

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

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Brookline, Massachusetts 02446



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HIGHLIGHTS

Learn meditation and relaxation techniques at Looking Inward, Gazing Outward on Mondays, February 2 and 9. See p. 5.

Join in a Mardi Gras Celebration on Tuesday, February 24. See pp. 11, 16, and 17.

Enjoy the show at the Gallery— Inspirational Women of Brookline— see p. 14.

See pictures from the Holiday Craft Fair on p. 20.

Join the Modern Dance Workshop. See p. 30.

The **Silver Leaf Gospel Singers** concert, originally scheduled for January, got snowed out. They have been rescheduled for Wednesday, February 18, at 1:30 pm at the Senior Center.



FEBRUARY 2009

APOLLO CLUB CONCERT

The Apollo Club will sing *Songs of Endearment* with pieces from Henry Purcell to Duke Ellington, some barbershop numbers and some sing-alongs at a very special concert at the Senior Center on **Saturday, February 7, from 2:00 to 3:00 pm**. This performance is being sponsored by the Brookline Savings Bank and Coolidge House Nursing Home. There is no fee for the concert, but we would appreciate your calling 617-730-2777 to tell us you are coming. Refreshments will be served following the performance.

"You don't need a psychiatrist if you can sing." That's the unofficial philosophy of the Apollo Club, the second oldest



continuously active men's men's singing club in the United States. The club, founded in 1871, has most often sung in small venues, pro-

viding music to retirement homes and other institutions where there might be people who enjoy their mix of standards and old favorites. Florence A. Dunn, a retired music teacher from Brookline, is the director of the group. (See page 3 for more about this remarkable woman.)

In its 130 plus years of existence, the Apollo Club has evolved from a large chorus with a classical music orientation to a glee club whose repertoire is composed of show tunes, folk and love songs, sea chanteys, and other classical and semi-classical compositions.

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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>
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HOLIDAYS IN FEBRUARY

Of course, there is Valentine's Day on Saturday, February 14, and the staff at the Senior Center want to say to all the seniors who come here that you are our valentines.

February also contains President's Day, which will be celebrated on **Monday, February 16**. The Senior Center will be closed on that day,



but the Rogerson in Brookline Adult Day Health and Fitness Programs will be open.

COUNCIL ON AGING (COA)

In February, the COA board will not meet. COA board meetings will resume as scheduled March, on Wednesday, March 11. Look in the *March Senior News and Events* for details.

CANTONESE CONVERSATION FOR BEGINNERS

Want to try something completely different in 2009? How about learning a little Cantonese (one of the many languages spoken in China). For ten **Mondays from 2:30 to 3:30 pm** starting **February 2 and running through April 13** (excluding Monday, February 16, President's Day, on which the Senior Center is closed), Grace Fong, social worker from the Greater Boston Chinese Golden Age Center will preside over a workshop in Cantonese conversation at the Senior Center. The registration fee for this workshop is a mere \$5.00. Sign up for the class by calling 617-730-2770 or leaving your name at the registration desk at the Senior Center.



EASY TRAVEL

In January, we traveled in time to learn about ancient China. On **Thursday, February 5, at 1:30 pm**, we will travel through present day China with Jackie Gordon, who went to China on a WBGH tour. China is a country full of fascinating contrasts—"China can go for great stretches these days looking like the model of a postmodern, 21st-century power. Visitors to Shanghai see soaring skyscrapers and a booming economy." On other hand sometimes "the mask slips, and the other side of China is revealed. For China is also a 19th-century power,"¹ And it is a very ancient civilization with cultural roots much deeper than European ones. In area, China is slightly smaller than the United States, but the population is immensely larger.

1. From "Behind the 'Modern' China" by Robert Kagan, *Washington Post*, Sunday, March 23, 2008, p. B07.

THE APOLLO CLUB'S DIRECTOR

Florence A. Dunn ("Flossie" to the chorus members) has been associated with the Apollo Club both as accompanist and director for many years. Her choral experience began with the Berkshire Chorus and continued as an accompanist for the Troy (NY) Vocal Society while teaching at the Elma Willard School. She later enrolled at the New England Conservatory of Music and served as accompanist for the school's chorus. Miss Dunn has also worked as an accompanist with the Cecilia Society, the Chorus Pro Musica, and the Trinity Church choir.



She is a retired music teacher from the Brookline public school system but continues her musical career as accompanist for the Coolidge Corner Community Chorus and as minister of music at the Faith Lutheran Church in Cambridge in addition to her duties with the Apollo Club. She has also served as a long-time member of the Alumni Council at the New England Conservatory of Music.



Regular, monthly health-centered programs at the Senior Center include:

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center has yet to be scheduled. Look in the *TAB* for additional information.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, February 2, from 9:00 am to 12:00 noon**. There will be no Podiatry Clinic Monday, February 16, because the Senior Center will be closed for Presidents' Day. Sessions, which last 15 minutes each, cost \$25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will re-

sume its regular monthly meetings at the Senior Center on **Wednesday, February 18, at 1:00 pm**.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, February 2, from 1:00 to 2:00 pm**.

The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Join us on **Thursday, February 19**, for a special program on hypertension from **9:30 to 11:30 am** at the Senior Center. The program will include blood pressure screenings and a discussion after which refreshments will be served. See p. 11 for more about this special program.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

A research partner of
 **DANA-FARBER/HARVARD CANCER CENTER**
A Comprehensive Cancer Center
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Boston Red Sox

BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Brookline Health Department Nurse will be available at the Senior Center on the third Thursday of each month and at other locations around town:

- Wednesday, February 4, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, February 11, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, February 11, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm
- Thursday, February 19, at the Senior Center from 9:30 to 10:00 am and from 11:00 to 11:30 am, with a hypertension presentation in between. (See p. 11 for more information.)
- Wednesday, February 25, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

LOOKING FOR A MEANINGFUL AND CHALLENGING VOLUNTEER OPPORTUNITY?

Consider becoming a Certified SHINE (Serving Health Information Needs of Elders) (Medicare) counselor! The SHINE program helps seniors and disabled individuals on Medicare to understand the increasingly complex insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE counselors also attend monthly meetings for ongoing training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE counselors are expected to work an average of 4 hours per week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is necessary.

SHINE counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right people. Bilingual, bicultural and minority individuals are especially encouraged to apply.

The next SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place at Natick. For more information about becoming a SHINE counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at 508-532-5980, ext. 4109.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points, and other local agencies.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Caregivers for Alzheimer's patients often find the need to share their emotions and problems with fellow caregivers and thereby to draw strength from a group experience. To this end the Senior Center offers two Alzheimer's Caregivers Support Groups that meet monthly, and are available free to all Brookline residents and town employees.

The **Daytime** group will meet **Friday, February 13**. Call group leader December Heffernan at 617-730-2753 to attend and/or for further information.

The **Evening** group will meet **Thursday, February 26**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

BEREAVEMENT SUPPORT GROUP

A six-week support group for those experiencing the loss of a significant family member or friend will begin on **Wednesday, February 11, from 1:00 to 2:30 pm**. The group leader is Gloria Burkin, MSW. Call 617-730-2777 for more information about the group and to register. There is no fee for the group but size is limited so registration is required.

LOOKING INWARD, GAZING OUTWARD

This new group is aimed at reducing stress while exploring life's meaning. The group will address: (1) meditation and relaxation techniques on **Mondays, February 2 and 9**, (2) the intriguing meaning and wonder of dreams on **Mondays, February 23, March 2, and March 9**, and (3) spirituality and reviewing life accomplishments and memories on **Mondays, March 16, March 30, and April 5**. No prior experience is necessary to attend this series, and attendance at all sessions is not required. There is no fee for participation. This program meets at the Senior Center, **from 1:00 to 2:30 pm**. For more information, contact Amanda Perry at 617-730-2772.

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 every-day ways. Among the services offered:

BETS, the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month. Each coupon is worth \$10 in cab rides for just \$5, and there are ten (10) coupons in each book. BETS coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, please call Alicia at 617-730-2740.

If you want to apply or be recertified for BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

This cab 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 such a company gives you trouble about using the coupons, please report it to the Council on Aging 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 do it in cash.

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, February 4**. BLAB is staffed by volunteer local attorneys who offer 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.

FILE OF LIFE provides individuals with emergency medical ID 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 program. For more information specifically on the File of Life, call 617-730-2777

and leave your name and address. Someone at the Senior Center will call you back promptly.

HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, 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 The Job Opportunities for Brookline Seniors (JOBS) program is an employment service designed and sponsored by the Brookline COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time .

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777, and she will get back to you.

SHINE counselors Deborah Brass, Sonny Saslaw, and Sonia Wong are at the Senior Center on **Monday through Thursday mornings** to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

A **SOCIAL SECURITY** Contact Station is no longer available at the Senior Center. If you need assistance, please call the Boston Social Security office at 617-565-8903 or their main number at 1-800-772-1213.

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SOCIAL SECURITY'S 2009 RESOLUTIONS TO YOU



The new year is a time for people, companies, and organizations to make resolutions for the year ahead. In the past, Social Security has suggested resolutions, such as to plan ahead for retirement, check Social Security statements, and safeguard Social Security cards and numbers. This year, we'd like instead to turn the tables and pledge our own resolutions as an agency. So, in 2009, Social Security resolves to:

- Make it easy to plan your retirement online. Our online Retirement Estimator (at www.socialsecurity.gov/estimator) is rated the best online service in government. You need answer only a few identifying questions, and it will use your earnings record to automatically give you an accurate estimate of your future retirement benefits. You can play around with variables (such as when you'd like to retire and how much you expect to earn in the future) to see different retirement amounts. This should be the first step and a regular check point for planning a comfortable retirement.
- Make it easier than ever before to apply for retirement benefits online. This year, improvements to our online retirement application (at www.socialsecurity.gov/r&m2.htm) make it easier than ever to apply for retirement benefits. Because the improved application is streamlined and shows only questions applicable to you, it can take as little as 15 minutes to complete the entire application from start to finish. And in many cases, once you hit the "sign now" button, all you have to do is wait for the payments to begin arriving every month.
- Make it easier to keep up on the latest news

about Social Security. Staying in the know about news, events, changes, and important information at Social Security is now easier than ever. We have two great ways for you to have the news come to you automatically. 1) You can receive an e-mail alert each time new information is added to our web site by subscribing to updates. Just click on the red envelope at the top of the page (at www.socialsecurity.gov). Whether you want to subscribe to everything or to a specific topic on the web page, the choice is yours. You also can subscribe to our award-winning electronic newsletter, *Social Security eNews*, to receive news as it happens at www.socialsecurity.gov/enews—select the "subscribe" link at the right side of the page.

- Make it easier for you to do your business with us the way you'd like to do it. Social Security provides you with a variety of ways to take care of your business. We now offer many of our most popular services online at www.socialsecurity.gov. You can also call us toll free at 1-800-772-1213 and use our automated services or talk to a representative. And you can always stop in at your local Social Security office.

In 2009, and for many years to come, Social Security resolves to help you. Learn more about Social Security at www.socialsecurity.gov.

by Judy Bernstein
Social Security District Manager in Boston

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SONY

MEMA PRECAUTIONS FOR EXTREME COLD WEATHER

“As we enter a period with extremely low temperatures and wind chills in the forecast, we all must take precautions to minimize the dangers presented by such severe weather. To that end, **Massachusetts Emergency Management Agency (MEMA)** gives these cold weather safety tips.”

Don Boyce, Director, MEMA

- Be continually aware of weather conditions by monitoring media reports
- Minimize outside activities for yourself and your pet(s) when the temperature is low.
- Dress in several layers of loose-fitting, light-weight clothing, rather than a single layer of heavy clothing. Outerwear should be tightly woven and water repellent. Avoid exposure as it can lead to **frostbite**.
- **Hypothermia** can occur in extreme cases.
- Ensure you have sufficient heating fuel, as well as emergency heating equipment such as a generator in case you lose electricity. Do not use your gas oven or burners to heat. When using alternate heating sources, such as fireplaces, wood stoves, or space heaters, take safety precautions. Keep a fire extinguisher handy and know how to use it. Test smoke alarms, fire extinguishers, portable generators, and carbon monoxide detectors frequently to assure that they are working.
- Seal off unused rooms by stuffing towels in the cracks under the doors.
- At night, cover windows with extra blankets or sheets.
- Food provides the body with energy for producing its own heat.
- Be a good neighbor. Check with elderly or disabled neighbors, relatives, and friends to be sure they are safe.
- To keep pipes from freezing—1) Wrap them in insulation, and 2) allow a trickle of warm water to run from a faucet that is farthest from your water meter or one that has fro-

zen in the past. Learn how to shut off your water if a pipe bursts.

- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes or wrap them with towels soaked in hot water, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.
- Have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, and nonperishable food that can be eaten without heating.
- Make sure your car is properly winterized. Keep the gas tank at least half-full. Carry a Winter Survival Kit in the trunk including blankets, extra clothing, flashlight with spare batteries, a can and waterproof matches (to melt snow for drinking water), nonperishable foods, a cell phone (or list of emergency phone numbers), a windshield scraper, shovel, sand, towrope, and jumper cables.

WHO IS MEMA?

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary, and private resources during emergencies and disasters in Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses, and communities to mitigate against, prepare for, respond to, and recover from, emergencies, both natural and man-made. For additional information about MEMA and winter weather preparedness, go to the MEMA web site at www.mass.gov/mema.

Emmett H. Schmarsow

Program Manager for Councils on Aging and Senior Centers, Executive Office of Elder Affairs

FROSTBITE

Frostbite occurs when cold air freezes a part of the body. It usually affects the nose, ears, cheeks, chin, fingers, and toes.

Warning signs include:

- Stinging, tingling, or aching in a skin area, followed by numbness
- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy

If you suspect frostbite, **seek medical attention immediately**. Cover frostbitten areas with dry sterile gauze or soft, clean bandages. DO NOT massage the affected areas!

HOW TO KEEP WARM

If you must go out, be sure to **dress** very warmly.

- Use a scarf or knit mask to cover face and mouth
- Wear a hat, mittens, sleeves that are snug at the wrist, water-resistant shoes, and many layers of loose-fitting clothes
- Wool, silk, and propylene inner layers are better than cotton.
- Outer layers should be tightly woven and water and wind resistant

Keep dry. This is very important. If you begin to perspire, reduce exertion and remove some layers of clothing.

Shivering means your body is losing heat. Go indoors as soon as possible.

CARING FOR OUR PARENTS, CARING FOR OURSELVES

More than 70% of older adults are cared for by family members, which results in added stress on families and relationships. Explore the realities of caring for our elderly relatives and address our own issues around aging by joining the Jewish Family & Children's Service (JF&FS) for a screening of PBS's "Caring for Your Parents," followed by an informative and engaging discussion led by Marsha Frankel, LICSW, Clinical Director of Senior Services of JF&CS. This

HYPOTHERMIA

Cold air causes your body to lose heat and drop in temperature. Hypothermia occurs when your body loses heat faster than it can produce it.

Warning signs include:

- Shivering
- Exhaustion
- Bright red, cold skin
- Fumbling hands
- Confusion/memory loss
- Very low energy
- Slurred speech
- Dizziness

If you suspect hypothermia, **take the person's temperature. If it is below 95°F, seek immediate medical attention.** If medical help is delayed,

- Get the person into a warm area
- Replace wet clothing with dry clothing
- Lay the person in a flat position
- Warm the center of the body first (chest, neck, etc.) using an electric blanket or skin-to-skin contact under loose layers of blankets or other dry materials
- If the person is conscious, give him or her **warm** (not hot), nonalcoholic beverages
- Handle the person gently, and DO NOT massage or rub the person's arms or legs

For this information on frostbite, keeping warm, and hypothermia, we thank the Brookline Public Safety

Department

free event, sponsored by JF&CS, CJP SeniorDirect, and Temple Sinai in Brookline, is scheduled for Wednesday, February 4 (with a snow date of Wednesday, February 25) from 7:00 to 8:30 pm at Temple Sinai, 50 Sewall Avenue, Brookline.

For more information, contact Lynette Polatin, Community Liaison for CJP SeniorDirect, at lpolatin@jfcsboston.org. *CJP SeniorDirect offers free, expert eldercare information. Contact us at 800-980-1982 or info@cjp seniordirect.org.*

**JENNIFER A LYNCH COMMITTEE
AGAINST DOMESTIC VIOLENCE
THIRD ANNUAL FORUM**

— SAVE THE DATE —

Former US ambassador to Canada and governor of Massachusetts Argeo Paul Cellucci will be the keynote speaker at the Third Annual Jennifer A. Lynch Committee Against Domestic Violence Forum, to take place at Newbury College Auditorium, 129 Fisher Avenue, in Brookline on Thursday, March 5, from 5:30 to 8:30 pm.



Mr. Cellucci has been a critical leader in the fight against domestic violence for over 20 years. One of his first acts as governor was to issue an Executive Order that instituted a zero tolerance policy for domestic violence among state employees. A unique feature of this policy was that it offered not only protection and services, but also 15 days per year of paid leave and 6 months of unpaid leave to employees who were (and are) victims of domestic violence.

TEAM McMANUS CONCERT

— SAVE THE DATE —

On March 14, from 7:00 to 9:00 pm, the professional *a capella* group, *Ball in the House* (www.ballinthehouse.com) and Brookline High School's very own *a capella* group (featured in the opening selection of the concert) will be rockin' at Brookline High School in a benefit concert



for Spaulding Rehab's Team McManus (www.firstgiving.com/teammcmanus). For details about tickets and more information, contact Team McManus at www.firstgiving.com/ballinthehouse.

**GOLDEN WEDDING ANNIVERSARY
CELEBRATION**

— SAVE THE DATE —

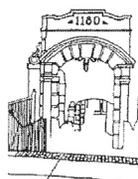
A Golden Wedding Anniversary Dinner Party Celebration will take place on **Wednesday, March 25, from 5:00 to 7:00 pm** at the Senior Center. Dinner, followed by music for listening and dancing by the Winiker Orchestras. This should be a memorable evening for all the couples who have 50 years of sharing and loving behind them and more of the same to come in the future.



Everyone is invited to join in the fun. For those not celebrating their 50th anniversary, tickets to the event will be \$10.00 for dinner and dancing. Come and participate in this joyous occasion.

This special occasion is being planned to celebrate and honor those couples in our community who have reached 50 years or more of married life. We need your help to identify and invite these special people. Please call Charlotte Millman at 617-730-2769 with the names of couples to be honored.

This program is sponsored by the Brookline Aging Collaborative.



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A CONVERSATION ABOUT BLOOD PRESSURE

On **Thursday, February 19**, the Brookline Department of Public Health and the Brookline Council on Aging are co-sponsoring a very special event from **9:30 to 11:30 am** at the Senior Center.

From **10:00 am to 11:00 am**, Dr. Ihab Hajjar and his team from Hebrew SeniorLife and Harvard Medical School will discuss hypertension problems and provide information about a new research study.

From **9:30 to 10:00 am and 11:00 to 11:30 am** the team will provide blood pressure screenings.

Refreshments will be provided, and the program is free of charge. Plan on joining to learn more about hypertension and current research.

MARDI GRAS CELEBRATION



Come to the Senior Center on **Tuesday, February 24, at 12:00 noon** for a Mardi

Gras Celebration with a special luncheon (see pp. 16 and 17 for more information) and entertainment provided by John Clark and the Wolverine Jazz Band.

MODERN BEADING WORKSHOP

And if you want to string your own Mardi Gras beads—or restring a favorite necklace—join instructor Marge Harvey on **Thursday, February 26, at 1:00 pm** at the beading workshop.

BOOK DISCUSSION GROUP

The Book Discussion Group has set its schedule for February through June of 2009. This group, led by Jean Kramer and Charlotte Millman, meets monthly on Mondays at the Putterham Branch Library at **2:00 pm**. Everyone is invited to the discussions.

Monday, February 23

Team of Rivals: the Political Genius of Abraham Lincoln by Doris Kearns Goodwin

Goodwin offers fresh insights into Lincoln's leadership style and his deep understanding of human behavior and motivation by examining his relationships with three men he selected for his cabinet, all of whom were opponents for the Republican nomination in 1860: William H. Seward, Salmon P. Chase, and Edward Bates.

Monday, March 23

Murder at the Gardner by Jane Langton

Monday, April 27

Loving Frank by Nancy Horan

Monday, May 18

Native Speaker by Chang-Rae Lee

Monday, June 22

Dreams from My Father by Barack Obama

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FROM THE DIRECTOR

February often means some of the fiercest weather with frigid temperatures and blizzards, and the winter blues can occur. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. And for anyone feeling overwhelmed and wanting to learn some practical skills in dealing with stress, join our new group **Looking Inward Gazing Outward**, scheduled for Monday afternoons (see p. 5).

I am always in awe of our elders who bundle up and refuse to let the weather gets them down. Your hearty disposition inspires us all. I am very concerned about the high cost of heating our homes. If you have turned down your thermostat to save money, make sure you wear some warm fleece or silk long underwear. And please call our information and referral desk for an appointment for fuel assistance if you are having trouble with your heating bills.

I personally want to invite everyone to attend a special concert by the **Apollo Club** that will be held **Saturday, February 7, at 2:00 pm**. Their music, *Terms of Endearment*, will “make a joyful sound” that is sure to be uplifting. This is a great opportunity for those who work to enjoy the Senior Center on a weekend. (See pp. 1 and 3.)

Finally, here are my personal favorite tips for *beating the February blues*:

1. Make sure to get enough vitamin D. Studies are showing most of us do not get enough of this essential vitamin, and low amounts may cause depression, aches and pains, and many other medical issues
2. Go outside for a brief walk when it is not too icy or come to one of our exercise programs. Physical activity is a sure way to stave off depression and lose weight (see pp. 8 and 9).
3. Declutter by giving something to someone

needy. Bring a coat to *Steps to Success* collection (see p. 27), or recycle an old cell phone here at the Senior Center (see p. 30).

4. Help someone by volunteering at the Senior Center (see p. 15), or offer to do an errand for a sick neighbor.
5. Listen to great music either at home or, even better, at one of our fabulous concerts.
6. Indulge a little by eating a small piece of dark chocolate. And, by the way, coming to the center on a regular basis can be the best medicine around—join us today and I guarantee you will feel better!

Keep warm and remember the days are getting longer as the light returns this month with the darkest days behind us.

Ruthann Dobek, Director

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FROM THE EDITOR

Grow old along with me!
The best is yet to be,
The last of life, for which the first was made...
—Robert Browning, *Rabbi Ben Ezra*

...and by all means become associated with the Brookline Senior Center. This is possibly the best place to be when you are a senior. It is certainly the best place to be for *this* senior. I want to thank you all for being so encouraging and helpful during the shake-down time for the new formatting of the newsletter. All of you—readers, staff, volunteers—have had a hand in shaping the newsletter into what it is today.

And there is more to come! I look forward to a 2009 with more of your input—more articles

(factual or literary) and suggestions for articles and topics that are of interest to you. Don't be shy! Leave me messages in my mailbox on the second floor of the Senior Center. Or leave your name and number there, and I will get back to you. No suggestion is too small or too odd to be considered.

On the web. The newsletter has always been available on the Town web site, but now it and special announcements are available...and in color no less! Check it out often on the new Town of Brookline web site at www.brooklinema.gov. On the main town page click on DEPARTMENTS in the left-hand navigation column. This page will take you to a list all the departments in the town. Click on COUNCIL ON AGING and *voilà*, you are on the Council on Aging page. Below the picture of Ruthann Dobek, our director, you will see a heading **Latest news**. Below it are entries for the monthly newsletter and for flyers that came out too late to make the monthly newsletter and/or events of great interest that we want to have available for you in as many ways as possible.

In print. Of course, the print version is always available. It is sent by mail to all subscribers (see page 31 for a subscription/renewal form), and/or you can always pick up a copy at the Senior Center and many other places around town. If you are a subscriber, please note that the mail is often slow and delivery is beyond our control.

Save the date. We also like to get you information about happenings at the Senior Center and around town as early as possible. To that end, we give you Save the Date information when we can for future events of interest that we know about. This month we have tried (not completely successfully) to put notices of these future events into groups, rather than scattering them all through the newsletter.



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AT THE GALLERY



Come and see an exciting new exhibit of watercolor portraits at the Senior Center

Inspirational Women of Brookline by Wendy Soneson

Monday, January 12, through Friday, March 13
Hours: 8:30 am to 5:00 pm
Mondays through Fridays

"...I decided to pursue [a] more extensive creative direction by painting portraits of the women in my community. In photographing these women as reference for their portraits, I realized the impressive extent of each of their professional and personal achievements. So I decided to develop my work into a series for exhibit, allowing viewers from the community and beyond to admire my subjects and be inspired by them as I was."

—Wendy Soneson in the introduction in the catalog for the exhibit at the Brookline Arts Center.

NOW WE ARE EIGHT

Among the memorable birthdays in February is the opening (birthday) of our own Brookline Senior Center in 2001. And with this birth came the second-floor gallery of which we are very proud. The idea of a mezzanine gallery was, in fact, suggested by Senior Center architect Morrie Child.

If you are an artist and a Brookline senior citizen (or in fact a nonsenior Brookline resident) and would like to have a show at the Brookline Senior Center, we would be happy to talk with you. Just contact Charlotte Millman at 617-730-2769. Note that all artwork needs to be framed in order to be considered for the gallery.

PORTRAIT OF THE CURATOR

And from the beginning, Jean Stringham acted as curator. In December, Jean was one of seven women honored by the Brookline Arts Center for their work and leadership in expanding the visual arts in Brookline. She worked with Ruthann and Charlotte to develop the concept of an art gallery for members of the Brookline senior community to showcase their works—paintings, drawings, and prints; photography; and fabric and quilting.



Photo by
Raul Melendez

According to Jean, an accomplished photographer herself, there have been about 50 shows at the gallery since it opened. And about putting them together, Jean says that this has been great fun and that she has gotten enormous satisfaction out of talking with the artists—whose ages have ranged between 50 and the mid-90s.

Jean has enjoyed the challenge and honor of working with Charlotte, Ruthann, and the staff at the Senior Center and of working with such a wide range of talented people—from those who have never had a show to those who are so experienced they have agents.

Jean, we love you. The Senior Center could not do without volunteers like you.

ETHEL WEISS: A BROOKLINE LEGEND

In 1939, young Ethel and her husband, Irving Kravitz, opened a “mom-and-pop” store on Harvard Street near the Devotion School called Irving’s Toy & Card. After Irving died in 1960, Ethel kept the store open, and when she remarried in 1962, she and her new husband, Abe Weiss, continued running the store. Ethel, again widowed, is still running the store, 86 years after it’s inception.

The store has sold candy and toys to generations of Brookline children (and for some time was the only reliable purveyor of Mah Jongg cards for players of American Mah Jongg—the Chinese game doesn’t use cards). The store and Ethel became and remain Brookline legends so it is very fitting that Ethel Weiss’s portrait was chosen as the *poster picture* for the current exhibit at the Senior Center gallery.

In *Our Brookline*, published by the Brookline Council on Aging in November of 2005, Natalie Rothstein, wrote a lovely profile of Ethel in which she draws a charming word picture of this feisty nonagenarian.

AN INVITATION TO NEWCOMERS

Are you new to the Brookline senior community? Come to the Senior Center and take a tour of the facility. Learn about all the things that the Senior Center has to offer, and get a little gift of welcome. While you can come to the Senior Center at any time Monday through Friday from 8:30 am to 5:00 pm, calling 617-730-2777 for an appointment for a tour is recommended.

Find out about all the activities, lectures, entertainments, and services provided by the Brookline Council on Aging and the Senior Center.

And while you are investigating the amenities of the Senior Center, you can also learn about contributing your time and your own special talents and skills to by volunteering. See page XX to get more information.

“I have the basics here,” Ethel Weiss says, sitting in her favorite chair donated by the neighboring beauty shop. She wears an “I Love My Customers” pin on her sweater. It is decorated with hearts.

The basics? At Irving’s that means yoyos, jump ropes, bat balls, and jacks. Nothing electronic....if I don’t understand it, I don’t like to sell it. If I think it’s foolish, I don’t sell it. I don’t have anything pointed. No darts....no cigarettes” For not selling the latter, she was recognized by the Brookline Health Department.

The crowded shop is crammed with goodies—candy and games, toys and sundry (like shoe laces for 79¢—all at prices children can afford.

Today, at 94, Ethel is still there happily selling her goods, and reflecting on a full life. She has been immortalized as a character in *The Beacon Street Girls*, a series of novels written for girls ages 9 to 13. She has been written about in the local press, like *Boston Phoenix* and *The Jewish Advocate*, and in not-so-local papers like the *Los Angeles Times* and the *Columbus (Ohio) Dispatch*.

The Boston Phoenix, in 1988, called her “Yo-yo Mama”.. All the features about her speak about the uniqueness of her longevity, of course, but they also stress the nostalgia of an old-fashioned shop and the old-fashioned values that the proprietress dispenses along with the soda pop.

All in all, Ethel Weiss is an amazing woman. At 94, she still works and cooks for herself, and enjoys her life—a shopkeeper of the old school whose customers, mostly children still, have a warm and friendly relationship with her.

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MONDAY	TUESDAY	WEDNESDAY
<p>2) Vegetable Barley Soup/Crackers ***Hawaiian Ham Red Bliss Potatoes Broccoli/Cauliflower/Rye Bread OR Tuna Salad on Whole Wheat Bread Lettuce Leaf /Potato Salad Riviera Blend Salad Mandarin Oranges</p>	<p>3) Italian Baked Chicken & Rotini Casse- role Zucchini/Tossed Garden Salad Lite Dressing/Whole Wheat Dinner Roll OR Roast Beef & Cheese on Oatmeal Bread Lite Mayo/Lettuce Leaf Cole Slaw/Pasta Salad Peanut Butter Cookie</p>	<p>4) Corn Chowder/Crackers Broccoli Cheese Breaded Fish/Sauce Lemon Wedge/Carrots/Lyonnaise Potatoes Multigrain Bread OR Sliced Turkey & American Cheese on White Bread/Lite Mayo/Lettuce Leaf Carrot Raisin Salad/German Potato Salad Mixed Fruit</p>
<p>9) Stuffed Shells w/Alfredo Sauce Meatball/Spinach Tossed Garden Salad Lite Italian Dressing/Oatmeal Bread OR ***Ham & American Cheese on Rye Bread Mustard/Tomato Green Pepper Salad Lo Mein Salad PEACHES</p>	<p>10) Cream of Cauliflower Soup/Crackers ***Reduced Sodium Hot Dog Baked Beans/Cole Slaw Ketchup/Mustard/Relish/Brown Bread OR California Chicken Salad on Lettuce Leaf Roman Blend Salad German Potato Salad Wheat Bread Fresh Fruit</p>	<p>11) Vegetable Noodle Soup/Crackers Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Green Beans Rye Bread OR Tuna Salad on a Lettuce Leaf Oatmeal Bread Pasta Vegetable Salad Cole Slaw Frosted Sprinkle Cake</p>
<p>16) President's Day Holiday</p>  <p>Senior Center closed (No Springwell Lunch) Rogerson programs open</p>	<p>17) <u>Birthday Luncheon</u> Corn Chowder/Crackers Baked Fish Au Gratin/Sauce Butternut Squash/Spinach Whole Wheat Roll OR Egg Salad on Oatmeal Bread Lettuce Leaf Tri-Color Pasta Salad Cauliflower Carrot Salad Vanilla Pudding/Topping</p>	<p>18) Baked Crumb Topped Macaroni & Cheese Stewed Tomatoes Oatmeal Bread OR Roast Beef & American Cheese on Whole Wheat Bread/Lite Mayo/Lettuce Leaf Summer Squash Salad English Pea Salad Mandarin Oranges</p>
<p>23) Butternut Squash Soup/Crackers Meatloaf/Mushroom Gravy Sweet Potatoes/Beets Oatmeal Bread OR Chicken Salad on White Bread Tossed Garden Salad/Lite French Dressing Pasta Salad Frosted Carrot Cake</p>	<p>24) <u>Mardi Gras Luncheon</u></p> <p>New Orleans specialties Beer</p> <p>Entertainment by John Clark and the Wolverine Jazz Band. Sponsored by Brookline Health Care Center.</p> <p>No Springwell lunch today</p>	<p>25) Manhattan Clam Chowder/Crackers Salmon boat w/Dill Sauce Roasted Red Bliss Potatoes/Zucchini Multigrain Bread OR Egg Salad on Oatmeal Bread Lettuce Leaf/Carrot Raisin Salad Balsamic Vinaigrette Pasta Fresh Fruit</p>
<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>		

LUNCHEON SPECIALS FOR FEBRUARY

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**. This applies to both regular and special lunches unless otherwise listed below. Please call 617-730-2770 for reservations.

On **Thursday, February 12**, Springwell presents its annual **Valentine's Day Special Lunch** featuring white fish stuffed with crab in Newburg sauce, and cherry pie.

Tuesday, February 17, is the **February Birthday Lunch**. Be sure to tell us if you have a February birthday when you make reservations for this lunch.

Warm up your party mood and leap into the fun at the **Mardi Gras Celebration on Tuesday, February 24**. Eat New Orleans-style food. Have a beer. And sit back and listen to entertainment by John Clark and the Wolverine Jazz Band. This free luncheon is sponsored by the Brookline Health Care Center. Reservations are required.

There will be no **Out to Lunch Group** in February.

THURSDAY	FRIDAY
<p>5) Florentine Soup/Crackers Salisbury Steak/Roasted Onion Gravy Whipped Potatoes Beets/Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Lettuce Leaf/Rye Bread Rice, Tomato, Black Olive Salad Tossed Salad/Lite Thousand Island Dressing Tapioca Pudding/Topping</p>	<p>6) Beef Stew w/Vegetables Caesar Salad w/Lite Dressing Biscuit</p> <p style="text-align: center;">OR</p> <p>Chicken Salad on Wheat Bread/Lettuce Leaf Pasta Vegetable Salad Summer Squash Salad Fresh Fruit</p>
<p>12) Valentine's Day Special Tomato Florentine Soup/Crackers Crab Stuffed White Fish Newburg Sauce Baked Potato Fiesta Mix Vegetables Snowflake Dinner Roll Cherry Pie w/Topping</p>	<p>13) Chicken Marsala/Sauce Buttered Noodles/Broccoli/Cauliflower Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Turkey Salad on a Lettuce Leaf Tomato & Broccoli Salad Potato Salad Rye Bread Butterscotch Pudding/Topping</p>
<p>19) Minestrone Soup/Crackers Stuffed Pepper/Tomato Sauce White Rice/Green Beans Rye Bread</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Multigrain Bread Lettuce Leaf Cucumber Tomato Salad Orzo Vegetable Salad Mixed Fruit</p>	<p>20) Vegetable Soup/Crackers Cranberry Chicken/Sauce Whipped Potatoes/Brussels Sprouts Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & Swiss Cheese on Rye Bread Lite Mayo/Lettuce Leaf Pineapple Slaw Potato Salad Gingerbread/Topping</p>
<p>26) Beef Barley Soup/Crackers Pot Roast/Gravy Whipped Potatoes Mixed Root Vegetables/Rye Bread</p> <p style="text-align: center;">OR</p> <p>Turkey Salad on Multigrain Bread Lettuce & Tomato/Potato Salad Caesar Salad w/dressing Ice Cream Cup</p>	<p>27) Cheese Lasagna/Tomato Sauce Spinach/Hot Three Bean Medley Garlic Dinner Roll</p> <p style="text-align: center;">OR</p> <p>Tuna Salad on a Lettuce Leaf Oatmeal Bread English Pea Salad/Cole Slaw Peaches</p>
	

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</p>	<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>
<p>2) 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 1-2pm Blood pressure screening 2:30 pm Cantonese Conversation 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>3 10:30 am Brookline Bees-Quilters 1 pm Bingo 1:30 pm Movie Lovers' Film Series "WALL-E"</p>	<p>4) 9 am - BLAB lawyer 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 pm Bridge 2-4 pm Open computer lab</p>
<p>9 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 2:30 pm Cantonese Conversation 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>10 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Vicky, Christina, Barcelona"</p>	<p>11) 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 pm Bridge 1 pm Bereavement Support group starts today - prereg. Required 2-4 pm Open computer lab</p>
<p>16 Presidents' Day Senior Center is closed Rogerson Adult Day Health is open.</p>	<p>17 10 am Modern Dance workshop 10:30 am Brookline Bees-Quilters Noon - February Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Young Mr. Lincoln"</p>	<p>18) 9:30 am Retired Men's Club 10 am Modern Dance workshop 10 am - noon SHINE counselor 12:30 pm Bridge 1 pm Low Vision Group resumes 1 pm Bereavement Support group 2-4 pm Open computer lab</p>
<p>23 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 2:30 pm Cantonese Conversation 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>24 10:30 am Brookline Bees-Quilters Noon -MARDI GRAS lunch and entertainment, reservations req. No Springwell lunch today. 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 p.m No movie today</p>	<p>25) 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 Bridge 1 pm Bereavement Support group 2-4 pm Open computer lab</p>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
	<p>The Senior Center will be open on <u>Saturday, Feb. 7 from 1:30 to 4 pm</u> for a free concert by the Apollo Club of Boston, a men's chorus. Refreshments. All invited! <u>Performance at 2:00 pm.</u></p>
<p>5 10 am - noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm " Easy Travel" to China with Jackie Gordon on WGBH tour 1:30 pm Russian Tea Room</p>	<p>6 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 3-5 pm 2009 Census job test site</p>
<p>12 10 am - noon SHINE counselor 10:30 am Knit and Crochet Noon- Special Valentine Lunch 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting</p>	<p>13 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus PM Alzheimer's Support Grp</p>
<p>19 9:30&11 am Blood pressure screen 10 am Discussion of Hypertension w/ Dr I. Hajjar from HMS and HSL 10 am - noon SHINE counselor 10:30 a.m & 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting</p>	<p>20 9 am Bridge 10 am Modern Dance workshop 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 3-5 pm 2009 Census job test site</p>
<p>26 10 am - noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1pm Modern Beading Workshop Evening Alzheimer's Support Grp</p>	<p>27 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>

MONDAY

12:30 pm— Chinese programs
1:00 pm— Mah jongg
12 noon-4 pm— BETS
1-2 pm— Line dancing
\$2.00/session
1:30 pm— Scrabble
2-4 pm— Computer lab open

TUESDAY

10:30 am— Brookline Bees, Quilters
12 noon -4 pm— BETS
1:00 pm— Bingo
1:30 pm— Movies

WEDNESDAY

9:00— Bowling
9:30 am— Retired Men's Club
12 noon-4 pm— BETS
12:30 pm— Bridge
2-4 pm— Computer lab open

THURSDAY

10:30 am— Knit and Crochet
1:30 pm— Knit and Crochet
1:30 pm— Russian Tea Room

FRIDAY

10:00 am— Solemates, Walking Group
10:30 am— Current Events Discussion Group
10:30 am— Senior Chorus



The **Holiday Crafts Fair** in November was a tremendous success. We raised \$3800, the most we have ever raised at this event. This money helps fund all the entertainment costs at the Senior Center and also helps underwrite the Senior Center Chorus, the poetry workshops, line dancing, modern dancing, drawing class, and so on and on.

Photographs courtesy of Mimi Katz



THANK YOU

We want to thank all the people who opened their pockets and gave to the Senior Center in February. Thanks go to:

Milesa Panich for her gift **in memory of** Selma Mukjian

Ruth Werksman for her gift **in memory of** Melvin Shapiro

Abby Gold for her gift **in honor of** Barr Jozwicki

Janet and Robet DeSimone for their gift **in honor of** Rose DeSimone

Vivian Freeman for her gift **in honor of** Herbert I. Freeman **that funds the Brookline Senior Center Birthday Celebration gifts**

Kathryn Kilpatrick for her gift **to the Brookline Senior Van Fund in honor of** Richard Rubino

Mary Regan for her gift to the **Van Fund**

Norma Lipson for her gift **supporting the Senior Van and the Senior Center**

Barbara Bennett for her gift **supporting the Drawing for Pleasure Program**

Linda Oei for her **special gift of Chinese Calendars for the Chinese New Year celebration**

Annual Appeal donors Esther Bulitt, Colbourn Crescent Poker Association, Susan Ericksn, Judith Ferber and Gary Altman, Alan and Judith Leichtner, Marcelle and Joan Levine, Don R. Lipsitt Margaret McKinney, Charlotte and Arthur Millman, The New York Community Trust, Carol Sawyer Parks, William Reid, Miriam Sargon (with special tanks to Claire Yung for repairing the sweater), Irving and Rosaline Larson Schwartz, Marcia Starensier, Waneta Louise West, Ruth Whitman, and Clair Yung

Your continued support of the Brookline Senior Center does not go unnoticed and is greatly appreciated.

Brookline Council on Aging/Senior Center
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Did You Know?



In 2009, taxpayers aged 70½ and older, who are required by law to make withdrawals from their IRAs can donate up to \$100,000 a year from such accounts directly to charities like the Brookline COA/Senior Center!!

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FROM THE COA BOARD PRESIDENT

Donations to the nonprofit arm and the Brookline Senior Center are always greatly appreciated. They help keep the van running and fund furnishings, physical improvements, and innovative programs for our Senior Center.

*Thank you,
Betsy Pollock, President
Brookline Senior Center Board*

SHOP PROGRAM

Brookline High School students are available to help you with your grocery shopping in the SHOP (Students Helping Older People) program. If you are a Brookline senior in need of such help, call on Vivian Freeman, Volunteer Coordinator for the Brookline Council on Aging. You can reach her Monday, Wednesday, and Friday at 617-730-2743. Or call 617-730-2777 and leave a message for her any day, and she will call you back as soon as possible.



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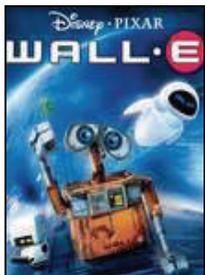


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MOVIE LOVERS SERIES FOR FEBRUARY

The special films for moviegoers reflect the doings of the month in February. Come to the Movie Lovers Series at the Senior Center on Tuesday afternoons at 1:30 pm for these treats. Note, however, that there will be no movie on Tuesday, February 24, because of conflicts with other programs.



February 3

WALL-E (2008)

98 minutes

In a futuristic world, human beings have destroyed Earth and evacuated the planet, leaving the cleanup to an army of robots they've programmed to do their dirty work. Due to a mishap, the dutiful WALL-E is the only one left. But with the arrival of a female probe named EVE, the monotony of WALL-E's existence is broken—and he experiences love for the first time.

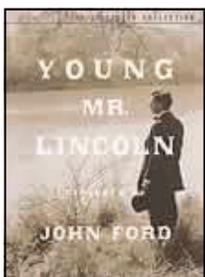


February 10

Vicky, Christina, Barcelona (2008)

97 minutes

Javier Bardem stars in the latest effort from legendary filmmaker Woody Allen as a flamboyant painter who finds himself in the middle of a unique relationship with Vicky and Christina, a pair of American tourists. Penélope Cruz also stars as Bardem's insanely jealous ex-wife, Maria Elena, in this quirky romantic dramedy set in Barcelona.



February 17

Young Mr. Lincoln (1939)

100 minutes

Sure-handed direction, powerful performances and strong writing characterize this highly fictionalized biopic from John Ford. Starring Henry Fonda in the title role, the film follows the future president through his early law career—with the drama focusing on his defense of two brothers unjustly accused of murder—and traces Honest Abe's budding political consciousness.

SENIOR MOVIES AROUND TOWN

There are many organizations around town that have film programs for seniors. Among them:

Senior Cinema (at the **Coolidge Corner branch of Brookline Public Library**) has movies every Thursday afternoon. Refreshments are available at 1:00 pm, and the films start at 1:30 pm. Call 617-730-2380 for more information.

There are also **Senior Matinees at the Coolidge Corner Theatre** on Wednesdays (\$3.00 for admission to any show before 4:00 pm). This program is co-sponsored by the Senior Services of Jewish Family & Children's Service and the Combined Jewish Philanthropies Senior Direct program. For more information, call 617-734-2500.

The **Coolidge Corner Theatre** also has two special series: *Divas in the Dark* (films about opera) and *Europe's Grand Operas*. For the former, tickets for seniors are \$3.00 (with over-62 ID). For the latter, tickets for seniors are \$17.00. Again call 617-734-2500 for more information.

Goddard House in Brookline also offers many movies each month. For more information and to make reservations, call 617-731-8500.

GETTING NEWS FROM THE INTERNET

Some years ago, I gave up reading the daily newspapers and watching daily news on television for about two years. It was very helpful to me and improved my quality of life. I found that I heard news anyway. If there was something important in the *outside* world, I would hear about it from someone within two hours. And I did not stop reading weekly magazines and got much of the important news from these.

This *no news* diet produced several beneficial results. I found that I had gained much peace of mind because I was no longer reading about the violent acts promoted in the news media (presumably in order to draw people into buying papers and watching TV).

And I was more able to focus on people and work. I noticed that I began to read news (in magazines) differently. I chose what I decided to read more selectively. And I no longer felt compelled to read every paragraph in an article. Also, I read many more books – both fiction and nonfiction – which I read deeply and completely. My concentration seemed to have improved. I felt in a better frame of mind pretty much all the time.

During the recent election cycle, I started following what was happening in politics on a daily basis. We have a computer in our kitchen, and I quickly found internet sites for the *New York Times*, *Wall Street Journal*, and *Boston Globe*. These are free, readily available, and you don't waste paper. And because you are on-line, you don't feel guilty if you don't read the entire thing!

Then I started finding many other interesting news sources on the internet. One of my favorites is *Huffington Post*, a very active, frequently updated site created by Ariana Huffington. There are also *Salon* and *Slate*, two excellent sites. There are sites for conservatives and others for progressives. Some news sites share articles

with other sites, which is a great way to discover new, interesting internet sites.

I feel better informed, because I can get many points of view from people that are not required to be scripted into the middle-of-the-road news media. Remember, the TV news (and also the *New York Times* and *Boston Globe*) have to be middle-of-the-road, or else they will lose much of their readership (and financial backing). Internet sites, with lower operating costs, do not have this constraint. This is another huge benefit of finding your news on the internet.

I don't miss reading the newspapers, getting the newsprint on my fingers, and feeling compelled to get the full benefit of their cost by reading as much of it as I can. I like stepping more lightly on the world by getting my news from the air—the internet.

by Laurie Israel, Esq.

Editor's note: Getting the news on the Internet is just one of its many everyday uses. Do you need information about something—your health, the weather, cultural events, restaurants? It's there. Do you want to order clothes—or anything for that matter—from a catalog? Just use the web address that is in the catalog to order. Do you want to know what happened to someone or look up information on virtually any topic? Yep, the internet has it all. And you don't even have to have a computer in your house. If you know how to use one, you can use it at your local public library. And you can learn how to do all this at courses given at the Senior Center.

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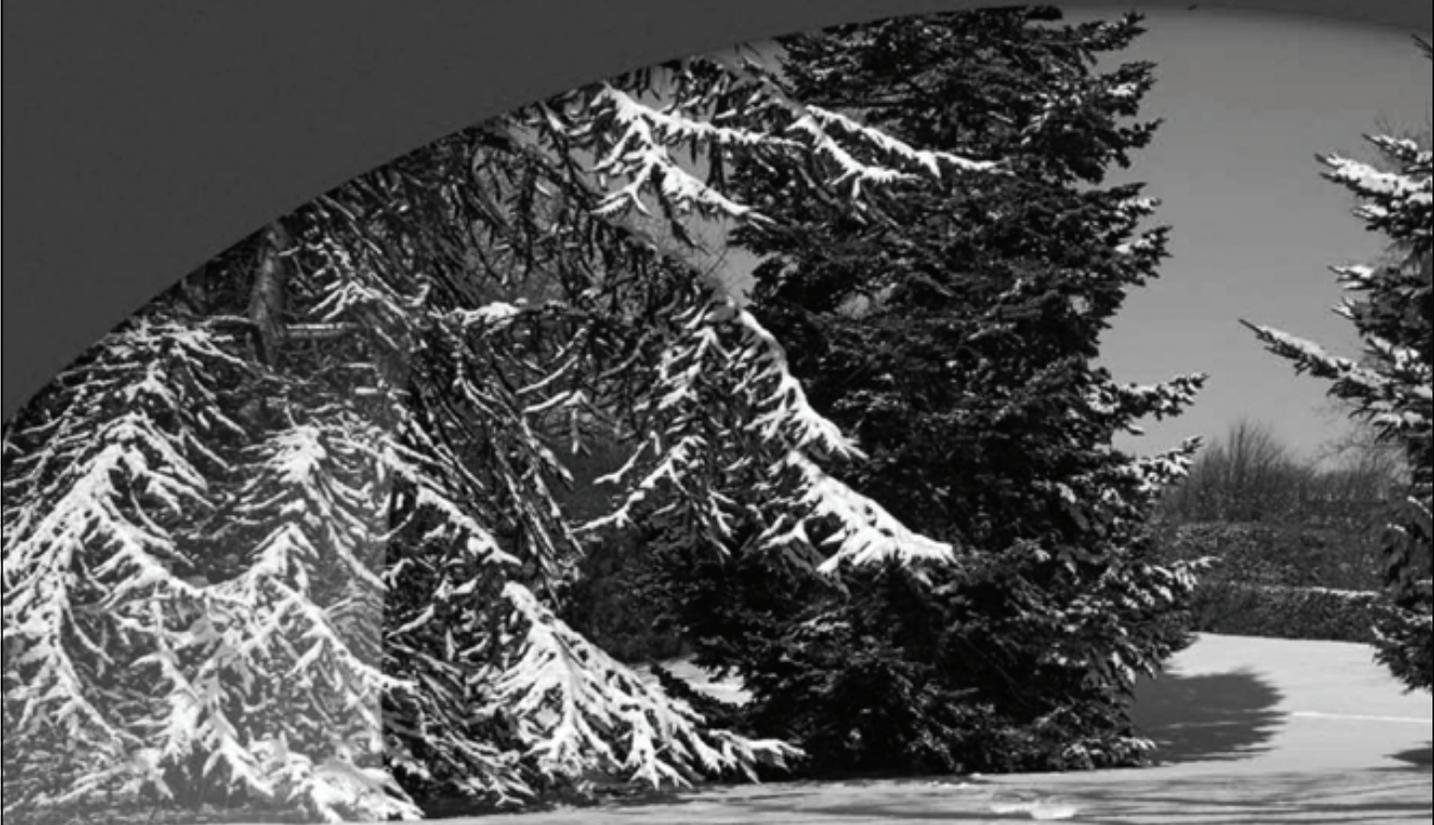
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DTV IS HERE?

At press time, the date for conversion from analog to digital (DTV) broadcasting is still February 17. However, and this is a big however, there is legislation working its way through the US Congress to postpone the date until June 12 to give the government time to make more coupons available. Call Stephen Bressler, Brookline's Omsbudsman for CATV, at 617-730-2330 for more information. 25

APPLE TUNA MELT

This recipe combines the traditional open-faced tuna melt with the delicious duo of cheddar cheese and apples. It is a unique way to spruce up a conventional classic. The ingredients cost only \$1.27 per serving and the meal can be prepared in a hurry. The tuna in this recipe provides a good source of protein and heart-healthy fats, and the whole wheat bread and apple provide a great source of fiber.

Ingredients

6 ounces canned light tuna (in water)
 2 slices whole wheat bread
 1 medium apple, thinly sliced
 2 1-ounce slices of reduced-fat cheddar cheese
 1 Tablespoon canola-oil mayonnaise
 ½ Tablespoon lemon juice



Kitchen Equipment

Small mixing bowl	Measuring spoons
Cutting board	Can opener
Knife	Broiler or toaster oven

Yield: 2 servings
Total Time: 15 minutes
Ease of Preparation: Easy



Preparation Preheat broiler in conventional oven or toaster oven. Combine tuna, mayonnaise, and lemon juice in a medium bowl. Spread half of the tuna mixture on each slice of toast; top with apple slices and cheese. Place sandwiches open-faced on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

Nutrition Analysis Per serving: 350 calories; 12g fat (4g sat, 0g trans); 45mg cholesterol; 25g carbohydrate (4g fiber); 33g protein; 680mg sodium; vitamin A 6% daily value; vitamin C 8% daily value; calcium 30% daily value; iron 10% daily value.

*Courtesy of Jewish Family & Children's Services.
 Recipe adapted from: www.eatingwell.com.*

ROGER R. LIPSON

ATTORNEY-AT-LAW

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 Tel. 617-566-2300

85+ STUDY

The actual interviewing of members of the 85+ community in Brookline will start in February. These interviews form the core of this needs study.

If you are still interested in volunteering to work on this study, call Vivian Freeman at 617-730-2743.

TIPS FOR LOW CARBON DIETERS

Use public transportation whenever possible, and try to cut your driving to only 500 miles or less per year.

Unplug electrical appliances, when they are not in use.

Read newspapers online.

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SOS (STOCK OUR SHELVES) RESTAURANT EVENT —SAVE THE DATE—

The cost of food and fuel are still rising and are predicted to go even higher this winter. This causes us great concern about Brookline citizens, especially senior citizens. And so the Senior Center is working on programs to benefit our elder residents by growing the Brookline Food Pantry and advertising the food stamp program.

One event that has been scheduled is the SOS Restaurant Event being held at the Senior Center on Monday, March 9, from 4:00 to 6:00 pm. This will be a chance to **sample** food from several local restaurants in a festive atmosphere with entertainment provided.

The admission fee to this event is either three items from the Brookline Food Pantry Donations list to the right or a \$5.00 donation to the Food Pantry.

DRESS FOR SUCCESS

Dress for Success is a not-for-profit organization that helps women enter the workforce and stay employed. Each Dress for Success client receives one suit when she has a job interview and a week's worth of separates when she gets a job.

This winter, the program is in particular need of **winter coats**, but it also needs gloves, scarves, shoes, handbags, and briefcases. Other business attire (suits, slacks, jackets, etc.) are also being accepted.

If possible, please bring clean items that are ready to wear. Any clothing not accepted by the Dress for Success program will be donated to the Women's Lunch Place.

Please bring all contributions to the Senior Center. This program is supported by a grant from the Brookline Community Foundation and is sponsored by the Brookline Police Department.



BROOKLINE FOOD PANTRY DONATIONS



The Brookline Senior Center is proud to be a drop site for donations to the Brookline Food Pantry (at St. Paul's Church). You can bring your donations as entry fee (see the article to the left) to the SOS Res-

taurant Event on Monday, March 9, and/or you can always drop off donations at the Senior Center reception area drop box.

The Brookline Food Pantry wants to remind donors that all items donated must be new and unopened. At present, the Food Pantry is especially looking for:

- Instant coffee
- Cup of soup/ramen noodles
- Mayonnaise
- Packets of powdered milk
- Tea bags
- Packets of cocoa
- Canned meats and fish
- Canned vegetables
- Canned fruit
- Hearty soups
- Canned dinners
- Macaroni and cheese
- Boxed dinners
- Rice
- Pasta/pasta sauce
- Hot and cold cereals
- Jelly or jam
- Cooking oil
- Baby food
- Shampoo
- Hand, dish, and laundry soap
- Toothpaste
- Toilet paper

For more information, please call 617-566-4953.

IT'S CENSUS TIME—JOB OPPORTUNITIES

It's hard to believe that another decade is drawing to a close so that it is census time. The US Census Bureau is now hiring. Both full-time and part-time jobs are available.

The Brookline Senior Center has made arrangements with the US2010 Census organization to have a testing site established in the Senior Center. It will be open to the public (not just to seniors).

The US Census Bureau is recruiting temporary part-time census takers for the 2010 Census. The pay is good, the hours are flexible, and the work is close to home. These jobs are excellent for retirees, college students, persons who want to work part-time, persons who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community.

In order to work for the US Census, you must be 18 years of age or older, and you must take a 30-minute multiple-choice test that has 28 questions. Please be prepared to spend 2 hours

at the testing site. Practice tests are on the census web site (<http://www.2010censusjobs.gov>). The testing will take place at Brookline Senior Center. The testing schedule for February is:

Friday, February 6, at 3:00 pm

Friday, February 20, at 3:00 pm

When you take the test you must bring with you personal identification:

1. Either a passport (expired or current) or Permanent Resident Card or Alien Registration Receipt Card (Form I-551)
2. If you do not have the above, two other forms of ID are needed:
 - A driver's license or voter's registration
 - And a birth certificate or Social Security card

Call our toll-free number 1-866-861-2010 or 617-848-3260 to sign up for the written test. For more information, visit our web site at <http://www.2010censusjobs.gov>

AND IT'S ALSO INCOME TAX TIME!

It's also hard to believe that it is once again time to prepare and file federal and state income taxes. And once again in February, March, and April, volunteer tax counselors trained by AARP will be on hand at the Senior Center to help you with your tax forms. These services are free, but you must schedule an appointment by calling 617-730-2777. You should do this immediately if you have not already done so as this an extremely popular service and the total number of appointments available is limited.

BROOKLINE MUSIC SCHOOL

There is no concert being offered at the Senior Center by the Brookline Music School in February. See future issues of the *Senior Center News and Events* and the *TAB* for announcements.

When you call for your appointment, please tell us if you have had your taxes prepared at the Senior Center in the past. Also remember to bring copies of your last year's tax returns, proof of insurance, and receipts for donations, rent, real estate taxes, and so forth when you come in for your appointment with a tax counselor.

Remember that your returns will be filed electronically and that you will receive a paper copy of them for your records.

FRENCH CONVERSATION

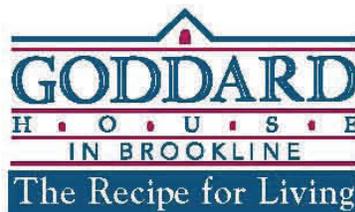
This group led by Agnes Serenyi will meet on two **Tuesdays, February 10 and 24, from 12:30 to 1:30 pm** at the Senior Center. Come and *parlez* with the group.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

GODDARD HOUSE EVENTS IN FEBRUARY

On Sunday, February 8, at 2:00 pm, all are welcome at a performance by the **United Parish Children's Choirs**. Come to Goddard House for an afternoon of spiritual music from three different choirs, The Carol Choir (ages 3 to 5), the Choristers (ages 5 to 12) and the Youth and Adults Bell Choir (a mixed age, intergenerational choir) from the United Parish Church in Brookline. For more information, access the United Parish web site at <http://www.unitedparishbrookline.com>.

On Friday, February 20 at 2:00 pm, come and hear (and see) **Jim Porcella in Concert**. Well known to New England, Cabaret-Jazz recording artist, Jim Porcella will perform *A Tribute to the Greatest Generation*, popular songs of the 1940s. Jim has been a featured vocalist with the Artie Shaw orchestra and leads a variety of vocal bands himself. For more information, access him on the web at <http://>

All Goddard House events are free of charge. And refreshments are served. Goddard House in Brookline is located at 165 Chestnut Street. There is ample parking on site. Please RSVP to 617-731-8500. Directions are available at www.goddardhouse.org.

OUR ADVERTISERS

While the ads placed in this newsletter do not constitute a recommendation from the Brookline Council on Aging or the Brookline Senior Center, we do want to thank all of our advertisers in the newsletter for helping to support the *Senior Center News and Events* so that we can continue serving the Brookline senior community.

OUR CONTRIBUTORS

Our thanks go out to the contributors to this issue of the *Senior Center News and Events*: to the article by Robert Kagan from the *Washington Post* for quotes about China in the Easy Travel article on p. 3; for the Social Security article on p. 7; to Don Boyce, Director of MEMA for the quote at the beginning of the MEMA article and to Emmett H. Schmarsow (Program Manager for Councils on Aging and Senior Centers, Executive Office of Elder Affairs for the article about MEMA on p.8; to the Brookline Public Safety Department for information about frostbite, keeping warm, and hypothermia on p. 9; for the quote by Wendy Sorenson from the catalog for the *Inspirational Women of Brookline* on p. 14; to Raul Melendez for the photo of Jean Stringham on p. 14; to Natalie Rothstein for quotes and information from her article in *Our Brookline* (Brookline Council on Aging, November 2005) on p. 15; to Mimi Katz for the photos from the Holiday Craft Fair on p. 20; to Laurie Israel for her article on p. 24; and to Jewish Family & Children's Services and www.eatingwell.com for the recipe on p. 26.

OLD CELL PHONES

Don't let them lounge around on street corners and in malls. Bring them to Susan Andriole at the Senior Center, and we will see that they are rehabilitated. This program brings money to the Senior Center to help fund our programs.

HANDICAPPED ACCESS

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

BOWLING

Bowl with the Senior Center group every Wednesday at 9:30 am at Ron's Ice Cream and 20th Century Bowling at 1231 Hyde Park Avenue in Hyde Park. It is a pleasant way to spend a social morning for a mere \$6.50 (and the price includes shoes and balls).

If you need a ride, contact Ron at 617-730-2750 the day before you want a ride to the bowling alley, and he will arrange for the van to take you.

MODERN DANCE WORKSHOP

Brookline High School's dance instructor will conduct another three-day workshop of modern dance and dance movement at the Senior Center on **Tuesday, February 17, Wednesday, February 18, and Friday, February 20, from 10:00 am to 11:00 am.**

The fee for this workshop will be \$6.00 for all three sessions. This movement-oriented workshop has been extremely popular so register as soon as possible for it. Call 617-730-2777 for more information and to register.

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DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.

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