

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight: Rita Della Rocca



If you'd like to be greeted with warmth and a funny quip, come to the Center on Tuesday mornings to meet our Front Desk Volunteer Rita !

Not only is she funny, but she's smart and great at tackling a challenge. She even joined the Board of the Friends of the Center to help fund COA programs. Rita and her husband Don have lived in Needham for 45 years. In her free time Rita enjoys cooking and baking Italian treats which she frequently shares with everyone at the Center. Her homemade pizzelles are absolutely scrumptious!

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Above: Harvey Leonard poses for a photo with Elaine Petralia at the Center in February when he returned to speak to a full house about "Buried in Boston: The Snowiest Winter on Record (2014-2015)". Harvey was interesting, gracious and funny!

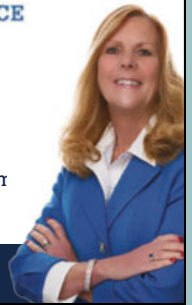
Center at the Heights Hours		
Mon/Wed/Fri	8:30am - 5:00pm	Closed April 21 Patriots' Day
Tues/Thurs	8:30am - 8:00pm	
Continental Breakfast	8:30 - 10:30am (M-F)	
Springwell Lunch	12:00 - 1:00pm (M-F)	
Center Cupboard Café	1:00 - 4:00pm (M-F)	
Fitness Center	9:00am - 2:00pm (M-F)	

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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.

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

06-5329

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From the Director of Aging Services



Dear Friends,

Spring is in the air and brings new reasons to celebrate and commemorate. April 16 is National Healthcare Decision Day. It's a nationwide initiative that encourages adults to plan for a health crisis. When we make health decisions ahead of time and put those wishes in writing, we avoid the difficult situations that are so common when we become seriously ill, and our loved ones are left to guess what we would have wanted. There are a variety of resources available to you through the Center to help you plan ahead:

- You can pick up a "File of Life" card at our Front Desk. This is a document that puts your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Keeping this with you at all times can really help during an emergency.
- "Life Transition Binder Presentation with Sandra Batra" is a program we offer that shows you how to create a binder containing all your important life details and documents to help loved ones or caregivers if you were incapacitated. The next program is April 15 at 11am. (See page 24.)
- We bring in legal professionals to educate seniors about preparing the important documents that ensure your end-of-life wishes are carried out. Check out our "Estate Planning & Tax Law Updates" program on March 10 at 11am to learn more. (Turn to page 17 for more information.)

By participating in National Healthcare Decision Day, discussing your wishes with your loved ones and putting the proper documentation in place, you empower your family to honor your choices and allow everyone peace of mind!

Happy Spring,

LaTanya Steele



Left: Center participants and clinicians from BID Needham's Nutrition Department Pose for a photo during a program on "Healthy Cooking on a Budget" - part of a series of cooking classes BID is teaching at the Center focused on cooking for nutrition.



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

06-5329

COA 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 or online through myactivecenter.com. For more information about online registration, email jgarf@needhamma.gov.

New! The COA is returning to series payments for classes (just like our policy before our Covid shutdown). Beginning in March 2025 any class with a fee must be paid for upfront as a two-month series. We will not issue refunds for missed classes (as we still have to pay the instructor). In the event that an instructor or the COA cancels a class, the Center will issue you a credit toward a future class.

Class/program fees 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. Please include the names and dates of the classes along with your payment.

Scholarships for classes are available. Please Reach out to Aicha Kelley, Jess Moss or Latanya Steele for more information.

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 age 60+ 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 and a light snack in the afternoon between 1:00 - 4:00 pm.

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.

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.

Metrowest Legal Services

MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, healthcare proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy.

Email Aicha at akelley@needhamma.gov to register for your 30-minute consultation on Thursday, March 11 or April 8 between 10:00 am - 12:00 pm

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 retired Needham lawyer who generously offers free notary services to our seniors.



We are grateful to Panera of Needham for giving their Day End Dough-Nations to the Center two days a week. Thanks to their generosity, we are able to serve the bread and pastries as part of our continental breakfast, afternoon snacks and also put out bags of bread and bagels for seniors to take home. What a delicious treat for everyone and so helpful for people on a fixed income.

Thank you to Friends of the CATH for securing the delicious Dough-Nations for our seniors!

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

Free Rides for Medical Appointments

We currently offer free rides to medical appointments within a 20-mile radius of Needham for Needham residents age 60+ through GoGo, Inc. —a rideshare service. Rides are available Monday - Friday, 8:00am - 6:00pm.

To schedule a ride, call our dedicated transportation line at **781-343-1258** and only 781-343-1258. Our operator will take your ride information Monday - Friday 9:30am - 4:00pm, exclusive of holidays. A ride agreement must be signed and returned to the transportation office before your first ride; please allow ample time before your first ride. When you call, please have your appointment's **full exact address** and full details available.

This service is sponsored through a grant from the Massachusetts Council on Aging Association. Rides will be available as long as funding allows.

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 and open M-F 9am-2pm. 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.

New! Returning to "Series Payments"

As was the norm prior to Covid, fitness classes must again be paid for upfront as a two-month series. There is no refund for missed classes (as we still have to pay the instructor). We will issue a credit to your account for any class cancelled by the instructor or the COA.

Class series' 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

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

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: \$40

Tai Chi & Qigong



Mondays, 10:00 – 11:00 am

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

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

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

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: \$40

Seated Strength & Balance with Pearl



Mondays, 10:30 - 11:30 am

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

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: \$40

Bollywood Dance Class



Monday, 11:15 am – 12:00 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, 21, 28

Instructor: Bala Venkat

Come unleash your inner rockstar with Bala's BollyX, a 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: \$40

Big Moves & Loud Shout Class



Mondays, 1:00 – 1:45 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

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: \$40

Seated Strength Training with Pearl In-Person

Mondays, 2:30 – 3:15 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28



Instructor: Pearl Pressman

This 45-minute class will help you build a stronger, more sculpted body, improve posture and balance and reduce the risk of osteoporosis. You will learn proper weight-training techniques, which is key to success. The class begins with a warm-up, followed by strength training, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Bring an exercise mat for floor work. The class is designed to accommodate participants of all fitness levels and abilities. Cost: \$40

in advance for entrance to the JCC by calling 781-455-7555. Cost: Free

Train the Brain



Tuesdays, 11:00 am – 12:00 pm

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

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: \$45

FitBall Exercise Class



Tuesdays, 1:00 – 2:00 pm

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

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: \$45

Arthritis Class



Tuesdays, 2:00 – 3:00 pm

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

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: \$45

Zumba Gold



Tuesdays, 4:30 – 5:30 pm

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

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: \$45

TUESDAYS

Walk & Talk Health



Tuesdays, 10:30 – 11:30 am

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

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 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 March 11 a specialist will join to talk about the dynamics of stretching. Register

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS

Tai Chi & Qigong

Wednesdays, 9:00 – 10:00 am

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

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: \$45



LaBlast Cardio Dance

Wednesdays, 10:15 – 11:15 am

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

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: \$45



Interval Training

Wednesdays, 1:00 – 2:00 pm

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

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: \$45



Move It, Shake It, Lift It!

Wednesdays, 2:00 – 3:00 pm

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

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: \$45



Evening Yoga & Meditation

Wednesdays, 5:00 – 6:00 pm

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

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

Thursdays, 10:00 – 11:00 am

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

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: \$40



Tai Chi & Qigong

Thursdays, 10:00 – 11:00 am

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

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 8. Cost: Free



Drum Fit Cardio Drumming

Thursdays, 11:00 am – 12:00 pm

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

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: \$40



Arthritis Class

Thursdays, 2:00 – 3:00 pm

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

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

See description on page 9. Cost: \$40



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

Thursdays, 5:15-6:00 pm

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

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: \$40



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: \$40

SATURDAYS

Tabata

Saturdays, 9:15 – 10:15 am

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

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: \$45



Arthritis Class

Saturdays, 10:15 – 11:15 am

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

Instructor: Stephen Cadigan

Zoom Meeting ID: 816 8790 1740

See description on page 9. Cost: \$45



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 – 11:30 am

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

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: \$40



Chair Grooves:

A Dance Class for Every Body

Fridays, 11:00 am – 12:00 pm

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

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: \$40



Floor, Core & More

Fridays, 1:00 – 2:00 pm

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

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



Chair Grooves Instructor Halle Katz (center) poses for a photo with Sydell Rosen (left) and Margie Brodsky (right) prior to a Chair Grooves class. The reviews of this new fitness program are in, and they are stellar! Come into the Center to give it a try. You may be surprised how fun and effective a seated dance class can be!

WEEKLY CLASSES

Registration is required for all classes

Weekly Drop-In Groups & Games

Monday (except for holiday on 4/21)

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

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

Beginner Spanish with Patricia

New!



Mondays, 10:00 – 11:00 am

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Register online or at the Front Desk and we'll email you the Zoom meeting link. Teacher Patricia Varon is a native-born Spanish speaker, who patiently teaches people of all ages. A beginner's textbook is included. Cost: \$30

Kerrie Cusack's Monday Meditation



Mondays, 11:00 am – 12:00 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Meeting ID: 137 719 908 Password: 713980

Get centered and relaxed with Kerrie as you begin your week. Cost: Free

Graceful Gatherings

New!



Mondays, 11:30 am – 12:30 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Are you a widower? A widow? Caregiver? Looking for a buddy? Join us to make some new connections. Light refreshments will be served. Cost: Free

Beg./Exp. Canasta Lessons & Games



Mondays, 12:30 – 3:00 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Join our friend and volunteer Barbara to learn classic Canasta. There is room for 3 to play with her. Others are welcome to watch or play on your own. Cost: Free

Ron's Historical Movie & Discussion Group



Mondays, 1:00 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Meeting ID: 850 1408 7723 Password: 881305

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 and more. Cost: Free

Knitting Lessons with Corinna

New!



Mondays, 2:30 – 3:30 pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Corinna will teach you how to knit and crochet! You can purchase discounted needles in our Boutique. Cost: Free

Pool Lessons with Dave

New!



Mondays, 6:00 – 7:00pm

Mar 3, 10, 17, 24, 31 and Apr 7, 14, ~~21~~, 28

Pool aficionado Dave Oberman is available to teach you how to play pool or hone your skills. Register in advance so he will know you're coming. Cost: Free

MONDAYS

Caring Friends with Debbie

New!



Mondays, 3:00 – 4:00 pm

Mar 10, 24, and Apr 14, 28 (bi-weekly)

This support group shares concerns/issues related to aging like cognition, swallowing, hearing loss, living alone, navigating technology, caregiving, healthy living, etc. We'll socialize and share resources.

Cost: Free

TUESDAYS

Fireside Book & Tea Club: First Book: ***Travels with Charlie* by Steinbeck**



Tuesdays, March 4, 18, April 1, 15, 6:00 - 7:30 pm
Come to the Center's Library where the fireplace will be lit and the tea will be waiting. This bi-weekly group led by Betsy Millane, will help motivate reading while discussing the book. Cost: Free

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 am

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
A nurse from Needham's Public Health Department is here to make sure we are healthy. She 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

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
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. Cost: \$45

Current Events Discussion Group

Tuesdays, 10:30 – 11:30 am

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.
The moderator will provide an update of the past week's news followed by discussion. You bring up additional topics and all have the option to speak and/or listen. Cost: Free

Beginner Mah Jong Lessons

Tuesdays, 11:00 am – 1:00 pm

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Join Carol Sklar to learn to play this great game! You must be present for the first class on 3/18. To order cards: please use the National Mah Jong League website nationalmahjongleague.org. 2025 cards won't be available until mid April. Pre order now. Copies of the 2024 card will be provided at no cost.

Tech Help with Bruce

Tuesdays, 2:00 – 3:00 pm

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

Mar 4, 11, 18, 25 - Salsa
Apr 1 - Intro to Samba, Apr 8, 15, 22, 29 - Rumba
Betty Hood has been teaching ballroom dance for over 20 years and she's a fantastic teacher! Couples and singles are welcome. Changing partners is optional. Cost: \$45

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

Tuesdays, 3:00 – 4:00 pm

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Google Meet video call link:
<https://meet.google.com/xmc-wfvq-daq>
Ben, a trained illustrator, 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: \$45

Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 pm

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Bring a friend or come in on your own to enjoy pool, ping pong, poker or other games. Cost: Free

Intermediate Bridge at Night

Tuesdays, 5:00 – 7:00 pm

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Bring friends or join others to play. Cost: Free

Movie Night at the Center

Tuesdays at 6:00 – 8:00 pm

Mar 11, 25 and Apr 8, 22
Come in twice a month to enjoy a movie on our big screen. Cost: Free

Melissa's Sing Along Show

Tuesdays, 6:15 – 7:15 pm

Mar 4, 11, 18, 25 and Apr 1, 8, 15, 22, 29
Join Melissa for a fun hour of music as she sings a variety of songs from the 60s to the 2000s and songs that range from popular hits to "one-hit-wonders." There will be song trivia, guess the theme, and guess the song writer. Cost: Free

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

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

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/trip

Market Basket Waltham

Every other Wednesday

Mar 5, 19 and Apr 2, 16, 30

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/trip

Trader Joe's, CVS & Walgreens

Every Thursday

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

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/trip

Bingo

Wednesdays, 10:30 – 11:30 am

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

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

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

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

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

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



THURSDAYS

Veterans' Agent Hours

Thursdays, 9:00 am – 4:00 pm

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

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

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

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



Knitting With Friends

Thursdays, 10:00 am – 12:30 pm

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

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

Mar 13, 27 and Apr 10, 24

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



Tech Help with Stephano

Thursdays, 2:00 – 3:00 pm

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

Join our friend Stephano 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



Intergenerational Fun & Games

Thursdays, 5:00 – 7:00 pm

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

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

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

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

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

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

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

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



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

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

Enjoy a movie on the big screen. Cost: Free



Acrylic Painting & Drawing with Ana

Fridays, 1:00 – 3:00 pm

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

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 who will explore acrylic paints and explore other media with you. Cost: \$50



Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

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

Meeting ID: 850 5749 7471

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



SATURDAYS & SUNDAYS

Weekend Brunch Bunch

Saturdays or Sundays (time and place TBA)

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.



Ukulele lessons with Julie Stepanek were a hit in February. Stay tuned for more lessons at the Center soon!

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am

Mar 7, 21 and Apr 11, 25

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



Bingo

Fridays, 10:30 – 11:30 am

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

See description on page 14.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

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

Meeting ID: 894 4350 9457 Passcode: 623397



SPECIAL EVENTS

Registration is required for all programs

Soup It Forward Day!

Monday, March 3, 11:00 am – 12:00 pm

It's National Soup It Forward Day and encourages us to deliver love and kindness by the bowlful. Soup is warm, comforting, and is considered healing. It has been referred to as a "hug in a bowl." Join us in the Café to sample a few soups and select some to take home. (We will provide take-home containers.) If you'd like to make a soup to share, please contact Aicha. Cost: Free



"The Sound of Music in Songs & Stories" with Ms. Massachusetts

Monday, March 3, 1:00 – 2:00 pm

Ms. Massachusetts, Ruth Harcovitz (who is also a trained opera singer) celebrates the most popular musical by Rodgers and Hammerstein, *The Sound of Music*, with songs from the musical interspersed with a selection of stories about the real-life Von Trapp Family. This program is supported by a grant from the Needham Cultural Council, a local agency, the Mass Cultural Council, a state agency, and the Needham Council on Aging. Cost: Free



America the Beautiful Piano Program with Richard Amir

Tuesday, March 4, 1:00 – 2:00 pm

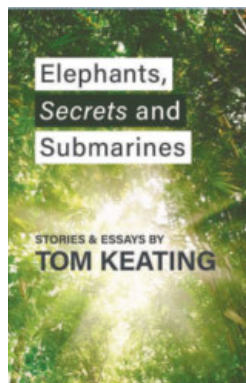
Join us to hear Richard Amir's beautiful music – the perfect warm up for Tom Keating's talk to follow. Cost: Free



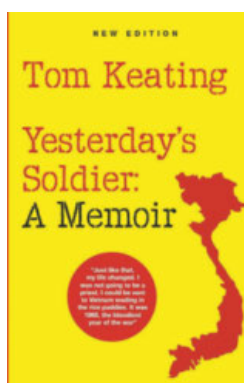
Author Talk & Reception: Tom Keating and *Elephants, Secrets and Submarines*

Tuesday, March 4, 2:30 pm – 3:30 pm

Needham resident and Author Tom Keating will be back to tell us about his newest book, *Elephants, Secrets and Submarines: Stories and Essays*. It's a collection of fifteen short stories (memoirs and fiction) about first love, going to war, playing baseball, and the people he meets along the way. Keating also wrote *Yesterday's Soldier*, the story of his journey from Infantry Officer Candidate to conscientious objector in Vietnam. Cost: Free



Tom Keating



Coffee Talk with West River Care: Volunteer Opportunities

Wednesday, March 5, 9:30 – 10:30 am

The West River Care team invites you to enjoy coffee while you learn about being a hospice volunteer and the rewarding opportunities it offers. Get inspired to get involved and learn more about how your time and talents can make a difference in the lives of others while enriching your own. Cost: Free



Untold Stories of the Boston Public Garden

Wednesday, March 5, 1:00 – 2:00 pm

Learn about the history of the Garden founded in 1837 in the middle of our world-class city. Learn about the design, sculptures, and the gorgeous plantings that bring glorious color and beauty to America's first public botanical garden. Knowledgeable presenter Rose A. Doherty leads tours for the Friends of the Public Garden. Cost: Free



Aging Well with Wingate & Friends

Thursday, March 6, 11:00 am – 12:00 pm

Join this panel of aging well professionals to review the important aspects involved in deciding where you will spend your older years. They will offer expertise about real estate, downsizing, and how to get the maximum return on your investment if you plan to sell your home. They will also address estate planning, senior living options and how you'll know when it's time to make the move. If you plan to age in your current home, panel experts can also help you decide which modifications are necessary. Cost: Free



Peggy Lee with Frank King

Thursday, March 6, 1:00 – 2:00 pm

Join Frank King for a musical lecture focusing on singer and lyricist "Miss" Peggy Lee. Enjoy the standout songs of this Golden Era – including rare recordings – and also learn secrets about the singers and the songs. Frank will also treat you to a little-known Sinatra duet from radio days; the surprising history of the song "Autumn Leaves"; a strange and funny duet by Rosemary Clooney and Marlene Dietrich, and more. Cost: Free



A Celebration of March Birthdays Sponsored by Copley Motorcars

Friday, March 7, 12:30 – 1:00 pm

Join us in the Café for cake and to celebrate the special birthdays in March! Please let Caren Carpenter know if your birthday is this month so we can celebrate you! Cost: Free



Drop In with Debbie

Friday, March 7, 9:30 – 10:30 am

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



Caregiver Support Group

Monday, March 10, 4:00 – 5:00 pm

To Join Zoom Meeting Email Jess to Receive Zoom Invite: jrice@needhamma.gov

This group offers members the chance to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience, but this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Take time for yourself; caregivers need support too. Cost: Free



Estate Planning & Tax Law Updates

Monday, March 10, 11:00 am – 12:00 pm

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Attorney Shani Rea Collymore will be here to teach you how to get prepared and avoid a crisis for your family. Cost: Free



Cultural Connection

Monday, March 10, 11:00 am – 12:00 pm

Gather to learn about each other's backgrounds and cultures. Bring photos, items, food, music, etc. to share. This program is hosted by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Please register and email Aicha at Akelley@needhamma.gov if you're bringing food. Cost: Free



Positive Psychology Tools to Improve Resilience and Well-Being (Part 3)

Monday, March 10, 1:00 – 2:00 pm

Positive Psychology reveals easy techniques for enhancing the way we experience life and deal with challenges. Join Dr. Miriam Rosalyn Diamond's newest workshop which teaches us tools to increase awareness, self-calming, imagination, connection, and appreciation. Everyone is welcome, whether or not you attended previous workshops. Cost: Free



Caring Friends with Debbie

Mondays, March 10, 24, 3:00 – 4:00 pm

Come join this support group to share joys, concerns, and issues of our day-to-day lives (aging health challenges like cognition, swallowing, hearing loss, living



alone; navigating technology; caregiving for others; planning for the future; traveling alone; healthy living; interests and leisure time, etc.) We will socialize, support each other, and share resources. Cost: Free

Walk & Talk Health: Dynamics of Stretching

Tuesday, March 11, 10:30 – 11:30 am

Join MGB Newton Wellesley Hospital for an energizing discussion about the dynamics of stretching during "Walk and Talk Health" on March 11 at the JCC in Newton (see page 9.) John Scherry, Physical Therapist and Manager of Cardiac Rehab and Daniel Destin, Exercise Physiologist and Fitness Specialist will share guidelines for dynamic stretching, warming up and cooling down and then join the walk to answer your questions. Cost: Free



Indian Cooking with Shruti

Tuesday, March 11, 3:00 – 4:00 pm

Join Shruti Mehta to make and sample another delicious Indian recipe. Cost: Free



Chair Massage with Kris

Wednesday, March 12, 10:00 -11:00 am

Join Kris for a 15-minute chair massage. Please wear comfortable clothing. Reservation required. Cost: Free



Hearing Aid Clinic with Paul

Wednesdays, March 12, 10:00 – 11:00 am

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



Conversations with Jim the Cardiologist

Wednesday, March 12, 11:30 am – 12:30 pm

Join us in the Café for a casual chat with Cardiologist Dr. Jamil Kirdar. Bring your cardiac-related questions and he will answer them. Dr. Kirdar was born in Baghdad, Iraq where he completed Baghdad University Medical College, training in Internal Medicine and required military service. He then came to Boston and trained at Harvard in medicine and cardiology and became a consultant in cardiology at the VA in Providence, RI. Dr. Kirdar returned to Harvard Medical School as faculty and Cardiology Consultant at the VA Medical Center, West Roxbury. He retired in 2019. Cost: Free



SPECIAL EVENTS

Registration is required for all programs

Lunch Chat with Debbie

Wednesday, March 12, 12:00 – 1:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided - you bring the conversation! This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist.

Cost: Free



Coffee Talk with Keolis Commuter Services

Wednesday, March 12, 9:30 – 10:30 am

Come to our Café to hear about Keolis (our commuter rail service provider) and their current initiatives relating to Needham. Cost: Free



Folk Rock of the 1960's: A Sing Along

Wednesday, March 12, 1:00 – 2:00 pm

Join Alan Cohen for a sing along featuring folk rock songs of the 1960s, including songs by Simon and Garfunkel, Peter Paul and Mary, Judy Collins, Joni Mitchell, James Taylor, Harry Belafonte, Kingston Trio and more! Cost: Free



Crafts with Kelley the Cop

Wednesday, March 12, 3:30 – 5:00 pm

Needham Police Officer Kelley Scolponeti teaches a monthly craft class at the Center. This class is creative, social and fun! Cost: Free



Music Appreciation with Aicha: Learn the Back Stories

Thursday, March 13, 10:00 – 11:00 am

Have you wondered what the real meaning is behind the lyrics to a favorite song? Would you like to hear a music genre or song you've never heard before? Join Aicha as we listen to country, rock and roll, folk, Motown and more! Cost: Free



Low-Vision Support Group

Thursday, March 13, 10:30 am – 12:00 pm

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



Coffee Talk with Elliott Physical Therapy: Heart Health and PT

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

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

Sergei Novikov Piano Concert Pianist

Thursday, March 13, 1:00 – 2:00 pm

Sergei Novikov is a Russian immigrant who moved to America at age 21 with a dream of making a better life for himself. He has exceeded his goals as a talented musician, innovative writer and successful entrepreneur. Sergei has performed for President George H.W. Bush, Vice President Joe Biden, Billy Joel and Paul Newman and received official recognition from Queen Elizabeth for his music. Cost: Free



It's Your Story - Write It Over Breakfast!

Friday, March 14, 10:00 – 11:00 am

It's "National Write Your Story Day" so let's get going. Have you wanted to put it on paper – but keep procrastinating? This workshop, led by Writer and Poet Zvi Sesling, will help you start the process. Sesling is Poet Laureate Emeritus of Brookline and has published flash fiction and poetry in numerous magazines in the United States, UK, France, Cyprus, New Zealand, Australia, India, Canada and Israel. Cost: Free



Irish In Boston with Anthony Sammarco

Monday, March 17, 1:00 – 2:00 pm



Local historian Anthony Sammarco will explore the 19th and 20th century Boston institutions that were founded by and for Irish immigrants and their descendants. Some of the prominent ones are Boston College, Carney Hospital, St. Elizabeth Hospital, the House of the

Good Shepherd, the House of the Angel Guardian, and many churches such as the Cathedral of the Holy Cross and Immaculate Conception in Boston's South End. Many people think the Irish immigration of the 1840s changed the face of Boston over the ensuing century. Generations of Irish in Boston have contributed to the fabric of the city's life in business, government, and the church.



A Series on Mindfulness with Neil Motenko

Monday, March 17, 1:30 – 2:30 pm

To register for Zoom email akelley@needhamma.gov Neil Motenko resumes "A Series on Mindfulness" with a review of mindfulness fundamentals and an opportunity to practice together. As always, a review of the fundamentals reminds us of the many benefits of mindfulness, for example, in dealing better with difficult thoughts and emotions, stress and anxiety, and



change in our ever-changing lives and world. The sessions will be interactive, include guided practices, and cover how to integrate practice into our lives. Each session in the series stands on its own. Newcomers to Neil's series are welcome at any time. This program offered jointly with the Wellesley COA. Cost: Free

Express Yourself

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

Join our group for easy, fun, verbal activities and expressive games led by Speech and Language Pathologist Debbie Maibor. Cost: Free

Karaoke & Sing Along with Joe

Tuesday, March 18, 1:00 – 2:00 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

New England Conservatory Concert

Tuesday, March 18, 1:00 – 2:00 pm

Talented student musicians from the Conservatory will be here to delight us with their music! Cost: Free

Cooking with Jessica

Tuesday, March 18, 3:00 – 4:30 pm

Instructor: Jessica Weiss

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

Ukraine War – Donald Trump: What Now?

Tuesday, March 18, 6:00 – 7:00 pm



This presentation by Henry Quinlan starts with the causes of the war and examines the impact of the war on Ukraine, Russia, and the rest of the world (some intended and some unintended). Quinlan has more than 36 years of professional experience dealing with the Soviet Union/Russia, including frequent travel to the region.

He was interviewed by the Pentagon regarding a successor to Vladimir Putin. Cost: Free

Hot Breakfast with Avenue Church

Wednesday, March 19, 9:30 – 10:30 am

Join us in the Café for a delicious and nutritious breakfast sponsored, prepared and served by our friends at Avenue Church. Cost: Free

Coffee with Needham Cops

Wednesday, March 19, 9:30 – 10:30 am

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

Natoli Swing Band Concert!

Wednesday, March 19, 1:00 – 2:00 pm

The trio will be here to sing away the winter blues and usher in spring with some old favorites and spring-theme songs. Cost: Free

Self-Care Series: How to Talk to Your Doctor & Be Your Own Advocate

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

In the current healthcare environment, patients must learn to become their own advocates. Healthcare Advocate Lynn Croft will educate you on the keys to better communication for better outcomes from visits with your physicians. Cost: Free

Metrowest Mediation Services (MMS) Office Hours

Thursday, March 20, 12:00 – 1:00 pm

Mediation can be a flexible way to find a resolution to a dispute without involving an arbitrator or judge, which can be costly and less individualized. Come meet with a rep from MMS to learn how they can help you resolve a dispute through mediation. Cost: Free

Concert with Vocalist Maria Guanci

Thursday, March 20, 1:00 – 2:00 pm

Join us for a concert with Maria, an experienced vocalist who studied Theatre Art at The University of Massachusetts at Boston. She currently sings lead vocals in local cover bands, writes & records, and performs acoustic sets. In addition, Maria has taught theatre and improv to grade school students. Cost: Free

Art Appreciation with Michele: Henri Matisse

Thursday, March 20, 1:00 – 2:00 pm



Join Research Librarian and Art Educator Michele Marram to explore the life and career of Henri Matisse, a French painter who experimented with color and form in new ways. At the end of the presentation, you will have a chance to do some “drawing with scissors” a la Matisse. Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom

Open Mic Night

Thursday, March 20, 6:00 – 8:30 pm

Come to Plugged In Band's Pathways to Music Open Mic session every third Thursday of the month. The open mic is for all ages, all abilities and all musical skills. Enjoy free pizza, along with puzzles and crafts to encourage collaboration and conversations.



Dinner Bell Community Dinners

Thursdays, March 20, 5:00 – 6:00 pm

The Dinner Bell program at the Center serves up a hot, nutritious meal and a fun social time for Needham residents of all ages. Please register by Tuesday, March 11 to ensure we have food for everyone. Cost: A voluntary contribution of \$5 per meal.



Red Cross Blood Drive

Friday, March 21, 9:00 am – 2:00 pm

To book your appointment go to <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>



Traditional Irish & Celtic Music with Bill Reidy

Monday, March 24, 1:00 – 2:00 pm



Bill's vast songbook contains hundreds of songs and includes music from a variety of different musical styles – folk, pop, classic hits, jazz standards, soul, oldies, country and holiday songs but he is coming here to the Center to work his solo acoustic Irish and Celtic magic! Cost: Free

Medicare 101 with SHINE

Tuesday, March 25, 5:00 – 6:30 pm

Join us for a Medicare educational meeting hosted by the MetroWest SHINE (Serving the Health Insurance Needs of Everyone) program. It's an overview of Medicare for people turning 65 or those just signing up for Medicare to learn about Medicare enrollment as well as information about the parts of Medicare and coverage options. There will be time for Q&A. To learn more about SHINE, see the article on the back cover of this newsletter.



Vintage Voices

Tuesday, March 25, 1:00 – 2:00 pm

Join us to sing some of our old-time favorite songs accompanied by volunteer musicians Margie and Carlo! Cost: Free



Reverse Mortgage 101

Tuesday, March 25, 11:00 am – 12:00 pm

Join David Tourtillott, CRMP® for an educational workshop on Reverse Mortgages. He'll be discussing reverse mortgage pros & cons, misconceptions, how to use a reverse mortgage as a tool to age in place, to boost your monthly income, buy a new home with a Reverse Mortgage, use as an emergency reserve line of credit to help cover large, unexpected costs like home repairs, home modifications, in-home care etc. Cost: Free



Explore Zanzibar Above & Beyond with Joy

Thursday, March 27, 1:00 – 2:00 pm

Meeting ID: 876 3766 7348 Passcode: JOY

The Islands of Zanzibar and Pemba are just off the coast of the Tanzania mainland. In this interactive lecture you'll see large animals like enormous Aldabra tortoises and primates like red colobus and blue monkeys. Birds like the tiny endemic Pemba Island sunbird to kingfishers and even larger hornbills. Along the coast see shorebirds and land crabs, while under the sparkling waters is another world. Come explore the beauty and natural wonders of Zanzibar! Cost:



Meet Needham's Recovery Coach: What You Should Know About Substance Use as an Older Adult

Friday, March 28, 9:45 – 10:45 am

Learn how alcohol and cannabis effect older adults. Meet Angi MacDonnell the Needham Public Health Divisions Recovery Coach and learn what services and resources are available in Needham for addressing substance misuse and mental health concerns. Cost: Free



Center Senior Prom

Monday, March 31, 1:00 – 2:00 pm



Time to put on your prom dress and tux (or whatever you feel fancy in) and come to our Senior Prom. Enjoy great music while you dance the afternoon away! We'll have a punch bowl, finger foods and fun decorations. Cost: Free

April Fools Foolish Memories

Tuesday, April 1, 11:00 am – 12:00 pm

Join us in front of our big screen for some fun tv memories! We will have sheets to vote for what you want to see: *I Love Lucy*, *Mary Tyler Moore Show*, *Beverly Hillbillies*, snippets of *The Tonight Show with Johnny Carson* and *Carol Burnett & Friends*. We will have treats! Cost: Free



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

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SPECIAL EVENTS

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Coffee with the Assessors

Wednesday, April 2, 9:30 – 10:30 am

Join us in the Café for some Q & A with the Assessor's office! Cost: Free



Who was Houdini?

Wednesday, April 2, 1:00 – 2:00 pm

Houdini was born Erich Weisz in 1874, in Budapest, Hungary. One of seven children born to a Jewish rabbi and his wife. In 1894, Weisz launched his career as a professional magician (and renamed himself Harry Houdini). Though his magic met with little success, he soon drew attention for his feats of escape using handcuffs. Harry Houdini's grand illusions and daring, spectacular escape acts made him one of the most famous magicians of all time. Come to learn more about Houdini, his many interests, his wife and stage assistant Bess, and their life together. Cost: Free



Lunch & Learn: Learn How to Find Entertainment for People with Low Vision

Thursday, April 3, 12:00 – 2:00 pm

If you or someone you love has been diagnosed with low vision or blindness, join us for a lovely lunch with our friends from the Carol Center for the blind and the Needham Commission for People with Disabilities. We will be learning all the means and ways to stay busy when you have low vision. There are audio books, entertainment, trips, and boat rides! Cost: Free



A Celebration of April Birthdays Sponsored by Copley Motorcars

Friday, April 4, 12:30 – 1:00 pm

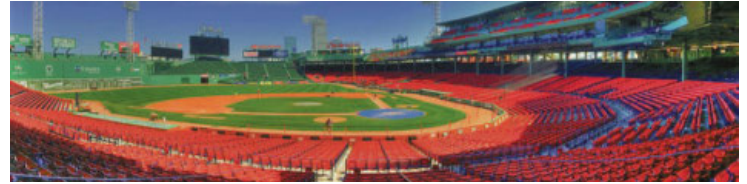
Join us in the Café for cake and to celebrate the special birthdays in April! Please let Caren Carpenter know if your birthday is this month so we can celebrate you! Cost: Free



The Lincoln Assassination: He Now Belongs to the Ages

Thursday, April 3, 1:00 – 2:00 pm

Richmond fell, General Lee surrendered; the Civil War was ending. Then Abraham Lincoln was plucked from this earth as if his mission here had been accomplished - to keep the United States united...to preserve the Union! Join presenter Christopher Daley, as we approach the 157th anniversary of the Assassination, to look back at this tragic event in our history. Daley has written his first book entitled *Murder and Mayhem in Boston: Historic Crimes in the Hub*. He also appeared in two episodes of the Travel Channel's "Kindred Spirits" in the capacity of historian on shows about the Lizzie Borden Case. Cost: Free



Annual Red Sox Home Opener Bash

Friday, April 4, 2:00 - 4:00 pm

Join us in our Game Room to celebrate and watch the Sox home opener against the St. Louis Cardinals. We'll enjoy franks, peanuts, popcorn and root beer. Wear your Red Sox swag or red, white and blue works. Cost: Free



Drop In with Debbie

Monday, April 7, 9:30 AM

See description on page 17.



Vintage Voices

Tuesdays, April 8, 22, 1:00 – 2:00 pm

See description on page 20.



Chair Massage with Kris

Wednesday, April 9, 10:00 am - 12:00 pm

See description on page 17.



Hearing Aid Clinic with Paul

Wednesdays, April 9, 10:00 – 11:00 am

See description on page 17.



Conversations with Jim the Cardiologist

Wednesday, April 9, 11:30 am – 12:30 pm

See description on page 17.



Lunch Chat with Debbie

Wednesday, April 9, 12:00 – 1:00 pm

See description on page 18.



Jumpin Juba

Wednesday, April 9, 1:00 – 2:00 pm

Come to enjoy this dynamic blues trio: Steve Hurl on guitar and vocals; David Lockeretz on bass, and Brian Flan on drums. The group mixes regional styles of blues from Chicago, Memphis and New Orleans together with rootsy rock & roll. The music is seasoned with jazz, folk, calypso, and Latin flavors. Partially sponsored by Needham Council for Arts & Culture. Cost: Free



Crafts with Kelley the Cop

Wednesday, April 9, 3:30 – 5:00 pm

See description on page 18.



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SPECIAL EVENTS

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Music Appreciation with Aicha: Learn the Back Stories

Thursday, April 10, 10:00 – 11:00 am
See description on page 18.



Low-Vision Support Group

Thursday, April 10, 10:30 am – 12:00 pm
See description on page 18.



Small Steps to Better Heart Health

Thursday, April 10, 11:00 am – 12:00 pm
The food you eat, how you handle stress and how much you exercise has a big impact on your heart health. Making small changes can have a positive impact on your health and how you feel. Join us for an interactive talk about the benefits of a heart healthy diet and how important it is to review food labels for key ingredients. Learn the latest physical activity recommendations and how relaxation techniques can help you manage stress. This seminar comes to you from MGB Newton Wellesley Hospital and will be presented by Jane Barr, MPH, RDN, LDN as part of Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. Cost: Free



Overnight Oats - A Breakfast Game-Changer!

Thursday, April 10, 3:00 – 4:00 pm
Overnight oats are a great grab and go breakfast, healthy snack or dessert. They can be served cold or warm, are easy to make and are extremely versatile. Come to this "overnight oats bar" to make your own oats to take home. There will be samples to try. They can accommodate most allergies and intolerances (they are gluten free and can be made with plant-based milks and with or without nuts). Some of the options include pear, almond, ginger; peanut butter chocolate chip; strawberry banana; apple, cranberry, walnut. Cost: Free



Red Cross Blood Drive

Friday, April 11, 9:00 am – 2:00 pm
To schedule an appointment, go to <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>



Bring Your Pet to the Center Day!

Friday, April 11, 9:30 – 11:30 am
It's National Pet Day! Bring your own or borrow your kids' animals to have a pet show! We will have pet goodies, and you can introduce your furry friend to the others at the Center. Cost: Free



Cultural Connection

Monday, April 14, 11:00 am – 12:00 pm
See description on page 17.



Volunteer Appreciation Luncheon

Monday, April 14, 12:30 – 1:30 pm
It is time to spoil our beloved volunteers! If you volunteer at the Center, look for your invitation in your email. We look forward to the opportunity to thank you for all you do! Rsvp required. Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, April 14, 1:30 – 2:30 pm
See description on page 19.



Caregiver Support Group

Monday, April 14, 4:00 – 5:00 pm
See description on page 17.



Express Yourself

Tuesday, April 15, 11:00 am – 12:00 pm
See description on page 19.



Life Transition Binder Presentation

Tuesday, April 15, 11:00 am – 12:00 pm
Join Sandra Batra of LifeLink Consulting LLC, as she explains how you can create a Life Transition Binder - a resource that pulls together all your important life details into one place, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. This organizational tool allows you to remain in control and independent as you age. If something were to happen to you, this is the resource your loved ones would turn to so they can help support and assist you. Cost: Free



Karaoke and Sing Along with Joe

Tuesday, April 15, 1:00 – 2:00 pm
See description on page 19.



Quaker Girl Takes Washington's Center Stage: The Influence of Dolley Madison

Wednesday, April 16, 1:00 – 2:00 pm
Enjoy a stroll through the social/political swirl of post-Revolution America! Your hostess will be Dolley Madison, the Quaker child who transformed into one of America's most powerful First Ladies. Discover how this patriot used her charm, wit, and resourcefulness to unite a contentious Congress and influence the country socially and politically. Janet Parnes of Historical Portrayals by Lady J will portray Mrs. Madison. Cost: Free



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SPECIAL EVENTS

Registration is required for all programs

Self-Care Series:

Cognitive Health and Wellness

Thursday, April 17, 11:00 am – 12:00 pm

Cognitive health is the ability to clearly think, learn and remember. Genetic, environmental, and lifestyle factors are all thought to influence cognition and health. As we age, that also has an impact on our cognitive functions such as problems with attention, memory recall, planning, reasoning, and problem solving. Join Healthcare Advocate Lynn Croft to learn ways to boost your cognitive fitness. Cost: Free



Dinner Bell Community Dinners

Thursday, April 17, 5:00 – 6:00 pm

See description on page 20.



Open Mic Night

Thursdays, April 17, 6:00 – 8:30 pm

See description on page 20.



A Night with Medium Cathy Ripley-Greene

Thursday, April 17, 6:30 – 8:30 pm

Experience an evening of laughter and tears! Renowned medium Dr. Cathy Ripley Greene is coming back to the Center by popular demand. This is open to the general public - all are welcome. Cost: \$30



Metrowest Mediation Services Office Hours

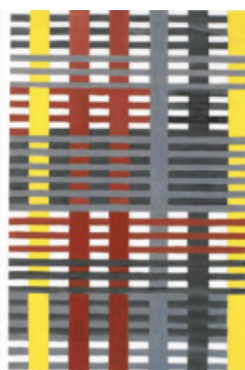
Thursday, April 17, 12:00 – 1:00 pm

See description on page 19.



Art Appreciation with Michele: Anni Albers

Thursday, April 17, 1:00 – 2:00 pm

 Today we'll look at the creations of Anni Albers, a weaver and printmaker. Ms. Albers, who coined the term "pictorial weaving", is one of the most well-known textile designers of the twentieth century. She studied at the Bauhaus in Germany and then came to the United States to join the faculty at Black Mountain College in western North Carolina. In her later years she turned to printmaking. Following the presentation, we will make some of our own Albers-like creations. Cost: Free



Exercise in the Café

Friday, April 18, 9:30 – 10:00 am

It's national Exercise Day! You may want to sit and relax with your coffee, but we're going to do some easy, seated exercises from your chair in the Café! Cost: Free



New England Conservatory Concert

Tuesday, April 22, 1:00 – 2:00 pm

Join us as the talented students from the Conservatory come to the Center to spoil us! Cost: Free



Vintage Voices

Tuesday, April 22, 1:00 – 2:00 pm

See description on page 20.



Cooking with Jessica

Tuesday, April 22, 3:00 – 4:30 pm

See description on page 19.



Volcanoes to the Columbia River:

A Journey through Time & Nature

Thursday, April 17, 1:00 – 2:00 pm

Meeting ID: 822 1254 5641 Passcode: JOY

The Pacific Northwest is known for its majestic mountains, but visible volcanic activity in the area dates back many millions of years and continues into the present. These areas are known for a long history of native inhabitants and varied wildlife. Mountain chickadees and Steller's jays can be found flying around Crater Lake, the deepest lake in the US, rugged and ancient lava flows in the high plains desert. Some, like Mt Hood reveal snowcapped peaks and waterfalls like Multnomah Falls, while on the other side of the Columbia River, Mount St Helens still shows signs of the 1980 eruption as well as the return of plants and animals. Cost: Free



Best of Times Travel - Diana Ross & The Supremes Tribute Show

Wednesday, April 23 (Time TBA) - Venus De Milo - Swansea, MA

The Supremes emerged as Motown's leading female artists. Starting out as The Primettes, the group consisted of original members Florence Ballard, Diana Ross, Mary Wilson and Betty McGlown. You may remember where you were when you first heard *Ain't No Mountain High Enough*, *Baby Love*, *Stop! In the Name of Love*, and *You Can't Hurry Love*.

Cost: \$136pp includes plated luncheon, transportation, meal tax and gratuity, and show ticket. There are no refunds for cancellations received after 3/24/25. Best of Times Travel reserves the right to issue any refunds, in whole or part, in the form of a Future Travel Credit. Payment due upon registration.





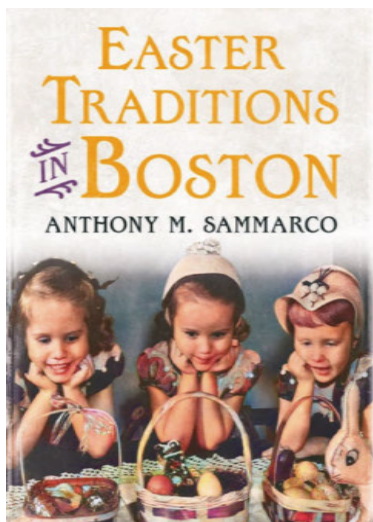
SPECIAL EVENTS

Easter Traditions in Boston with Anthony



Wednesday, April 23, 1:00 – 2:00 pm

Join Anthony Sammarco to revisit the long-held Easter traditions in Boston of decorating Easter eggs, decorating an Egg Tree, choosing an Easter bonnet, children's Easter egg hunts, and attending Easter Services before joining the O'Neils and the Houghtons, who annually participated in matching Easter outfits in the Easter Parade on the Commonwealth Avenue Mall in Boston's Back Bay. Bostonians have a shared tradition of this very special holiday, and though it was ignored by the Puritans, we can fondly remember how our parents and grandparents celebrated. Cost: Free



Piano Sing Along with Mel Stiller



Thursday, April 24, 1:00 – 2:00 pm

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

The Art Complex Museum



Thursday, April 24, (Van boards at 12:00 pm and returns at 4:30 pm)

The Art Complex Museum is located in the historic town of Duxbury, MA, and houses the impressive art collection of the Carl A. Weyerhaeuser family. The collection includes over 8,000 art objects, including American and European prints, rare books, American paintings, Shaker furniture, Asian art, and additional treasures. After the tour we will stop at French Memories Bakery for a cup of coffee and a sweet treat! Cost: \$5

Haiku Poetry



Friday, April 25, 11:00 am – 12:00 pm

Haiku is an old Japanese verse form that results in concise evocative poems. They are a great way to use minimalist language to create a vivid verbal picture. Haiku has rules that can be strictly adhered to or treated fairly loosely. In either case, they can be a lot of fun to write. Join poet Ed Eaton as he shares some of the joy, the simplicity, and the complexity of this verse form. Cost: Free

Meet Needham's New Poet Laureate!



Monday, April 28, 11:00 am – 12:00 pm

How lucky are we to have our own Poet Laureate? She is coming to introduce herself and talk about her role. And, since it is National Read Great Poetry Day, she will read some her favorites! Cost: Free

Close Encounters:



The Most Intriguing UFO Cases in History

Monday, April 28, 1:00 – 2:00 pm

In honor of National Space Alien Day, we will explore pivotal UFO events from Roswell to O'Hare with Christopher Torres, a seasoned podcaster and paranormal expert. Delve into key sightings, eyewitness reports, and official media accounts. Join us for this straightforward and engaging journey through UFO history's most compelling moments. Cost: Free

Movie Talk with Deb Block: *One Life*



Wednesday, April 30, 1:00 – 3:00 pm

This is the story of a hero, Sir Nicholas (Nicky) Winton, who helped arrange the escape of 669 Jewish children



from Czechoslovakia before the Nazi occupation. Sir Anthony Hopkins portrays his character in the recently released biographical film. We will also discuss other stories behind the Kindertransport which was an organized rescue effort of children from Nazi controlled territories that took place in 1938–1939 during the nine months prior to the outbreak of the Second World War. Cost: Free

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

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Barbara Ryan in memory of Lucille Gorman

Elin Soderholm in memory of Betty Soderholm

Dr. & Mrs. Daniel Teres in memory of Judie Strauss

IN APPRECIATION & HONOR OF

- Claire Blum in appreciation of the SHINE program

Constance Borab in honor of Sandi Levy’s inspiring yoga classes

Nancy DiMatteo in appreciation of Senior Center staff

Mary-Ellen Hannigan in honor of the Senior Center volunteers

Mr. & Mrs. C. Bruce Johnstone in honor of Tedi Eaton, the Town’s historical leader

Jennifer & Michael Sexton in honor of and thanks to the Senior Center staff



We celebrated Black History Month with a wonderful vocal performance by Nyisha Siliya and Carine Paul. Their soulful vocals, music and program were complimented by a delicious luncheon and fellowship.



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FRIENDS OF THE CENTER AT THE HEIGHTS

Letter from the Presidents

Dear Center Participants & Donors,

Spring is quickly approaching and begins March 20. There is also a total lunar eclipse. It will begin the 13th and end the 14th. Mardi Gras is the 4th and is followed by Ash Wednesday on the 5th. Daylight Savings is the 9th. Both Holi and Purim are the 14th. St. Patrick’s Day is the 17th. (Remember to wear green!) Ramadan began February 28th and lasts through March 29th. The March flower is the Daffodil; the stone is Aquamarine, and Pisces and Aries are the Zodiac signs.

There are so many special days in April beginning with April Fool’s Day on the 1st. April is National Volunteer month. April 2nd is Autism Awareness Day. Passover begins on the 12th. Palm Sunday is the 13th. Taxes are due on the 15th. Good Friday is the 18th. Easter and Orthodox Easter are the 20th. The 21st is Patriots Day. Diamond is the birthstone and daisy is the flower. Aries and Taurus are the Zodiac signs.

Friends is grateful to Panera of Needham for providing their Day End Dough-Nations to the Center two days a week. Dedicated volunteers pick up the Dough Nations on Monday and Wednesday nights and bring them to the Center on Tuesday and Thursday mornings. The Friends thank Helen Gregory for volunteering on Wednesday nights and Thursday mornings and Tom Watson and Jamie Turbayne for preparing the bread and pastries for breakfast in our Café.

Friends thanks you for your annual membership fee of \$25.00 and looks forward to seeing you at the Center this spring!

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:

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- ☐ \$75
- ☐ Other Amount \$
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- ☐ \$100
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- ☐ \$50
- ☐ \$150
- ☐ Annual Membership

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SHINE NEWS

Beware of Medicare Fraud & Scams!

With approximately 67 million beneficiaries on Medicare, and the number consistently growing, more seniors are suspected to be victims of Medicare fraud and abuse. Remember that Medicare will never unexpectedly call, text, or email you. False billing and offering free products are some of the most common Medicare scams. Learn to protect yourself by following a few easy steps:

1. Do not give out your Medicare number or any personal information such as your social security number
2. Routinely check your Medicare statements or your Medicare summary notice to make sure charges are accurate
3. Call the Medicare Senior Patrol office (1-800-892-0890) to report any fraud or get help with your situation
4. If you think a call might be real, hang up and call 1-800-MEDICARE (1-800-633-4227) to check.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, going over claims, and much more. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

