

From: **NewBridge on the Charles** davidraider@hsl.harvard.edu
Subject: Weekly Newsletter July 16-22
Date: July 14, 2017 at 4:44 PM
To: e.goldstein@ieee.org

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Steve's Corner

Click on the link below

[Steve's Letter](#)
[Fire Alarm Testing Schedule](#)

Food Menus

[Nosh Lunch](#)
[Nosh Dinner](#)
[Shabbat Dinner July 21](#)
[Centro Sunday Brunch](#)
[Centro Lunch](#)
[Centro Dinner](#)
[Centro Dessert](#)
[Centro Copper Beech Buffet](#)
[Centro Terrace BBQ July 17](#)
[Centro Prix Fixe](#)

Weekly Calendar

Highlights this week include a lecture on American Whaling, pianist David Sparr, two film discussions, and a trip to the Peabody Essex Museum.

[Click here for weekly calendar](#)

Click Below for Previews:

[*Disturbing the Peace*](#)
[*Frank Sinatra: The Man and the Myth*](#)

Movie Schedule

[Walk on Water](#)
[Changing Times](#)
[Pillow Talk](#)
[Bleed for This](#)
[Eastern Promises](#)

[Click here for movie calendar](#)

Meditation melts away stress, yielding many great benefits: For senior citizens, long term stress can come from many sources: chronic illness, disability, or the loss of a spouse. Two significant aging and quality of life factors, stress and end-of-life anxiety, are greatly reduced after beginning a meditation program. Click on the link for an important article about the benefits of meditation, and see Brendan in the Fitness Center for more information about how meditation can improve and prolong your life!

[Click here for article](#)

Weekly Updates

Click on the following links below to learn more about these great programs we have planned:

[Saturday, July 15, 7:30: John Clarky and Henry "Thins" Francis Concert](#)

[Monday, July 17, 2:00: David Sparr Piano Solo](#)

[Tuesday, July 18, 11:00: Bus Departs for Peabody Essex Museum](#)

[Tuesday, July 18, 7:30: American Whaling in the Age of Sail](#)

[Wednesday, July 19, 7:30: Disturbing the Peace Film Discussion with Director Stephen Apkon](#)

[Thursday, July 20, 2:00: Film Discussion with Larry Lowenthal: Walk on Water](#)

[Thursday, July 20, 7:30: Portrait in Jazz Concert](#)

[Friday, July 21, 6:00: Communal Shabbat Dinner](#)

[Tuesday, July 25, 10:30-12:00: Internet Safety Workshop with WizeGuides](#)

Around Town

Check out the links below for these upcoming Dedham events:

[**Dedham Farmer's Market: Wednesdays 3:00-7:00**](#)

[**Free Thursday Night Concerts at the Endicott Estate**](#)

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