TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
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Brookline, Massachusetts 02446

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Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org
Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Live it up at the Elks Holiday Dinner on December 3. (p. 3)

Be charmed by the Brookline Music School concert on December 7. (p. 3)

Shop New York City with Brookline Recreation on December 10. (p. 15)

Sing along with the Senior Chorus at the Holiday Craft Fair check presentation on December 16. (p. 4)

Go out to lunch with the Let's Go Out to Lunch group on December 27. (p. 17)

End the year with a blast at the New Year's Open House on December 30. (p. 3)

Have a warm, wonderful holiday season!

DECEMBER 2011

STRENGTHEN OUR SENIORS!

Our 7th Annual Autumn Benefit was once again a triumph. Donations were generous and are still coming in. We want to thank those who came to the benefit and everyone else who donated for their generosity.

Your contributions will make possible the continuation of the comprehensive services the Senior Center offers. The donations will actively sustain our programs (such as Zumba, Modern Dance and Movement, Easy Travel, Modern Beading Workshop, JOBS workshops, concerts, and many others). And your support will insure our future.

This year we have a special new goal—a Renovation Campaign aimed at much-needed renovations and improvements to our Senior Center. Our goals are to:

- Renovate the old Day Health space into a new 2nd floor Fitness Center
- Modify 2nd floor existing space to create a much-needed health-care services area
- Create a new classroom to offer more programs during the high-demand midday hours
- Upgrade audio-visual equipment including equipment that will serve the hearing impaired better
- Purchase a new van to replace the 10+-year-old van
- Expand the Fitness Center scholarships and staffing

… and much more!

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Happy Chanukah!

Merry Christmas!

Joyous Kwanzaa!

The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

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Holiday Happenings

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 3, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. No reservations are required, just bring yourselves and your friends and enjoy the turkey-with-all-the-trimmings dinner. The Brookline Elks have provided this festive party for many years. It is always a jolly, delightful event.

As usual, there will be a Van running to pick you up and return you after the event. It will make all the Elderbus stops in Brookline. And again, you do not need to make reservations.

BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, December 7, at 1:00 pm**, the Brookline Music School and the Senior Center will sponsor a concert at the Senior Center featuring Emilian Badea, accordionist. Mr. Badea is an old friend of the Senior Center, having performed here many times in the past. His programs are always thoroughly enjoyable. The concert is free and no reservations are required.

NEW YEAR'S OPEN HOUSE

On **Friday, December 30**, come to the Senior Center for the annual New Year Open House from **2:00 to 4:00 pm**.

John O'Neill will be on hand to entertain you from **2:00 to 3:00 pm** with a nostalgic concert of old favorites and Broadway hits. As always John's singing will be festive and will round out the holiday season at the Senior Center. Jim Rice will accompany John on the piano.

DEBORAH STEINER-VAN ROOYEN

The Senior Center is sponsoring a conversation with author Deborah Steiner-van Rooyen, author of *Dove on a Barbed Wire: A Memoir* on **Thursday, December 15, from 1:00 to 2:30 pm**.

Ms. Steiner-van Rooyen has been an International Investigations Specialist and AIS International Private Investigator with expertise in the location and recovery of missing persons and abducted children from the Middle East, Europe, Asia, Africa, and the United States. With 30 years of investigative experience, she is remarkable in her ability to reopen and resolve decades-old cold cases including Holocaust property recovery, genealogy record tracing, family tree research and reconstruction, and reunification of families dislocated by war or natural disasters. Her past includes service as an undercover Nazi hunter in the 1970s and 80s, as well as an intelligence source provider for security interests of the state of Israel.

Ms. Steiner-van Rooyen will concentrate in her talk on being a history detective, researching family roots, genealogy research, and rebuilding a family tree.

Copies of her book will be on sale after the talk. Reservations are required for this event. To register, call 617-730-2770. For more information, contact Julie at 617-730-2760.

TOYS FOR TOTS

Once again this year your gift-giving can bring smiles to little faces. Bring new, unwrapped toys to the Senior Center (there will be a box for them near the tree) or to the basement of Town Hall and give a child who might otherwise have a bleak December a happy holiday.

More Holiday Happenings

SENIOR CENTER CHORUS AND CHECK PRESENTATION

More singing, more eating, and more of everything nice. Come to the Senior Center on **Friday, December 16**, for a festive "breakfast" at 10:30 am, followed by the presentation to the Senior Center of the check with the proceeds of the 27th Annual Holiday Craft Fair.

Then there will be a holiday **sing-along at 11:00 am** led by our own Senior Center Chorus.

RUSSIAN TEA ROOM

The Russian Tea Room invites everyone to a holiday concert at the Senior Center on **Thursday, December 22, at 1:30 pm**. The concert—*20 Fingers*—will feature Tatyana Shrago and Shizue Sano with a program of small gems of great music originally written for four hands by Brahms, Dvorak, and Russian composer Valery Gavrilin. Come one, come all. No reservations are necessary.

THANK YOU, JEAN

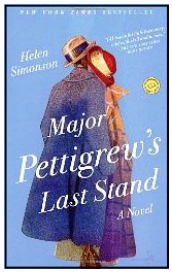
On **Thursday, December 1, at 1:30 pm**, come to a dessert party for Jean Stringham. Celebrate Jean's 10 years of dedicated labor as curator of our gallery and her general devotion to the Senior Center. Everyone is encouraged to attend this free celebration. For planning purposes, however, we would like people who are coming to RSVP to 617-730-2770.

SPAGHETTI SUPPER

Help the Food Distribution service raise funds for a new delivery van at a Spaghetti Supper at the Senior Center on **Monday, December 12, from 4:00 to 8:00 pm**. For a mere $5, you can have a wonderful supper and enjoy raffles and prizes…and, of course, music.

PUTTERHAM BOOK DISCUSSION GROUP

On **Monday, December 19**, the group will meet at the Putterham branch of the Brookline Public Library **from 2:00 to 3:00 pm** to discuss *Major Pettigrew's Last Stand* by Helen Simonson.



In the small English village of Edgecombe St. Mary lives Major Ernest Pettigrew (retired), the unlikely hero of Helen Simonson's debut novel. Wry, courtly, opinionated, and completely endearing, the Major leads a quiet life valuing the proper things that Englishmen have lived by for generations—honor, duty, decorum, and a properly brewed cup of tea. But then his brother's death sparks an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their spouses, the Major and Mrs. Ali soon find their friendship blossoming into something more. But village society insists on embracing him as the quintessential local and regarding her as the permanent foreigner. Can their relationship survive the risks one takes when pursuing happiness in the face of culture and tradition? *(Book description from Amazon.com)*?

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DECEMBER HOLIDAYS

Holiday time simply abounds with special days. Of course, there are the big three—Chanukah, Christmas, and Kwanzaa. And then there's Festivus, for everyone—not tied to any religous or cultural tradition.

Invented on an episode of the Jerry Seinfeld TV Series, Festivus is celebrated each year on December 23rd. However, many people celebrate it other times in December and even at other times throughout the year. The slogan of Festivus is "A Festivus for the rest of us!" The usual holiday tradition of a tree is manifested in an unadorned aluminum pole, which is in direct contrast to normal holiday materialism. Those attending Festivus may also participate in the "airing of grievances," which is an opportunity to tell others how they have disappointed you in the past year, followed by a Festivus dinner and completed by the "feats of strength" where the head of the household must be pinned.

Whatever you want to celebrate, do it with joy and a spirit of brotherhood and peace. And have a wonderful season! And by the way, don't forget that the Senior Center will be closed on **Monday, December 26**.

GIFT-GIVING TO WARM THE HEART

Once again this year, we will provide gifts of warm clothing to the 65-70 homeless men and women who come to dinner every Monday evening at a church-run soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, contact Dotty Bell on the 2nd floor of the Senior Center (617-730-2759) for more information and to find out the deadline for bringing in the gifts.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board will meet on **Wednesday, December 14, at 1:00 pm** at the Senior Center. The speaker—Ellen Lash, from the Jewish Family & Children's Service (JF&CS) Visiting Nurse Association—will discuss "How to pick a visiting nurse when you are in the hospital"—a topic of vital importance to our well-being that most of us have faced in the past or will face in the future.

And ***note*** that JF&CS Visiting Nurse Association, Home Care, and Group Adult Foster Care has moved its offices to a new home in Brookline. You can now find them at 1371 Beacon Street in the heart of Coolidge Corner.

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Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, December 5 and 19, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, December 21, at 1:00 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center** on **Monday, December 5, from 1:00 to 2:00 pm**. The nurse who presides is fluent in English and several Chinese dialects.

There will also be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) **at the Senior Center** on **Thursday, December 15, from 9:00 to 10:30 am** and additional screenings with the BPHD nurse:

- On **Wednesday, December 7,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, December 14,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, December 28,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, December 19**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now being held in our Health Clinic on the second floor as part of our space reallocations.

Flu There will be no further Town of Brookline Flu Clinics in December. However, getting a flu shot is very important for everyone so remember that they are available at no charge for Medicare recipients. You can get them at your primary care physician (PCP) and at all CVS and Walgreen pharmacies.

Remember to bring all health insurance cards with you and to wear loose-sleeved clothing.

The flu season is about to begin in earnest. Remember that the best prevention is to get a shot. You will not get the flu from the shot (although some people do have adverse reactions).

Who knew there could be so much heart in health care?

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your general questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at jgimple@brookline ma.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the* Senior News and Events.)

Question: In wintry weather, is it better to stay in or go out?

Answer: BOTH! The important thing is to be prepared. Unless the weather is really bad outside (icy, snowy, frigidly cold), it's good to go outside every day to get some exercise, fresh air, and contact with the outside world. Stay warm by wearing layers, a hat, gloves or mittens, and rubber soled shoes or boots. Shoveling snow can put too much pressure on your heart. Brookline High School has a program where students shovel your steps and sidewalks. Walk on areas free of snow and ice.

It's good to have some contact with other people, even if only for a short time. But protect yourself from disease by getting a flu shot, keeping a small bottle of hand sanitizer with you and using it frequently, and washing your hands when you get home.

You should prepare your home for a snow or ice storm that may keep you inside for a few days. Make sure you have enough medicine, food, and water for at least 3 days. Stock up on flashlights and extra hearing aid and other batteries in case the power goes out. Keep a list of all your emergency contacts and your medicines in case you need them. (Note: Have an up-to-date ***file of life*** done. See p 8.) If you are stuck inside for several days, don't forget that you still need exercise! If you don't have a gym in your building, put on music and dance or walk the halls for at least 30 minutes every day—your heart and brain need the extra oxygen.

MEDICARE AND PRESCRIPTION DRUGS

Does it matter which pharmacy you use? For *some* Medicare plans, the pharmacy you use could make a difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have *network pharmacies*. Most pharmacies accept most plans. However, if your pharmacy isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should find one that does.

Several Medicare plans have *preferred pharmacies* in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies as your prescription drugs may cost much less. For 2012, the plans with preferred pharmacies are: Aetna CVS, CVS Caremark Plus, First Health Part D Value Plus, Humana Walmart-Preferred Rx, and Rite Aid Envision Rx Plus.

Some plans also offer a *mail-order program* that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

Remember that **MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7**! If you want to change your Medicare plan, don't wait.

Since there are no more appointments available with a SHINE counselor at the Senior Center, call the Metrowest SHINE center in Framingham at 508-532-5980, and when you hear the automated message, press 4120. Leave your name and phone number and someone will return your call in a couple of days. Or contact Medicare directly online www.medicare.gov or call them at 800-633-2273 where Medicare customer service reps are available 24/7 to help callers choose a drug plan. Or call the MCPHS Pharmacy Outreach Program (formerly MassMedLine) at 866-633-1617.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount ($25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00).

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2010 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed $45,100; a couple's, $51,550.

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please use cash.

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will be on hand on **Wednesday, December 7,** and again on Wednesday, January 4, **from 9:00 am to 12:00 noon** at the Senior Center offering individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777 and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 5.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

JOB SEARCH HELP

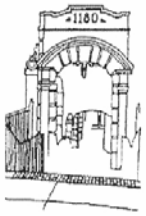
Online resources can be a great timesaver during a job search, but they can also be confusing and frustrating. Anne Spangler, Wisdom Works Facilitator, and Deidre Waxman, JOBS Program Coordinator, at the JOBS program at the Senior Center have put together some special programs for helping seniors in their search for jobs in this difficult job market.

The Job Opportunities for Brookline Seniors (JOBS) program offers group workshops as well as individual consultations for Brookline seniors seeking employment.

Behavioral Interviews Workshop On **Thursday, December 8, at 2:00 pm**, come to a workshop on Behavioral Interviews that will explore why employers are using this technique more frequently now, how these interview questions are designed, and what you can do to prepare good answers. In the course of the workshop, you will have the opportunity to practice responding to these questions in a supportive group setting. This workshop is open to Brookline residents, age 60+. To register or for more information, contact Deidre Waxman 617-730-2767 or Anne Spangler at aspangler@brooklinema.gov.

Computer Assistance. Would you like to set up automatic job alerts to have new job listings regularly delivered to your e-mail? Or do you want help navigating online employment applications? Or do you need help converting your Word résumé and cover letter to a PDF or plain text format? The JOBS program is piloting a new service to help job seekers with these and other online job search challenges. This is a free program for Brookline residents who are aged 60 or older. Appointments are available on **Tuesday afternoons from 1:00 to 3:00 pm**. For a one-on-one appointment with a trained volunteer, call 617-730-2777.

Join a Support Network. If you would like to participate in an ongoing job search networking and support group, call Deidre Waxman at 617-730-2767 or e-mail Anne at aspangler @brook linema.gov. Give us your contact information and the days and times that work best for you. This group is open to Brookline residents age 60 or older and is designed for job seekers to share job search experiences, ideas, and tips in a supportive environment. If there is enough interest, we will schedule a regular day and time for an ongoing job search group meeting.



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ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, December 9**. Call group leader Elaine Yanowitz at 617-730-2751 for more information and for time of meeting.

The **Evening** group will meet **Thursday, December 29.** Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON DISEASE SUPPORT GROUP

This group meets on **Friday, December 2, from 1:00 to 2:30 pm** at the Senior Center. This month the speaker will be Irfan Ibrahim, a physical therapist from Back on Track Physical Therapy. He will lead a discussion of the impact of physical therapy on Parkinson's Disease (PD). All are welcome to attend.

This group is co-sponsored by the Brookline Senior Center and the American Parkinson Disease Association (APDA). For more information about this month's meeting and about the group in general, contact the APDA Information and Referral Center at the Boston University Medical campus at 800-651-8466.

Wish you had a little extra help at home?

WE CAN HELP!

Our caregivers and nurses are a vital link between the client, the family and other health care providers. Services include:

- Personal care *(bathing, grooming, dressing)*
- Companionship & housekeeping
- Transportation to appointments
- Post-operative care
- Medication management

For more information or to schedule services, call (781) 431-1484 or visit www.vnaprivatecare.com.

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VISITING NURSE ASSOCIATION OF BOSTON & AFFILIATES

WOMEN'S BAR FOUNDATION

If you need to have a will, health-care proxy, power of attorney, or living will prepared and meet the eligibility requirements listed below, volunteer attorneys from the Women's Bar Foundation Elder Law Project will be at the Senior Center to prepare these documents in February or March.

Eligibility requirements:

- You must be a senior (60 years of age and older).
- For individuals, your income must be less than $27,225 and your income and assets combined must be less than $40,000. For example, if your yearly income (from any source) is $15,000, your assets can be no more than $25,000.
- For married couples, your income must be less than $36,000 and your income and assets combined must be less than $55,000.
- If you own your own home or condo, the equity in your home or condo must be less than $700,000. The home or condo must be your personal residence.

If you qualify for these free legal services and want a meeting with a lawyer, please call 617-730-2777 to be put on the list.

GREEN STREET CROSSWALK

At the November Council on Aging (COA) meeting, Stanley Spiegel presented (under new business) his Town Meeting warrant article for a pedestrian crosswalk at Green Street.

After a lively discussion of the traffic hazards seniors face when crossing Brookline streets, the board voted unanimously to support a motion made by Harry Johnson and seconded by Doris Toby Axelrod "to support [Mr. Spiegel's warrant article for a study that would look at a pedestrian crosswalk at Green Street."

RED TAPE CUTTERS

The Senior Center Red Tape Cutters program is here to help seniors cut through the often complicated and confusing bureaucratic miasma to find solutions on advocacy issues. So, for example, if you have questions about what to do if your long-term care insurance is not reimbursing you for covered services or if bank fees are being charged on your checking account, call on the Red Tape Cutters. And if you want to apply for subsidized housing or Section 8, The Ride, a handicapped placard, or other such services, again the Red Tape Cutters are here for you.

For help in seeing the light at the end of the tunnel, just call Olga Sliwa at 617-730-2768 and set up an appointment with a Red Tape Cutter.

THEATER CLUB

Sunday, December 4
Big *at the Turtle Lane Playhouse in Auburndale*
2:00 pm Price: $30
The 1987 hit movie bursts onstage in this vibrant funny and touching musical. When frustrated adolescent Josh Baskin wishes he were "big" and wakes up the next morning a 30-year-old man, he discovers there is much more to being an adult than he has bargained for and learns we must all grow up at our own pace in our own time.

Wednesday, December 21
Three Pianos *at the American Repertory Theatre in Cambridge*
2:00 pm Price: $28
This OBIE-winning hit music-theatre event is a theatrical explosion of Franz Schuberts's song cycle *Winterreise*. Filled with fantastical touches and inventive arrangements, *Three Pianos* is a colorful and imaginative evening exploring Schubert's music, life and times.

And there is more planned:

On Sunday, January 22, at 3 pm, experience a wonderful Handel & Haydn Society concert at Symphony Hall in Boston featuring Vivaldi's *Four Seasons* and much more. Price: $43

On Wednesday, February 22, at 2:00 pm, see the world premiere adaptation of Jung Chang's best seller *Wild Swans* at the American Repertory Theatre in Cambridge. Price $28

On Sunday, March 11, at 2:00 pm, relive *West Side Story*, one of the greatest musicals ever written at the Turtle Lane Playhouse in Auburndale. Price: $30

On Sunday, March 25, at 2 pm, enjoy a production of *Oliver* at The Wellesley Players in Wellesley. Price: $20

And much more. Stay tuned to the **Senior News and Events** for more information and listings.

Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash; no credit cards please.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

There will be transportation at the Senior Center (and possibly at other Brookline locations) to and from each performance. The transportation is included in the overall price of the tickets.

MOVIES FOR FILM LOVERS

Tuesday afternoons at 1:00 pm (note the new time) is movie time at the Senior Center. Come for lunch (see pp. 16-17); stay to enjoy a movie.

December 6 ***La Traviata*** (1994)

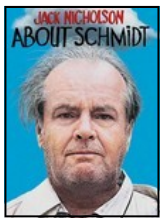
135 minutes

Featuring the debut of soprano Angela Gheorghiu, this release presents a performance of Giuseppe Verdi's beloved opera La Traviata. Also starring Frank Lopardo and Leo Nucci, the production includes music provided by the Royal Opera House Orchestra under renowned conductor Sir Georg Solti.

December 13

No movie. The Springwell Holiday lunch preempts the movie.

December 20 ***About Schmidt*** (2002)



125 minutes

When insurance actuary Warren Schmidt (Jack Nicholson) retires and his wife dies, he looks for life's meaning on a road trip to his daughter's (Hope Davis) upcoming wedding to a waterbed salesman (Dermot Mulroney). But Schmidt can't seem to get anything right. *En route* to the wedding, he shares his life through letters with a Tanzanian boy he's sponsoring for 73 cents a day—and soon, Schmidt discovers renewed purpose.

December 27 ***Children of Heaven*** (1997)

87 minutes

In this Iranian drama from filmmaker Majid Majidi, a young boy (Amir Farrokh Hashemian) accidentally loses his sister's (Bahare Seddiqi) shoes and must share his own sneakers with her in a sort of relay while each attends school at different times during the day. The boy ultimately enters a much-publicized foot race in hopes of placing third and taking home the prize: a new pair of sneakers.

FROM THE DIRECTOR

> Not he who has much is rich, but he who gives much.
> *Erich Fromm, psychoanalyst and author (1900–1980)*

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's day. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy, and money to keep the Senior Center a welcoming haven for all the Brookline community's elders.

I know that many of you share this vision, and I hope that you will consider a holiday gift to the Senior Center. Please know that, no matter whether it is a few dollars or a large gift, all donations are appreciated and will be well used.

This month is the last month the Senior Center is collecting for the Tree Fund to plant new trees in Western Massachusetts where so many were destroyed in the June tornado. My staff thrilled me by making a generous donation to that fund in honor of Boss's Day. Please throw your spare change in the box on the second floor. Our goal is $300 from Brookline by the end of the December deadline to join the contributions of senior centers across the state in being generous to our neighbors. (See also p. 20.)

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. I hope to see you here and feel free to invite a friend.

In addition, my holiday wish is that no one ever goes to bed cold, hungry, or lonely. And I am convinced that in this remarkable town—with your help—we can ensure that all our seniors are warm, well fed, and befriended. Peace to all.

Ruthann Dobek, Director

THE RIDE

If you could not attend the November public meeting of Governor Patrick's Commission to reform community, social services, and paratransit services or if you want to share your concerns about the future of The Ride, call and leave a voice mail at 617-222-6260, e-mail execorber@mbta.com, or write a letter to the MBTA at:

45 High Street, 6th Floor
c/o EO53
Boston MA 02110.

If you or any friends use the RIDE, this is an opportunity to provide the MBTA with feedback on the concerns about potentially cutting back the service and using their own team of physicians to determine eligibility.

SHOP PROGRAM

The SHOP program has Brookline High School students ready willing, and able to do grocery shopping for seniors who can't get out to do it. If you would like to make use of this service, call Vivian Freeman, Volunteer Coordinator, at the Senior Center, at 617- 730-2743, and she will be happy to answer any questions you have about the program and to enroll you.

BROOKLINE RECREATION—IT'S WHAT WE DO!

There is a new coordinator for the Active Adults program at Brookline Recreation so if you have questions about, or want to make reservations for, Brookline Recreation's excursions, call her—Elizabeth Gugliotti—at 617-730-2082 or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Recreation mailbox in the reception area on the 2nd floor of the Senior Center to make reservations, payment, and suggestions or comments or to ask questions.

Elizabeth has many great plans for the coming months:

Saturday, December 10
New York City Shopping Trip
Here's your chance to get away to the Big Apple. Get an early start on your holiday shopping, spend the day sightseeing, visit the world class museums, or see a matinee on Broadway! Bus will drop off will be at Rockefeller Center.
Pickup will be at 6:30 am Soule Recreation Center and at 6:45 am at the Arcade Building.
Return will be around 11:00 pm
Cost: $55 for residents, $75 for nonresidents

Friday, January 13
JFK Museum
Tour the museum that portrays the life, leadership, and legacy of JFK, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President.
Pickup will be at Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Return will be around 4:00 pm
Cost: $15 for residents, $21 for nonresidents

Friday, January 27
Boston Public Library
This tour highlights the architecture of Charles Follen McKim and Philip Johnson, as well as many works of other famed sculptors and painters.
Pickup will be at Soule Recreation Center at 10:15 am and at the Senior Center at 10:30 am.
Return will be around 2:00 pm
Cost: $10 for residents, $14 for nonresidents

Friday, February 10
New England Aquarium
Founded in 1969, the New England Aquarium is a global leader in ocean exploration and marine conservation. Take a trip to exotic waters and experience more than 70 exhibits featuring aquatic animals from around the world.
Pickup will be at Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Cost: $22 for residents, $30 for nonresidents

Friday, February 24
Museum of Fine Arts
The MFA is one of the most comprehensive art museums in the world; the collection encompasses nearly 450,000 works of art.
Pickup will be at Soule Recreation Center at 10:00 am and at the Senior Center at 10:15 am.
Cost: $30 for residents, $41 for nonresidents

Sean P. Hogan
Financial Advisor
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Springwell Nutrition Program DECEMBER 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager.** **Menu subject to change. $1.75 donation** *****Higher Sodium Content** **Soup is always served with crackers.** **Meals are served at 12:00 noon unless otherwise noted.** **For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous day bv 11:00 am.**		
5) Lentil Soup Turkey Supreme w/Mushrooms, Brown Rice, Vegetable Blend, Cranberry Sauce, Oatnut Bread **OR** Egg Salad w/ Lettuce Leaf, Three Bean Salad, Carrot Raisin Salad, Wheat Bread Butterscotch Pudding	6) Beef Vegetable Soup Meatloaf w/Gravy, Mashed Potatoes, Beets, Whole Wheat Dinner Roll **OR** Turkey w/Provolone Cheese, Lite Mayo, Orzo Vegetable Salad, Tossed Garden Salad, Lite Italian Dressing, Multigrain Bread Fruited Gelatin w/ Topping	7) Garden Vegetable Soup Tuna Noodle Casserole w/Mushrooms & Crumb Topping, Country Blend Vegetables, Multigrain Bread **OR** Grilled Chicken Caesar Salad w/ Croutons & Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, Apple Cinnamon Muffin Tropical Mixed Fruit
12) Wild Rice Soup Honey Mustard Chicken, Sweet Potato, Peas, Rye Bread **OR** Egg Salad w/Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Rye Bread Fresh Fruit	13) **Holiday Special** Steak Tips w/Marinade, Garlic Mashed Potatoes, Brussels Sprouts, Snowflake Dinner Roll **OR** Seafood Salad w/Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese, Wheat Bread Chocolate Trifle	14) Italian Garden Vegetable Soup Salmon Boat w/Lemon Dill Sauce, Spinach, Diced Carrot Barley Pilaf, Multigrain Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Bulkie Roll Tropical Mixed Fruit
19) Tomato Basil Soup Vegetable Cheese Quiche, Chickpea & Spinach Dish, Red Bliss Potatoes, Oatnut Bread **OR** Egg Salad, Lettuce Leaf, English Pea Salad, Broccoli Tomato Salad, Multigrain Bread Mandarin Oranges	20) **Birthday Lunch** Vegetable Ditalini Soup Veal Cacciatore, Creamy Parmesan Polenta, Roasted Mixed Vegetables, Garlic Whole Wheat Roll **OR** Seafood Salad, Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, German Potato Salad, Oatnut Bread Nettie's Birthday Cake	21) Vegetable Rice Soup Creamy Italian Chicken, Mashed Potatoes, Green & Waxed Beans, Multigrain Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad, Lite Italian Dressing, Corn Salad, Rye Bread Peaches
26) **Senior Center is closed.** **No meal service.**	27) Florentine Soup Pot Roast w/Onion Mushroom Gravy, Mashed Potatoes, Harvard Beets, Multigrain Bread **OR** California Chicken Salad, Tossed Garden Salad, Lite Italian Dressing, Corn Salad, Multigrain Bread Tapioca Pudding w/Topping	28) Italian Vegetable Soup Chicken Parmesan, Ziti w/Tomato Sauce, Spinach, French Bread **OR** Tuna Salad w/Lettuce Leaf, Wheat Bread, Cucumber Dill Salad, Rice Tomato Black Olive Fresh Fruit

THURSDAY	FRIDAY
1) Garden Vegetable Soup ***Hawaiian Ham w/ Pineapple Sauce Scalloped Potatoes, Peas & Onions, Oatnut Bread **OR** Boneless Breaded Chicken Breast, Lite Mayo, Lettuce Leaf, Coleslaw, Macaroni Pasta Salad, Hamburger Roll Chef's Choice Dessert	2) Tomato Soup Potato Crunch Fish, Tartar Sauce, Corn & Red Pepper Medley, Sweet Potato Wedges, Muffin **OR** Sliced Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Summer Potato Salad, Tossed Garden Salad w/ Lite Italian Dressing, Rye Bread Peaches
8) Minestrone Soup Greek Chicken, Lemon Olive Rice, Carrots, Corn Bread Loaf **OR** Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll Fresh Fruit	9) ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, Orzo Pilaf, Broccoli Tomato Salad, Rye Bread Vanilla Cake w/Chocolate Frosting
15) Corn Chowder Roast Pork w/Apple Glazed Sauce, Red Bliss Potatoes, Mixed Vegetables, Whole Wheat Roll **OR** Chef Salad w/Turkey, Cheese, & Egg, Lite Italian Dressing, Caribbean Salad, Apple Cinnamon Muffin Pumpkin Pudding w/Topping	16) Minestrone Soup Cheese Lasagna, Meatball w/Tomato Sauce, Parmesan Cheese, Vegetable Medley, Tossed Garden Salad, Lite Italian Dressing, Italian Scali Bread **OR** Chicken Salad on a Lettuce Leaf, German Potato Salad, Tomato Pepper Salad, Oatnut Bread Pears
22) Seafood Chowder Baked Fish w/ Lemon Sauce, Lemon Wedge, Orzo Pilaf, Lima Beans & Corn, Rye bread **OR** BBQ Chicken Patty w/Mozzarella, Sliced Red Onions, Hamburger Roll, Cinnamon Applesauce Vanilla Ice Cream Cup	23) American Chop Suey, Parmesan Cheese, Italian Vegetable Blend, Garden Tossed Salad, Lite Dressing, Oat Dinner Roll **OR** Tuna Salad w/Lettuce Leaf, Summer Potato Egg Salad, Mixed Vegetable Salad, Wheat Bread Fresh Fruit
29) Corn Chowder Chicken Sausage Sub w/Tomato Sauce, Buttered Ziti, Zucchini, Sub Roll **OR** Chef Salad w/ Turkey, Cheese & Boiled Egg, Lite Italian Dressing, German Potato Salad, Rye Bread Pears	30) Garden Vegetable Soup Creole Fish w/Sauce, Carrot and Barley Pilaf, Green Beans & Cauliflower, Oatnut Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lo Mein Pasta Salad, Tomato Pepper Salad, Bulkie Roll Carnival Cookie

LUNCHEON SPECIALS FOR DECEMBER

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations.

Springwell's Holiday Special Lunch will be on **Tuesday, December 13**. Come prepared for good food, good company, and holiday music.

On **Tuesday, December 20**, join in the celebration of December birthdays—with goodies for the birthday people. And when you make your reservations, don't forget to tell us if you or someone in your party has a December birthday.

On **Tuesday, December 27**, join the Let's Go Out to Lunch Group at Pho Lemon Grass at 239 Harvard Street for fine Vietnamese dining.

DECEMBER AT A GLANCE*

Thursday, December 1
9:30-11:30 am Introduction to Computer Basics for Seniors**
1:30 pm Dessert celebration for Jean Stringham
Friday, December 2
1-2:30 pm Parkinson Disease Support Group—speaker: Irfan Ibrahim
Saturday, December 3
1 pm Elks Holiday Dinner
Sunday, December 4
2 pm Theater Club performance of *Big—at the Turtle Lane Playhouse*
Monday, December 5
9 am-12 noon Podiatry Clinic
1-2 pm Blood pressure screening with English/Chinese-speaking nurse from the Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, December 6
1:00 pm Movies for Film Lovers—*La Traviata*
Wednesday, December 7
9 am-12 noon BLAB lawyer
1 pm Brookline Music School Concert (Emilian Badea)
1-3 pm Reading Memories**
2-3 pm Blood pressure screening with Barbara Westley from the Brookline Public Health Department (BPHD) at the BPHD building
2:30 pm Long-term Care Insurance panel on accessing your policy
Thursday, December 8
9:30-11:30 am Introduction to Computer Basics for Seniors**
2 pm JOBS Behavioral Interviews Workshop—registration required
Friday, December 9
3:30 pm Modern Dance and Movement workshop
Afternoon Alzheimer's Caregivers Support Group—call for time
Saturday, December 10
6:30 am Pickup at the Soule Recreation Center for Brookline Rec New York City Shopping Trip—reservations necessary
6:45 am Pickup at the Arcade Building for Brookline Rec New York City Shopping Trip—reservations necessary
Monday, December 12
1-3 pm Senior Center Decorators
4-8 pm Spaghetti Suppe—Food Distribution fund-raiser
Tuesday, December 13
12 noon Springwell Holiday Special Lunch—reservations necessary
1 pm No Movie for Film Lovers today
Wednesday, December 14
1 pm COA meeting—speaker: Ellen Lash, JF&CS VNA
1-2 pm Blood pressure screening with Barbara Westley from BPHD at Sussman House

Holiday Happenings
Brookline Senior Center
December
All of these programs are free

SATURDAY, DECEMBER 3 at 1PM
ANNUAL ELKS' HOLIDAY DINNER

WEDNESDAY, DECEMBER 7 at 1PM
EMILIAN BADEA, ACCORDIONIST, SPONSORED BY THE BROOKLINE MUSIC SCHOOL

TUESDAY, DECEMBER 13 AT 12PM
SPRINGWELL HOLIDAY LUNCH AND RAFFLES (DONATION: $1.75)

FRIDAY, DECEMBER 16 at 10:30AM-12PM
HOLIDAY FAIR CHECK PRESENTATION PARTY WITH HOLIDAY GOODIES AND ENTERTAINMENT BY THE SENIOR CHORUS

THURSDAY, DECEMBER 22 at 1:30 PM
RUSSIAN TEA ROOM presents ***SMALL GEMS OF GREAT MUSIC***

FRIDAY, DECEMBER 30 at 2-4 PM
NEW YEAR'S EVE OPEN HOUSE
JOHN O'NEILL ENTERTAINS

CALL 617-730-2770 FOR MORE INFORMATION

Thursday, December 15
9-10:30 am Blood pressure screening with Barbara Westley from BPHD
9:30-11:30 am Introduction to Computer Basics for Seniors**
1-2:30 pm Deborah Steiner-Van Rooyen author book talk
Friday, December 16
10:30 am Breakfast goodies and Holiday Craft Fair check presentation
11:00 am Senior Chorus sing-along
3:30 pm Modern Dance and Movement workshop
Monday, December 19
9 am-12 noon Podiatry Clinic
12:30-2 pm Blood pressure screening with Megan Cheung from Greater Boston Chinese Golden Age Center
2-3 pm Putterham Book Discussion Group at the Putterham branch of Brookline Public Library
Tuesday, December 20
12 noon December Birthday Lunch—reservations necessary
1 pm Movies for Film Lovers—*About Schmidt*
Wednesday, December 21
9:30-11:30 am Introduction to Computer Basics for Seniors**
1 pm Low Vision Group
1:30 pm Modern Beading Workshop
2 pm Theater Club performance of *Three Pianos—at the American Repertory Theatre*
Thursday, December 22
1:30 pm Russian Tea Room Concert (Tatyana Shrago and Shizue Sano)
Monday, December 26
Senior Center is closed.
Tuesday, December 27
9-10 am Public Issues Nonfiction Book Discussion Group
12 noon Let's Go Out to Lunch group goes to Pho Lemon Grass
1 pm Movies for Film Lovers—*Children of Heaven*
Wednesday, December 28
1-2 pm Blood pressure screening with Barbara Westley from BPHD at O'Shea House
Thursday, December 29
Evening Alzheimer's Caregivers Support Group—call for time
Friday, December 30
2-3 pm John O'Neill Holiday Concert
2-4 pm New Year's Open House
3:30 pm Modern Dance and Movement Workshop

** All events are at the Senior Center unless otherwise noted above.*
*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*

ONGOING SENIOR CENTER EVENTS

MONDAY
9:30-11:30 am Fitness Center open
12 noon-4 pm BETS
12:30 pm Chinese programs
1 pm Mah Jongg/Scrabble
1-2 pm Line dancing $2.00/session
1:30-4:30 Fitness Center open
2-4 pm Open computer lab

TUESDAY
One-on-one Computer Sessions—appointments required
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon-4 pm BETS
12:30 pm French Conversation
1 pm Bingo
1-3 pm Computer Assistance for job searchers—appointments required
1-3:30 pm Food distribution (hours are approximate)
1 pm Movies for Film Lovers
1:30-4:30 Fitness Center open
3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
1:30-4:30 pm Fitness Center open
2-4 pm Open Computer Lab

THURSDAY
10:30 am Knit and Crochet
1-2 pm Beginning Spanish Classes
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—for more information, call Rita Kropp at 617-730-2106
1:30-4:30 Fitness Center open
2-3pm Spanish Conversation Group

FRIDAY
9 am Bridge
9:30-11:30 am Fitness Center open
10 am Solemates Walking Group
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computer Classes in Spanish

EASY TRAVEL

Easy Travel is on vacation in December, but SAVE THE DATES in January (Thursday the 5th)—Ruthann Dobek will take you with her on her recent trip to Spain, in February (Thursday, the 2nd)—Judith Gimple will explore the history and seasonal grandeur of the Arnold Arboretum; and in March (Thursday, the 1st—Julie Washburn will whisk you off to San Francisco.

Would you like to lead a tour of one of your favorite places? It can be a far-flung discovery or somewhere nearby, even somewhere in the Boston metropolitan area, that you love to visit. If you have a photographic tour you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760. Remember that you need to have pictures, preferably slides or digital pictures on a CD.

TREES (SPARE CHANGE) FUND

Among the many casualties of the tornado and of the tropical storm that hit central and western Massachusetts this summer were thousands of trees. Trees are precious to us, not only for their serene beauty but also as an invaluable resource. Across Massachusetts, Senior Centers have asked their members to contribute their spare change (whatever they can afford) to help replace the trees lost in the storms. Our goal is $300. And the drive will end with the end of the year. Use the box on the 2nd floor for your contributions.

Life's a walk in the park
AT CHESTNUT PARK!

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- Award-winning dining
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- Getting involved in our resident clubs
- Just the right amount of help with your day
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Call 617-566-1700 today to schedule a complimentary dinner & personal tour!

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BOWLING

Senior Center bowlers meet **at 9:30 am on Wednesdays** at 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Ave. The cost is $7.00 for three strings and shoe rental. The group is usually back at the Senior Center by noon. If you need a ride, leave your name and telephone number at 617-730-2777 and the volunteer coordinator will call you back.

LONG-TERM CARE INSURANCE

You've paid for it. Now how do you use it? Understanding the intricacies of receiving payment from your long-term care insurance can be a challenge. On **Wednesday, December 7, at 2:30 pm**, a panel of savvy people will be on hand at the Senior Center to discuss this and answer your questions. The panel will consist of ***Karen Wasserman***, director of the Your Elder Experts program at Jewish Family & Children's Services (JF&CS); ***Nancy Shapiro***, Executive Director of Goddard House; and ***Dr. Penelope S. Tzougros***, Financial Planning Consultant from Wealthy Choices. This program is a joint presentation of BrooklineCAN and its partners—the Senior Center, JF&CS, Goddard House, and Center Communities of Brookline/ Hebrew SeniorLife.

MBTA SENIOR ACCESS PASSES

The sessions at the Senior Center in July and September were such a great success that there will be further opportunities to sign up here, but not until Spring. Stay tuned to the *Senior News and Events* for further notice of Senior Center sessions.

For those of you who are applying for the first time, go to the MBTA Reduced Fare CharlieCard Office at Back Bay Station (train station) or at Downtown Crossing (T-station), and bring with you a photo ID that includes your date of birth for proof of age eligibility. Both offices are open Monday through Friday from 8:30 am to 5:00 pm. For more information, call 617-222-5976, 617-222-5854 (TTY), or 800-543-8287.

To renew an about-to-be-expired Senior CharlieCard, just bring the card to either CharlieCard office listed above or call 617-222-5978. The MBTA will issue you a new card—good for five years—and will transfer any old value that remains on your old card to the new one.

In any event, the MBTA will mail you your new card in a few weeks. Be patient. It does take them some time to get the card out to you.

VOLUTEER CLASSIFIED ADS!

There are some interesting volunteer opportunities that are looking for just the right person to fill them:

Are you looking for a new challenge? A new way to use your skills to help others? **BrooklineCAN** is looking for someone to be ***chair of the Membership Committee.*** This working committee needs someone (or perhaps some two) to take on the leadership role. In addition to recruiting new members, the committee plans events for prospective members and sessions to orient and involve new members. The outgoing chair will help the new leader(s) during a transition period. For more information about this opportunity, contact either Ruthann Dobek (rdobek@brooklinema.gov or 617-730-2756) or Frank Caro (frank.g.caro@gmail.com or 617-739-9228).

Helpers at the Tuesday food distribution at the Senior Center. This program is both vital and busy, and so a couple more volunteers are needed to help out. If you are interested in helping, see Jackie Wright on Tuesday mornings at the Senior Center.

QUILT RAFFLE

Would you like to own this spectacular quilt? It's called "On the Street Where You Live" and was lovingly made by our own Brookline Bee Quilters here at the Senior Center. The quilt is on display in the Coffee Lounge so you can take a good look at it.

Raffle tickets are now on sale at the Senior Center gift cart. Tickets are $1 each or six for $5. The drawing will at the annual Volunteer Appreciation Lunch, on April 18, but you need not be present to win.

If you need post-hospitalization rehabilitation, we're right in your back yard.
And that's one step closer to getting home.

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- Post Surgical Stabilization
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Interior renovations will be completed in winter 2008

FRENCH CONVERSATION

This group will meet everyTuesday in December at 12:30 pm. Old friends and new are equally welcomed in this group.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School Dance Coach, will lead dance and movements workshops on **Fridays, December 9, 16, and 30, at 3:30 p.m**. There is a $2 fee for each session.

FITNESS CENTER

The Senior Center ***Fitness Center*** is open and running with exercise machines, hand and ankle weights, and bicycles—all excellent tools for cardio health and weight loss. It is open **Monday and Friday from 9:30 to 11:30 am and Monday through Thursday from 1:30 to 4:30 pm**. For general and cost information, call Program Coordinator Sharon Devine at 617-730-2741.

FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. Do not leave the coffee lounge to go down to the basement until your number is called.

There is a wide variety of food available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, you might just find some wonderful soups, specialty salads, and sandwiches. A varied and interesting group of offerings is always available.

Bring a bag to carry your choices home in, and also bring lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

SENIOR SCENE

Tune in all month to Betty Joel's interview with BrooklineCAN spokespeople—Ruthann Dobek, Frank Caro, and Elenore Parker. Get the low-down on Brookline's exciting new organization for making it possible for seniors to "age well at home!"

Senior Scene airs on BATV on Thurdsays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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ONE-ON-ONE COMPUTER SESSIONS

Computer phobic but eager to overcome it? Call Olga at 617-730-2768 and make an appointment for a one-on-one session with a trained Red Tape Cutter at the Senior Center. Get help with basic computer skills and looking up and applying for benefits online.

Preregistration is required. Sessions will be held on **Tuesdays, throughout December**. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And we have a Red Tape Cutter volunteer with Mac experience so we will be able to train on both PCs and Macs.

FUEL ASSISTANCE

Our social work interns—Lauren Dupuis, Katie Kelley, and Jessica Moss—will assist people with applying for or renewing their fuel assistance benefit this year. Appointments can be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social work interns at 617-730-2772. If you get a message at this phone number, leave your name and telephone number, and one of the interns will call you back as soon as possible.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

Other intake sites that are available to Brookline residents are:

- ABCD, Inc. (central office), 178 Tremont St., 4th Floor, Boston. Phone: 617-357-6012
- Alston/Brighton APAC, 143 Harvard Ave. Allston. Phone: 617783-1483.

There are multilingual intake workers at both these sites.

AT THE GALLERY

You are cordially invited to an exhibit of

PAINTINGS BY
Catherine Zimmerman

Through Friday, December 30

Hours: 8:30 am to 5:00 pm
Monday through Friday

This is the last month for this thrilling exhibit. Do not miss it.

SOCIAL SECURITY

Finally, after two years of level funding (i.e., no increase in benefits), there will be a 3.6% increase in your monthly Social Security beginning on January 1, 2012. You should receive a letter in December giving you the exact amount of your benefit, reflecting the increase.

SENIOR CENTER DECORATORS

Join this fun crafting group (formerly called the Crafty Holiday Group) and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet **from 1:00 to 3:00 pm on Mondays, December 5 and 12**.

Group coordinator Jean Doherty would like to thank folks for the generous donations of oatmeal containers and tissue boxes. You have been so generous, in fact, that the group now has a surfeit of both.

Now she would like to ask for donations of new or used holiday cards and holiday gift wrap (both new and used).

COMPUTER COURSE

One course is so popular that it is being offered in an additional time in December. It is:

Introduction to Computer Basics for Seniors
Do you own (or want to own) a personal computer but don't know the first thing about using it? This course is intended for the complete beginner and is the perfect starting point to prepare you for all the great things you can do with a personal computer. You will learn basic skills such as how to use a mouse and keyboard, navigate the desktop, and make sense of computer jargon. We will also explore Microsoft Word 2007 and learn how it differs from Word 2003. By the time you leave, you will be ready to move on to other subjects such as using the internet, writing email, and managing your finances. This course is taught using Windows XP. The senior discount does not apply. The course is limited to six.
4 Thursdays, 9:30-11:30 am beginning December 1, at the Senior Center. Course Code: C116.

To register for this course, call the BA&CE at 617-730-2700 or access it online at brookline adulted.org.

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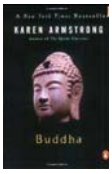
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Challenge your thinking with this book discussion group. Come to the Senior Center on **the fourth Tuesday of every month from 9:00 to 10:00 am** to participate in this group that is centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates.

The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed.



December 27
Buddha by Karen Armstrong (Penguin Group USA)

January 24
Eating Animals by Jonathan Safran Foer (Back Bay Books/Hachette Book Group)

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

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MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, December 21, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

SOLEMATES

Walking is a wonderful way of keeping fit. It gets you out in the fresh air. You can observe first-hand the comedy and drama of everyday life. And it doesn't cost a thing. The Solemates walking group meets regularly on **Friday mornings at 10:00 am** at the Senior Center. For more information, call Julie at 617-730-2760.

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SPANISH IMMERSION

Spanish Immersion in Brookline offers five very different kinds of immersion in Latino language and culture—all at the Senior Center.

First, there are still the ***one-on-one Spanish conversations with seniors*** from Latin American countries—the flagship of the program.

Also offered are beginner ***Spanish language classes*** on **Thursday afternoons from 1:00 to 2:00 pm**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. Emphasis is put on conversational skills.

And you can immerse yourself in ***Latino instrumental and vocal music*** on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.

And now Spanish Immersion is offering ***a Basic Computer Class for Spanish-speaking seniors*** at the Senior Center on Fridays **from 12:30 to 2:00 pm**. This course covers getting know the parts, starting up, and beginning to use the computer; an introduction to Microsoft Word; connecting to and navigating the internet; and creating an e-mail address.

If you are interested in joining this class, call Giovanna at the phone numbers below.

On **Thursday afternoons from 2:00 to 3:00 pm,** you can join a ***Spanish conversation group***. Hone your conversational skills in a friendly, social environment. You can buy 10 sessions for $40 or drop-in when you can for $5/session.

For all the rates and more information and to register for any or all programs, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

CELL PHONES, IPODS, GLASSES

Do you have any old cell phones and/or iPods or know of any lurking elsewhere? If so, put them to work by donating them to the Senior Center. We give them to organizations that revitalize them and put them to useful employment in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Club Eyeglass Recycling program. There is a box for glasses next to the reception desk on the first floor of the Senior Center.

EQUIPMENT LOAN FUND

Are you in need of a walker, raised toilet seat, or sock donner? Or do you have medical equipment gathering dust in your home? If you are in need of medical equipment or are looking for a place to donate items you have no use for, keep the Equipment Loan Fund (ELF) in mind! Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF is not able to accept all items, so instead of just dropping off items, please call ahead and speak with Karin first.

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APRICOT TURKEY SANDWICH

Yield: 2 servings
Active Time: 20 minutes
Total Time: 20 minutes
Ease of Preparation: Easy

Ingredients

¾ cup shredded cooked turkey or chicken breast (ca. 3 oz), or 3 oz canned chicken breast, drained
2 tablespoons thinly sliced celery
2 tablespoons light mayonnaise
1 tablespoon chopped dried apricots
1 tablespoon chopped green onion
1 tablespoon raisins
1 tablespoon plain low-fat or fat free yogurt
⅛ teaspoon black pepper
Optional: 1 tablespoon chopped unsalted cashews
2 leaf lettuce leaves
4 (1-ounce) slices whole grain pumpernickel, rye or whole wheat bread

Preparation Instructions

1. Combine turkey (or chicken), celery, mayonnaise, apricots, onions, raisins, yogurt and pepper in a bowl. Add cashews if desired.
2. Place a lettuce leaf on each of 2 bread slices. Spread ½ cup turkey salad over the lettuce and top with the remaining bread slices. (*from JF&CS)*

SENIOR CHORUS

Sing out. Make a joyful noise every Friday morning at 10:30 am at the Senior Center with the Senior Chorus. No auditions! No stress. Just good fun and good companionship. And don't miss the sing-along on Friday, December 16 (see p. 4)

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need assistance or special accommodations, contact the Council on Aging at 617-730-2777.

WANTED: INTERGENERATIONAL PEN PALS

Would you like to connect with future Brookline-ites? Learn how they are thinking and what they are like? If this is intriguing to you and you would like to participate in an intergenerational pen pal program during which elders correspond with 1st-grade students (who will be paired with, and helped by, 4th-grade students) at the Heath school, call Julie at 617-730-2760. Note that you must be willing to commit to a five-month participation period—January to May of 2012.

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To Van Fund Donors: Nina Lebel and Sally Levine

To Anonymous ***for the gift in honor of*** att the hard workers who serve lunch at the Senior Center

To Anonymous ***for the gift in honor of*** the Chair Yoga stalwarts

To Irina Golfman & Bruce Rosenblum ***for their gift in honor of*** Rabbi Donald Pollock

To Estelle Katz ***for her gift in honor of*** Evelyn Roll

To Claire Yung & the Chinese Mah Jongg Group ***for their gift in honor of*** the Chinese Mah Jongg Group

To Anonymous—supporting the Tree Fund, Meredith Arnold, Dotty Bell, Alvin & Deborah Brass, Rev. George & Margie Chapman, Marilyn & André Danesh, Carole & David Decter, Patricia Dobek—supporting the Tree Fund, Jo-Ann & Victor Freedman, Marvin & Virginia Geller, Ruth Geller, Constance Rudnick Grayson, Edward & Irene Heartz, Helen & Myron Shael Herman, Phyllis & Stephen Hillinger, Infinia Group, Eleanor & Ruth Kaplan, Estelle Katz, Metropolitan Chorale of Brookline, Susan Miller, Jamie & Jesse Moore, Mort & Eleanor Myerson, Shirley Partoll, Andrea Richman, Robert Rudnick, Dr. & Mrs. Robert I. Sperber, and Ruth Wolf ***for their gifts in memory of*** Rabbi Donald Pollock

To Lynne Heye ***for her gift in memory of*** her parents

To Shirlienne & Theodore Kazanoff ***for their gift in memory of*** Paul & Eve Kazanoff

To Larry Ruttman ***for his gift in memory of*** Sumner Kaplan

FROM THE BOARD PRESIDENT

In this holiday season when thoughts are often about giving, I ask you to consider a tax deductible gift to the Senior Center. Donations are needed to keep the van running and to fund furnishings, improvements, and innovative programs for our Senior Center. We need the community support that helps sustain our strong Senior Center. Please be as generous as you can when making your end-of-year contributions.

Again, I wish to add my personal thanks to all of you who continue to express your support and sympathy to me on the loss of my beloved husband Don. Don would truly be moved that so many have honored his memory with generous donations to the Senior Center. I continue to be deeply touched by the support and kindness of my wonderful community.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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