

NEEDHAM COMPASS

THE NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight: Anne Finucane



You may recognize Anne as the beloved long-time caller of our popular Friday Bingo games! Did you know that she also volunteers at our front desk every Thursday afternoon? We're so fortunate Anne carves out time in her busy schedule as a pre-school teacher and outdoor adventure enthusiast to help at the Center (and has for the past 4 years). Her kindness, warmth, and helpful nature are enjoyed by all at the Center. Anne and her husband Tom moved to Needham 28 years ago and raised their 3 lovely kids here. Thanks, Anne for all you do for us!

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Pictured left to right: Center Volunteer Librarian Jenn Sexton and reading enthusiasts and sisters Judy MacDonald and Jean Wellington.

Relax, Read & Recharge at the Center Library

Did you know that, tucked away on the second floor of the Center, a beautiful library awaits? The peaceful space enjoys ceiling-high windows overlooking the rooftop deck and comfy arm chairs around a working fireplace. The book shelves are filled with a curated collection of fiction and nonfiction, hardcover and paperback, books in large print, and small

Continued on page 3.

Center Hours

Mon, Wed, Fri	8:30am–5:00pm
Tues, Thurs	8:30am–8:00pm
Sat	9:00am–1:00pm
Fitness Center	9:00am–2:00pm (M-F) 5:00pm–8:00pm (Th)

Closed For Holidays

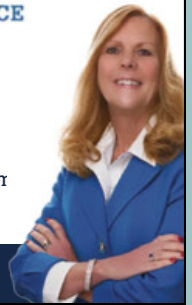
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Which private options or public programs are right for me?

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

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From the Director of Aging Services



Dear Friends,

Happy Fall! Exceptional programs and services are available to you here at the Center at the Heights. When it comes to physical fitness we offer a variety of options. In addition to our state-of-the-art Fitness Center, we also offer popular classes like Drum Fit Cardio Drumming, LaBlast Cardio Dance, Interval Training, Tai Chi, and so many more.

We not only want to support your physical health but also your mental and emotional wellbeing. Socializing and music are two fantastic ways to stay mentally fit and healthy. Try Trivia and Tunes, Karaoke, Vintage Voices, a Sing Along with Alan Cohen or one of our musical lectures with Frank King or John Clark.

We continue to work hard to provide varied cultural, historical, and social experiences through day trips. Our planning goal is to appeal to a variety of interests and wallet-friendly options. Your suggestions for future trips are always appreciated.

We hope you get involved in many of our programs this fall. Whether you are a returning participant or new to our community, we are glad to see you at the Center!

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver." – Barbara De Angelis

With warm regards,

LaTanya Steele

Library...continued from cover

collections of DVDs and audio books on CD. Our library is also home to a computer terminal with wifi access, a large work table, charging stations, and an overhead magnifying reader.



The library is open and welcoming during all the hours that the Center is open, and operates on a self-serve, honor system model. Borrowing materials has no time constraint — keep the items for as long as you need and put them in the "Return Books" bin when you're done. Next time you're at the Center, venture up to the library and find an unexpected 'something' to borrow!

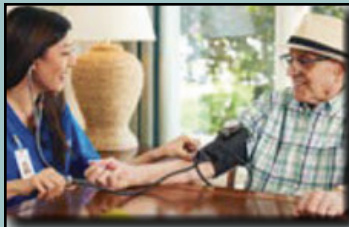


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06-5329

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.

The COA has returned to series payments for classes (just like our policy before our Covid shutdown). Any class with a fee must be paid for upfront as a **one-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 in cash or by 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 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.

Touch Screen Sign In

Upon entering the Center, please proceed to the sign-in-touch screen 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 for programs and services.

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.

Transportation

Needham residents age 60 or older, as well as those with a documented disability, are eligible for transportation services. All passengers must be able to board and exit the van independently, as determined by COA staff before riding.

Rides must be scheduled at least 24 business 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, including Wingate and North Hill, or at the Center at the Heights and our shopping locations. The driver will call you 10 min before your scheduled ride. You must answer the call to confirm your ride or the ride will be cancelled.

Center Parking

Please park in the lot to the rear/left of our building, in the new marked spaces in the MBTA lot (on the Hillside Avenue side) or on the street.

CENTER SUPPORTS

Transportation for Our Programs

Our Council on Aging (COA) vans transport residents to and from the Center and to and from COA sponsored outings. If you'd like to participate in Center programming, our vans can pick you up at your home around 9am and return you to your home at 1pm or 3:30pm. We also provide transportation for shopping. See page 13 for more shopping trip details. For more information about transportation services for Needham's senior residents, call Stephan at 781-455-7555 x204



This lovely group boarded a COA van in July for a trip to the Fuller Craft Museum in Brockton. We offer trips to area museums, arts venues, casinos and more! Take a look at the enclosed calendar to see which Fall trips interest you and register right away! Space is always limited.

Aicha's Daily Highlights Emails

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports and programming updates and reminders. 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 open the same hours the Center is open and volunteers serve a [continental breakfast M-F 8:30-10:30am and Sat 9-10:30am](#). On weekday afternoons we also serve a light snack. In the Café you'll find people eating, dropping in for a cup of tea or coffee, socializing or just resting between classes and programs. It's a great place to

meet a friend for a chat and a bite or to make new friends. Drop in!

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.

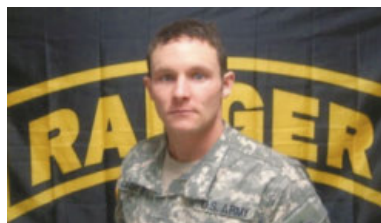
Spanish Translator

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

New Veteran's Agent



Come into the Center to meet new West Suburban VSO Dave Campisano. Dave will partner with VSO Dan O'Neil to meet with veterans here at the Center on Thursdays

from 9am-4pm. They are your points of contact for learning about and applying for veteran benefits available through the town, state and Department of Veterans Affairs, including:

- Tax abatements for property and motor vehicles,
- Education benefits,
- VA pensions and state annuity; and
- VA healthcare, burial and death benefits.

To contact Veteran's Affairs or to make an appointment to meet with Dave or Dan call 781-489-7509.

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, x205.

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**. 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 to complete this contract 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 paid as a two-month series), a state-of-the-art Fitness Center (\$25/month pay as you go). Come to the Center or login to Zoom to give them a try. Register by calling 781-455-7555 or login to myactivecenter.com

Registration in advance is required for all fitness classes. Instructors cancel for illness or emergencies, and we need to be able to notify you if this happens. Register by calling **781-455-7555** or login to myactivecenter.com. For information on how to access our online registration, email jgarf@needhamma.gov.

Fitness Class Fees

Fees for each 1-month series of classes must be paid when you register. There is no refund for missed Classes. We will issue a credit to your account for any class cancelled by the instructor or the COA.

Fees can be paid 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

The Fitness Center will be open on the following Saturdays from 9am-1pm: Sep 13, 20, Oct 4, & Nov 1

MONDAYS

Tai Chi & Qigong

Mondays, 10:00 – 10:30 am

Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27 (Cost: Free)

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 show that Tai Chi can help you live longer, improve strength, balance and flexibility, boost cognition, sleep better and more.

Line Dancing with Paul

Mondays, 10:00 – 11:00 am

Sep 1, 8, 15, 22, 29 (Cost: \$20)

Oct 6, 13, 20, 27 (Cost: \$15)

Line dancing is a great way to have fun while you improve fitness. Each dance is broken down and demonstrated. No partner or experience necessary!

Seated Strength & Balance via Zoom

Mondays, 10:30 – 11:30 am

Sep 1, 8, 15, 22, 29 (Cost: \$20)

Oct 6, 13, 20, 27 (Cost: \$15)

Instructor: Pearl Pressman

This seated class includes a warm-up for the joints and muscles, followed by strength training using hand weights (or household objects) and body weight, and a few minutes of standing balance exercises for those who are able. The class ends with gentle stretching. We will email the Zoom link once you have registered and paid for the series.

TUESDAYS

Water Exercise at Longfellow Health Club

Tuesdays, 9:00 - 10:00 am

Sep 2, 9, 16, 23, 30 (Cost \$75)

Oct 7, 14, 21, 28 (Cost: \$60)

Water exercise combines cardiovascular and strength training with stretching and flexibility for a fantastic workout. It's a perfect way to rehabilitate from an injury or surgery, and to have fun with friends. Most of the classes are held in the deep end of the pool, using floatation belts for support. These workouts can be modified for your needs on any particular day. Join experienced instructors Jane and Kai for this new program at Longfellow Health Club, 140 Great Plain Avenue in Wellesley.

Walk & Talk Health

Tuesdays, 10:30—11:30 am

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

Walk & Talk Health is a self-led walking group for seniors that meets at the JCC Greater Boston in Newton's indoor track. Health professionals will walk with the group on 9/9 and 10/7 to discuss important heart-health topics. Check Aicha's Highlights for more information on guest speakers and topics. You must

register with Needham senior center to be allowed entrance to the JCC.

Train the Brain

Tuesdays, 11:00 am – 12:00 pm

Sep 2, 9, 16, 23, 30 (Cost: \$25)

Oct 7, 14, 21, 28 (Cost: \$20)

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!



FitBall Exercise Class

Tuesdays, 1:00 – 2:00 pm

Sep 2, 9, 16, 23, 30 (Cost: \$25)

Oct 7, 14, 21, 28 (Cost: \$20)

Instructor: Lisa Cadigan

This class combines exercise with a stability ball to develop control and strength in core muscles is recommended for the active older adult.



Arthritis Class

Tuesdays, 2:00 – 3:00 pm

Sep 2, 9, 16, 23, 30 (Cost: \$25)

Oct 7, 14, 21, 28 (Cost: \$20)

Instructor: Stephen Cadigan

This seated class addresses range of motion, strength, flexibility, endurance, balance and coordination and is easy on the joints. Zoom participants will receive the link once they have registered and paid for the series.



Zumba Gold

Tuesdays, 4:30 – 5:30 pm

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Join this fun low-intensity Zumba class on Zoom!



LaBlast Cardio Dance

Wednesdays, 10:15 – 11:15 am

Sep 3, 10, 17, 24 (Cost: \$20)

Oct 1, 8, 15, 22, 29 (Cost: \$25)

Instructor: Karen Karten

This class incorporates simple patterns from ball-room/social dances together with music from all genres and decades. Hand weights are incorporated for strength training. Zoom participants will receive links after they have registered and paid for the series.



Interval Training

Wednesdays, 1:00 – 2:00 pm

Sep 3, 10, 17, 24 (Cost: \$20)

Oct 1, 8, 15, 22, 29 (Cost: \$25)

Instructor: Lisa Cadigan

Hi-intensity interval training builds cardio fitness while improving strength and endurance. Designed for the active older adult, this class has an advanced fitness format. Zoom participants will receive links after they have registered and paid for the series.



Move It, Shake It, Lift It!

Wednesdays, 2:00 – 3:00 pm

Sep 3, 10, 17, 24 (Cost: \$20)

Oct 1, 8, 15, 22, 29 (Cost: \$25)

Instructor: Randi Sharek

This class uses fitness tools to perform cardio, strength and flexibility exercises. The tools (weights, bands, and fitness machines) enable a diverse and fun workout program.



Belly Dancing for Beginners

Wednesdays, 2:30 – 3:30 pm

Sep 3, 10, 17, 24 (Cost: \$15)

Oct 1, 8, 15, 22, 29 (Cost: \$25)

Instructor: Ellen Klapper

Belly dancing is a great workout! It offers a variety of physical and mental benefits, including improved core strength, flexibility, and mood. It engages multiple muscle groups, providing a full-body workout that can be both fun and effective. Join us to try it out!



NEW

Subtle Yoga & Meditation

Wednesdays, 5:00 – 6:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22 (Cost: Free)

Instructor: Nikhil Sole

Zoom Meeting ID: 914 5785 8070

Nikhil will guide you through subtle yoga and meditation to wind down the day.



WEDNESDAYS

Tai Chi & Qigong In Person

Wednesdays, 9:00 – 10:00 am

Sep 3, 10, 17, 24 (Cost: \$20)

Oct 1, 8, 15, 22, 29 (Cost: \$25)

Instructor: J. Scott Brumit

See description on page 8.



Water Exercise at Longfellow Health Club

Wednesdays, 9:00 am – 10:00 am

September 3, 10, 17, 24 (Cost: \$60)

October 1, 8, 15, 22, 29 (Cost: \$75)

See description on page 8.



NEW

FITNESS CLASSES

Registration is required for all classes

THURSDAYS

Water Exercise at Longfellow Health Club

Thursdays, 9:00 am – 10:00 am

September 4, 11, 18, 25 (Cost: \$60)

October 2, 9, 16, 23, 30 (Cost: \$75)

See description on page 8.

NEW



Chair Yoga with Marianne

Thursdays, 10:00—11:00 am

Sep 4, 11, 18, 25 (Cost: \$20)

Oct 2, 9, 16, 23, 30 (Cost: \$25)

Instructor: Marianne Zullas

Chair yoga offers breath work, movement and meditation and is good for people of all abilities. Join us to gain core strength, improve mobility and flexibility, reduce stress, and gain mental clarity.



Tai Chi & Qigong

Thursdays, 10:00 – 10:30 am

Sep 4, 11, 18, 25 (Cost: Free)

Oct 2, 9, 16, 23, 30 (Cost: Free)

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

Sep 4, 11, 18, 25 (Cost: \$20)

Oct 2, 9, 16, 23, 30 (Cost: \$25)

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.



Arthritis Class

Thursdays, 2:00 – 3:00 pm

Sep 4, 11, 18, 25 (Cost: \$20)

Oct 2, 9, 16, 23, 30 (Cost: \$25)

Instructor: Stephen Cadigan

See description on page 9.



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

Thursdays, 5:15 – 6:00 pm

Sep 4, 11, 18, 25 (Cost: \$20)

Oct 2, 9, 16, 23, 30 (Cost: \$25)

Instructor: Lisa Cadigan

Stretching has many physical benefits and helps prevent injury. This class is designed for the active older adult with a challenging advanced fitness format and includes both standing and floor stretching. Mats are provided.



FRIDAYS

Zumba, Flex & Balance

Fridays, 10:00 – 11:00 am

Sep 5, 12, 19, 26 (Cost: \$20)

Oct 3, 10, 17, 24, 31 (Cost: \$25)

Instructor: Hong Zhuang

Enjoy low-impact Zumba Gold dance routines that are gentle on the joints along with flexibility and balance exercises to improve mobility, reduce stiffness and lessen fall risk. Modifications are available.



Seated Strength & Balance

Fridays, 10:30 – 11:30 am

Sep 5, 12, 19, 26 (Cost: \$20)

Oct 3, 10, 17, 24, 31 (Cost: \$25)

Instructor: Pearl Pressman

See description on page 8.



Floor, Core & More

Fridays, 1:00 – 2:00 pm

Sep 5, 12, 19, 26 (Cost: \$20)

Oct 3, 10, 17, 24, 31 (Cost: \$25)

Instructor: Lisa Cadigan

This class strengthens abs, glutes, lower back, hips and shoulders and uses hand weights and body weight to enhance flexibility, balance and strength. This class is for the active older adult.



SATURDAYS

The Fitness Center is now open on the following Saturdays from 9am-1pm: Sep 13, 20, Oct 4, & Nov 1

Tabata

Saturdays, 9:15 – 10:15 am

Sep 6, 13, 20, 27 (Cost: \$20)

Oct 4, 11, 18, 25 (Cost: \$20)

Instructor: Lisa Cadigan

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. This class is for the active older adult and has an advanced fitness format. You will receive the Zoom link once you have registered and paid for the series.



Arthritis Class

Saturdays, 10:15 – 11:15 am

Sep 6, 13, 20, 27 (Cost: \$20)

Oct 4, 11, 18, 25 (Cost: \$20)

Instructor: Stephen Cadigan

See description on page 9.



Center's Weekly Drop-In Groups & Games

Monday (except for holidays on 9/1 and 10/13)

Beginner Bridge	10:00 am – 12:00 pm
Beg/Intermediate Canasta	
Lessons and Games	12:30 pm – 3:00 pm
Hand & Foot Game	12:30 pm – 3:00 pm
Experienced Canasta	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
Pool/Cards/Games	5:00 pm – 8:00 pm

Wednesday

Bingo	10:30 am – 11:30 am
Experienced Canasta	12:30 pm – 3:00 pm
Cribbage Lessons & Games	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
Rummikub	2:00 pm – 7:00 pm
Pool/Cards/Games	5:00 pm – 8:00 pm

Friday

Beginner Bridge	10:00 am – 12:00 pm
Bingo	10:30 am – 11:30 am
Mahjong (Experienced)	1:00 pm – 4:00 pm
Rummikub	1:00 pm – 4:00 pm

MONDAYS

Poker at the Center

Mondays, 10:00 am—12:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Join us for a friendly game of poker! Some experience needed. You must reregister so we know we have at least 6 players to make it happen.

Kerrie Cusack's Monday Meditation

Mondays, 11:00 am – 12:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Meeting ID: 137 719 908 Password: 713980
Get centered and relaxed with Kerrie.

Beg/Intermediate Canasta Lessons & Games

Mondays, 12:30 – 3:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Join our friend and volunteer Barbara to learn classic Canasta. Cost: Free

Neil's & Ron's Historical Movie Discussion

Mondays, 1:00 – 2:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Meeting ID: 850 1408 7723 Password: 881305
Watch a movie each week at your leisure. Then Zoom with host Neil Alper to look in depth at the movie, its plot, characters and more. Cost: Free

Puzzle Pals

Mondays, 2:00 – 5:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Come chat, enjoy snacks, and work on puzzles together in our Game Room. The puzzles will be out all week. Drop in at your leisure.

Pool Lessons with Dave

Mondays, 6:00 – 7:00 pm

Sep ~~1~~ 8, 15, 22, 29 and Oct 6, ~~13~~ 20, 27 (Cost: Free)
Pool aficionado Dave Oberman will teach you how to play or hone your skills. Register in advance so he will know you are coming.

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 am

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)
A nurse from Needham's Public Health Department is here every Tuesday to check your blood pressure. They can also check other vital signs like respiration, pulse and heart rate. Just drop in!

WEEKLY & BI-WEEKLY CLASSES

Registration is required for all classes

TUESDAYS cont.

Mindful Living with Lisa

Tuesdays, 10:00 – 11:00 am

Sep 2, 9, 16, 23, 30 (Cost: \$25)

Oct 7, 14, 21, 28 (Cost: \$20)

Enjoy calming breathwork, meditations, mindful awareness practices, and tips to support your daily practice. Zoom participants will receive the Zoom link once they have registered and paid for the series.



Current Events Discussion Group

Tuesdays, 10:30 – 11:30 am

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

Email host Gerry 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 topics and all have the option to speak and/or listen.



Vintage Voices

Tuesdays, 1:00—2:00 pm

Sep 2, 30 and Oct 28 (Cost: Free)

Join others who love to sing for an hour of old-time favorites accompanied by volunteer musicians Margie and Carlo.



Tech Help with Bruce

Tuesdays, 1:00 – 3:00 pm

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

Join Bruce from NCC's Tech & Tutors program for a 20-minute appointment to get help with your tech devices. Register in advance.



Ballroom Dance with Betty

Tuesdays, 2:30 – 3:30 pm

Sep 2, 9, 16, 23, 30—Samba (Cost: \$25)

Oct 7, 14, 21, 28—Waltz (Cost: \$20)

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.



Scene-by-Scene Script Reading Academy

Tuesdays, 3:00 pm – 4:30 pm

Sep 2, ~~9~~, 16, 23, ~~30~~ and Oct 7, ~~14~~, 21, 28 (Cost: Free)

Script reading is fun, social, and has health benefits! It helps with cognition and can enhance memory and problem-solving skills. It can also reduce stress through emotional expression. Join us this fall as we read a series of one-act plays by famous playwrights. Cost: Free



Pastel Drawing & Sketching at Home with Ben



Tuesdays, 4:00 – 5:00 pm

Sep 2, 9, 16, 23, 30 (Cost: \$25)

Oct 7, 14, 21, 28 (Cost: \$20)

Ben, a trained illustrator, will show you how to develop your skills. Approach drawing in an informed and relaxed way, while getting inspiration from light, shape, form, and nature. Participants will receive the Google Meet link once they have registered and paid for the series.

Pool/Cards/Games at the Center



Tuesdays, 5:00 – 8:00 pm

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

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

Intermediate Bridge at Night



Tuesdays, 5:00 – 7:00 pm

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28 (Cost: Free)

Bring friends or join others to play. Cost: Free

WEDNESDAYS

Bingo



Wednesdays, 10:30 – 11:30 am

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29 (Cost: Free)

Small prizes will be awarded. Drop in. Cost: Free

Math for the Brain



Wednesdays, 11:00 am – 12:00 pm

Sep ~~3~~, 10, 17, 24, and Oct 1, 8, 15, ~~22~~, ~~29~~ (Cost: Free)

This 5-week program will help revive your brain!

Week 1: statistics. Week 2: about numbers. Week 3: metrics, geometry and trigonometry. Week 4: topics in algebra, quadratics, formulae, conic sections. Week 5: potpourri

Open Art Studio



Wednesdays, 11:30 am – 2:30 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29 (Cost: Free)

Bring your own materials and join others in our Art Room to make your art in the company of others.

Cribbage Lessons & Games with Cliff

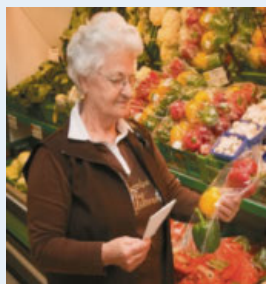


Wednesdays, 1:00 – 3:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29 (Cost: Free)

Join Cliff to learn how to play cribbage or freshen up your skills.

Weekly Shopping Trips



Our vans make weekly trips to local shops. Needham residents can board the vans at the Center or be picked up/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.

shopping time is 1 hour. Cost: \$2/trip

Market Basket (Every other Wednesday)

Sep and Oct (Cost: \$3/trip)
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.

Trader Joe's, Pharmacies & Banks (Every Thursday)

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: \$2/trip)
Our driver will pick you up at your home around 12:45pm. They will drive you to your destination and return you to your home.

Sudbury Farms (Every Wednesday)

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29 (Cost: \$2/trip)
Our driver will pick you up from your home around 1:30 pm and return you to your home at 2:45 pm. Total

Ukulele Lessons for All!

Wednesdays, 2:00 – 3:00 pm

Sep 3, 10, 17, Oct 1, 15, 29 (Cost: \$40)

Julie Stepanek will be back to teach the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own.



Dual Recovery Anonymous (DRA)

Thursdays, 12:00 – 1:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

DRA is a 12-step self-help program for people with both an addiction and a psychiatric challenge. Adults recovering from any addiction and any mental health challenge are welcome.



THURSDAYS

Veterans' Agent Hours

Thursdays, 9:00 am – 4:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

Dan O'Neill is here to help you obtain your benefits from the VA. To talk to or make an appointment with Dan at the Center, call 781-489-7509.



Tech Help with Stephano

Thursdays, 1:00 – 3:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

Join Stephano from NCC's Tech & Tutors program for a 20-minute appointment to get help with your devices. Register in advance.



Great Plain Traders

Thursdays, 9:30 – 10:30 am

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

This group talks all things stock-market related. New members are always welcome!



Game Night in our Café

Thursdays, 4:00 – 8:00 PM

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

Come to the Center to play Rummikub, canasta and more! Pizza will be provided. You must preregister.



Knitting with Friends

Thursdays, 10:00 am – 12:30 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

Bring your needle work to the Center to collaborate, inspire and socialize with others.



Cards/Pool at the Center

Thursdays, 5:00 – 8:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

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



Bereavement Caring Circle

Thursday, 10:30 – 11:30 am (bi-weekly)

Nikki from West River Hospice offers a bereavement group that follows an open spiritual path to process loss. Participants meet at the Episcopal Church, Needham.



Brain Games with Pearl Pressman

Thursdays, 6:00 – 7:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30 (Cost: Free)

This class is a combination of activities to improve memory, reasoning, conceptualization, language and problem-solving. Losing mental capacity is not an inevitable part of aging. Take a break from crossword puzzles and give this a try.



WEEKLY CLASSES

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am

Sep 5, 19 and Oct 3, 17 (Cost: Free)

Meeting ID: 816 6729 8427 Passcode: 588833

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



Bingo

Fridays, 10:30 – 11:30 am

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 (Cost: Free)

See description on page 12.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 (Cost: Free)

Meeting ID: 894 4350 9457 Passcode: 623397

Join this interesting discussion group. Weekly stories will be posted in Aicha's Highlights email.



Center Cinema

Fridays, 1:00 – 3:00 pm

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 (Cost: Free)

Enjoy a movie on the big screen.



Creative Fusion: Painting, Drawing & Beyond

Fridays, 1:00 – 3:00 pm

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 (Cost: \$60)

In this fun, hands-on class, explore the basics of painting and drawing—shapes, color, light, perspective, and how things fit together in space. Learn art skills while experimenting with acrylic paints and other materials along the way. All supplies are included—just bring your curiosity and creativity!



Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31 (Cost: Free)

Meeting ID: 850 5749 7471

Avrom will answer your technology questions and discuss technology news topics each week.



We celebrated the 4th of July at the Center with a delicious BBQ hosted and prepared by Avenue Church and their hard-working volunteers.

SPECIAL EVENTS

Debbie's Corner!



Our friend Debbie Maibor hosts a variety of programs at the Center throughout the year geared toward keeping people engaged and connected to others. Debbie is a speech and language pathologist and all-around great person. Give her programs a try!

Caring Friends with Debbie

Mondays, 3:00 pm–4:30 pm

Sep 8, 15, 29 and Oct 6, 20, 27

Come join this support group to share joys, concerns, and issues of our day-to-day lives -- aging health concerns; navigating technology; caregiving; traveling interests and leisure time, etc. We will support each other and share resources. Cost: Free

Express Yourself

Thursday, Sep 11 and Oct 16, 11:00 am–12:00 pm

Join our group for easy, fun, verbal activities and expressive games. Cost: Free

Lunch Chat with Debbie

Wednesday, Sep 17 and Oct 15, 12:00–1:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided. Cost: Free

For more information about these programs email Debra Maibor at dmaiborslp@gmail.com.

Let's Bowl for National Bowling League Day



Wednesday, September 3, 10:00 am–12:00 pm

Let's meet at Needham Bowlway for some fun! Needham Bowlway is located at 16 Chestnut Street, and is only accessible via a stairwell. Cost: \$8

Optimizing Your Brain Health



Wednesday, September 3, 1:00–2:00 pm

Rachel Fox of the Deanna and Sidney Wolk Center for Memory Health at Hebrew SeniorLife will review steps you can take to optimize your brain health and share ways the Wolk Center can provide the support needed to be successful. Cost: Free

Intergenerational Drum Circle



Wednesday, September 3, 2:30–3:30 pm

Wednesday, October 1, 2:30–3:30 pm

Join with others to express music through rhythm games and percussion activities. Cost: Free

The Embrace Statue & Flour Bakery



Thursday, September 4 (Center Check in at 9:45 am)

TRIP

Let's go to the Boston Common to experience The Embrace sculpture and Flour Bakery's new

Embrace Morning Bun! The Embrace artwork is a permanent monument representing the Rev. Dr. Martin Luther King Jr. and Coretta Scott King's love and powerful presence in Boston. Flour Bakery has opened a shop in the Boston Common for delicious treats. You must purchase your own bakery items. Cost: \$10

Coffee Talk: Community Housing Specialist – Small Repair Grant

Thursday, September 4, 9:45–10:30 am
Please join Needham Planning Board's Alison Steinfeld to learn about the protocols of this year's Small Home Repair Grant. This is such a great resource for Needham residents! Cost: Free

Sports Cheats Frauds & Con Artists

Thursday, September 4, 1:00–2:00 pm
Belichik and Spygate. Brady and Deflategate are examples of sports cheats. Bob Ainsworth takes us on the trail of cheaters from ancient times to today! Cost: Free

Center Birthday Club

Friday, September 5, 11:30 am–12:00 pm
Friday, October 3, 11:30 am–12:00 pm
Join us in the Café for cake and cheer to celebrate the birthdays of the month sponsored by Copley Motorcars. Cost: Free

Indian Cooking with Shruti

Thursday, September 4, 3:00–4:00 pm
Wednesday, October 1, 3:00–4:00 pm
Join Shruti Mehta to learn to make some delicious Indian vegetarian dishes from the North, South, and West of India. Cost: You pay \$5 ingredients fee to Shruti in class.

Annual Center Open House

Friday, September 5, 12:00–3:00 pm
Discover more about the wonderful programs and community engagement we offer here at the Center. Chat with our instructors and community partners. Light refreshments available. Cost: Free

Barre Balance

Monday, September 8, 10:00–11:00 am
Barre Balance is a high-energy fitness experience designed to enhance balance, build strength, and boost stamina. Join Certified Barre Balance Instructor and Trainer Jazz CVitan from Avita of Needham, for this great class. Cost: Free

Moody Mondays

Monday, September 8, 11:00 am–12:00 pm
Monday, October 6, 11:00 am–12:00 pm
Join us to watch some nostalgic comedies to kick start the week with some laughs. Mary Tyler Moore, Johnny Carson,

Lucille Ball, Laugh In and more! Cost: Free

Broadway Musicals Part I

Monday, September 8, 1:00–2:00 pm
In 1927, Florenz Zeigfeld produced Showboat, the first book style musical. Beginning with Rogers and Hammerstein's Oklahoma, many book-style golden age musicals were produced on Broadway. We will examine the most memorable ones, and then, define the concept musical, a style popularized by the greatest lyricist/composer of our generation, Stephen Sondheim. Join theatre director and film educator Deb Block as she uses film clips to analyze and discuss several fantastic musicals. Cost: Free.

Caregiver Support Group

Monday, September 8, 4:00–5:00 pm
Monday, October 20, 4:00–5:00 pm
To join Zoom Meeting email jrice@needhamma.gov
Caregiving can be a lonely and isolating journey. This group helps to connect you with others facing similar challenges. Share experiences, information and encouragement. Cost: Free

Coffee with Needham Selectboard

Tuesday, September 9, 9:45–10:30 am
Join us in the Café to see what our elected town officials are up to. Cost: Free

Metrowest Legal Clinic VIA Phone

Tuesday, September 9, 10:00 am–12:00 pm
Monday, October 20, 10:00 am–12:00 pm
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. Call to schedule your 30-minute appointment. Cost: Free

Walk & Talk Health at the JCC: Special Guest Speakers

Once a month experts will address a health topic and then join walkers on the track to talk and answer questions. Following are the upcoming events:

Stress and its Impact on Your Health

Tuesday, September 9, 10:00–11:00 am
Reiki Master Beth Keane will share tools and techniques to help you mitigate stress to have a healthier mind and body.

Principles of the Mediterranean Diet

Tuesday, October 7, 10:00–11:00 am
Special guest speaker Jane Barr, MPH, LDN of MGBNWH will review key principles of this diet and the proven health benefits. For more information about Walk & Talk Health, see the description on page 8.

SEPTEMBER 2025 PROGRAMS

(AT A GLANCE)

Mon	Tue	Wed	Thu	Fri
September Classes/Programs Occurring Every Week				
9-2 Fitness Center 10 Beginner Bridge 10 Poker 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/Bal 11 Meditation w/ Kerrie 12:30 Beg/Intermed Canasta Lessons 12:30 Experienced Canasta 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 2 Puzzle Pals 3 Caring Friends 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 9 Water Exercise 10 Mindful Living 10 Walk & Talk Health 10:30 Current Events 11 Train the Brain 1 FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games	9-2 Fitness Center 9 Tai Chi & Qigong 9 Water Exercise 10:15 LaBlast Cardio Dance 10:30 Bingo 11 Math for the Brain 11:30 Open Art Studio 12:30 Exp Canasta 1 Interval Training 1-3 Cribbage Lessons/Games 1:30 Shopping Trips 2:30 Belly Dancing 2 Move It, Shake It 2 Ukulele Lessons 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9 Water Exercise 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 11 Drum Fit 12 Dual Recovery 12:30 Dup Bridge 12:30-4 Mahjong (Inter.) 1-3 Tech Help 2-3 Arthritis 2-4 Rummikub 4-8 Game Night Café 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 10-12 Beg Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/Bal 10:30 Bingo 12 Short Story Group 1 Center Cinema 1 Creative Fusion 1 Floor, Core, More 1-4 Exp Mahjong 1-4 Rummikub 1:30 Techie to Rescue
				Sat 9-1 Center Open (NEW) 9:15 Tabata 10:15 Arthritis
September Special Events				
1 CLOSED	2 1 Vintage Voices	3 10 Needham Bowlaway 1 Optimizing Brain Health 2:30 Drum Circle	4 9:45 Small Repair Grants 9:45 Trip Embrace Statue 1 Sports Cheats, Frauds & Con Artists 3 Indian Cooking Shruti	5 11:30 Center Birthday Club 12-3 Center Open House
8 10 Barre Balance 11 Moody Mondays 1 Broadway Musicals Part 1 3 Caring Friends 4 Caregiver Support Gp	9 9:45 Coffee w Needham Selectboard 10 MetroWest Legal Clinic 1 Peek Inside Trader Joes 5 Rotary BBQ	10 9:45 Coffee Brookline Bank 10 Chair Massage 10 Hearing Aid Clinic 11:30 Heart Health 101 1 Gospel Origins 3 Soup Cooking w Amy 3:30 Crafts with Kelley	11 9 Icon Museum Trip 10:30 Low-Vision Group 11 Express Yourself 11 Life Trans Binder 12 Meet New Dep VSO 1:30 Fall Dance Party 2 Art Appreciation 5 Community Dinner	12 1:30 Friends Annual Mtg & Strawberry Shortcake Social
15 11 Healthy Gums & Oral Hygiene as We Age 1 Grand Piano for Grandparents Day	16 11 Organizing for Fall 11:30 Karaoke & Sing Along 2 Music & Movement Memory Café 3 Cooking w Jessica	17 9:45 Coffee Talk: Fall Prevention at Home 12 Lunch Chat w Debbie 1 History of Katherine Gibbs 3 Soup Cooking w Amy 3 Rainbow Social Hour	18 9:30 B-fast at Briarwood 9:45 Trip Larz Anderson Auto Museum 11 Healthy Aging 1 Mark Lanen Rock & Soul Concert 5 Live Life to Fullest 6 Open Mic Night	19 9:30 Coffee Rep Tarsky 9:45 BID Needham & Fall Prevention
22 1 Author Mike Bernard & Irish Belt Trilogy	23 11 Caregiver Fatigue	24 9:45 Coffee Talk: Aging on Purpose 1 The Highland Woods Project Concert	25 9:45 Veterans Trip 1 Wheel of Fortune 3 Cooking w BIDN	26 9:45 Coffee w Elliott PT 11:30 Write Own Obit 12-2 Chair Massage
29 9:30 Breakfast for VFW 11 1863 Year that Saved America 1 Prince Spaghetti w A Sammarco	30 11 Frida Kahlo Art 1 Vintage Voices 1 Kindness Rocks			

Mon	Tue	Wed	Thu	Fri
October Classes/Programs Occurring Every Week				
9-2 Fitness Center 10 Beginner Bridge 10 Poker 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/Bal 11 Meditation w/ Kerrie 12:30 Beg/Intermed Canasta Lessons 12:30 Experienced Canasta 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 2 Puzzle Pals 3 Caring Friends 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 9 Water Exercise 10 Mindful Living 10 Walk & Talk Health 10:30 Current Events 11 Train the Brain 1 FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games	9-2 Fitness Center 9 Tai Chi & Qigong 9 Water Exercise 10:15 LaBlast Cardio Dance 10:30 Bingo 11 Math for the Brain 12:30 Exp Canasta 11:30 Open Art Studio 1 Interval Training 1-3 Cribbage Lesson/ Game 1:30 Shopping Trips 2:30 Belly Dancing 2 Move It, Shake It 2 Ukulele Lessons 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9 Water Exercise 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 11 Drum Fit 12 Dual Recovery 12:30 Dup Bridge 12:30-4 Mahjong (Inter.) 1-3 Tech Help 2-3 Arthritis 2-4 Rummikub 4-8 Game Night Café 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 10-12 Beg Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/Bal 10:30 Bingo 12 Short Story Group 1 Center Cinema 1 Creative Fusion 1 Floor, Core, More 1-4 Exp Mahjong 1-4 Rummikub 1:30 Techie to Rescue
				Sat 9-1 Center Open (NEW) 9:15 Tabata 10:15 Arthritis
October Special Events				
		1 9:30 Coffee w Cops 1 Sinatra w Bill Reidy 2:30 Drum Circle 3 Indian Cooking w Shruti	2 9 Quilt Museum 1 A Richards Piano Concert	3 11:30 Center Birthday Club 1 Show Tunes Sing Along w A Cohen
6 10:45 ChooChoo to Boston 11 Moody Mondays 11 Scams/Fraud w BBB 1:30 Love from France w F King 3 Caring Friends	7 9:45 Power of Forgiveness 1 Jack the Ripper w Delvena Theater Co	8 9:45 Coffee w Needham Fire 10 Hearing Aid Clinic 12 Story Behind Palliative Care 1 Alan Ames Comedian 3 Cooking Soup w Amy 3:30 Crafts w Kelley the Cop	9 10:30 Low Vision Group 11 Aging Well w Wingate 1 Dance Calienté 2 Art Appreciation	10 8:30-12 Yard Sale & Celebration
13 CLOSED	14 11 Train the Brain Special Event 1 At Home w E Roosevelt 3 Cooking w Jessica 5 Dinner & Pianist R Amir	15 9:45 Coffee w MetroWest Mediation 10 Chair Massage 12 Lunch Chat w Debbie 1 Just the Two of Us 3 Rainbow Social Hour	16 11 Express Yourself 11 Self-Care: Loneliness 1 Vocalist Maria Guanci 6 Open Mic	17 9-2 Red Cross Blood Drive 9 Trip: Worcester's Victorian History 9:30 Coffee Rep Tarsky
20 10 MetroWest Legal Clinic 11 Parkinsons 101 11 Broadway Musicals Pt2 3 Caring Friends 4 Caregiver Support Gp	21 11 Learn Together: Diwali 11:30 Karaoke & Sing Along 1 1630 Boston's Founding 2 Memory Café	22 11 1776 Birth of the Nation 1 Halloween Harvest w Storyteller D Bates	23 9:30 Breakfast at Briarwood 11 SHINE Open Enrollment Presentation 1 Sing Along Mel Stiller 5 Community Dinner 6 Artist Talk: N. Present-Van Broekhoven	24 9:45 Coffee w Elliott PT
27 11 Beware Skimming Machines 1 The Other Red Line 3 Caring Friends	28 1 Vintage Voices	29 1 Music of Great Depression w J Clark	30 1 Sean Fullerton Concert	31 12-2 Chair Massage 12:30 Scary Movie & Ice Cream Floats 11/1 Vets Town Hall @ 11

SPECIAL EVENTS

Registration is required for all programs

A Peak Inside Trader Joe's

Tuesday, September 9, 1:00–2:00 pm

Trader Joe's crew members will share Trader Joe's history, best products and future plans. Learn how they source items and why most of their items are only Trader Joe's label products.. Sample snacks too! Cost: Free



Needham Rotary BBQ

Tuesday, September 9, 5:00 pm–6:00 pm

Join our dear friends from Needham Rotary as they ignite the grill and serve up another delicious homemade BBQ dinner! Cost: Free



Coffee Talk with Brookline Bank: Focused Bank Products & Features for Seniors

Wednesday, September 10, 9:45–10:30 am

Our friends from Brookline Bank will be here to show us how to bank smarter! Cost: Free



Chair Massage with Kris

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

Wednesday, October 15, 10:00 am–12:00 pm

Make your appointment for a 15-minute chair massage with Kris. Cost Free. If you want to book a longer, private-pay appointment, email her to schedule at krisloan057@gmail.com.



Hearing Aid Clinic with Paul

Wednesday, September 10, 10:00–11:00 am

Wednesday, October 8, 10:00–11:00 am

Paul Dole of Flynn Hearing Aids will be here to clean and check your existing hearing aids, do some light wax removal, check and replace your batteries and answer your questions regarding hearing and hearing aids. Cost: Free



Lunch & Learn: Heart Health 101

Wednesday, September 10, 11:30 am–12:30 pm

Join our friend and cardiologist, Jim Kirdar for a heart healthy lunch and some fabulous stories and tips about your ticker! Cost: Free



Gospel Origins: Spirituals, Jubilee Quartets & Modern Gospel

Wednesday September 10, 1:00–2:00 pm

John Clark will be here to share the 200-year history of gospel music, from the ring shout dances and spirituals of the early 1800s to the gospel choirs and singing stars of today. Cost: Free



Crafts with Kelley the Cop

Wednesday, September 10, 3:30–5:00 pm

Wednesday, October 8, 3:30–5:00 pm

Join Needham Police Officer Kelley Scolponeti for her fun. Creative monthly craft class at the Center. Cost: Free



Icon Museum & Study Center

Thursday, September 11 (Check in at Center at 9:00 am)

TRIP

The Icon Museum in Clinton, MA houses a collection of 1,000+ Russian, Greek, Ethiopian icons and Orthodox works of art. It was the brainchild of industrialist collector Gordon B. Lankton. Bring money for lunch at McDonalds. Cost: \$22 for van and ticket



Low-Vision Support Group

Thursday, September 11, 10:30 am–12:00 pm

Thursday, October 9, 10:30 am–12:00 pm

Are you experiencing reduced vision? Learn about helpful resources and devices that may be useful to you. This is a monthly support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. Cost: Free



Life Transition Binder Presentation

Thursday, September 11, 11:00 am–12:00 pm

Join Sandra Batra 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. Cost: Free



Lunch & Meet the New Deputy VSO

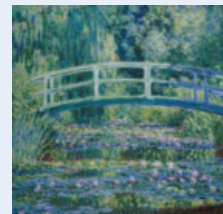
Thursday, September 11, 12:00–1:00 pm

Join us for a special luncheon to meet the New West Suburban Veteran's Services Officer, Dave Campisano. We will also commemorate September 11th, which led to many joining the Armed Forces. Register by 9/5. Cost: Free



Art Appreciation with Michele

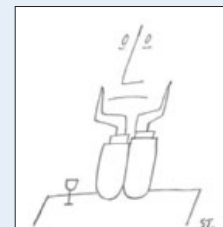
Join research librarian and art educator Michele Marram to explore the lives and careers of artists. Following the presentations, we'll produce works inspired by the artist.



Claude Monet

Thursday, September 11, 2:00–3:00 pm

A pioneer in the French impressionist movement, Monet is known for his landscapes painted "en plein air" (outside in nature).



Saul Steinberg

Thursday, October 9, 2:00–3:00 pm

Best known for his work in *The New Yorker*, he considered himself "a writer who draws."

Dinner Bell Community Dinner

Thursday, September 11, 5:00–6:00 pm

Thursday, October 23, 5:00–6:00 pm

The Dinner Bell program serves a hot, nutritious meal and a fun social time for Needham residents of all ages. Please register and pay in advance to ensure we have food for everyone. Cost: \$7



Friends Annual Meeting & Strawberry Shortcake Social

Friday, September 12, 1:30–3:30 pm

Come to learn about The Friends of the Center at the Heights, and the role they play in supporting Center initiatives. Stay after the meeting to socialize with neighbors and enjoy a slice of delicious strawberry shortcake. Cost: Free



Healthy Gums & Oral Hygiene as We Age

Monday, September 15, 11:00 am–12:00 pm

Our favorite dentist Megan M. Huyett, DMD, FAGD of McGillicuddy Huyett Dental, is coming back for National Gum Care Month!



Grand Piano for Grandparents Day

Monday, September 15, 1:00–2:00 pm

Bring your grandchildren to the Center to celebrate Grandparents Day! Pianist Michael Leidig is back for this special concert. We will have goodies after the show. Cost: Free



Organizing for the Fall

Tuesday, September 16, 11:00 am–12:00 pm

Jennifer Gershon of Consider It Done Organizing will be here with practical strategies for decluttering, organizing, and downsizing. Learn how to create more efficient, stress-free spaces. Cost: Free



Karaoke & Sing Along with Joe

Tuesday, September 16, 11:30–1:00 pm

Tuesday, October 21, 11:30–1:00 pm

Join Karaoke host Joe Silvi for this fun opportunity to sing along to songs with the assistance of lyrics displayed on a large screen. You can sing alone, in a group or just sit and enjoy. Cost: Free



Center Memory Café

Tuesday, September 16, 2:00–3:15 pm: Music/Movement

Tuesday, October 21, 2:00–3:15 pm: Topic TBA

The Center Memory Café is a monthly program sponsored by Wingate Living, Briarwood Rehab and Senior Helpers. It's a welcoming supportive space for those living with memory loss and their care partners to connect, share experiences, and enjoy activities. Join us! Cost: Free



Cooking with Jessica

Tuesday, September 16, 3:00–4:00 pm

Tuesday, October 14, 3:00–4:00 pm

Join Jess Weiss in our kitchen to cook up a delicious seasonal recipe. Cost: Free



Coffee Talk: Fall Prevention & Safety at Home

Wednesday, September 17, 9:45–10:30 am

Oakley Home Access are a team of home safety experts passionate about aging in place and fall prevention. They provide free home safety assessments and collaborate with you and healthcare providers to create simple solutions for maximizing mobility. Cost: Free



The History of Katharine Gibbs

Wednesday, September 17, 1:00–2:00 pm

Rose A. Doherty joins us to share the life story of Katharine Gibbs, a pioneer who founded a secretarial school in 1911 that became the best in the world and gave women the ability to support themselves as educated women in business when they were not welcome. Come hear about her extraordinary life as described in Speaker Rose Doherty's book *Katharine Gibbs: Beyond White Gloves!* Cost: Free



Rainbow Social Hour

Wednesday, September 17, 3:00–4:00 pm

Wednesday, October 15, 3:00–4:00 pm

Rainbow Social Hour is an LGBTQIA+ social group that welcomes all who identify as part of the LGBTQIA+ community. Weather permitting, enjoy refreshments and a cold drink on our beautiful roof deck. Cost: Free



Hot Breakfast at Briarwood

Thursday, September 18, 9:30–10:30 am

Thursday, October 23, 9:30–10:30 am

Join our friends at Briarwood for a lovely hot breakfast. Register through our Front Desk. Cost: Free



Larz Andersen Auto Museum

Thursday, September 18 (Check in at Center at 9:45 am)

TRIP The Larz Andersen Auto Museum in Brookline, MA houses America's oldest car collection in the historic Carriage House on the former Andersen Estate. Our tour begins with a brief history of the Andersens and the history of the property now known as Larz Andersen Park. Learn about the current exhibit "Japanese Cars!" and view the remaining 14 cars of the Andersen collection. Cost: \$20 (includes museum ticket transportation)



SPECIAL EVENTS

 = In Person  = Zoom

Self-Care Series: Healthy Aging

Thursday, September 18, 11:00 am–12:00 pm

While genetics play a role in how we age, our habits and nutritional choices have an even greater impact! Explore the differences between Chronological Age and Health Age and gain tips for aging with better health. Learn how smarter nutrition, mindful eating habits, and improved sleep can help you maintain energy, strength, and well-being as you age. Cost: Free

Mark Lanen Rock & Soul Concert

Thursday, September 18, 1:00–2:00 pm

Mark, a MA native, played in many pop bands and opened at concerts by the Doobie Brothers and Earth, Wind & Fire. His repertoire will take you back in time! Come enjoy the fun! Cost: Free

Live Life to the Fullest to the End - Don't Leave Anything on the Table

Thursday, September 18, 5:00–6:00 pm

Henry Quinlan addresses how to live life to the fullest in our later years, emphasizing that there is no single path—each person must create their own plan to avoid key obstacles like identity loss, loneliness, depression, poor health, and more. Cost: Free

Open Mic Night

Thursday, September 18, 6:00–8:30 pm

Thursday, October 16, 6:00–8:30 pm

Come to Plugged in Band's Open Mic Night for all ages, abilities and musical skills. Perform by yourself, with a group or just enjoy the performances of others. Cost: Free

Coffee with State Rep. Josh Tarsky

Friday, September 19, 9:30–9:45 am

Friday, October 17, 9:30–10:30 am

Join Rep. Tarsky for coffee to hear updates on initiatives in our district and at the State House. Cost: Free

Coffee Talk with BID Needham: Fall Prevention

Friday, September 19, 9:45–10:30 am

Our friends from BID Needham will be here to remind and teach us how to eliminate risks that lead to falls and improve our health outcomes. Cost: Free

Mike Bernard & his "Irish Belt Trilogy"

Monday, September 22, 1:00–2:00 pm

Author Mike Bernard will present his 'Boston Irish Belt Trilogy' novels—*Gaelic & Garlic: A Boston Love Story* (Charlestown), *The Crossing Guards* (Southie) and *Crossing the Sagamore* (Dorchester) Cost: Free

Fall Dance Party—Wartime Dance Tunes

Thursday, September 11, 1:30–2:30 pm

Let's dance to some of the big band music and songs made

famous during wartime in the 1940s. Cost: Free

Stress Balls to Beach Balls: Caregiver Fatigue

Tuesday, September 23, 11:00 am–12:00 pm

Caregiving can lead to a kind person feeling lack of sympathy/empathy, exhaustion, anger, withdrawal, depression, and more. Join our friends from Faith and Family Hospice to learn how caregivers can recharge their minds and bodies. Cost: Free

Coffee Talk with Seniors Helping Seniors: Aging on Purpose

Wednesday, September 24, 9:45–10:30 am

Seniors are living longer today than generations before. This talk, based on the latest psychology and gerontology research, will teach you how to make those extra years really count! Cost: Free

The Highland Woods Project Concert

Wednesday, September 24, 1:00–2:00 pm

The Highland Woods Project, an acoustic trio harmonizing songs that everyone loves, features Ed Aucoin, Paul Fidlin, and Kris Swanson. Artists they cover include Crosby, Stills & Nash, Simon & Garfunkel, John Denver, Kenny Loggins, and The Eagles. Cost: Free



Heroes Hit the Road:

American Heritage Museum

Thursday, September 25 (Center Check In at 9:45 am)

Board our van for a trip to the American Heritage Museum in Hudson, MA to explore America's conflicts, beginning with the Revolutionary War through today. Buy lunch in the Museum Café or bring one from home. Cost: \$18 (van/museum ticket)

Wheel of Fortune

Thursday, September 25, 1:00–2:00 pm

Come watch or be a contestant on our live game show Wheel of Fortune with Emcee Kevin Richman. Compete while solving word puzzles on the Wheel of Fortune's giant spinning wheel. Don't miss this fun event! Cost: Free

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SPECIAL EVENTS

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Cooking for Nutrition with BID

Thursday, September 25, 3:00–4:00 pm

Join us in the kitchen for some healthy and delicious recipes and tips from the dieticians at BID Needham's Nutrition Clinic. They make cooking and eating healthy and fun! Cost: Free



decorating rocks with messages of love and inspiration to give to others or to add to our rock garden. Supplies provided. Registration required. Cost: Free

Coffee Talk with Elliott PT: Hip Hip Hooray

Friday, September 26, 9:45–10:30 am

Join us to understand how engaging and strengthening the hips can improve balance and overall function. Cost: Free



Coffee with Needham Cops

Wednesday, October 1, 9:30–10:30 am

Come to the Café to spend time with our heroes in blue from the NPD. Treats provided! Cost: Free



Your Time to Shine! Write Your Own Obituary

Friday, September 26, 11:30–12:30 am

It's not fun to think about writing our own obituaries, but we can make it easier for our loved ones by tackling this now. Writer Beth Knaus will share tips to make it easy and fun! Refreshments will be served. Cost: Free



Old Blue Eyes: Sinatra Performed by Bill Reidy

Wednesday, October 1, 1:00–2:00 pm

Frank Sinatra recorded countless songs and entertained several generations over a more than 50-year career. Experience the music of Frank Sinatra as Bill Reidy sings it live with finger-style jazz guitar. Cost: Free



Chair Massage with Kris

Friday, September 26, 12:00–2:00 pm

Friday, October 31, 12:00–2:00 pm

See description on page 18.



New England Quilt Museum

Thursday, October 2 (9:00 am check in at Center)

TRIP

Let's go to Lowell to experience the second-oldest quilt museum in the US! We will stop for a bite at the Purple Carrot Bread Bakery. Please bring money if you'd like to indulge. Cost: \$15 (museum ticket/van)



Hot Breakfast for the Needham VFW

Monday, September 29, 9:30–10:30 am

It's National VFW Day, and we are spoiling our Vets from VFW Post 2498 with a delicious breakfast. Supporters and friends are invited too! Cost: Free



Archie Richards Classical Piano Concert

Thursday, October 2, 1:00–2:00 pm

Archie Richards will present a classical piano concert showcasing several compositions by Beethoven, Chopin and Listz. Cost: Free



1863 the Year that Saved America

Monday, September 29, 11:00 am–12:00 pm

Amateur Historian Mike Beard will discuss 1863 — a transition year for the USA. He'll examine military and political events that saved the American Union. Cost: Free



More Show Tunes Sing Along with Alan Cohen

Friday, October 3, 1:00–2:00 pm

Join Alan to sing along to many of your favorite movie and Broadway show tunes. Cost: Free



Prince Spaghetti Story with Anthony Sammarco

Monday, September 29, 1:00–2:00 pm



Choo – Choo Trip to Boston!

Monday, October 6 (10:45 am check in at Center)

TRIP

Let's hop on the MBTA Commuter Rail at Needham Heights and ride into Boston for lunch at the newly renovated South Station. Join us! Cost: Pay your own way



 Remember the ad featuring Anthony Martignetti's mother yelling "Anthony!" as he ran through Boston's North End, returning home to spaghetti? This lecture explores the history of spaghetti in Naples, Italy and how early 20th century pasta manufacturers provided this staple to Italian immigrants. Cost: Free

Let's Learn Together: Frida Kahlo-Inspired Art

Tuesday, September 30, 11:00 am–12:00 pm

Join us to make art inspired by the art of painter Frida Kahlo for National Hispanic Heritage Month. Cost: Free



How to Spot Scams & Fraud with the BBB

Monday, October 6, 11:00 am–12:00 pm

Join Thea Chronopoulos, Community Relations Manager with the Better Business Bureau, to learn about current scams and what the BBB is doing to educate consumers. Cost: Free



Kindness Rocks

Tuesday, September 30, 1:00–2:00 pm

On National Love People Day, celebrate by painting and



With Love from France Presented by Frank King

Monday, October 6, 1:30–2:30 pm

Hear the stories behind several hit records that began their life as French songs, including Frank Sinatra's "My Way"; Bobby Darin's "Beyond the Sea"; and the ballad "If You Love Me". Cost: Free



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SPECIAL EVENTS

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The Power of Forgiveness & Remembrance

Tuesday, October 7, 9:45–10:45 am

Studies have revealed that the best way to heal is to forgive the person who hurt you. Our friend Nikki, Chaplain at West River Hospice, agrees and will be here on National Forgiveness & Happiness Day to share more about the art of forgiveness. Cost: Free



Jack the Ripper Presented by Delvena Theater Company

Tuesday, October 7, 1:00–2:00 pm

Delvena Theater Company brings history alive with infamous Jack the Ripper! Learn the details of the ghastly murders of five women from London in 1888. Meet the top suspects in the murders and have the opportunity to question them and draw your own conclusion as to who Jack the Ripper really was! Cost: Free



Coffee Talk with Needham Fire Department

Wednesday, October 8, 9:45–10:30 am

It's National Fire Safety Week! Join our Needham Fire Department to learn ways to keep us and our homes safe. Cost: Free



Heal Faster With Coach Julie

Wednesday, October 8, 11:00–11:45 am

Preparing for surgery or other medical procedures or living with chronic pain can fill you with worries or doubts. Meditation and visualization can help. Join Mind/Body Coach Julie Bailit for guided meditations specifically created to reduce medical anxiety and speed healing. Cost: Free



Lunch & Learn:

The Real Story Behind Palliative Care

Wednesday, October 8, 12:00–1:00 pm

Facing a serious illness can feel overwhelming. Join us to learn from Newton-Wellesley Hospital physician, Dr. Julia Ragland, how Palliative Care empowers patients and families to make informed decisions and manage symptoms effectively. Cost: Free



Alan Ames Thinks He's Funny!

Wednesday, October 8, 1:00–2:00 pm

Stand-up comedian Alan Ames grew up in Dorchester in the 1950's and uses getting older, observational humor, and random jokes to keep his audiences in stitches. Cost: Free



Soup-er Savvy Cooking with Amy

Wednesday, October 8, 3:00–4:00 pm

Join our friend Amy Bernstein in the kitchen to learn how to make her famous Mediterranean Onion soup. Cost: Free



Aging Well with Wingate

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

Come join your aging well professionals for an overview of real estate, senior living, estate planning and "staying home". Learn more about senior living options and how you'll know its time to move or stay. If you decide to stay in your home, discover how Robert Way Construction can help with accessibility decisions. Cost: Free



Dancing Joy with Dance Calienté

Thursday, October 9, 1:00–2:00 pm

This interactive ballroom dance show will sweep you off your feet! Duo Eileen Herman-Haase and Raul Nieves perform dances like the Waltz, Argentine Tango and more. After each performance, you will be invited to learn some of the moves. This is free to you thanks to a grant from the Needham Council for Arts and Culture which is supported by the Mass Cultural Council (a state agency), the Town of Needham and the Needham COA.



Center Yard Sale & Celebration

Friday, October 10, 8:30 am–12:00 pm

We are doing it again - a yard sale with a little extra! You can register for a table to sell your wares or just come to shop! There are only 40 tables available so register now at \$20 per table. Entrance for shoppers is free. Kelley the Cop will be here with free ice cream treats for all!



Train The Brain: Healthy Food & Tips for Brain Health

Tuesday, October 14, 11:00 am–12:00 pm

Train the Brain is one of Stephen Cadigan's most popular classes. Don't miss this special session on National Train Your Brain Day. Get helpful tips and a delicious healthy snack for your brain! Cost: Free



At Home with Eleanor Roosevelt

Tuesday, October 14, 1:00–2:00 pm

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. Learn about her role as a human rights activist and events that were very much a part of Eleanor's personal and professional life. Cost: Free



Dinner & a Show with Pianist Richard Amir

Tuesday, October 14, 5:00–6:30 pm

Dine together and then enjoy a thrilling performance by Pianist Richard Amir playing favorite songs from famous films. Register by 10/8. Cost: Free



Coffee Talk: Metrowest Mediation Services

Wednesday, October 15 at 9:45–10:30 am

Learn how mediation can help resolve conflicts through open, confidential conversations. Unlike court or arbitration, mediation is flexible and allows participants to create their own personalized agreements. Cost: Free





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SPECIAL EVENTS

Registration is required for all programs

Just the Two of Us Concert

Wednesday, October 15, 1:00–2:00 pm

This terrific duo is back to help us celebrate Italian American Heritage Month! Come to enjoy their musical performance of classic tunes! Italian treats will be served. Cost: Free



tion on YouTube before attending this program led by Theater Director and Film Educator Debra Block. See Aicha's COA Highlights for a YouTube link. Cost: Free

Self-Care Series: Loneliness - A State of Mind

Thursday, October 16, 11:00 am–12:00 pm

The Covid-19 pandemic heightened feelings of loneliness for many, but isolation can affect us at any stage of life. Professional Healthcare Advocate Lynn Croft will explore what loneliness is, what drives these feelings, and how to navigate them. Join us to gain strategies to ward off isolation, foster meaningful connections, and prioritize emotional well-being in everyday life. Cost: Free



Let's Learn Together: Diwali

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

Diwali, also known as the Festival of Lights, is a five-day festival celebrated across the Hindu, Jain, and Sikh faiths. Join us to learn more about this joyful holiday! Cost: Free



Concert with Vocalist Maria Guanci

Thursday, October 16, 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, writes, records and performs acoustic sets. Cost: Free



1630 - Boston's Founding with Historian Rose

Tuesday, October 21, 1:00–2:00 pm

Come to learn about early Boston in the decades before the Revolution from Rose Doherty, President Emerita of the Partnership of Historic Boston, Fellow at Massachusetts Historical Society, Member of the Colonial Society of Massachusetts, and a long-time tour guide of early Boston. Cost: Free



Worcester's Victorian History

Friday, October 17, 9:00 am–2:30 pm (approximate)

TRIP

Step back into the days of corsets and pocket watches! FDR's Sec. of Labor & Worcester resident Miss Frances Perkins (portrayed by Janet Parnes) will guide you on a tour of Worcester at the turn of the century. Learn about Worcester's trajectory from a small farm community to a city ablaze with innovation! Stops include the 1911 Union Train Station; former corset factory; the 1800s E. N. Jenckes Store Museum and more. Typical Victorian lunch included. RSVP and place your lunch order by 10/10. Space is limited. Cost: \$85



1776: The Birth of the American Nation

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

Amateur Historian Mike Beard is back to examine the military and political events of 1776 that gave birth to our American nation. Cost: Free



Halloween Harvest: Ghosts, Goblins & More with Award-Winning Storyteller Davis Bates

Wednesday, October 22, 1:00–2:00 pm

This storytelling and music program by Davis Bates features harvest tales, supernatural songs, Native American stories, true ghost stories, and sing alongs. This performance is funded, in part, by a grant from the Needham Council for Arts & Culture, a local agency supported by the Massachusetts Cultural Council. Cost: Free



Red Cross Blood Drive

Friday, October 17, 9:00 am–2:00 pm

To register online, go to Redcross.org.



SHINE Open Enrollment Presentation

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

Each January, Medicare health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced. Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2026. See back cover for info about SHINE. Cost: Free



Parkinson's 101 with Residence at Boylston Place

Monday, October 20, 11:00 am–12:00 pm

Residence at Boylston Place will educate us about the symptoms and stages of Parkinson's Disease and how to enhance mobility and safety for those living with Parkinson's. Light refreshments will be served. Cost: Free



Piano Sing Along with Mel Stiller

Thursday, October 23, 1:00–2:00 pm

Mel Stiller has been playing in Boston restaurants and venues for more than 30 years. Join him a rousing sing along—lyrics provided! Cost: Free



Broadway Musicals (Part 2)

Monday, October 20, 11:00 am–12:00 pm

Stephen Sondheim's "concept" musical *Sunday in the Park with George*, was inspired by French post-impressionist painter George Seurat's famous painting. It merges past and present into poignant truths about life, love, and the creation of art. You're encouraged to watch the produc-



Artist Talk: Nancy Present-Van Broekhoven

Thursday, October 23, 6:00–7:00 pm

Many families cherish recipes handed down through the generations. Meet Nancy Present-Van Broekhoven, a





SPECIAL EVENTS

Needham artist, who captures these special recipes in her individualized watercolor paintings. Nancy will show some of her recipe paintings and delve into their histories. Her work will be available for purchase. Light refreshments will be served. Cost: Free

Coffee Talk with Elliott PT: Kicking Knee Pain to the Curb

Friday, October 24, 9:45–10:30 am

Elliott PT will be here with an overview of your knee and how improving strength can lead to reduced pain levels, improved balance and function. Cost: Free



Beware! Skimming Machines with the Office of Consumer Affairs

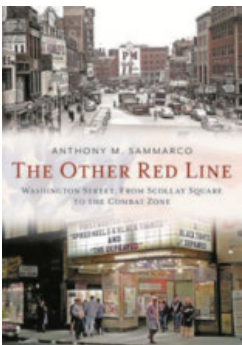
Monday, October 27, 11:00 am–12:00 pm

Join Robin Putnam from the Office of Consumer Affairs and Business Regulation to discuss skimming machines. She will help you keep your credit or debit card safe by showing you pictures of skimming devices that have been confiscated by the police, and giving you tips on how to spot them yourself. Cost: Free



The Other Red Line: Scollay Square to the Combat Zone with Anthony Sammarco

Monday, October 27, 1:00–2:00 pm



This book and talk by historian Anthony Sammarco traces the connection between Boston's two famous adult entertainment districts—Scollay Square and the Combat Zone. Scollay Square, once a vibrant hub of burlesque, vaudeville, and silent films, attracted crowds with its theaters, bars, and eateries. Burlesque reigned supreme, featuring internationally known performers. As Scollay Square declined the Combat

Zone rose in the 1960s, offering a more graphic and gritty form of adult entertainment with strip clubs and X-rated theaters. Cost: Free



Music of the Great Depression with John Clark

Wednesday, October 29, 1:00–2:00 pm

This musical lecture by John Clark chronicles the musical response to this devastating event, including songs to cheer and distract a downtrodden nation as well as to reflect the grim realities of its effects. Cost: Free



Sean Fullerton Concert

Thursday, October 30, 1:00–2:00 pm

Solo acoustic/electric musician Sean Fullerton is back to work his musical magic. Enjoy this Halloween themed one-man vocal, electric guitar and harmonica concert. Cost: Free



Peter Baldassari sipped on an orange ice cream float and enjoyed some popcorn and candy at last year's Scary Movie and Ice Cream Float Party. Don't miss this year's special event!

2nd Annual Scary Movie and Ice Cream Float Party

Friday, October 31, 12:30–3:00 pm

It's Halloween and the Friends of the Center at the Heights are hosting this second annual celebration featuring a Halloween-themed party. Root Beer floats and other treats will be served! Cost: Free



Veterans Town Hall & Breakfast Reception

Saturday, November 1, 2025, at 11:00 am–1:00 pm

Vets! We want you! Join us this fall for a special opportunity to connect, share, and grow. We're teaming up with the new Deputy Veteran Service Officer, Dave Campisano, to host a Veterans Town Hall — an event designed to give veterans a voice and strengthen the bonds between veterans and the community. See page 28 for more details.



Trips with Best of Times Travel

The John Denver Tribute Starring Ted Vigil

September 17 - Danversport Yacht Club Danvers, MA

Olivia Newton-John Tribute Show

October 22 - Venus De Milo Swansea, MA

Queen Band Tribute show

November 13 - Danversport Yacht Club, Danvers, MA

Christmas with Tony Bennett & Barbara Streisand with Special Guest Lady Gaga - Holiday Tribute

December 2 - Lake Pearl, Wrentham, MA

Christmas New York Style

December 7 - 8 Lodging at the Westin Times Square, Tour of the Union Church of Pocantico Hills, Tour of Lyndhurst Castle, Radio City Music Hall Christmas Spectacular Show.

Contact Karen Marchilonis for more details:
kmarchilonis@needhamma.gov or 781-455-7555.

FRIENDS DONATIONS

(5/28/2025 – 7/22/2025)

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Deborah Almy in memory of Helen F. Morgan
Claire Blum in memory of Frances Rose Blacher
Loretta Partner in memory of my “phone friend,” Bob Schichtel
Mercy Wheeler in memory of Bancroft Wheeler

IN APPRECIATION & HONOR OF

Evelyn Adlerstein in honor of Jeanne McKnight’s special birthday

Vets! We want you!

Veterans Town Hall & Breakfast Reception

Saturday, November 1, 2025 at 11:00 am, Center at the Heights, Needham

Join us this fall for a special opportunity to connect, share, and grow. We’re teaming up with new Deputy Veteran Service Officer Dave Campisano, to host a “Veterans Town Hall” — an event designed to give veterans a voice and strengthen the bonds between veterans and the community.

Vets Town Hall is a 501(c)(3) nonprofit organization founded by author Sebastian Junger (*War, Tribe, Freedom*). Their mission is to bridge the gap between veterans and nonveterans by giving veterans of all eras and capacities a platform to speak for up to ten minutes about what it was like to serve. These events are strictly non-political, and all perspectives are valued. Learn more and register at <https://vetstownhall.org/>

This Vets Town Hall is hosted in partnership with Dan O’Neill & Dave Campisano of the West Suburban Veterans Group, 22Mohawks and the Needham COA.

For more information contact Aicha Kelley at akelley@needhamma.gov or reach out to Dave Campisano at dcampisano@westsuburbanveterans.com. We look forward to seeing you there!

Upcoming Event!

Writing & Speaking Course (Virtual) September 28—October 26

This course is offered to vets who want to develop or hone their skills prior to speaking at “Vets Town Hall.” The course is hosted by 22Mohawks -- a 501(c)(3) non profit organization founded by Dave Campisano whose mission is veteran suicide prevention.

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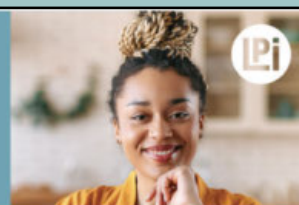
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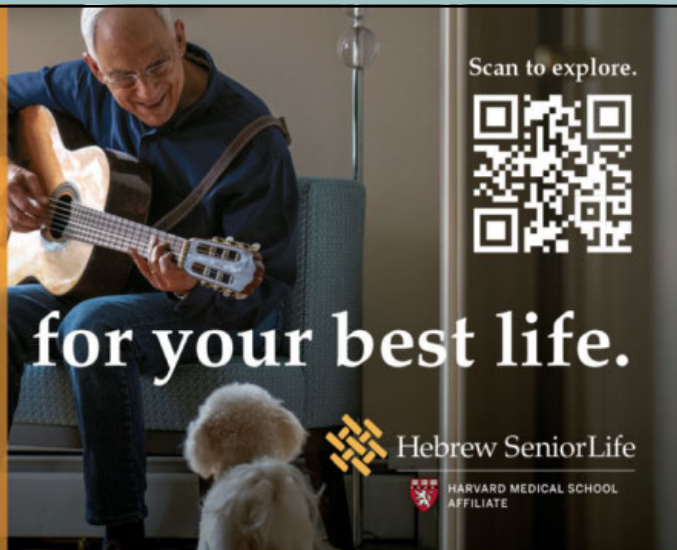


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FRIENDS OF THE CENTER AT THE HEIGHTS

Letter from the Presidents

Dear Center Participants & Donors,

We hope you made it to The Friend’s Ice Cream Social & Dance Party in August. It was a delicious way to enjoy the “dog days of summer!” Friends will be hosting two more events this fall you won’t want to miss -- our Annual Meeting and Strawberry Shortcake Social on September 12th and a Halloween-themed Ice Cream Float Party on October 31st. We invite you to come to the Center and take part in these and other wonderful programs being offered. Look through this edition of the Compass and register to participate!

In September we say goodbye to summer. The autumn equinox arrives on the 22nd ushering in Fall. However, before that we celebrate Labor Day on the 1st. The last hurrah of summer! September is known as Harvest Month. We celebrate Grandparents Day on the 7th, Navratri on the 22nd and Rosh Hashana on the 23rd. In September we recognize Alzheimer’s Disease, National Self-Care and Service Dogs. The full moon is the Corn Moon on the 7th. The birthstone for September is

sapphire. The flower is morning glory or aster. The Zodiac signs are Virgo followed by Libra.

October brings colorful leaves and time to admire the fall foliage. Apples are picked and made into so many delicious treats. Pumpkins are being displayed outdoors with bales of hay and scarecrows. Special days are Yom Kippur on the 12th, Indigenous Peoples Day on the 13th, Diwali on the 20th and Halloween on the 31st. The October birthstone is opal, and the flowers are marigold and cosmos. The Super Full Moon (Harvest moon) will be on October 6th. Zodiac signs are Libra followed by Scorpio.

Friends thanks you for your annual membership fee of \$25. Your donation goes towards the payment of the Compass Newsletter, Café supplies and wonderful programs.

— Carol, Anne & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

Donation Form

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

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

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SHINE NEWS

Medicare Open Enrollment October 15—December 7

Medicare Open Enrollment is quickly approaching. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly every year! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), come meet with a SHINE counselor to go over any changes and make sure you're in the right plan for 2026. Call your local COA to see when you can make an appointment. Last year all appointments were filled by the first week of November, so act fast!

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



options. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 781-453-8076. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.