

New CAL

Newton Center for Active Living

Community Update Meeting

Thursday, June 20, 2019
7:00PM

Newton Education Center
100 Walnut Street
Room 111



N | V 5

bh+a

NewCAL Vision Statement

The City of Newton's goal, as an age friendly community, is to build a large, well equipped, comfortable Center to meet the unique interests and needs of older adults, both those currently using the Senior Center and many others who are not. The Center will foster a special sense of community and belonging for this growing group. This facility will be designed to optimize the quality of life for Newton's older adults and those who support them, through welcoming, respectful and meaningful opportunities that engage, value, and empower older adults to remain independent and important assets in our community.

When spaces within this facility are not programmed for older adults, the goal is to offer well managed, quality and enriching community and multigenerational experiences for all residents of Newton.



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BH+A Introduction

BH+A Presentation

Site Selection and Criteria Matrix Review

Anticipated Schedule and Upcoming Meetings

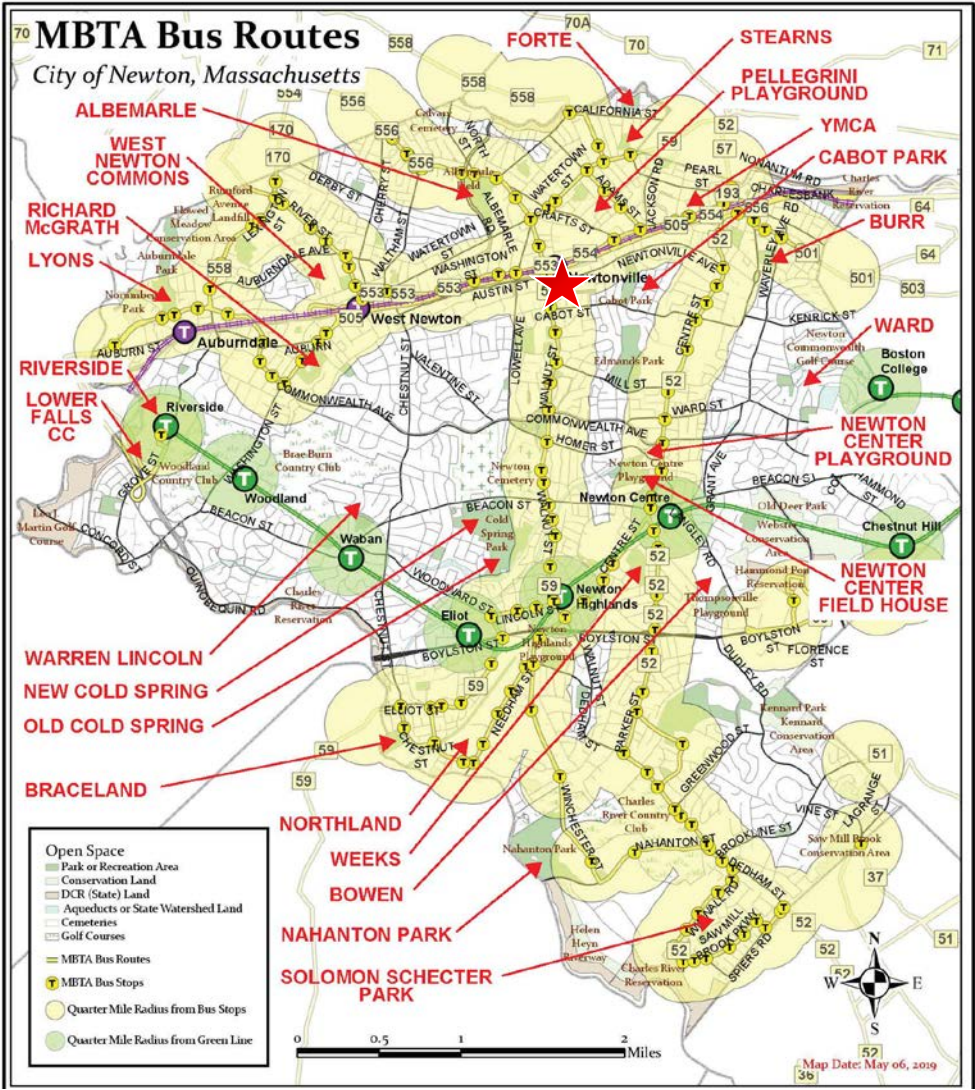


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Site Options

★ Existing Senior Center
(345 Walnut Street)



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New CAL Community Meeting 06.20.19

Site Criteria Matrix

NewCAL - Newton Center for Active Living

Site Selection Criteria Matrix

DRAFT



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Alternative Site Location Criteria

	Maximum Possible Points	Newton Center							Oak Hill		Newtonville	Nonantum			Newton Corner		West Newton			Auburndale	Waban	Lower Falls		Upper Falls	
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
		Old Cold Springs Park	New Cold Springs Park	Newton Center Field House - Tyler Terrace	Weeks Park	Newton Center Playground	Bowen Upper Playground	Ward Park	Solomon Schechter Park	Mahanton Park	Calbot Park	Pellegrini Playground	Stearns Park	Forte Park	Burr Park	West Suburban YMCA	Richard McGrath Park	West Newton Commons	Albemarle Field	Lyons Park	Warren Lincoln Playground	Lower Falls Community Center	Riverside Development	Braceland Playground	Northland Development
A Geographic Site Facts																									
01	Distance from the center of Newton (Walnut/Beacon streets) - miles	0.5	0.3	0.5	0.6	0.7	1.3	1.6	2.8	2.1	1.5	1.9	2.2	2.5	2.0	1.8	1.6	1.8	1.9	2.6	1.1	2.6	2.9	1.7	1.8
02	Size of site (acres)	21.6	41.3	2.5	15.0	14.8	9.2	3.4	2.9	56.7	11.6	4.2	3.4	6.0	5.1	6.3	10.6	3.6	16.9	3.0	5.4	8.5	22.5	8.8	11.1
03	Distance from existing Senior Center (345 Walnut Street) - miles	2.0	1.8	1.9	2.2	1.4	2.5	1.8	4.4	3.7	0.7	0.9	1.5	1.7	1.8	1.2	1.8	1.4	1.3	2.7	2.4	3.6	3.2	3.5	3.0
04	Avoids legal restrictions, City owned land																								
05	Maximizes Parks & Recreation support																								
B Programmatic and Philosophical Criteria																									
06	Geographically centered within the City	7																							
07	Provides ease of access to the site	10																							
08	Meets the programmatic requirements	10																							
09	Proximity to a village center	5																							
10	Proximity to amenities that support seniors	7																							
11	Allows for the creation of a distinct identity	4																							
C Site Criteria																									
12	Provides outdoor program space and green space	9																							
13	Minimizes site development challenges (including avoiding potential wet lands)	7																							
14	Minimizes off-site traffic impact	4																							
15	Provides year round safe pedestrian site circulation and access, promotes walkability	8																							
16	Maximizes efficient use of the site and allows for future expansion	7																							
17	Meets parking demand while minimizing on-site paving	7																							
18	Minimizes tree removal and maximizes tree preservation	7																							
D Site Cost and Schedule Impact Criteria																									
19	Provides reasonable site development capital costs	8																							
20	Allow for reasonable project schedule	8																							
E Total Site Score:		116	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



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Item #	Criteria	Points
01	Distance from the center of Newton (Walnut/Beacon streets) – miles	---
02	Site of Site (acres)	---
03	Distance from existing Senior Center (345 Walnut Street) - miles	---
04	Avoids legal restrictions, City owned land	---
05	Maximizes Parks & Recreation support	---



Item #	Criteria	Points
06	Geographically centered within the City	7
07	Provides ease of access to the site	10
08	Meets the programmatic requirements	10
09	Proximity to a village center	5
10	Proximity to amenities that support seniors	7
11	Allows for the creation of a distinct identity	4



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12	Provides outdoor program space and green space	9
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17	Meets parking demand while minimizing on-site paving	7
18	Minimizes tree removal and maximizes tree preservation	7



Item #	Criteria	Points
19	Provides reasonable site development capital costs	8
20	Allows for reasonable project schedule	8



Anticipated Project Schedule

Summer 2019	Complete site matrix evaluations
Early Fall 2019	Develop short list of potential sites
Late Fall 2019	Provide an update to City Council and Community
Winter 2019-2020	Recommend preferred site to City Council



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New CAL Community Meeting 06.20.19

Upcoming Community Meetings



March 14, 2019



June 20, 2019

September 19, 2019

December 19, 2019

NEWTON CENTER FOR ACTIVE LIVING

NEWCAL COMMUNITY MEETING

JUNE 20, 2019

The NewCAL project team has made great strides over the past few months! The team is eager to share the work that has been accomplished and would love your feedback.

MARK YOUR

CALENDARS!

PROJECT UPDATE MEETINGS:

JUNE 20, 2019

SEPTEMBER 19, 2019

DECEMBER 19, 2019

All meetings will be held at the
NEWTON EDUCATION CENTER
100 WALNUT STREET
ROOM 111
7:00PM



THOUGHTS? QUESTIONS?

Email the project team at newcal@newtonma.gov with any questions, comments, concerns, or to sign up to receive future correspondence about this project.
Please also visit the project website: newcal.projects.nv5.com



Owner's Project Manager: NV5



City of Newton



Architect: BH+A



New CAL Community Meeting 06.20.19

Thank you!

Newton Center for Active Living

Community Update Meeting

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7:00PM

Website: <https://newcal.projects.nv5.com/>
Email: newcal@newtonma.org

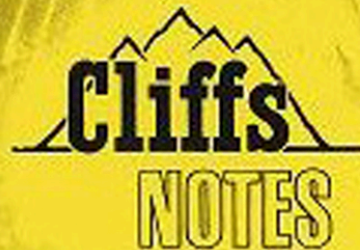


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CLIFFS NOTES on

**Bargmann Hendrie + Archetype
(BH+A)**



Expertise:



Senior Centers



Youth Centers



Intergenerational
Centers



Recreation
Departments



Mixed-Use
Campuses

Boston Based
30 Years
40 Staff
18 Registered
WBE

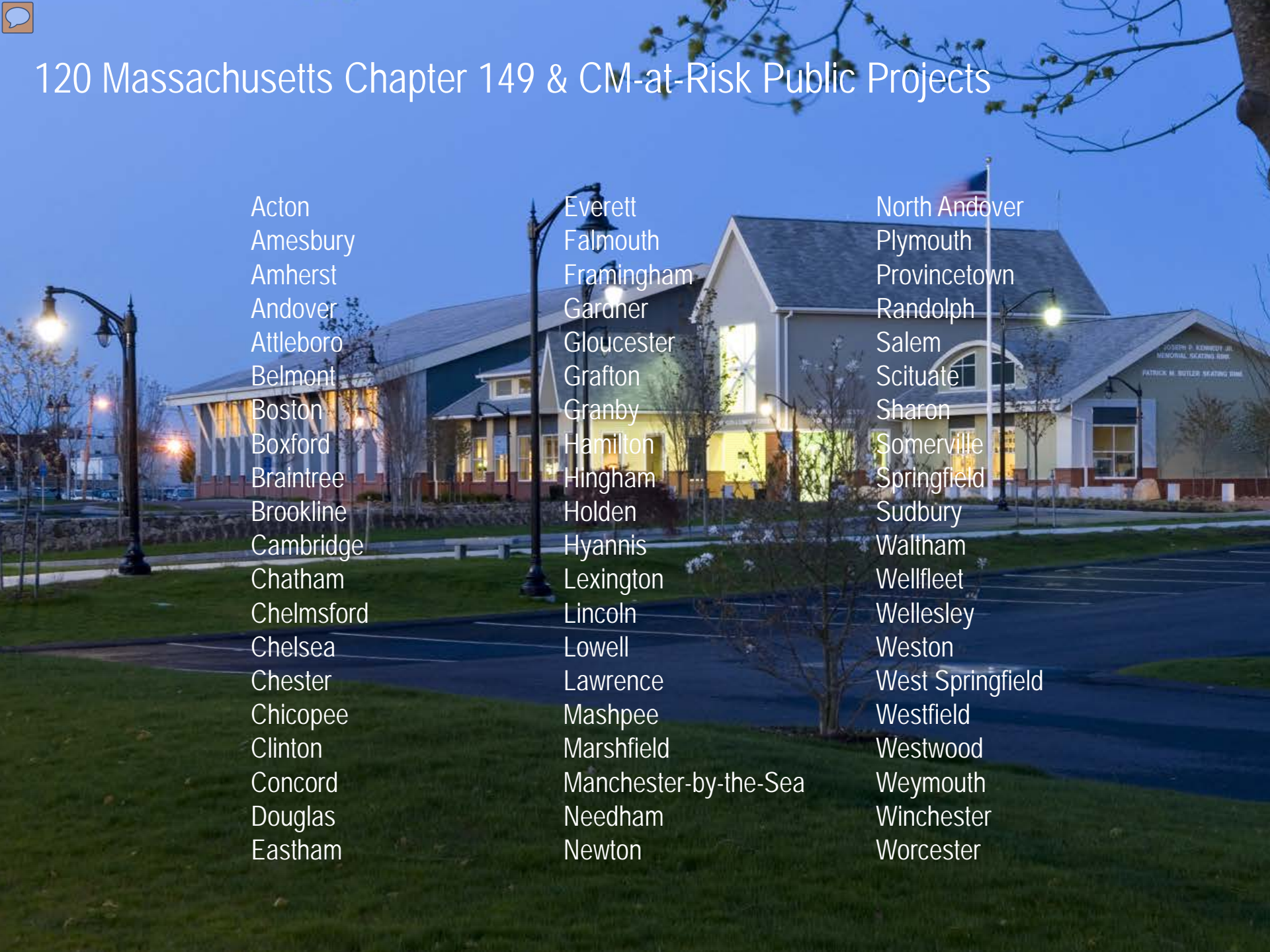


120 Massachusetts Chapter 149 & CM-at-Risk Public Projects

Acton
Amesbury
Amherst
Andover
Attleboro
Belmont
Boston
Boxford
Braintree
Brookline
Cambridge
Chatham
Chelmsford
Chelsea
Chester
Chicopee
Clinton
Concord
Douglas
Eastham

Everett
Falmouth
Framingham
Gardner
Gloucester
Grafton
Granby
Hamilton
Hingham
Holden
Hyannis
Lexington
Lincoln
Lowell
Lawrence
Mashpee
Marshfield
Manchester-by-the-Sea
Needham
Newton

North Andover
Plymouth
Provincetown
Randolph
Salem
Scituate
Sharon
Somerville
Springfield
Sudbury
Waltham
Wellfleet
Wellesley
Weston
West Springfield
Westfield
Westwood
Weymouth
Winchester
Worcester





Over 30 Community Centers (many incorporating seniors)

Allied Veterans Memorial Ice Rink

Andover Community Youth Center

Beth Pancoe Community Pool

Bluemont Community Center

Chatham Community Center

Concord City-wide Community Center

Danny's Place Youth Center

Falmouth Aquatic Center & Ice Rink

Gertrude Ederle Community Rec Center

Greater Burlington Rec/YMCA, joint facility

Hollis Street Community Center

Hyannis Youth & Community Center

Joseph N. Hermann Youth Center

Kennebunk Community Center

Kittery Community Center

Lucketts Community Center

Malta Community Center

Maple Street Community Pool

Marshfield Boys & Girls Club

Marshfield Community & Senior Center

Mashpee Community & Senior Center Study

Milford Youth Center

Old East Suffolk Community Center

Orangetown Community Center

Passamaquoddy Tribe Community Center

PFD Curley Community Center

PFD Hyde Park Community Center

PFD Shelburne Community Center

Sharon Community & Senior Center

Smith Aquatic & Community Center

Squamscott Community & Senior Center

Squamscott Community Commons

Standish Community Center

The Swimming Hole Community Pool

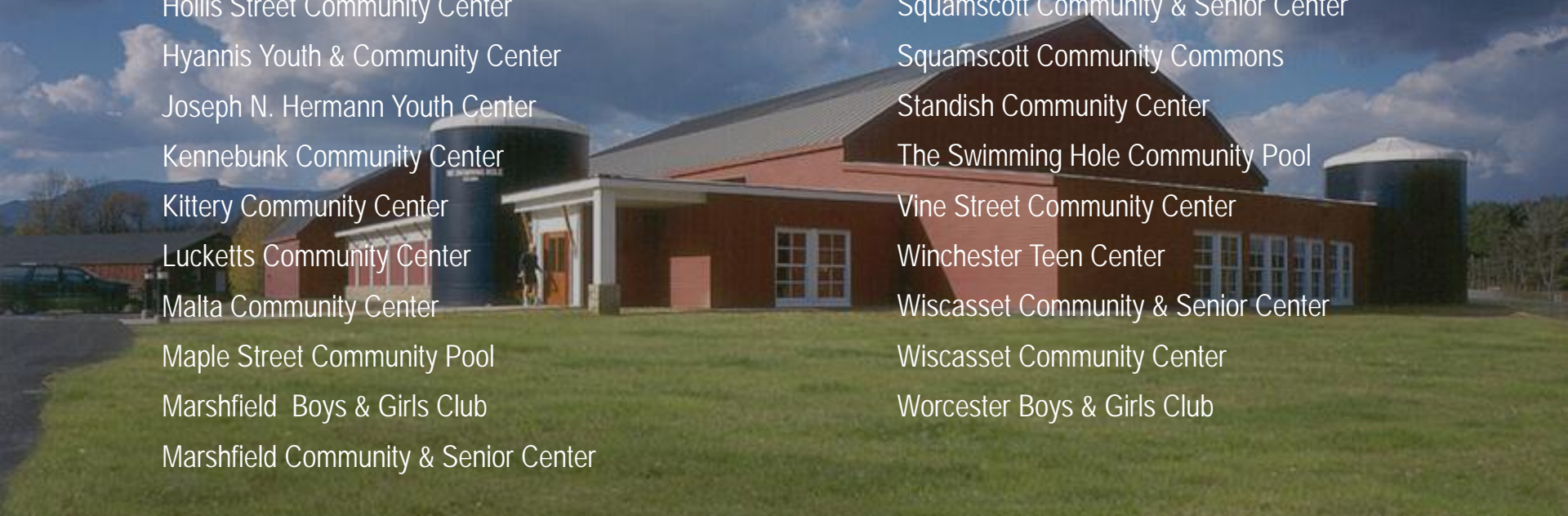
Vine Street Community Center

Winchester Teen Center

Wiscasset Community & Senior Center

Wiscasset Community Center

Worcester Boys & Girls Club





Senior Center Experience

Andover Senior Center
Belmont Senior Center
Chatham Senior Center
Chester Senior Center
Cohasset Senior Center
Falmouth Senior Center
Frank J. Manning, Cambridge,
Needham Center at the Heights
Norton Senior Center
Scituate Senior Center
Muzzey Senior Center, Lexington
Sudbury Senior Center



Site Analysis



Relative Location
Acquisition or Use Cost
Development Cost
Restrictive Conditions
Utilities
Constructability
Building Adaptability
Site Configuration
Environmental Impact
Traffic
Parking
Public Transportation
Accessibility
Exterior Site Amenities
Community Vision



Site Studies: Alternatives on one site





Site Cost Drivers

With a common building, which factors at a site may contribute to different total costs



- Demolition
- Topography
- Soil Type
- Water Table
- Wetlands
- Storm Water / Drainage
- Utilities Access
- One Story, Two Story
- Hazardous Materials
- Driveways and Access
- Collateral improvements
- Planning Board
- Conservation Commission



Cost Comparisons for Alternative Sites

COST COMPONENT	cost range High School Site #2			cost range High School Site #3			cost range High School Site #4			cost range School Administration Site			cost range Gus Canty Reuse			cost range Coonamesett Inn Reuse		
Sitework	\$1,481,000	to	\$1,629,100	\$1,058,000	to	\$1,163,800	\$2,162,000	to	\$2,378,200	\$1,501,000	to	\$1,651,100				\$50,000	to	\$155,000
Building	\$6,829,000	to	\$7,511,900	\$6,386,000	to	\$7,024,600	\$7,245,000	to	\$7,969,500	\$7,316,000	to	\$8,047,600	\$2,027,000	to	\$2,837,800	\$2,073,000	to	\$2,902,200
Field or Playground Relocation	\$708,000	to	\$778,800	\$708,000	to	\$778,800					\$275,000		\$150,000	to	\$300,000			
TOTAL PROJECT COST RANGE	\$9,018,000	to	\$9,919,800	\$8,152,000	to	\$8,967,200	\$9,407,000	to	\$10,347,700	\$8,817,000	to	\$9,973,700	\$2,177,000	to	\$3,137,800	\$2,123,000	to	\$3,057,200
Negative Cost Factors	long distance to pump station field relocation required			electrical service extension req'd field relocation required			end moraine soil conditions site increases building cost long access road & site utilities larger site cost			need to extend sewer or septic sloping site increases bldg cost potential basement or crawl space field improvements "desirable"			interior requires upgrade cost to relocate rec department playground relocated on or off site			includes accessibility (elevator) zoning of exist mechanical system fresh air and other mech upgrades modifications for SC program		
Positive Cost Factors	potential existing overflow parking flat site high level of visibility			close to pump station flat site stormwater management benefits			potential savings overflow parking no field relocation stormwater management benefits			field relocation is not "required"			existing parking & access existing site utilities & drainage existing building			existing parking & access existing site and landscape existing building		

"5 Pillars" of Design

Volunteering

Assistance with food, nutrition, recreation, culture, transportation & social service becomes a "feeder system" for CAL

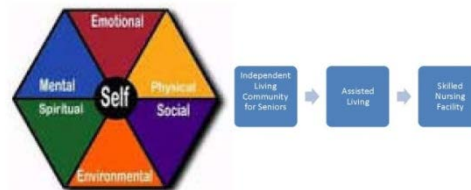
Lifelong Learning & the Arts

Focus on intellectual stimulation, learning, personal growth and enhanced quality of life



Wellness Center

Focus on healthy aging/active living for different senior age groups



Information Dissemination

Information and service delivery to help Newton residents remain independent;

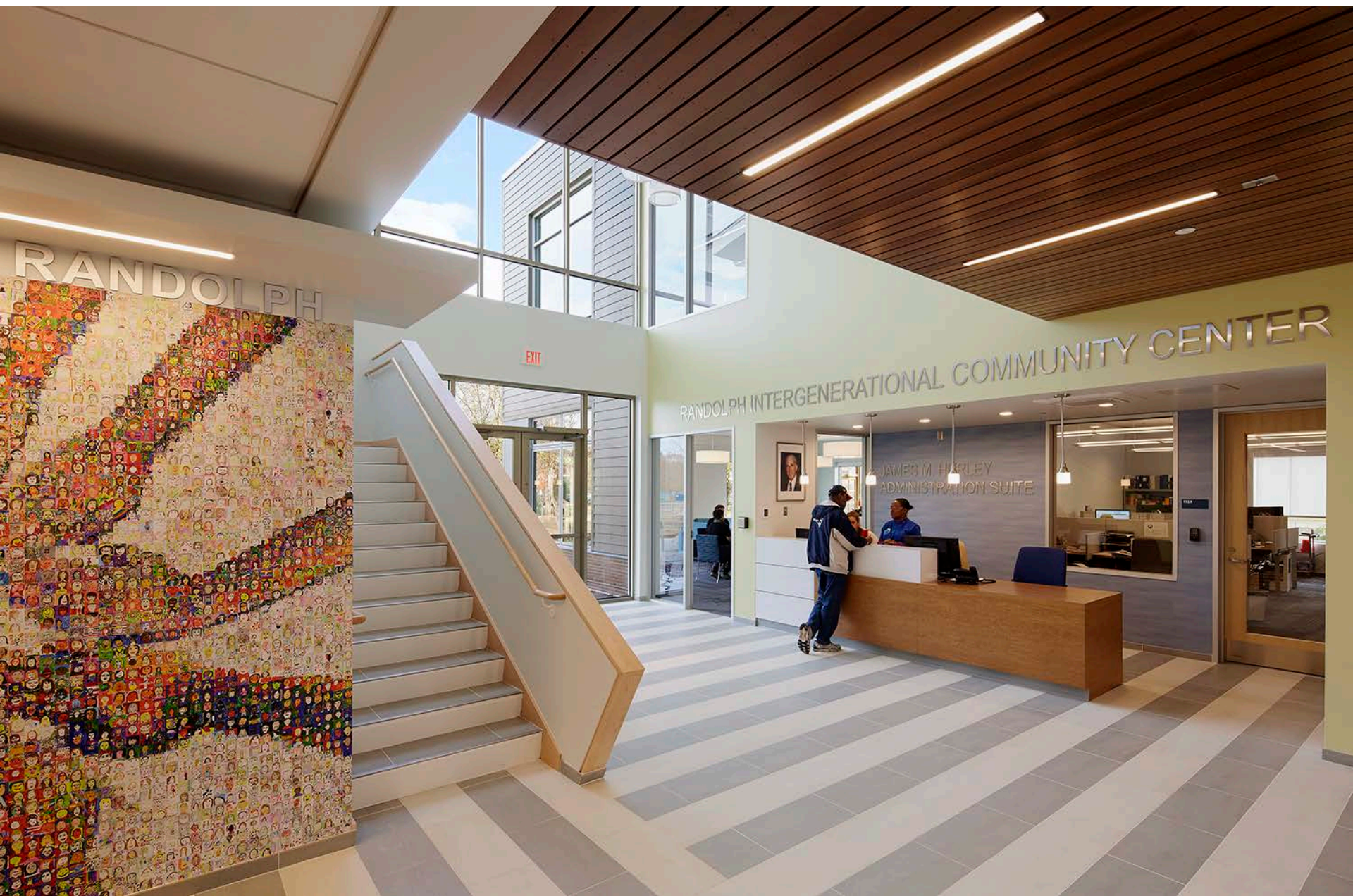


Socialization

Café & Lobby opportunities for social interaction

Multi-Generational Projects







Core Elements: Gym & Tracks



The Benefits of Multi-Use Gyms



"Seniors": ones size doesn't fit all



60's



70's



80's

Dedicated Maker Space (in lieu of computer labs)





Program Refinement: Multipurpose Room



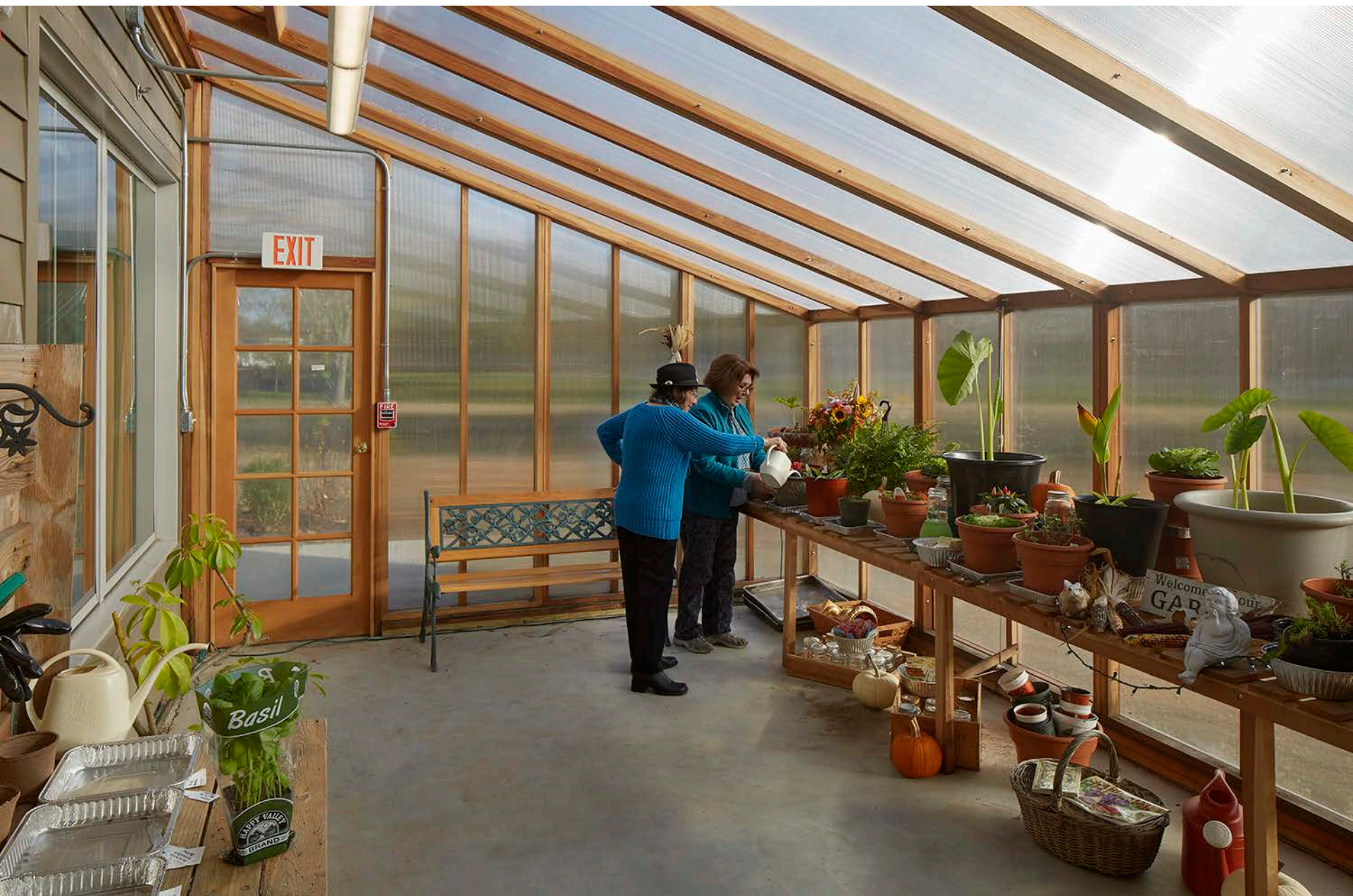
The Evolving Multi-Purpose Room



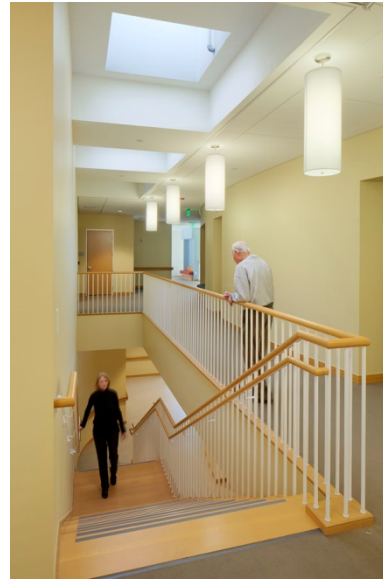
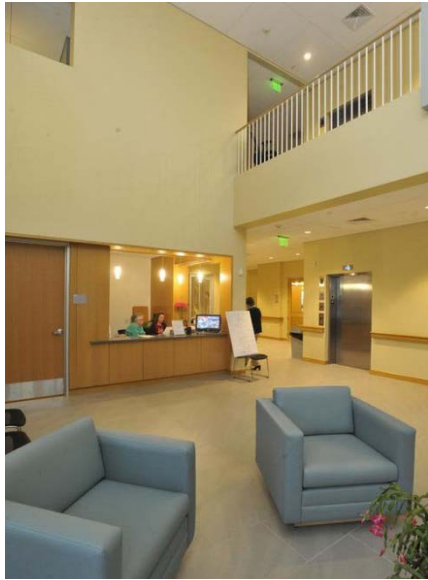


Every room is a program room fit for use by volunteers





Age-Friendly Details



Areas for rest, subtle hand rail designs, wainscot, wide circulation space, convenient stairs

PROGRAMS

AFFORDABLE

ACCESSIBLE

TRAFFIC

TAXES

SECURITY

users

neighbors





How we can work with the Community



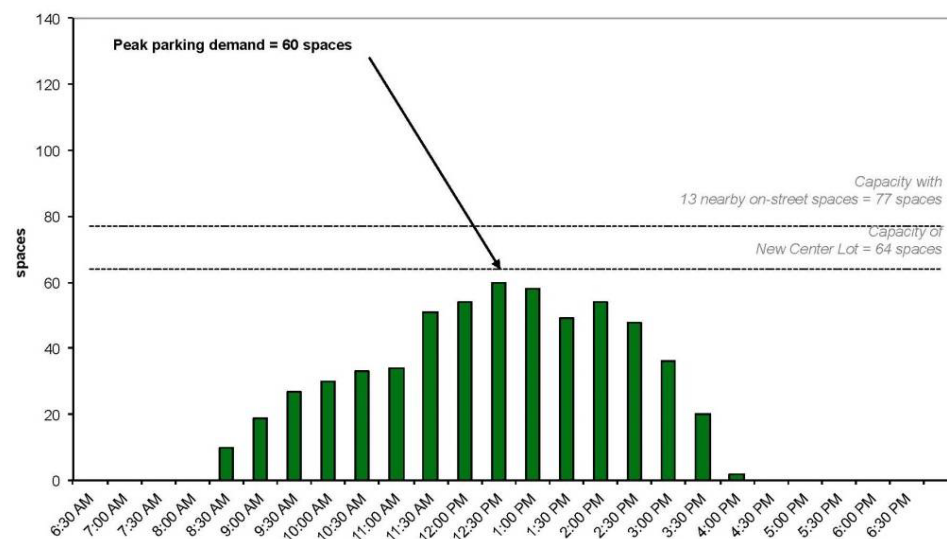


Table 7. Program Duration and Participation at New Center, Scenario 1 - Typical Weekday

Program Times	Program	Participants
8:30 a.m.- 4:00 p.m.	Social services, SHINE, and Additional services	30
8:30 a.m. – 10:30 a.m.	Breakfast	30
9:00 a.m. – 4:00 p.m.	Pool	12
9:00 a.m. – 12:00 a.m.	Bridge/Canasta	12
9:30 a.m. –10:30 a.m.	Yoga	12
9:30 a.m. - 10:30 a.m.	Wii	12
10:00 a.m. - 11:00 a.m.	French	12
10:00 a.m. - 11:00 a.m.	Biology	12
11:00 a.m. - 12:00 p.m.	Aerobics	12
11:00 a.m. - 1:00 p.m.	Current Politics	12
11:45 a.m. - 1:00 p.m.	Lunch	30
12:15 p.m. -1:15 p.m.	Strength Training	
1:00 p.m. – 4:00 p.m.	Canasta/Cribbage	
1:00 p.m. – 2:00 p.m.	Religion	
1:30 p.m. – 2:30 p.m.	Better Balance	
1:30 p.m. – 3:30 p.m.	Movie	
2:00 p.m. – 4:00 p.m.	Support Group	
2:00 p.m. – 3:00 p.m.	Arthritis Exercise	
3:00 p.m. – 4:00 p.m.	Meditation	
Total		

Note that the 300 program participants reflect 200 daily visitors. Based on that 40% of participants stay for 1 activity, 40% stay for 2 activities, and 20% employees.

Figure 10. Visitor Parking Demand by Time of Day: Scenario 1, Typical Weekday





Sustainability: Building Systems

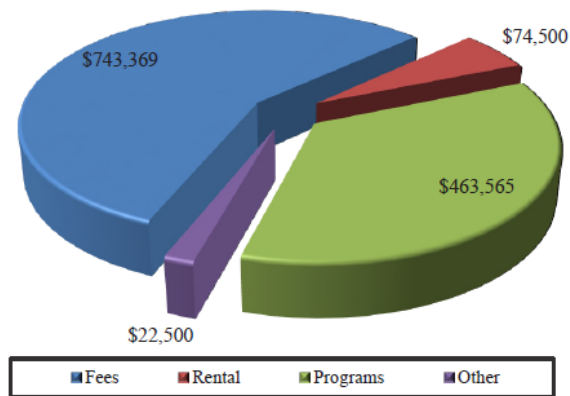


- VRF HVAC system
- Geothermal
- Lighting
- Wall Insulation
- Roof Insulation
- Storm Water Management
- Integrated Design



Operational Planning

	Existing Cost	Additional Cost	Total Cost
Expenses	\$35,000	\$103,000	\$138,000
Salaries	\$202,000	\$284,000	\$486,000
<hr/>			
Total	\$237,000	\$387,000	\$624,000



Falmouth Senior Center

How much will new, larger building add to the existing senior/recreational budgets?

Fairbanks Community Center

What are the revenues required to make this an "expense neutral" facility for the town?

Component	
Administrative Office Space	Indoor Aquatics ¹
Conference Room	Locker Room
Lobby	Child Watch
Gymnasium Space (2)	Wet Classroom
Indoor Running/Jogging Track	Weight Room
Restrooms	Cardiovascular Space
Multi-Purpose Meeting Rooms	Group Exercise
Warming Kitchen	Classrooms (2)

New London Community Center

What are the programs necessary and what is the cost burden of the community center on the City's budget?

SIGN UP FOR NOVEMBER DECEMBER PROGRAMS AND CLASSES WILL BEGIN THURSDAY, OCTOBER 28. We cannot accept telephone or written requests prior to 9:00 a.m. on October 28. With the exception of drop-in programs, we ask that everyone sign up in advance for our programs and events. We also ask that everyone arrive on time when entering The Center, whether here for a drop-in or scheduled program. If you do not have a waiver tag, please ask for one at the Front Desk.

MUSIC AT THE CENTER
Advanced sign-up is required for all the musical events by calling 781-455-7555 or stopping by the Front Desk.

VETERANS DAY CONCERT
NEEDHAM ELEMENTARY HONORS CHORUS
WEDNESDAY, NOVEMBER 8TH • 3:00 P.M.

The Needham Elementary Honors Chorus is an ensemble of auditioned 4th & 5th graders from all five of Needham's elementary schools.

THE NOTABLES
WEDNESDAY, NOVEMBER 15 • 2:00 - 3:00 P.M.

The Notables are a women's a cappella group made up of singers from suburban communities south and west of Boston.

Thanks to the generous support of Redford Music Club of Needham, there is no charge for this program.

THE NEWTON SWING BAND
WEDNESDAY, DECEMBER 6TH • 1:30 - 3:00 P.M.

Remember "Sunny Side of the Street," "I'll Wear a Rich Man," "Jersey Bounce," "Side by Side," "The Snake of Araby," and "Ain't She Sweet?" These are just a few of the many songs for you to listen, tap your feet, clap your hands, and sing along! There may be a few strange sounds, as well.

ARONS FAMILY HOLIDAY SPECTACULAR
THURSDAY, DECEMBER 14 • 2:00 - 3:00 P.M.

The Arons, a mother-daughter duo, will perform classic holiday favorites. Join us as these new entertainers perform toe-tapping tunes at the CATH.

Thanks to the generous support from ConForCare, there is no charge for this program.

REP DENISE GARLICK'S OFFICE HOURS
MONDAY, NOVEMBER 6TH
11:00 A.M. - 12:30 P.M.
TUESDAY, NOVEMBER 7TH
11:00 A.M. - 12:30 P.M.
WEDNESDAY, NOVEMBER 8TH
11:00 A.M. - 12:30 P.M.

SENATOR RICHARD ROSS' OFFICE HOURS
MONDAY, NOV. 13TH
10:00 - 11:00 A.M.
MONDAY, FEB. 13TH
10:00 - 11:00 A.M.

The Center at the Heights
First Come, First Served

WEDNESDAY, NOVEMBER 8TH
10:00 - 11:00 A.M.
MONDAY, FEB. 13TH
10:00 - 11:00 A.M.

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DIRECTOR'S LETTER
A BIG - BIG THANK YOU TO THE KNITTING GROUP

Dear Knitting Group,

After reading the letter from the Boston Medical Center, I cannot tell you how touched I was by your kindness shown to the blanket project and patients. I appreciate the hard work of the knitters who volunteered. Know that your contributions will make a difference to enhance patient care. It reminds me that the goodwill and dedication of volunteering is truly (or can truly be) up to us at any moment! ... Thank you ladies for your love, support, and kindness.

— LaTanya

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness can only consist of words. Gratitude is shown in acts.
— Henri Frederic Amiel

DEAR FRIENDS:

Since the year is swiftly passing by, if you planned to fill out the membership form and send in your dues, we will apply it to the 2018 year (for January 1, 2018 to December 31, 2018). Giving you 2 extra months. So please join now! We have a lot of new members who are receiving the Compass and enjoying the programs at The Center. The Friends pay for printing and mailing of the Compass and support other services/programs. Your membership helps defray expenses.

Please see report for membership form.

Thank you for your wonderful support. We wish you all a very happy holiday season!

— Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

Donations: John C. Haffey • James W. & Gwendolyn Brown

In Memoriam: Kathleen Powers in Memory of Joseph Powers
Agnès E. O'Brien in Memory of Jo-Anne Donald

TRIP NEWS

PLEASE JOIN THE FRIENDS FOR OUR UPCOMING TRIPS.
PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT.
LAST TWO TRIPS SOLD OUT QUICKLY!
COST \$20.00

For reservations, please phone 781-455-7555 Ext 209. Full payment is due with reservations. Make checks payable to Friends or Friends of the Center at the Heights and mail to 300 Hillside Ave., Needham, MA 02459. Attr: Trips

Trips requires at least 36 passengers to operate (No refunds if cancellations).

TUESDAY, NOVEMBER 14
Foxwoods Resort & Casino
COST \$20.00

Trips departs 7:45 am from Linden and Chambers parking lot and 8:00 am from The Center at the Heights. Return approx. 6:30 pm

WEDNESDAY, DECEMBER 6
Sleigh Bells Swing Christmas Show and Lunch at Davenport Yacht Club with Kianthi Pappas
COST \$70.00

Please give lunch choice of chicken with stuffing or salad with seasoned crackers when booking, along with your pick-up location

Trips departs 10:15 A.M. from Linden and Chambers parking lot and 10:30 A.M. from The Center at the Heights. Return approximately 4:00 P.M.

CALL SHINE FOR HELP COMPARING OPTIONS

Every year, Medicare Part D and Medicare Advantage (MA, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Call your Senior Center and ask for a SHINE appointment. **Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your prescription drugs to your appointment.**

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-6336), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

ALL ARE INVITED. Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

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Commonwealth Caregivers Home Health Care Services
Live-In/Hourly
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781-483-4460

FRIDAY, DECEMBER 15
10:00 - 11:30 A.M.
(15 Minute Sessions)
Must Pre-register
Limit of 5 Participants per Session.

PLEASE NOTE THAT WE WILL BE ADDING "POP-UP" PROGRAMS

We have space in the CATH after the Compass has gone out, we will try to add programs. We just want to make sure as many options as possible.

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LOOKING FOR A BIG - BIG THANK YOU TO THE KNITTING GROUP

Dear Knitting Group,

After reading the letter from the Boston Medical Center, I cannot tell you how touched I was by your kindness shown to the blanket project and patients. I appreciate the hard work of the knitters who volunteered. Know that your contributions will make a difference to enhance patient care. It reminds me that the goodwill and dedication of volunteering is truly (or can truly be) up to us at any moment! ... Thank you ladies for your love, support, and kindness.

— LaTanya

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness can only consist of words. Gratitude is shown in acts.
— Henri Frederic Amiel

DEAR FRIENDS:

Since the year is swiftly passing by, if you planned to fill out the membership form and send in your dues, we will apply it to the 2018 year (for January 1, 2018 to December 31, 2018). Giving you 2 extra months. So please join now! We have a lot of new members who are receiving the Compass and enjoying the programs at The Center. The Friends pay for printing and mailing of the Compass and support other services/programs. Your membership helps defray expenses.

Please see report for membership form.

Thank you for your wonderful support. We wish you all a very happy holiday season!

— Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

Donations: John C. Haffey • James W. & Gwendolyn Brown

In Memoriam: Kathleen Powers in Memory of Joseph Powers
Agnès E. O'Brien in Memory of Jo-Anne Donald

TRIP NEWS

PLEASE JOIN THE FRIENDS FOR OUR UPCOMING TRIPS.
PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT.
LAST TWO TRIPS SOLD OUT QUICKLY!
COST \$20.00

For reservations, please phone 781-455-7555 Ext 209. Full payment is due with reservations. Make checks payable to Friends or Friends of the Center at the Heights and mail to 300 Hillside Ave., Needham, MA 02459. Attr: Trips

Trips requires at least 36 passengers to operate (No refunds if cancellations).

TUESDAY, NOVEMBER 14
Foxwoods Resort & Casino
COST \$20.00

Trips departs 7:45 am from Linden and Chambers parking lot and 8:00 am from The Center at the Heights. Return approx. 6:30 pm

WEDNESDAY, DECEMBER 6
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COST \$70.00

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SHOPPING EXPERIENCE
FRIDAY, NOVEMBER 17
MARKET BASKET, WALTHAM
FRIDAY, DECEMBER 15
MARKET BASKET, WALTHAM

Departure from the Senior Center will be at 10:00 A.M. Call 781-455-7555 to sign up.

If you require a pick up at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

COMPASS COLLATING: JANUARY / FEBRUARY
WEDNESDAY, DECEMBER 20
9:30 AM

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more information, call The Center at the Heights.

GROCERY SHOPPING

To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204 for more information. This service provides transportation from one's Needham home to Roche Brothers and Sudbury Farms Tuesday, Wednesday and Thursday.

ASSES
YOGA
EKK SESSON
9 - 3:00 P.M.
MBER 2, 9, 16, 30
EMBER 7, 14
Cost is \$24
he joy of yoga! Please
scription for Sandi's

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LaTanya Steele, BSW, MPA
Director of Aging Services
Kerrie Cusack, LCSW
Social Worker
Jessica Moss, LCSW
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Aisha Kelley
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Kathy Wlochach
Kathleen Grant
JSHH
Danielle Jevons
Administrative Assistant
CJ Holbrook
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