Musical Americana: Stephen Foster, Minstrelsy, and the Birth of Popular Music* in honor of Steven Foster Day! Foster was one of the first American songwriters to earn a living through composition alone. Many of his songs, most of which were for the parlor or minstrel stage, achieved popularity during his lifetime and continue to be popular today. His songs depicting African Americans, however, have been controversial since they were written. Two of his songs were: *Oh! Susana* and *Old Kentucky Road*. Cost: Free

Paul Newman & Joanne Woodward: Defying All Odds



Monday, January 13, 1:00 – 2:00 pm

Join Theatre Director Debra Block for this fun interactive program! Married for 50 years, performing artists Paul Newman and Joanne Woodward defied all odds. Their seemingly unbreakable relationship has always kept the public wondering about the secret to such a long and successful Hollywood marriage. Enjoy film clips of scenes from their best movies and share your ideas, experience, and knowledge so we can answer the question- what keeps a marriage together for decades? Cost: Free



SPECIAL EVENTS

Registration is required for all programs

Metrowest Legal Clinic VIA Phone



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

Express Yourself



Tuesday, January 14, 11:00 am – 12:00 pm
Join our group for easy, fun, verbal activities and expressive games led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Cost: Free

Cooking with Jessica



Tuesday, January 14, 3:00 – 4:00 pm
Join Jess Weiss in our kitchen as she walks us through delicious seasonal recipes. Cost: Free

Coffee Talk with BID Needham: The Flu



Wednesday, January 15, 9:30 – 10:30 am
Our friends from Beth Israel Deaconess Needham are here to help us better understand the flu. Learn signs and symptoms to look for and how to prevent getting the virus! Get the flue facts to stay healthy. Cost: Free

Rob Natoli Swing Band Concert



Wednesday, January 15, 1:00 – 2:00 pm
The trio will be here to sing away the winter blues with some old favorites and some great winter – themed songs. As always, requests are welcome. Cost: Free

Trivia & Tunes



Thursdays, January 16, 10:00 – 11:00 am
Vin Pisacreta is back with this fun trivia game that tests our music knowledge with the aid of musical clues. Bring your brainpower for a morning of fun! Cost: Free

Creating Watercolor Greeting Cards



Thursday, January 16, 10:00 am – 12:00 pm
Our friend Kathy will be here to help us create beautiful watercolor cards to give to friends and family. No previous art experience is needed in this program. Cost: Free.

Cultural Connection

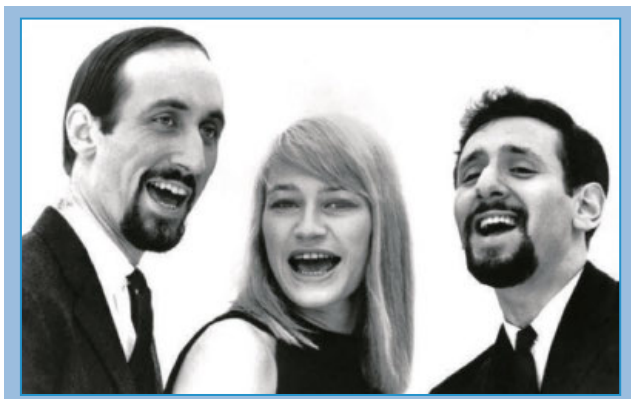


Thursday, January 16, 11:00 am – 12:00 pm
Let's get together to discuss, share and learn about each other's backgrounds and cultures. Bring photos, items, food, music, etc., which exemplify your traditions and culture. This program is hosted by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Cost: Free

Peter Paul & Mary with Frank King



Thursday, January 16, 1:00 – 2:00 pm
In this musical lecture you'll learn about the premier group of the 1960s folk music revival – Peter, Paul & Mary, including: their backgrounds; how they came together; the deep folk roots of their iconic first album; highlights of their record-setting decade as a trio; the reasons for their breakup in 1970 and more. You'll also hear plenty of their music, including their Top 10 hits and a few of Mr. King's favorites. Cost: Free



Pathways to Music: Open Mic Night



Thursday, January 16, 6:00 – 8:00 pm
Open Mic Night at the Center (hosted by Needham Plugged-In Band) is for all ages, abilities and musical skills. Take a turn at the mic or just enjoy the music of others. There will be pizza, puzzles and crafts to encourage intergenerational collaboration and conversations. Cost: Free

Red Cross Blood Drive



Friday, January 17, 9:00 am – 2:00 pm
Register online for this blood drive at the Center by typing this address into your online browser: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>.

Coffee with Norfolk County Sheriff



Friday, January 17, 9:30 - 10:30 am
Join Sheriff McDermot for coffee in our Café. Cost: Free



Life Beyond the Mask: Treatments for Obstructive Sleep Apnea & Snoring

Friday, January 17, 11:00 am – 12:00 pm

Do you snore? Are you just feeling tired all the time? Dr. Megan Huyett, Needham dentist and Diplomate of the American Academy of Dental Sleep Medicine, will discuss the prevalence and etiology of sleep apnea and will review various treatment options. Cost: Free.



Great American Songbook (Vol. 1) with John Clark

Friday, January 17, 1:00 – 2:00 pm

The 1920s - 1950s were the years of the Great American Songbook and you'll see and hear recordings and performances of many of its most memorable songs, all written by four of its most important lyricists and composers – Irving Berlin, George Gershwin, Jerome Kern and Oscar Hammerstein. Music publishers set up shop in a section of Manhattan near the end of the 1800s and began to churn out many of our favorite songs. Experience these legendary songs and many more! Cost: Free



Walk & Talk Health: Assess Your Risks for Cardiovascular Disease

Tuesday, January 21, 10:30 – 11:30 am

Newton Wellesley Hospital's Walk and Talk Health is happy to kick off the new year with John Scherry, Physical Therapist, Manager of Cardiac Rehab and Jane Barr, Community Wellness Coordinator providing information and screenings to assess your risks for cardiovascular disease. This program is brought to you by MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. Registration required. Cost: Free



Coffee Hour with the Comfort Crew

Tuesday, January 21, 11:00 am – 12:00 pm

If you have memory loss (of any level) or are a caregiver join us monthly in a warm and welcoming space to chat and enjoy each other's company.



Some days we may work on wellness, a craft, enjoy music, etc. Cost: Free

Holocaust Remembrance Day Program

Tuesday, January 21, 1:00 – 2:00 pm

Holocaust Remembrance Day (1/27/25)

commemorates the anniversary of the liberation of Auschwitz-Birkenau concentration camp. It's a time to remember the six million Jewish victims of the Holocaust and the millions of other victims of Nazi persecution. Holocaust Educator Amy Degan will talk about how she honors victims of the Holocaust through the restoration of a Jewish cemetery in Bi-alyostok, the largest city in northeastern Poland. Come to hear how she started a nonprofit to restore the dignity of this final, sacred resting place that had been ravaged by the Nazis. Cost: Free



Karaoke & Sing Along with Joe

Tuesday, January 21, 2:15 – 3:15 pm

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



Life Transition Binder Presentation

Wednesday, January 22, 11:00 am – 12:00 pm

See description on page 16.



Speakers' Corner

Wednesday, January 22, 11:00 am – 12:00 pm

Speakers' Corner is a historic site in London used for public speaking. Come to our "Speakers' Corner" to learn about, practice, and improve your verbal interactions with others. We'll discuss "theory of mind," the use of voice, facial expressions, gestures, and body language...everything you need to become a charismatic speaker! Cost: Free



Their Inspiring Story: A Mom & Daughter, Their Music & Dementia

Wednesday, January 22, 1:00 – 12:00 pm

Randi is a retired physician who moved her mother, a lifelong pianist and music instructor, into a memory care unit. Randi has put together an inspirational, educational and entertaining talk about this whole experience. It focuses on the magic of music in dementia, and it also includes lessons that she has learned along the way about finding meaning and joy in her relationship with her mother, in spite of her mental decline. Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

Cooking for Nutrition with BID Needham

Thursday, January 23, 3:00 – 4:00 pm

BID Needham Hospital dietitians will be presenting tips for eating healthy while on a budget. We'll discuss healthy meal and snack ideas, shopping tips, and cooking food while sticking to a budget. Cost: Free



Lunch & Learn - Funeral Starts with "FUN"

Thursday, January 23, 11:00 am – 12:00 pm

This topic is often difficult for people to address. However, Healthcare Advocate Lynn Croft keeps it light. Learn the importance of planning your funeral in advance and the types of funerals (eco-friendly, cremation, burial, and both). Review budgeting and get a funeral guide checklist to assist you in your funeral planning. Lunch will be served after the presentation. Cost: Free



Author Talk with Helaine Cohen:

My Father's War

Thursday, January 23, 1:00 – 2:00 pm



In February 1945, Roland Hartman, a member of the 417th Infantry Regiment, crossed the flooded, raging Sauer River into Germany's Impregnable Siegfried Line. Lucky to survive the crossing, he later became an American POW in Stalag IX-B. He considered the operation "an unnecessary suicide mission" by General George Patton. *My Father's War* is an examination of Roland's

experiences as an American soldier and a POW during World War II. It also explores the POW experience in Stalag IX-B, one of the worst POW camps in Germany and considers whether Patton deserved the label of great general. Cost: Free

Compliment & Kindness Rocks

Friday, January 24, 11:00 am – 12:00 pm

Join us as we celebrate Compliment Day! We will make kindness rocks and give them to our friends or put around the Center to brighten our days. Cost: Free



Thelma the Movie with DA Morrissey's Office

Friday, January 24, 12:30 pm (Movie shows at 1pm)

Our friends from DA Morrissey's Office are coming to the Center to host a special showing of Thelma. Thel-



ma Post (June Squibb) is a fiercely independent woman who lives in Los Angeles. She's tricked into sending \$10,000 to a scammer posing as her grandson, Danny. When she realizes she's been scammed, she decides to take matters into her own hands and track down the scammers. With the help of her friend Ben (Richard Roundtree) and her grandson, she sets off on a dangerous journey across LA. Popcorn will be served! Cost: Free

Sally Ride: Astronaut and Scientist Presented by Sheryl Fay

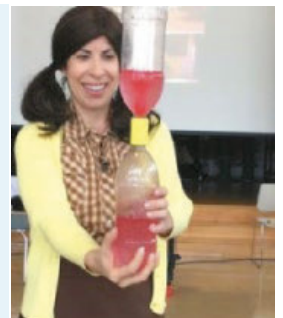
Monday, January 27, 1:00 – 2:00 pm

Sally Ride is glued to the classroom television as astronaut John Glenn blasts off into space. "I want to do that," she quietly says to herself, only to be reminded that girls can't be astronauts. Her insatiable curiosity leads to a passion for science. As she matures, she studies the wonders of the universe and, when girls can, she becomes America's first woman astronaut and an advocate for STEM. Cost: Free



Left:
Sally Ride

Right:
Sheryl Faye
as a young
Sally Ride



A Series on Mindfulness with Neil Motenko

Monday, January 27, 1:30 – 2:30 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. Email akelley@needhamma.gov to register and receive Zoom link. Cost: Free



Have your recent internet searches
looked like this?

- Q What is Alzheimer's Disease
- Q Alzheimer's support groups near me
- Q Dementia diagnosis and next steps

Assisted Living Specializing in Memory Care

Stop the search and learn about the benefits of assisted living
specializing in memory care!

To learn about the benefits of a dedicated memory
care community call: **781.444.2266**



Avita of Needham - 880 Greendale Ave in Needham, MA | AvitaofNeedham.com



OUR SERVICES

- Baths
- Showers
- Full Remodels



**CALL TODAY TO FIND OUT
HOW WE CAN HELP**

781-514-5900

**Get your free Quote &
Consultation NOW**

**Visit our
showrooms
at these
locations:**

**WOBURN
SHREWSBURY
PEMBROKE**

www.bathplanetofboston.com

EVEN MORE TO LOVE!

We've expanded! Enjoy upgraded
amenities, more apartments, and now
offering Reflections Memory Care.



Independent, Assisted & Memory Care Living

615 Heath St., Chestnut Hill
617-244-6400 | residenceboylstonplace.com



**Compassionate home
care in Needham
since 2004.**



Explore our award-winning services at
VisitingAngels.com/Newton

- Assistance with daily needs such as shopping, personal care, med reminders, meal prep and more
- Respite for family caregivers
- Post-hospital and post-rehab assistance

Call 617-795-2727 for a free in-home consultation.

Owned by Newton Residents, Karen Woodrow & Larry Michel



**Skilled Nursing Facility
Short Term
Long Term Care
Respite**

277 ELLIOT STREET, NEWTON UPPER FALLS

82 beds, tastefully decorated, fully furnished rooms, two spacious
and elegant dining areas, outdoor handicap accessible walking paths
with birdbaths and sitting benches, outdoor patios for dining or relaxing,
meticulously landscaped property complete with a resident garden.

The Pettee House

An Affordable Alternate to Assisted Living

19 beds attached to the Stone Rehabilitation and Senior Living.

www.stonerehabandseniorliving.com

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



SPECIAL EVENTS

 = In Person  = Zoom

Pianist Richard Amir Plays Broadway

Wednesday, January 29, 1:00 – 2:00 pm

Broadway musicals have thrilled Americans for years. Composers and lyricists have brought their musical genius to our lives whether they wrote their musicals 100 years ago or more recently. Amir will play some of his favorites to include George Cohen, Jerome Kern, Irving Berlin, George Gershwin, Cole Porter, Stephen Sondheim and more. Cost: Free



hit – we may make it a regular program. When was the last time you tried something new? Join us! Cost: Free

Presenting Metrowest Mediation Services

Thursday, January 30, 12:00 – 1:00 pm

Mediation is flexible and can be used to discuss individualized solutions to disputes. Participants control the outcome as those involved are the best ones to create an agreement that works for them. Alternatively, in arbitration or in court, an agreement is imposed by an arbitrator or judge. Join Metrowest Mediation Services to learn about these and other benefits of mediation. Cost: Free



Author Talk with Robert Ainsworth:

Conned, Scammed, Duped and Ponzi'd

Monday, February 3, 1:00 – 2:00 pm

"I will pay you 50% return on your money in 45 days." ~Charles Ponzi, 1920, Boston

To over 20,000 people, the promise sounded like Manna from Heaven, and they gave him over \$10 million. Then their life's savings were gone. A Ponzi scheme is a well-known term thanks to Bernie Madoff and other fraudsters, but do you really know what it means, where the idea came from, how it operates and who was the man whose name lives on in infamy? Join us to find out! Cost: Free



Art Appreciation with Michele:

Grandma Moses

Thursday, January 30, 1:30 – 2:30 pm

Join research librarian and art educator Michele Marram as we explore the life of Anna Mary Robertson Moses, a self-taught artist from this area born in 1860 who began painting in her 70s. By the time she passed away in 1961 she had become a national icon and was internationally renowned. Cost: Free



Vocally Celebrating Our History, Black History!

Tuesday, February 4, 1:00 – 2:00 pm

In honor of Black History, two predestined



"Soul sisters," with one big voice will pioneer you through a special vocal exhibition of both inspirational and gospel songs. Combined, grace has ushered these two women through more than 30 countries, to spread the message of faith, hope & love thru song. Song is our weapon of choice

when battling in these controversial and trialing times. Saturated in spiritual truths, these songs will truly transform and treat your souls. Get ready to be revived, refreshed and enriched as you clap your hands, sing along and tap your feet. Cost: Free



Coffee Talk: Homeland Security & Common Fraud Schemes Against the Aging

Friday, January 31, 9:30 – 10:30 am

Homeland Security Investigations (HSI) is the principle investigative arm of the U.S. Department of Homeland Security. One of HSI's primary missions is to protect the public from crimes of victimization, strategically targeting and investigating individuals and networks that engage in financial scams impacting vulnerable populations. This presentation will cover some of the common scams targeting older individuals and what to do if you become a victim. Cost: Free



Life Transition Binder Presentation

Wednesday, February 5, 11:00 am – 12:00 pm

See description on page 16.



Ukulele Lessons for National Ukulele Day

Monday, February 3, 11:00 am – 12:00 pm

Learn the basics of playing the ukelele in under an hour with a focus on easy, two chord songs. If it's a



How's Your Pelvic Floor?

Wednesday, February 5, 11:00 am – 12:00 pm

Your pelvic floor is very important, but many don't know why. It's time to regain control over your bladder! This program will include practical tips for bladder control and introduction to pelvic floor rehab. Cost: Free





GENERAL DENTISTRY SERVICES
in Needham with Dr. Jennifer Harvey



CALL FOR AN
APPOINTMENT
TODAY:

617-675-1500

info@www.harveydentalma.com

www.harveydentalma.com

1183 Highland Avenue
Needham, MA 02492

- Preventive Care
- Cosmetic Services
- Restoration Dentistry
- Same Day Crowns
- Dental Bridges
- Endodontics
- Root Canals
- Dental Surgery

WINGATE RESIDENCES
AT NEEDHAM

ASSISTED LIVING • MEMORY CARE



WHY WAIT? THE GOOD LIFE
IS CLOSER THAN YOU THINK.

wingateliving.com | 781.455.9080



Riverbend of South Natick

Exceptional Short-Term Rehab & Nursing

34 South Lincoln Street, South Natick, MA

(508) 653-8330

www.rehabassociates.com/riverbend



We have a Medicare plan
with your name on it

UnitedHealthcare® offers Medicare plans for
a variety of health and budget needs

At UnitedHealthcare, we have Medicare Advantage plans for many
kinds of people, including people who also qualify for Medicaid.
Plan benefits and features may include:

- Provider and Specialist Coverage
- Hospital Coverage
- \$0 copay for preventive care
- Annual wellness visit reminders
- \$0 copay for virtual visits



Call today to find the plan that's right for you

Call UnitedHealthcare today.
1-844-236-3281, TTY 711
8 a.m. - 8 p.m. local time, 7 days a week
ShopUHC.com

AARP Medicare Advantage
UnitedHealthcare

Plans are issued through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual/Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies. Not all network providers offer virtual care. Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. ©2023 UnitedHealthcare Services, Inc. All Rights Reserved. Y0066_230808_02107_M

26P98595

Create memories that will
last a lifetime.



Hanover	781.347.3107
Hingham	781.875.1913
Dorchester	617.506.7210
Easton	508.559.5108
Milton	617.696.8141
North Attleboro	508.316.0559
Mansfield	508.639.5550
Needham	781.675.2526
South Boston	781.896.7005

elliott
PHYSICAL THERAPY

www.elliottphysicaltherapy.com

FAMILY OWNED AND OPERATED



CareConnect
SERVICES
Where Quality &
Compassion in Care
Resonate

Services We Offer

- Live-in Services - Round the Clock Support
- Staffing of Facilities and Homes - CNA, LPN, RN
- Companionship - Safety, Comfort, Welfare
- Personal Care - 1 on 1 Activities of Daily Living
- Sitters and Driver Companionship
- Respite, Hospice Care

617-852-6299 | 617-750-0245 | www.careconnectservices.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

SPECIAL EVENTS

 = In Person  = Zoom



Harvey Leonard Presents "Buried in Boston"



Wednesday, February 5, 1:00 – 2:00 pm

It's National Weatherpersons' Day and Harvey is coming back to the Center! It's the 10-year anniversary of the snowiest winter in Boston (2014-2015), and Harvey will recall that incredible season. Harvey is WCVB Channel 5's chief meteorologist emeritus and continues to serve the community as a periodic contributor to StormTeam 5 coverage and speaking appearances. Cost: Free

Drop In with Debbie



Thursday, February 6, 10:00 – 11:00 am

See description on page 16.

Magical Costa Rica with Joy



Thursday, February 6, 1:00 – 2:00 pm

Meeting ID: 884 0501 4576 Passcode: JOY

For such a small country, Costa Rica has amazing biodiversity. Bird life in the rainforest varies greatly from tiny hummingbirds to numerous parrots. Frogs can be found here too, hidden among the trees, both above and below. Join us as we explore the wildlife of Costa Rica's rainforest. Cost: Free

Cardiologist Jack Cadigan III, MD



Thursday, February 6, 2:00 – 3:00 pm

Not only is Dr. Jack Cadigan III a brilliant cardiologist, but he is also our own Stephen Cadigan's brother. His last presentation at the Center was standing room only! So, we've invited him back for National Heart Health Month to tell us all how to keep our "tickers" healthy. Please wear red to show your support of heart health and a group photo! Cost: Free

Pictured right: Center Fitness Trainer Stephen Cadigan and his brother Dr. Jack Cadigan

Lunar New Year Celebration!



Monday, February 10, 1:00 – 2:00 pm

Lunar New Year is the beginning of a new year based on lunar calendars or, informally but more widely, lunisolar calendars. The event is celebrated by numerous cultures in various ways at diverse dates. The better-known celebrations include new years based on the (lunisolar) Chinese calendar and Tibetan calendar of East Asia. We will learn about the history, traditional celebrations, and enjoy holiday refreshments. Cost: free

Metrowest Legal Clinic VIA Phone



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

See description on page 18.

Express Yourself



Tuesday, February 11, 11:00 am – 12:00 pm

See description on page 18.

Financial Crimes Averted



Tuesday, February 11, 11:00 am – 12:00 pm

Elected Needham Town Constable Richard Graham is coming to the Center. During the day he works for a Fortune 500 company as a director of financial crimes where he helps large banks and companies prevent financial crime. Graham will cover the basics: protecting identity, signs of a scam, checking bank statements, reporting threats to police, and the common scams that occur. Cost: Free

Chair Massage with Kris



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

See description on page 16.

Hearing Aid Clinic with Paul



Wednesday, February 12, 10:00 – 11:00 am

See description on page 16.



MASONRY



Steps Stoops Rebuilt or Repaired

Chimney Rebuilt or Repaired

House Foundation Leaks Repaired

Walk Ways Installed or Repaired

Chimney Inspection - Drainage, Waterproofing

Masonry Repairs - Retaining Walls

Driveways & Patios Installed

617-955-5164

toughbuildmasonryandconstruction.com

toughbuildjohn@gmail.com

FREE ESTIMATE AND ADVICE

George F. Doherty & Sons Funeral Homes

"Family Owned & Operated"

444-0687 | www.gfdoherty.com

1305 Highland Avenue | Needham, MA

EDWARD J. DOHERTY • GEORGE F. DOHERTY, JR. • EDWARD J. DOHERTY, JR. • JOHN P. DOHERTY

Off Street Parking • Serving All Religions

Burial Trusts • Pre-need Planning • Cremation Services

— OUR LOCATIONS —

Wellesley | 781-235-4100 | 477 Washington • Dedham | 781-326-0500 | 456 High St.

West Roxbury | 617-325-2000 | 2000 Centre St.

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

WE BUY COMIC BOOKS & OTHER COLLECTIBLES



603-568-6848

Jonathan Migdol

Realtor, Associate Broker, JD,
Certified Probate Real Estate Specialist
Notary Public

MIGDOL MOORE TEAM
MEMBER: 45+ YEARS OF LOCAL
REAL ESTATE EXPERTISE

Smooth Transitions for Seniors: Experienced, Patient and Real Estate Savvy

Gibson Sotheby's International Realty

781-234-8102

936 Great Plain Ave, Needham, MA | jonathanm@gibsonsir.com
www.gibsonsothebysrealty.com/realestate/agent/jonathan-jd/s



WINGATE WAY EAST

INDEPENDENT LIVING

INTRODUCING BOUTIQUE-STYLE LUXURY LIVING.

One Wingate Way East will soon be a sophisticated boutique-style community at the crossroads of Newton, Weston and Wellesley. It's designed exclusively for those seeking an independent lifestyle and offers bespoke amenities and services. Book your private consultation today and learn more about our entry fee model community now under way.



ON-SITE LEASING GALLERY AND MODEL UNIT NOW OPEN

781-328-6699 | OneWingateWayEast.com

589 Highland Avenue, Needham, MA



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

SPECIAL EVENTS

Registration is required for all programs

A Safe Home is a Healthy Home

Wednesday, February 12, 11:00 am – 12:00 pm

Join Betsy Millane, Neil Garceau, and Stuart Parsons as they discuss how to maintain the value of your home, maintain your independence and enjoyment of your home, and modifications you can make to age happily and safely in place. Betsy Millane is a local Realtor and owner of Betsy's Concierge Home Maintenance, Neal Garceau is the owner of Oakley Home Access, and Stuart Parsons is a local architect. Cost: Free

Lunch Chat with Debbie

Wednesday, February 12, 12:00 – 1:00 pm

See description on page 16.

Concert by Just the Two of Us

Wednesday, February 12, 1:00 – 2:00 pm

Join this duo as they perform as a one-man band and a vocalist/flutist. They will work the crowd with their performance and classic tunes! Italo Demasi just celebrated 58 years of being in America so lots to celebrate! As Italo says, "When words fail, music speaks!" We will have Italian treats! Cost: Free

Coffee Talk with Elliott Physical Therapy: Heart Health

Thursday, February 13, 11:00 am – 12:00 pm

February is American Heart Month. Join Elliott PT to learn how physical therapy can play a role in your heart health! We'll cover topics related to exercise and cardiovascular disease such as heart attack, high blood pressure and stroke. Cost: Free

Practical Tips to Reduce High Blood Pressure

Thursday, February 13, 11:00 am – 12:00 pm

Your heart health is a top priority! Learn how blood pressure and hypertension relate to heart disease and get practical tips to reduce your risks. Presented by MGB Newton Wellesley Hospital's Community Wellness Coordinator, Jane Barr, Licensed Dietitian with a Master of Public Health. This program is brought to you by MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. Cost: Free

The Cotton Club with Deb Block

Thursday, February 13, 1:00 – 2:00 pm

Harlem was at its height of Swing in the 1920's! The biggest and best of Harlem clubs was

The Cotton Club. It was a "white only" venue but the entertainers were primarily black. Ella Fitzgerald, Lena Horne, & other great artists got their start there. Learn the history and groove to the music of the Cotton Club. Cost: Free

Valentine's Day Hot Breakfast

Friday, February 14, 9:30 – 10:30 am

Join us for a delicious breakfast to celebrate National Hot Breakfast Month and Valentine's Day! Cost: Free

Dance Party: Celebrating the 50's

Friday, February 14, 1:00 – 2:00 pm

It's Valentine's Day! Enjoy your favorite dance songs of the 50's – when dancing was dancing! Remember the Twist, Jitterbug, Hand Jive and Stroll? Dance or sing along and watch. Refreshments will be served. Cost: Free.

Coffee Hour with the Comfort Crew

Tuesday, February 18, 11:00 am – 12:00 pm

See description on page 19.

Great Love Songs of All Time (Vol 2) with John Clark

Tuesday, February 18, 1:00 – 2:00 pm

Clooney, Mathis, Bennett, and Louis & Keely - Reminisce to the sound of these beloved romantic songs, from lighthearted twenties tunes like *I Can't Give You Anything but Love* to more serious standards like *All of Me*. There are geographical selections like *I Left My Heart in San Francisco* and 1950s slow-dance favorites like *I Only Have Eyes for You*. Other performers and recording artists include the Glenn Miller Orchestra, Frank Sinatra, Kay Starr, Margaret Whiting, Aretha Franklin, Carole King, Louis Armstrong, Gene Autry, Art Garfunkel and the Beatles! Cost: Free

Karaoke & Sing Along with Joe

Tuesday, February 18, 2:15 – 3:15 pm

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

Artificial Intelligence with Henry Quinlan

Wednesday, February 19, 11:00 am – 12:00 pm

This presentation will open your eyes to the wonders of Artificial Intelligence (AI) and show you how it can add a touch of magic and practicality to your life. Learn how to use AI to send whimsical messages to



SPECIAL EVENTS

friends and family. Learn about AI-powered tools that make everyday tasks easier - from finding recipes to getting instant answers to your questions. Come to see how this exciting technology can benefit you. Cost: Free



Folk Songs of the 1960s

Wednesday, February 19, 1:00 – 2:00 pm

Ruth Rappaport will lead us in singing songs from Peter, Paul, and Mary; Pete Seeger; Woody Guthrie; Bob Dylan; John Denver, etc. She brings lyric sheets and provides a history of each song. Enjoy singing Blowing in the Wind, Leaving on a Jet Plane, Michael Row the Boat Ashore, and other popular folk hits from that era. Cost: Free



Trivia & Tunes

Thursday, February 20, 10:00 – 11:00 am

See description on page 18.



Cultural Connection

Thursday, February 20, 11:00 am – 12:00 pm

See description on page 18.



Self-Care Series:

Coming Out of the Winter Blues

Thursday, February 20, 11:00 am – 12:00 pm

Join Healthcare Advocate Lynn Croft to learn how to tackle the "winter blues." You'll discuss mental health, diet, sleep, exercise and how to keep on goal. Come away with tips for leading a more enriched life during the winter months! Cost: Free



Pathways to Music: Open Mic Night

Thursday, February 20, 6:00 – 8:00 pm

See description on page 18.



Red Cross Blood Drive

Friday, February 21, 9:00 am – 2:00 pm

See description on page 18.



A Series on Mindfulness with

Neil Motenko

Monday, February 24, 1:30 – 2:30 pm

See description on page 20.



Release the Lanterns!

Monday, February 24, 5:00 – 6:00 pm

The custom of releasing lanterns is symbolic of sending hopes to the heavens, representing a way

to let go of the past and embrace a new future, done during celebrations like Chinese New Year where people write their desires on the lanterns before releasing them into the sky. Join us to release your own "lantern" (biodegradable balloons to avoid a fire hazard) into the sky with your message of hope and peace. Cost: Free



Cooking with Jessica

Tuesday, February 25, 3:00 – 4:00 pm

See description on page 18.



Life Transition Binder Presentation

Wednesday, February 26, 11:00 am – 12:00 pm

See description on page 16.



Metrowest Mediation Services Office Hours

Thursday, February 27, 12:00 – 1:00 pm

First come, first served. Speak to them about your mediation needs. See description on page 22.



Piano Sing Along with Mel Stiller

Wednesday, February 26, 1:00 – 2:00 pm

Mel has been playing piano and leading sing alongs at parties, corporate events, public venues and senior settings for more than 30 years. Mel will provide the lyrics so you can join in on the fun! Cost: Free



Grandparents' Bragging Rights

Thursday, February 27, 1:00 – 2:00 pm

Our children and grandchildren are amazing! Here's your opportunity to showcase their talents, skills, and accomplishments! Bring in your memories, photos, newspaper articles, stories, etc., to exhibit your well-deserved "bragging rights! Cost: Free



Art Appreciation with Michele: Marc Chagall

Thursday, February 27, 1:30 – 2:30 pm



Join research librarian and art educator Michele Marram for a look at the life and career of Russian-born Marc Chagall, an early modernist artist who used whimsical and dreamlike images to depict his many memories and life experiences. He is well-known for his paintings, lithographs, and stained glass works. Following the program there will be an option for participants to create Chagall-like images of their own. Cost: Free

DONATIONS

Sheilah Ciraso

Ann Dermarderosian

Patricia Greer

Suzanne Horton

Paul Kalis

Shirley Klepadlo

Donald & Karin Macphee

Marjorie & Robert Mearls

Elves Orciani

Christopher Palasinski

Mary Ellen Pierce

Miriam Rovner

Mamata Sengupta

Sandra & Steve Shusterman

Sheryl Sidman

IN MEMORIUM

Claire Blum in memory of Dick Mashore & Milton Berman

Paula Capobianco in memory of Ray Capobianco

Maurice Handel in memory of Concetta Salamone

Marily Holstein in memory of her dear husband, Dr. Harris Holstein

Donna & Toby Kell in memory of Daniel Gleason

Lois Raskind in memory of Edward Raskind

Milt Rosenthal in memory of his amazing wife, Willa

In loving memory of our dear friend, Irene Guiney-Watson:

Patricia Andrews

Gretchen Ayoub

Anne Brain

Caren & Stu Carpenter

Renate Celms

Hal Cohen

Maureen Coughlin and Barbara,

Billy & Auntie Mau

Kathleen Guiney

Lois Raskind

Barbara Ryan

IN APPRECIATION & HONOR OF

Jo & Peter Belval in appreciation of the staff at the Center at the Heights (CATH)

Claire Blum in appreciation of Shine program and programs at CATH

Ann Dermarderosian in appreciation of volunteers and staff at the CATH

Elaine Lampman in appreciation of Rochelle and the SHINE program

Leslie Pearlstein in honor of Sandi Levy and her online yoga classes

Lois Raskind in appreciation of the fabulous staff at the CATH

Elaine Saunders in appreciation of Stephan Grably and Jess Moss

Thank you Panera!

The Friends Board has successfully established the Center at the Heights as a recipient of end of day "Dough Nations" from Panera Bread on Highland Avenue in Needham. Their delicious Dough Nations products are now available to Center participants every Tuesday and Thursday. The Center would like to thank Beverly Pavasaris for leading this effort and transporting the Dough Nations to the Center each week. Thanks to Tom Watson and Jamie Turbayne who prep the bread to serve in our Café and send home with seniors.



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



PREMIER REMOVAL SERVICE 617-893-9824

Steven Conroy - Owner
www.lugaway.com | info@lugaway.com

Home Cleanouts
Garage Cleanouts
Office Cleanouts
Storage Unit Cleanouts
Estate Cleanouts
Furniture • Appliances
Televisions • Yard Waste
Construction Debris
Demolition



**COMPASSIONATE
CARE FOR HEALTHY
AGING AT HOME**

617-999-7971
508-641-0678 RN

Riverside Center
275 Grove St., Suite 2-400, Newton, MA 02466
elliottseniorcare@gmail.com
www.elliottseniorcare.com



WE BUY & SELL

Coins • Coin Collections
Precious Metals • Sterling Flatware
Gold Jewelry • Pocket Watches

TOP PRICES PAID
Call 508-753-9695

TABER RARE COINS
www.tabercoins.net

**HEARING LOSS?
WE CAN HELP!**



Schedule Today: 781.235-8110
www.flynnassociates.net

Senior Living Residences
Vibrant Community
Elegant Dining
On-Site Medical Care
Fitness Programs
Home Care

All we are for your best life.

Long-Term Care
Family Support
And More >



Scan to explore.



Hebrew SeniorLife

HARVARD MEDICAL SCHOOL
AFFILIATE

(781) 897-7579 | AllWeAreForYou.org

Orchard Cove | NewBridge on the Charles



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS



Dear Center Participants and Donors,

The Friends of the Center at the Heights (CATH) hope you were able to participate in some of the many programs that were offered in 2024. We also hope you enjoyed them!

January 2025 marks the beginning of a new year. To celebrate New Year’s Day on the 1st, some may watch the Tournament of Roses Parade and the Rose Bowl Game. Epiphany occurs on the 6th. Orthodox Christmas Day is on the 7th. Inauguration Day and Martin Luther King Day are both on the 20th. International Holocaust Remembrance Day is on the 27th. Chinese New Year is on the 29th. National Hot Chocolate Day is on the 31st. The January flower is the carnation. The birthstone is the garnet. Capricorn followed by Aquarius are the astrological signs. The Wolf Moon will be the first full moon on the 13th. There are predictions on the 2025 winter weather, from snowy to rainy to dry. Time will tell.

In February we celebrate Black History Month honoring the achievements and struggles of the black community. It is also American Heart Month. Candlemas day is on the 2nd. Groundhog Day is on the 2nd. National Wear Red Day is the 7th. The Superbowl is the 9th. Valentine’s Day is the 14th. President’s Day is the 17th. Amethyst is the birthstone. Violet is the flower. Aquarius followed by Pisces are the astrological signs. The Snow Moon occurs on the 12th.

There are many interesting programs at the CATH that celebrate these special months and holidays. Register for them, and celebrate the new year by donating to Friends of the CATH. Happy New Year!

Carol, Anne, and 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.

I/We would like to donate to the Friends of the Center at the Heights:

- ☐ \$25 Non-resident Newsletter
- ☐ \$75
- ☐ Other Amount \$
- ☐ \$25
- ☐ \$100
- ☐ Memorial Gift
- ☐ \$50
- ☐ \$150
- ☐ Annual Membership

Name: _____

Address: _____

Zip: _____ Phone: _____

Birth Date: _____ Email: _____

Donation In Memory of: _____

Family Name & Address (for acknowledgement) _____

FRIENDS BOARD OF TRUSTEES

CO-CHAIRS

Carol Ditmore
Beverly Pavasaris

TREASURER

Anne Brain

SECRETARY

Beverly Pavasaris

BOARD MEMBERS

Isabelle Avedikian
Rita DellaRocca
Clifton Holbrook
Lee Ann Keeler
Bill Leahy
Barbara Ryan

EX-OFFICIOS

LaTanya Steele
Aicha Kelley



Advanced Podiatry of Needham

1410 Highland Avenue, Suite 204, Needham, MA

781-444-4044

Dr. Michael Mitry, DPM, DABPM

Conveniently located in Needham Center across from the Town Hall.

Plenty of free parking in rear of building.

*From routine foot care to treatments for surgery,
Dr. Michael Mitry specializes in all aspects of foot care
for the entire family.*

General Foot Care

Arthritis • Achilles Tendon

Ankle Pain • Athletes Foot

Bunions • Corns, Callouses

Diabetic Foot Care • Flat Feet

Fungus Toenails

Hammertoes • Heel Pain

Ingrown Toenails

Foot Injuries • Neuromas

Custom Orthotics • Plantar Fasciitis

Warts • Wounds • Laser Treatments



NEW PATIENTS WELCOME

Office Hours: Monday through Friday 8:00 -5:00

Offering same day appointments

Most Insurances Accepted

For Appointments Call: 781-444-4044

www.advancedpodiatryneedham.com

**MICHAEL MITRY
DPM, DABPM**

Podiatrist & Surgeon,
Board Certified Podiatrist





FRIENDS OF THE CENTER AT THE HEIGHTS

300 Hillside Avenue
Needham, MA 02494

NONPROFIT ORG
U.S. POSTAGE PAID
Boston, MA
Permit
#54486

SHINE NEWS

Can I Still Change My Medicare Plan?

Even though Medicare's Fall Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2025. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year.

- **Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.
- **For Prescription Advantage members** or those on the Medicare Savings Program: You may be able to change your Medicare Advantage plan or drug plan during the year.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

SHINE counselors are available year-round to assist Medicare beneficiaries. To schedule a SHINE appointment, call 781-455-7555. For other SHINE-related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back, as soon as possible.

