TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
Information Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750
www.brooklinema.gov

HIGHLIGHTS

Check out the **Resolutions** for the New Year on pages 4-7.

And **Zumba** is back!—see p. 7.

Looking for a job? See **One-on-One Job Search Skills Sessions** and **Current Job Search Trends** on p. 11.

Come to the **Chinese New Year celebrations**—see p. 12.

Need help finding benefits and entitlements online? Computer phobic?—see **Open Computer Lab** on p. 22.

Learn about **The Ride** and how to get it on p. 22.

Sign up for **Arthritis Exercise Class**—see details on p. 24.

Find out how to **Make Banking Safe and Sound**—see p. 26

JANUARY 2011

BROOKLINE CLIMATE WEEK

January 23 through 30 is Brookline Climate Week , sponsored by Climate Change Action Brookline (CCAB), the Selectmen's Climate Action Committee, the Brookline School Committee, Brookline Department of Public Health (BDPH), Brookline Adult and Community Education (BA&CE), and the Council on Aging (COA). The purpose of this week is to connect people to ways they can create a better, greener, world by taking action.

BA&CE is offering a preview class, ***Boosting Your Home's Efficiency without Hype or Snake Oil,*** is on Thursday, January 20. The kickoff event (also a BA&CE offering), ***Brookline Tomorrow: Addressing Climate Change Today***, will take place on Sunday, January 23. Other BA&CE courses planned to promote awareness of what individuals can do to help save wear and tear on the climate are ***Composting with Worms (Vermiculture)*** and ***The Spa in Your Kitchen***. See ***Resolutions*** on p. 4 for details on all these BA&CE courses and p. 5 for registration information.

In addition, find out about ***Meatless Meals*** (see p. 15) on Wednesday, January 26. And on Saturday, January 29, at 2:00 pm, come to ***The Ups and Downs of Windows*** sponsored by the Brookline Preservation Commission. Last, but not least, on Sunday, January 30, at 1:00 pm, join readings from *Hope Beneath Our Feet, Restoring Our Place in the Natural World* by the book's authors at Brookline Booksmith.

A **carbon footprint** is "the total set of greenhouse gases (GHG) emissions caused by an organization, event, product, or person." For simplicity of reporting, it is often expressed in terms of the amount of carbon dioxide, or its equivalent of other GHG, emitted. (as defined in *Wikipedia*)

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor and Publisher

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JANUARY HOLIDAYS

On Monday, January 17, the Senior Center will be closed for Martin Luther King, Jr's Birthday. It is appropriate that we celebrate the birthday of this giant of the Civil Rights movement and remember his contribution to the nonviolent achievement of civil rights in the United States and throughout the world.

In addition to New Year's Day and Martin Luther King, Jr's Birthday, January has other days of note: January 1 is also the anniversary of Ellis Island's opening in 1892. On January 6, 1925, Nellie Ross was inaugurated in Wyoming as the first woman governor in the United States. And on January 30, 1882, Franklin Delano Roosevelt was born, while Benjamin Franklin was born on January 17, 1706. All told, January is indeed an auspicious month.

GOODBYE TO ROGERSON

We have said "goodbye" to the Rogerson Adult Day Health and the Fitness First programs. We are sad to see our partners of 10 years go, and we will miss them.

However, though the Fitness First program is gone, do not fear that a first class exercise program like it will disappear from the Senior Center. We are working on a fitness program of our own at the Senior Center, one complete with equipment comparable to what we lost with the demise of Rogerson in Brookline. Stay tuned to The *Senior News and Events* and the *TAB* for more information on our new fitness program!!

BROOKLINE READS 2011

This year the theme of this townwide program is:

Where and from whom does information originate?

In this age of the 24/7 news cycle, what are the sources and what are the consequences? The challenges? The influences? How do we...should we...sort fact from fiction? Everyone is invited to ***join*** this community book group. And what is the book that is the jumping off point for discussion of the theme?

It is *The Imperfectionists*, journalist Tom Rachman's debut novel about the shifting priorities of the staff of a dying international newspaper. *The New York Times* editorial staff chose this book as one of the notable books of 2010!

READ the book
TALK about it with family and friends
SHARE insights and ideas

And come to the ***kick-off event*** on Monday, January 24, at 7:00 pm at Hunneman Hall at the Brookline Public Library main branch on Washington Street in Brookline Village. At this event, author Tom Rachman will speak and sign books.

Further events will take place in February. Keep your eye out for more information in the February 2011 *Senior News and Events* and the *TAB*.

PS. This book will be the February selection of the Putterham Book Club.

Did you know...

On the Town of Brookline web site—www.brooklinema.gov—you can get all sorts of really useful information about your neighborhood and your community by clicking on *Where Am I? Neighborhood/Mapping Information* under the Residents heading. All you need to do is type in your street and house number in the appropriate boxes, and up comes information about nearby bus and T stops, the closest library and school, voter information, points of interest in your neighborhood, your precinct and where you vote, and maps, too!

RESOLUTIONS FOR THE NEW YEAR

At the beginning of every year, we reflect on the past year and resolve to make up in the new year the inadequacies of the past. Let us do this for 2011. Let us hope that this year will begin the healing of the economy and bring back some of the prosperity and peace that 2010 did not restore. We can only hope for nationwide change, but we can make some positive steps in making our lives better.

Resolved: Participate in Brookline Climate Week by attending events and classes that will allow me to take action to help create a better, greener world .

Boosting Your Home's Efficiency without Hype or Snake Oil Bruce Irving (long-time Producer of *This Old House*) and Jordan Goldman (Zero-Energy Design)
Thursday, January 20, from 7:00 to 8:30 pm at Brookline High.
Fee: $6. Course Code: **J411**
Although there have been great advances in energy-efficient building, most of us live in older homes built before such practices were in effect because 80% of US houses were built prior to 1978. This number goes even higher in communities like Brookline, with its many pre– and postwar apartments and multifamily dwellings. For most of us, the questions are less about "what solar orientation and cutting-edge systems will my dream home have?, and more about "how do I get this old place to stop devouring fuel and leaking like a sieve?" Bring all your home or apartment questions to this Thursday evening lecture and the two experts will discuss what improvements should be considered and which ones are hogwash. Bruce and Jordan will get down to the nitty-gritty of home energy audits, air sealing, insulation, window replacement, and alternative energy.

And be sure to **SAVE THE DATE** for ***The Spa in Your Kitchen*** on Saturday, February 12, at the Unified Arts Bldg. **at Brookline High School from 10:00 am to 2:00 pm.**
Create spa products using everyday kitchen and drugstore ingredients. Fee: $68 ($50 plus an $18 materials fee). Course code: **G246**

Brookline Tomorrow: Addressing Climate Change Today. Moderated by Meghna Chakrabarti (Host of WBUR's Radio Boston)
Sunday, January 23, at 2 pm at the Lincoln School, 19 Kennard Road
In 2010, Brookline made a commitment to reduce its carbon footprint (see p. 1) and improve its energy efficiency and public health. In 2011, the Town will break new ground with this historic gathering and call to action. Your presence will demonstrate that individuals working together can be a solution to runaway global climate change and the energy crisis. Because over 70% of our community's greenhouse gas emissions come from residents' homes, transportation, and food, we each have a significant role in this challenge.

This afternoon will be highlighted by a spirited conversation and an opportunity to hear about, share ideas with, and pose questions to, experts, who include: Kevin Knoblock (President, Union of Concerned Scientists), Rob Garrity (Executive Director, Mass Climate Action Network), and Alan Khazei (Cofounder of City Year and author of *Big Citizenship*). There will also be a tribute to Brookline residents who are national and international climate leaders, honors for local Brookline climate heroes, and a showing of a video especially created for this event by Bill McKibben (leader of 350.org and author of *Eaarth*). For more information, access www.climatechangeactionbrookline.org.

This event is free; no registration is required.

Composting with Worms (Vermiculture) Patrick Gabridge (Long-time gardner)**Wednesday, January 26, from 6:30 to 8:30 pm at Brookline High**
Fee: $33. Course code: **G245**

MORE RESOLUTIONS

Resolved: I will allay my fears of technology and of being out-of-touch with modern life by learning more about computers and how to use them.

Computer Classes at the Senior Center Brookline Adult and Community Education (BA&CE), in cooperation with the Council on Aging, offers many and varied computer courses for seniors. Students interested in taking courses, but unsure of which classes to enroll in, should contact Bob Roll at 617-730-2782. The fee for each of these courses is $70, and since they are especially designed for seniors only, no additional senior discount will apply. Each course is limited to 6 students. (See p. 22—Open Computer Lab—for help for computer-phobes.) BA&CE courses in January are:

Basic Computer Maintenance for Seniors
Instructor, Phyllis Mays
4 Mondays from 9:30 to 11:30 am beginning January 10. Course code: **C220**

Introduction to the Internet for Seniors
Instructor, Mimi Katz
4 Wednesdays from 9:30 to 11:30 am beginning January 12. Course code: **C103**

e-Mail Workshop for Seniors
Instructor, Bob Roll
4 Wednesdays from 11:45 am to 1:45 pm beginning January 14

Introduction to Computer Basics for Seniors
Instructor, Bob Roll
4 Thursdays from 9:30 to 11:30 am beginning January 13. Course code: **C116**

Intermediate Computer Basics for Seniors
Instructor, Bob Roll
4 Fridays from 9:30 to 11:30 am beginning January 14. Course code: **C157**

Resolved: To revisit my driving skills to make sure I am as good a driver as I can be.

Continuing to Drive Past 55
Instructor, *Joseph Giannone (Pleasant Auto School)*
This six-hour course includes four hours of classroom discussion and videos, and two hours of behind-the-wheel retraining to help refine your existing driving skills and develop some safer, defensive driving techniques on the road. Classes meet every Thursday for three weeks from 10:00 to 11:20 am. Two one-hour road lessons with city and highway experience will be arranged at your convenience. Put yourself and your family at ease and join this course geared to helping you continue your driving independence throughout your golden years. Senior discount does not apply.
Thursdays from 10:00 to 11:20 beginning January 6 at the Senior Center. Fee: $100 (payable to Pleasant Auto School). Course code: **N055**

Resolved: To generally broaden my horizons with other BA&CE offerings, such as:

Brookline Access Television Courses (See page 29 of the Winter BA&CE catalog)

Introduction to Watercolor at the Senior Center
7 Mondays from 10:00 am to 12:30 pm beginning January 10 Course Code: **A002**

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www.edwardjones.com

For more information and to register for the courses on pp. 4-7, call 617-730-2700 or go to BA&CE's web site at www.brooklineadulted.org.

EVEN MORE RESOLUTIONS

Resolved: To be as physically fit as I can be. Fortunately, exercise and other programs aimed at enhancing health and mobility for seniors abound.

The Senior Center has programs that run throughout the year such as ***line dancing*** on Mondays and the ***Solemates Walking Group*** on Fridays (see pp. 18-19 for more information on both) and bowling on Wednesdays (see p. 23).

We also have an ***Arthritis Exercise Class*** that repeats frequently throughout the year (see p. 24). And of course our popular ***Zumba*** classes will again repeat in January (free sample) and February through March (See p. 7).

There are also exercise classes offered by Brookline Adult & Community Education (BA&CE) that are designed specifically for senior citizens and offered at the Senior Center. (Note that since these courses are only for seniors, the senior discount does not apply.) In January, these include:

Introduction to Tai Chi Chuan
Instructor, Vincent Chu
7 Fridays from 2:00 to 3:30 pm beginning January 14. Fee: $70. Course code: **W011**
One of the original ancient Chinese martial arts, *tai chi chuan* is practiced today as a form of exercise. The slowness and evenness of its continuous movement makes it an ideal form of exercise for people of all ages. This exercise increases strength and resiliency, promotes cardiovascular and respiratory endurance, improves coordination and balance, and builds confidence. Wear comfortable clothing and soft, flat-bottomed shoes.

Nia for Seniors: Health through Movement
Instructor, Mary Stevenson
Section 01 Tuesday, January 11, from 8:30 to 9:30 am. Free, but registration is required.
Section 02 8 Tuesdays from 8:30 to 9:30 am beginning January 18. Fee: $65. Course code: **D130**
A full-body workout that is easy on the joints, promoting flexibility, agility, mobility, and strength. Combining movements and concepts from yoga, *tai chi, tae kwon do, aikido,* jazz, modern dance, and other movement forms, Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as concentration, self-discovery, and healing. Classes begin with warm-up exercise and cardiovascular movement practice, and move on to dance techniques that teach how to move with grace and fluidity, martial arts; and meditative techniques that teach mindfulness. Movements will be modified to accommodate physical limitations, and those who wish to participate by sitting in chairs for some or all of the class are welcome to do so. Wear comfortable clothing.

Strength Training for Seniors
Instructor, Sue Katz
Co-sponsored by the Council on Aging
8 Mondays and 8 Wednesdays (16 sessions in all) from 8:45-10:15 am beginning January 10. Fee: $85. Course code: **D077**
A vigorous, overall workout, this lively 90-minute workout is recommended for those who have been exercising regularly. It includes stretch, rhythmic movement, and use of hand weights (or not) while sitting, doing mat work, and balance exercises.

Work out to the music of the 30s, 40s, and 50s. Wear comfortable clothes and footwear and bring a mat or towel and a set (2) of one-, two-, or three-pound weights.

Senior S-T-R-E-T-C-H
Instructor, Sue Katz
8 Mondays and 8 Wednesdays (16 sessions in all) from 10:30 to 11:30 am beginning January 10. Fee: $76. Course code: **D009**

Improve your range of motion, balance, stamina, strength, even your social life. This 60-minute workout includes all the elements in Strength Training (see above), but it is designed for those who may not have been exercising regularly but who want to get into better shape. Again you will work out to the music of the 30s, 40s, and 50s. Participants will be able to move at their own pace. Wear comfortable clothes and bring a set (2) of one-, two-, or three-pound weights.

Yoga for Older Adults
Instructor, Steffi Shapiro
Section 01 (Chair class): 8 Tuesdays from 2:00 to 3:00 pm beginning January 11.
Sec. 02 (Mat class): 8 Tuesdays from 3:00 to 4:00 pm beginning January 11.
Fee: $65. Course code: **W044**

There are, of course, many other ways to exercise. Gyms in Brookline and surrounding towns often offer special discounted rates for seniors. If you want to join a gym, don't hesitate to ask about special rates. And you might want to join a sports excursion club such as the Top of the Hill Gang Ski and Sports Club. (Find out more about this club for energetic individuals over 50 years young by going to their web site at www.tohg.org.)

ZUMBA IS BACK!

Back by popular demand! Alicia Ebrat, certified Zumba instructor will lead you in this combination of Latin salsa, cardio workout, and interval moves. These classes will be at the Senior Center.

There will be two free introductory sessions on **Tuesdays, January 18 and 25, from 6:30 to 7:30 pm** for people who want the fast track for their exercises. And on **Thursdays, January 20 and 27, from 3:00 to 3:45 pm**, there will be two free introductory sessions for people who want to go at a more leisurely pace.

In **February and March, on Tuesdays from 6:30 to 7:30 pm** the *fast track* will meet. Joining for the entire program will cost $55. If you want to come to individual sessions, the fee per session will be $8.

And the more *leisurely group* will also meet in **February and March—on Thursdays from 3:00 to 3:45 pm**. The fee for the full two months of sessions will be $45. and for each individual class for those not registered for the full two months, the fee is $7 per session.

To register for either group, call the Senior Center at 617-730-2770

Zumba is the hottest dance fitness craze and the most fun workout program around. Get in shape and have fun doing so with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in the fun.

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center to consult with individuals will be on **Wednesday, January 26, from 1:00 to 2:00 pm**.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, January 3 and 31, from 9:00 am to 12:00 noon**. (There will be no podiatry clinic on January 17 as the Senior Center will be closed for Martin Luther King, Jr's Birthday.) Sessions, which last 15 minutes each, cost **$30** . Appointments are required. Make one by calling 617-730-2777.

Low Vision Group There will be no meeting of this peer-led support group for individuals with limited eyesight in January.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center** on **Monday, January 3, from 1:00 to 2:00 pm**. The nurse who presides at this session is fluent in English and several Chinese dialects.)

There will also be blood-pressure screenings **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, January 20, from 9:00 to 10:30 am**.

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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BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse on **Thursday, January 20**, at the Senior Center **from 9:00 to 10:30 am** and:

- On Wednesday, January 5, at the Brookline Health Department, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, January 12, at Susman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On Wednesday, January 26, at O'Shea House, 61 Park St., from 1:00 to 2:00 pm.

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ASK A GERIATRICIAN

Dr. Suzanne Salamon, Geriatric Specialist at Beth Israel Deaconess Medical Center (BIDMC), answers your *general* questions about aging and geriatric medicine in this column every month. *(**Editor's note:** If you have questions, please send them to me at jgimple@brooklinema.gov or call me at 617-730-2790, and I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the* Senior News and Events.*)*

Question: There has been much controversy in the news about Calcium and Vitamin D. Can you give us the pros and cons of taking these two supplements?

Response: The respected Institute of Medicine (the health arm of the National Academy of Sciences, which was established in 1970 as an independent, nonprofit organization that works outside of government to provide unbiased and authoritative advice to decision makers and the public) just released its new guidelines in November, for how much calcium and Vitamin D we should be taking, and the amounts are lower than previously recommended. They based their assessments on 1000 studies done since 1997 when the last guidelines came out.

Calcium and Vitamin D work together to keep bones strong.

People over age 70 need 1200 mg of calcium daily. It is best to get calcium from food, if possible. The highest sources of calcium are plain, nonfat yogurt (450 mg/cup), cheese (200 to 300 mg/oz) or nonfat and/or lactose-free milk (300 mg/cup).

Reading the nutrition labels will tell you how much calcium is in the product. If the label says calcium 30%, add a zero and you will get 300 mg. Pills can be taken if you can't get enough from food sources. Too much calcium can cause kidney stones. Too little calcium can lead to broken bones.

People over age 70 need 800 IUs of Vitamin D daily. Too little Vitamin D can cause muscle weakness or pain as well as weak bones. Certain fatty fish (salmon, tuna) and fortified foods (milk, some cereals) have Vitamin D, but it mostly must be taken in a pill (multivitamin or Vitamin D). The sun simply does not provide enough Vitamin D.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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 Alzheimer's-affected stricken family members and friends.

The **Afternoon** group will meet on **Friday, January 14**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Thursday, January 27.** Call group leader Susan Kanian-Andriole at 617-730-2754 to register to attend and/or for further information and for time of meeting.

ROGER R. LIPSON
ATTORNEY-AT-LAW

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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, please bring your 2009 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 proof you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

The income guidelines have changed: 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 such a company gives you trouble about using the coupons, report the incident 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 do so in cash.

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, January 5**, and on Wednesday, February 2. 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.

A **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 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 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 Brookline 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 (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. Leave a message for her at 617-730-2777, and she will get back to you promptly.

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

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Boston Social Security office at 617-565-8903 or its main number at 800-772-1213.

ONE-ON-ONE JOB SEARCH SKILLS SESSIONS

Do you want individual help with your résumé, interviewing skills, and/or networking resources? The Senior Center is offering a new, time-limited program for older job seekers. Bring your personal job search questions to Anne Spangler, Human Resource Consultant, who will be available to assist you at a one-on-one half-hour session. The sessions will be held on **Tuesday, January 11, from 1:00 to 4:00 pm**. They are free, but reservations are required. Call Deidre Waxman at 617-730-2767 for more information and/or to reserve a time.

CURRENT JOB SEARCH TRENDS

The Senior Center will offer a Current Job Search Trends workshop on **Thursday, January 27 from 6:00 to 8:00 pm** at the Brookline Senior Center. This workshop will also be co-facilitated by Anne Spangler, Human Resource professional, who is familiar with timely trends for the job seeker, and Deidre Waxman, Senior Center JOBS Coordinator. Current job search techniques will be presented and discussed, including:

- Creating personalized computer job alerts
- Setting expectations for your job search
- Social media and networking
- Phone interviews
- Behavioral interviews
- Useful job search resources in the community

Computer skills and preregistration are required for attendance at this workshop. For more information and to register, call Deidre Waxman at 617-730-2767 or e-mail her at dwaxman@brooklinema.gov.

CULTIVATING MINDFULNESS THROUGH SPIRITUAL REFLECTION

Was one of your New Years Resolutions to try something new? Then come to this new group—*Cultivating Mindfulness through Spiritual Reflection*—a six-week group that will meet **Tuesdays from 2:00 to 3:15 pm from March 22 through April 26** at the Senior Center. Participants will explore personal meaning and connection beyond one's self through the cultivation of mindful practice in spirituality. Using mindfulness as a tool of engagement through open-ended inquiry, personal reflection, and guest speakers, the group will explore how spirituality has the ability to bring meaning, wisdom, and expansion through the aging process. In order to allow for full depth of exploration, the group requires full commitment for the six-week course. For more information and to register, call Anna Donehower at 617-730-2772.

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BROOKLINE MUSIC SCHOOL CONCERT

Come to the Senior Center on **Wednesday, January 5, at 1:00 pm** to hear pianist Atsuko Jozaki. A native of Japan, Ms. Jozaki has studied at prestigious institutions worldwide and earned her doctoral degree from Boston University (DMA). Her orchestral and solo experiences include performances with the Elisabeth University Orchestra and the Stanford Symphonic Orchestra. She is on the faculty of the Brookline Music School and is choir director of Glendale United Methodist Church and organist at the First United Parish of Everett."

CHINESE NEW YEAR

Celebrate the year of the Rabbit at the Senior Center on **Monday, January 24, at 12:00 noon**. Join in celebrating with stories, dancing, music, and, of course, food.

A favorite legend is the tale of the Jade Rabbit, three fairy sages transformed themselves into pitiful old men and begged for something to eat from a fox, a monkey, and a rabbit.

The fox and the monkey both had food to give to the old men, but the rabbit, empty-handed, offered his own flesh instead, jumping into a blazing fire to cook himself.

The sages were so touched by the rabbit's sacrifice that they let him live in the Moon Palace where he became the "Jade Rabbit."

Reservations for the festivities are required and will start being taken on Monday, January 3. The fee for this event is $7.00, which includes lunch and all the programming. Call 617-730-2770 and reserve your place early as this event is very popular.

The event is co-sponsored by the Greater Boston Chinese Golden Age Center and the Senior Center.

AT THE GALLERY

The Brookline Senior Center cordially invites you to

An exhibit of paper mosaics and collages by

Lina Marks

This exhibit has been extended through Tuesday, January 25

From 8:30 am to 5:00 pm daily
Monday through Friday

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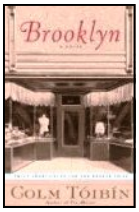
PUTTERHAM BOOK DISCUSSION GROUP



The group will meet in the Community Room of the Putterham branch of the Brookline Public Library on **Monday, January 31, at 2:00 pm**. The book to be discussed at this meeting is *Brooklyn* by Colm Tóibín. All are welcome.

Industrious young Eilis Lacey reluctantly finds herself swept up in an unplanned adventure to America, engineered by the family priest and her glamorous, "ready for life" sister, Rose. Eilis's determination to embrace the spirit of the journey despite her trepidation--especially on behalf of Rose, who has sacrificed her own chance of leaving--makes a bittersweet center for the novel. Colm Tóibín's spare portrayal of this contemplative girl is achingly lovely, and every sentence rings with truth. Readers will find themselves swept across the Atlantic with Eilis to a boarding house in Brooklyn where she painstakingly adapts to a new life, reinventing herself and her surroundings in the letters she writes home. Just as she begins to settle in with the help of a new love, tragedy calls her home to Enniscorthy, and her separate lives suddenly and painfully merge into one. Tóibín's haunted heroine glows on the page, unforgettably and lovingly rendered, and her story reflects the lives of so many others exiled from home.

Review by Daphne Durham from amazon.com

SENIOR CINEMA AT BROOKLINE PUBLIC LIBRARIES

the Putterham branch of the Brookline Public Library invites everyone to the first of its Senior Cinema presentations that will take place on **Saturday, January 22, at 2:00 pm**. The film to be shown is *The Queen* (2006) starring Helen Mirren who won the Oscar for Best Actress for her incredible performance as Elizabeth II in the week following the death (on August 31, 1997) of Diana, Princess of Wales. This film is well worth seeing for the first time or again if you have seen it before.

There is also a Senior Cinema at the Coolidge Corner branch of the Brookline Public Library. While the list of films is not yet available, the theme for their January offerings is *New Movies for the New Year.* Call 617-730-2380 for more information.

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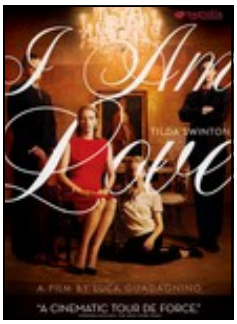
MOVIE LOVERS FILM SERIES

Every Tuesday in January, the Senior Center presents a movie at 1:30 pm. For a cozy winter experience, come for lunch (for a donation of only $1.75) and stay for the movie and make a day of it. See pp. 16-17 for menus for the month and for reservation instructions for lunch. The movie needs no reservation and is free of charge.



January 4
I Am Love
(2009) 120 minutes
Oscar winner Tilda Swinton shows off her multilingual skills in this Italian melodrama, in which family dissension, unbidden desire, and other tensions bubble to the surface during the patriarch's birthday party. When the seemingly picture-perfect Recchi family gathers at the family manse to celebrate the great old man, the veneer of civility falls quickly away in director Luca Guadagnino's lush, atmospheric film.

January 11
Yoo-Hoo, Mrs. Goldberg
(2009) 90 minutes
The history of "The Goldbergs"—and the massive appeal and influence of its Jewish American main character—is explored in this fascinating documentary from filmmaker Aviva Kempner. Though she is not a household name today, Molly Goldberg—the indelible creation of writer and performer Gertrude Berg—was one of the most popular characters on radio and television from the 1930s to the 1950s.

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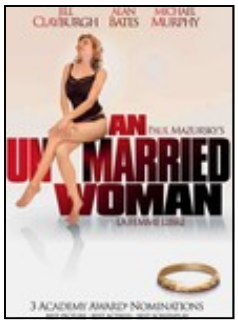

January 18
An Unmarried Woman
(1978) 130 minutes
A groundbreaking film at the time of its release, director Paul Mazursky's poignant portrayal of a woman dealing with the dissolution of her marriage won many honors, including Oscar nominations for Best Picture, Screenplay, and Actress (Jill Clayburgh). When her seemingly perfect husband (Michael Murphy) leaves her for another woman, devastated wife Erica (Clayburgh) must find untapped strength within herself to build a new life.

January 25
In Search of Beethoven
(2009) 139 minutes
Phil Grabsky, award-winning director of *In Search of Mozart*, directs this feature length, in-depth look at Ludwig van Beethoven, which features new insights into the composer's life and music, and excerpts from more than 60 live performances. Performers and musical authorities interviewed for the film include Sir Roger Norrington, Claudio Abbado, Ronald Brautigam, and Emanuel Ax.

FRENCH CONVERSATION

Brush up your French conversation skilled **every Tuesday in January at 12:30 pm** with Agnes Serenyi facilitating the group.

COUNCIL ON AGING MEETING

On **Wednesday, January 12, at 1:00 pm**, the Council on Aging (COA) will meet at the Senior Center. The speaker for this meeting will be Dina Rosenbaum of the Carroll Center.

The Carroll Center has been helping vision-impaired people regain their independence for 75 years. Now, their expertise is available to elders with vision loss and can be provided in their own homes. Through funding from the Brookline Community Development Block Grant, elders who live in Brookline can receive support and training from a Carroll Center Vision Rehabilitation Teacher. These specialists teach simple
techniques to adapt to vision loss, make the home safer, and help organize the environment for greater proficiency.

One in eight elders experience vision loss from macular degeneration, cataracts, glaucoma, or diabetic retinopathy. Vision loss is one of the leading causes of falls in the home. In addition, the Carroll Center provides diabetes self-management education, travel instruction, and vision assessments. And the Carroll Store, located in Newton, sells a variety of adaptive devices.

This promises to be a formidable meeting chock full of helpful information, so plan on coming to it. Everyone is invited. For more information about vision loss and the Carroll Center, contact Dina Rosenbaum at 800-852-3131, ext. 238, or e-mail her at dina.rosenbaum @carroll.org.

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MEATLESS MEALS

On **Wednesday, January 26, at 11:30 am**, come to for Senior Center for a film and discussion of meatless meals. This presentation is part of the Brookline Climate Week events and is cosponsored by the Senior Center, the Brookline Department of Public Health, and the Brookline Recreation Department.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet on **Wednesday, January 19, at 1:30 pm**, at the Senior Center with Marge Harvey on hand to instruct and help. 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.

The ***Brookline Aging Collaborative*** consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline—Hebrew SeniorLife, and the Rogerson Adult Day Health Program.

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Springwell Nutrition Program JANUARY 2011

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MONDAY	TUESDAY	WEDNESDAY
3) **Vegetable Pasta Soup** Creamy Italian Chicken w/Diced Tomato, Spinach, Roasted Potatoes, Oatnut Bread **OR** Roast Beef & Munster Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Potato Salad, Carrot Raisin Salad **Carnival Cookie**	4) **Seafood Chowder** Fiesta Fish w/Mild Salsa Sauce, Chuckwagon Corn, Zucchini, Dinner Roll **OR** Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Fruity Rice Salad, Cucumber Carrot Onion Salad **Fresh Fruit**	5) **Oriental Vegetable Soup** Beef Stir Fry, Oriental Vegetables Blend, Lo Mein Noodles, Multigrain Bread **OR** Egg Salad on Oatnut Bread, Lettuce Leaf, English Pea Salad, Roman Blend **Peaches**
10) **Tomato Florentine Soup** Baked Haddock w/Lemon Dill Sauce, Wild Rice, Italian Herb-Seasoned Green Beans Wheat Bread **OR** Breaded Chicken Patty w/BBQ Sauce on a Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onions, Cole Slaw, Three Bean Salad **Chocolate Pudding w/Whipped Topping**	11) **Mixed Bean Soup** Baked Ziti & Meat Sauce, Parmesan Cheese, Peas & Carrots, Dinner Roll **OR** Turkey & Cheese on Oatnut Bread, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, Corn Salad **Mandarin Oranges**	12) **Cream of Mushroom Soup** Pot Roast w/Onion Gravy, Baked Potato, Whipped Butternut Squash, Rye Bread **OR** ***Seafood Salad on Multigrain Bread, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, English Pea Salad **Applesauce**
17) **Martin Luther King Jr. Holiday** **No Meal Service**	18) **BIRTHDAY LUNCH** **Split Pea Soup** Baked Chicken Paprika, Roasted Red Potatoes, Spinach & Mushrooms, Oatnut Bread **OR** ***Ham & American Cheese on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad **Mixed Peaches & Apples Slices**	19) **Minestrone Soup** Tuna Casserole w/Egg Noodles & Bread Topping, Peas & Onions, Muffin **OR** California Chicken Salad on Oatnut Bread, Lettuce Leaf, Creamy Cucumber Dill Salad, Pasta Salad w/ Cheese **Tapioca Pudding w/Topping**
24) CHINESE NEW YEAR LUNCH Reservations required. Cost: $7 per person No Springwell lunch today.	25) ** Reduced Sodium Hot Dog, on Hot Dog Roll, Baked Beans, Cole Slaw, Ketchup/Mustard/Relish **OR** Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad **Chef's Choice Dessert**	26) **Cream of Spinach Soup** Chicken Cacciatore, Brown Rice, Zucchini, Garlic Dinner Roll **OR** Roast Beef & Swiss Cheese on Wheat Bread, Lite Mayo, English Peas Salad, Tomato Red Pepper Salad **Fresh Fruit**
31) **Florentine Soup** Chicken Parmesan, Ziti w/Tomato Sauce, Zucchini & Red Peppers, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad **Apricots**	**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 by 11:00 am.**	

THURSDAY	FRIDAY
6) **Mushroom Barley Soup** Meatloaf w/Brown Gravy, Mashed Potatoes, Beets, Wheat Bread **OR** Tuna Salad on Multigrain Bread, Macaroni Salad, Spinach-Mandarin Orange Salad **Vanilla Pudding w/Whipped Topping**	7) Macaroni & Cheese, Cauliflower, Green Beans & Carrot Mix, Snowflake Dinner Roll **OR** Honey Turkey & Provolone Cheese on Wheat Bread, Lettuce Leaf, Tomato Red Pepper Salad, Pasta Salad w/Cheese **Apricots**
13) **WINTER SPECIAL** **Bruschetta Chicken** **Rosemary Roasted Potatoes** **Roasted Mixed Vegetables** **Garlic Dinner Roll** **Chocolate Chip Brownie w/Confectionary Sugar**	14) **Cream of Butternut Squash Soup** Vegetable Quiche, Corn, Zucchini, Oatnut Bread **OR** Roast Beef & American Cheese on Dark Rye, Mayo, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Broccoli Tomato Salad **Fresh Fruit**
20) **Cream of Pumpkin Soup** Cinnamon Apple Glazed Chicken, Butternut Squash, Country Blend, Rye Bread **OR** Cracked Pepper Turkey & Swiss Cheese on Wheat Bread, Lettuce Leaf, Mayo, Potato Salad, Cole Slaw **Chocolate Cake w/Vanilla Frosting**	21) **Italian Garden Vegetable Soup** Cheese Lasagna, Meatball & Tomato Sauce, Brussels Sprouts, Multigrain Bread **OR** Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing **Fresh Fruit**
27) Beef Stew, Green Beans, Whole Wheat Roll **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Orzo Vegetable Salad **Peaches**	28) **Clam Chowder** Breaded Potato Crunch Fish, Tartar Sauce, Red Bliss Potatoes, Broccoli & Carrots, Multigrain Bread **OR** Chicken Salad on Lettuce Leaf, Fruity Rice Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Rye Bread **Mandarin Oranges**

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.

Low sugar desserts are available, and need to be ordered with the site manager

*****Higher Sodium Content**

Menu subject to change. $1.75 donation

LUNCHEON SPECIALS FOR JANUARY

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**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Brighten up the day at Springwell's **Winter Special Lunch** on **Thursday, January 13**.

And celebrate January birthdays at the **Birthday Lunch** on **Tuesday, January 18**. If you or someone in your party has a January birthday, please let us know when you make reservations for lunch.

Our annual **Chinese New Year** celebration will be on **Monday, January 24**, and will include a delicious Chinese lunch provided by the Greater Boston Chinese Golden Age Center. There will be decorations, favors, and entertainment as well. Plan on coming to this event. (See also p. 12.) Cost: $7.00 for lunch and program!

And the **Let's Go Out to Lunch** group will meet on **Tuesday, January 25**, at 12 noon at O'Leary's at 1010 Beacon Street. Corrine Long will be taking over from Charlotte as leader of this group. For further information or to reserve a space, call 617-730-2770.

Brookline Senior Center
93 Winchester Street
617-730-2770

JANUARY 2011

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
3) TICKETS ON SALE FOR CHINESE NEW YEAR 9 am Podiatry clinic 12:30 pm Chinese programs 1 pm Century Bank talk 1.pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1-2 pm Blood pressure screening 2-4 pm Open computer lab	4 10:30amBrookline Bees 12:30 pm French Conversation grp. 1-3:30.pm. Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "I Am Love" 2-4 pm Open computer lab w/Joel Skolnick	5 9 am BLAB lawyer 9-10 am Living our Values Group 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Atsuko Jozaki, pianist sponsored by BrooklineMusic School
10 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2 pm Swing band rehearsal 2-4 pm Open computer lab	11) 10:30amBrookline Bees 10:30 am MBTA Ride Presentation 12:30 pm French Conversation grp. 1-3:30.pm. Food distribution 1:00 pm Bingo 1-4 pm One-on-One Job Search Skills Sessions 1:30 pm Movie Lovers' Film Series "Yoo Hoo Mrs. Goldberg" 2-4 pm Open computer lab w/Joel Skolnick	12 9-10 am Living our Values Group 10:30 am Retired Men's Club 12:30 pm Bridge 1:00 pm Council on Aging Meeting Dina Rosenbaum, Carroll Center 2-4 pm Open computer lab
17 Senior Center is closed in honor of Martin Luther King, Jr's Birthday	18) 10:30amBrookline Bees Noon January birthday lunch 12:30 pm French Conversation grp. 1-3:30.pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "An Unmarried Woman" 2-4 pm Open computer lab w/ Joel Skolnick 6:30 -7:30 Zumba—fast track	19 9-10 am Living our Values Group 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group mtg.—not this month 1:30 pm Modern Beading workshop 2-4 pm Open computer lab
24 12 noon - Chinese New Year Lunch andEntertainment - $7/pre-reg req. 1 pmMah Jongg/Scrabble 1--2 pm Line Dancing-on vac 2 pm Swing band rehearsal .	25 9:30 am Public Issues Nonfiction Book Group 12 noon Out to Lunch grp—meet at O'Leary's at 1010 Beacon St. 12:30 French Conversation grp. 1-3:30 pm Food Distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "In Search of Beethoven" 2-4 pm Open computer lab w/ Joel Skolnick 6:30-7:30 pm Zumba—fast track	26 9-10 am Living our Values Group 10:30 am Retired Men's Club 11:30 am Meatless Meals 12:30 pm Bridge 1 -2 pm Eileen Currier, Nurse Practitioner fromSt. Elizabeth's Medical Center 2-4 pm Open computer lab
31 9 am Podiatry Clinic 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab		

THURSDAY	FRIDAY
6 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 1:30 pm Easy Travel join Kevin Andrews in his travels	7 9 am Bridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 amSenior Chorus—on vacation 10:30 am Current Events 1 -2:30 Parkinson's Support Group
13 10:30 a.m Knit and Crochet 12 noon-Springwell Winter Lunch Special 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet	14 9 amBridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus resumes Afternoon Alzheimer's Support Group
20 9 am Blood Pressure Screening 9:30 am Drawing for Pleasure—reg. req. 10:30 am Knit & Crochet 1:30 pm Russian Tea Room 1:30 p.m Knit &Crochet 3-3:345 Zumba—leisurely	21 9 amBridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
27 9:30 am Drawing for Pleasure-reg. req. 10:30 am Knit & Crochet 1:30 pm Russian Tea Room 1:30 pm Knit &Crochet 3-3:45 pm Zumba—leisurely 6-8pm Job Search Trends Workshop—registration required Evening Alzheimer's support group—call for time	28 9 amBridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
For information about BETS discounted taxi tickets, please call 617-730-2740, Mon - Wed., noon - 4 pm	***To reserve a lunch please call 617-730-2770 by 11 am, a day in advance***

ONGOING SENIOR CENTER EVENTS

MONDAY

12:30 pm Chinese programs
12 noon-4 pm BETS
1-2 pm Line dancing $2.00/session
1:00 pm Mah Jongg/Scrabble
2-4 pm Open Computer lab

TUESDAY

10:15 am Brookline Bees, Quilters
12 noon -4 pm BETS
1-3:30 Food distribution
1:00 pm Bingo
1:30 pm Movies
2-4 Open Computer Lab w/ Joel Skolnick

WEDNESDAY

9-10 am Living Our Values
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge

2-4 pm Open Computer Lab

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
10:00 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus

Can You Change Your Medicare Plan Now?

Yes, if you were a member of a Medicare plan that ended on December 31, 2010 and you did not pick another plan for 2011. Between January 1 and January 31, 2011, you have a Special Enrollment Period to choose a Medicare plan, which will begin on February 1. After January 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period, which will be from October 15 through December 7 in 2011.

Yes, if you are unhappy with your Medicare Advantage Plan. Between January 1 and February 14, 2011, you can drop your Medicare Advantage plan, return to Original Medicare, and enroll in a Part D drug plan that will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin on the first of the following month.

Yes, if you are a member of Prescription Advantage or the state pharmaceutical assistance program or are eligible to join Prescription Advantage. At any time during 2011, you have one additional chance to change your Part D drug plan or Medicare Advantage plan or to add a Part D drug plan, if you have none (a penalty may apply). In 2011, Prescription Advantage will continue to help most members with the cost of drugs in the "donut hole."

Yes, if you have MassHealth or if you qualify for "Extra Help" (LIS). Every month, you can change your Part D drug plan or Medicare Advantage plan.

Yes, if you are first becoming eligible for Medicare, or if you lose your current health insurance. Special rules will apply.

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Senior Center. Call 617-730-2777 and ask for a SHINE appointment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO. Once you get the SHINE answering machine, leave your name and number, and a volunteer will call you back as soon as possible.

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EASY TRAVEL

Kevin Andrews, former Brookline teacher will be on hand at the Senior Center on **Thursday, January 6, at 1:30 pm** with a mystery travel adventure.

B-CAN

For $25 a year you can be a charter member of this exciting organization devoted to helping seniors age well at home. If you haven't gotten a letter, call Ruthann at 617-730-2756 to join.

STAFF AND VOLUNTEER NEWS

In December we bid a bittersweet "farewell" to Charlotte Millman as she retired after 25 years of service to the Brookline Council on Aging (COA)/Senior Center and the entire Brookline senior community; we also said "good-bye" to our friends, the staff, at the Rogerson Adult Health and Fitness First programs.

We are happy to say hello to **Julie Washbrn** in her new position as **Program Manager**. Julie is not new to the COA/Senior Center, of course. We have been used to her helpful and cheery presence around the Senior Center for seven years. We know Julie will excel at her new job.

We also want to welcome volunteer **Corrine Long** to the leadership of the **Let's Go Out to Lunch group**. Corrine has been working hard on setting up exciting places at which the group will lunch and socialize. See p. 17 for information on the January out-to-lunch meeting.

And we are happy to report that **Vivian Freeman** is in rehab and doing well. She sends her good wishes for a Happy New Year to everyone and hopes to be back at the Senior Center soon. If you would like to send her a card, address it to her c/o the Senior Center.

Volunteers are wanted for the Reception and I&R (Information and Referral) desks. If you like talking and helping people in person and on the telephone, this is the volunteer job for you. Call Deidre Waxman (who is covering for Vivian while she is out) at 617-730-2767 to arrange an interview.

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Join us, new classes starting soon!

OPEN COMPUTER LAB

Remember that the Open Computer Lab at the Senior Center has expanded through January. In addition to Monday and Wednesday afternoons, the lab will be open on Tuesdays from 2:00 to 4:00 pm with personalized computer assistance provided by Joel Skolnick, a ***Red Tape Cutter*** who has taught workshops in job search skills at the Senior Center. Call 617-730-2777 to book an appointment for this personalized assistance. Joel will be available to help with:

- Accessing, understanding, and filing applications online for benefits and entitlements, including, but not limited to, housing and cash assistance.
- Filling out online job applications.
- Basic computer skills for computer-phobic individuals.

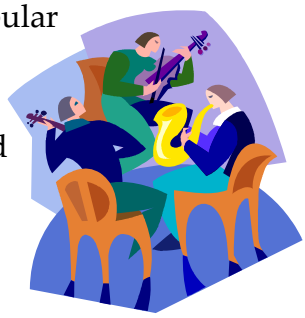
For more information about these expanded lab hours, call the Senior Center at 617-730-2777.

THE RIDE

Come learn about *The Ride* and how to apply for it from Maria Hoffman, MPH, Paratransit Access Representative for *The Ride*, on **Tuesday, January 11, at 10:30 am**. While the program is free, preregistration is required to make sure there are enough handouts for all attendees. For more information and to register, call Olga Silwa at 617-730-2768.

SWING BAND

The Swing Band, which will meet on **Mondays, January 10 and 24**, led by James Demicco, is for you if you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear. Previous band experience is helpful but not necessary. Call the Senior Center at 617-730-2770 for time and more information.



PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking. Come to the Senior Center every month to participate in a nonfiction book discussion group he is facilitating that is centered on public issues, history, current events, and other current and hot topics. 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. This group will meet from **9:30 to 10:30 am on the fourth Tuesday of every month**.

January 25
Better: A Surgeon's Notes on Performance by Atul Gawande, MD (Picador)

February 22
The Post-American World by Fareed Zakaria (W.W. Norton & Company)

BOWLING

The bowlers meet **at 9:30 am on Wednesday mornings** at the 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For $7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call the Senior Center at 617-730-2770.

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MARTIN LUTHER KING JR DAY: KEEPING THE PROMISE

Join in Brookline's celebration of the 25th anniversary of Martin Luther King Jr Day on **Sunday, January 9, from 3:00 to 5:00 pm** at the Coolidge Corner Theatre. This free event will feature award-winning civil rights author Peniel E. Joseph as keynote speaker and Brookline High School's (BHS) Malcolm Cawthorne as master of ceremonies. Presenters include PALS, Steps to Success, and Bo Winiker leading the BHS Jazz Band.

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ARTHRITIS EXERCISE CLASS —SAVE THE DATE—

The next series of Arthritis Exercise Classes at the Senior Center is the NEW and IMPROVED version and will begin on **February 24** and run on eight **Thursdays through April 14** from 10:30 to 11:30 am**.** These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space is limited, so be sure to sign up early!

The Arthritis Exercise Class is sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program.

PARKINSON'S DISEASE SUPPORT GROUP

This group will meet on at the Senior Center. The speaker is to be announced.

DRAWING FOR PLEASURE

The ever-popular Drawing for Pleasure" class resumes on **Thursday, January 20, at 9:30 am** at the Senior Center for both beginners and those who have taken the class before. Louise Weinberg will instruct the live model figure drawing, and Elizabeth Taylor will lead the still-life drawing section.

There is a model fee for the figure drawing section. Call 617-730-2770 for more information and to register.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

FUEL ASSISTANCE

Our social work interns will once again help people applying for, or renewing, their fuel assistance benefit.

Schedule an appointment by calling 617-730-2777. You do not have to be an elder in order to apply for fuel assistance or make an appointment.

For more information, contact the Senior Center's social work interns at 617-730-2772. Leave your name and phone number, and someone will call you back quickly.

The income eligibility limits have been increased slightly so you should make an appointment with one of our interns to check on your eligibility even if you were not eligible last winter.

Other intake sites available to Brookline residents are: ●ABCD, Inc. (Central Office), 178 Tremont Street 4th floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, and Taiwanese speaking intake workers are available at this site.) Phone: 617-357-6012.●Allston/Brighton APAC, 143 Harvard Avenue, Allston (Italian, Russian, Spanish, Cambodian, Chinese speaking intake workers are available at this site.) Phone: 617-783-1485.

MAKING BANKING SAFE AND SOUND

Have you ever opened your bank statement and not understood it? Or gone to the bank and not understood what the representatives were talking about? So much has changed in the world of banking in such a short time that it can be hard to keep up. Banking should be straightforward so why does it seem so complicated? If you've asked yourself these questions, you're not alone. Understanding how current banking works and how to protect yourself from fraud is essential.

Come to the senior center on **Monday, January 10, at 1:00 pm** and join experienced representatives from Century Bank for a discussion! Your questions will be answered and, you'll understand banking better. Refreshments will be served.

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ASSISTED LIVING • MEMORY CARE

If your **MBTA senior card** needs to be renewed, call 617-222-5976 and a new card, good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card. However, it may take some time—several weeks when the office is particularly busy—for the MBTA to send a new card in the mail, so plan on calling them well before the expiration date on your card. If you find that your card is going to expire in only a couple of weeks and want to assure your continued ability to use public transportation at a senior price, go to either Back Bay or Downtown Crossing and renew in person.

FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with an opportunity to make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. My days at the Senior Center are among my greatest joys largely because of the incredible people I interact with each day.

I hope you will join me by visiting us. The Senior Center is here to help you fill your days with creative, interesting activities and programs and for making new friends. We are here to help you achieve your goals whether they include exercising, volunteering, learning something new, or staying healthy. Whatever your interests, please get to know the Senior Center better in 2011, and resolve to donate your time and talents to continue making us one of the best senior centers around.

I personally want to thank everyone who generously donated or will donate to the nonprofit annual fund. We are continuing to collect donations to support the van. Our new project is to quickly secure funding to purchase new exercise equipment to continue the successful Fitness First program.

This year, as we embark on our 10th year, is the perfect opportunity to set larger goals. We also have the opportunity to look at the second floor space that Rogerson vacated at the end of December. Please send me your ideas or comments.

There are hopeful signs that the economy continues to improve. We remind all that the Senior Center continues to be a great bargain place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a small donation. Our concerts and movies are free and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, food stamps, income taxes, and more. Please find out what benefits you are entitled to receive by contacting us. And if you have trouble getting assistance, contact our Red Tape cutters group who are being trained to help.

I wish each one of you a happy, healthy and prosperous 2011. Join me in resolving to be kind and do something extra nice for a neighbor today.

Ruthann Dobek, Director

SENIOR CENTER THEATER CLUB

Don't forget to sign up for coming Sunday performances of:

- ***The Full Monty*** at the Turtle Lane Playhouse on February 27 ($30.00)
- ***Educating Rita*** at the Boston University Theatre on March 27 ($25.00)
- ***Mozart's Requiem*** by the Handel and Haydn Society at Symphony Hall on May 1 ($40.00)
- ***The Drowsy Chaperone*** at the Turtle Lane Playhouse on May 15 ($30.00)

For more information and to reserve tickets, call the Senior Center at 617-730-2777.

CELL PHONES, IPODS, GLASSES

Would you like to get rid of old electronics that are just eating up space in your home? If they are cell phones and/or iPods—consider donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

And give us old eyeglasses, too! We can turn them in to the Lions Eyeglass Recycling program, which finds useful new homes for them.

SENIOR SCENE

The Move Maven interview is continuing through mid-January and is well worth watching. *Senior Scene* is on BATV on **Thursdays at 7:00 pm** with repeat airings on **Fridays at 1:00 pm** and **Sundays at 7:30 pm.**

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, please contact the Council on Aging at 617-730-2777.

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the Brookline COA or the Senior Center, we want to thank all the advertisers for helping support the *Senior News and Events*.

BROOKLINE RECREATION —IT'S WHAT WE DO!

Don't forget to sign up for excursions in January and February:

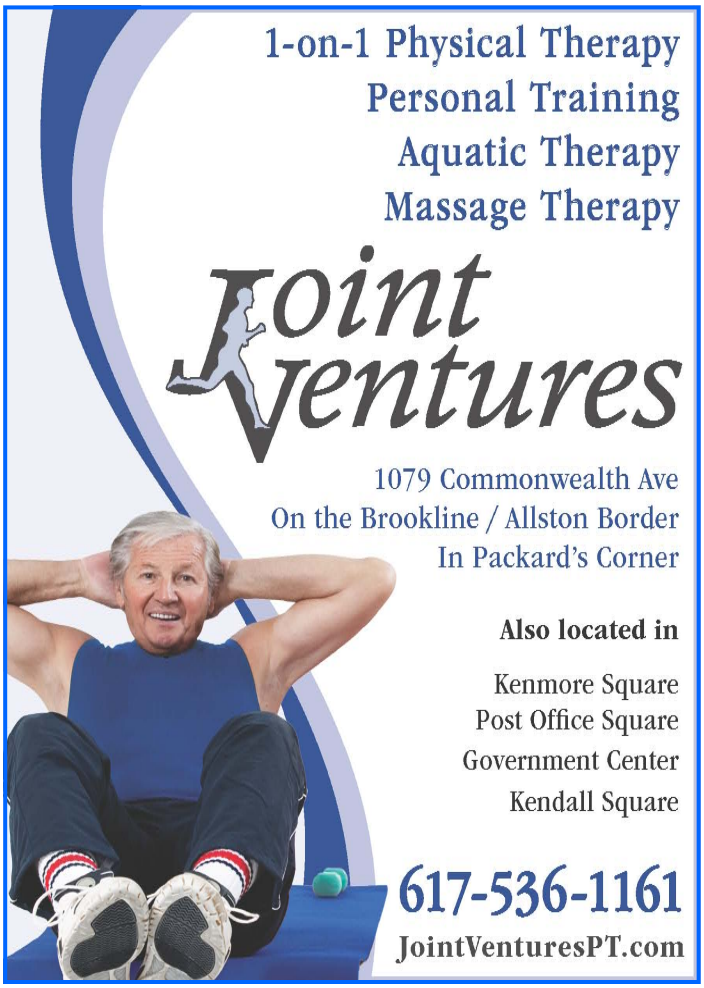
- ***The Hall at Patriot Place/Lunch at CBS Scene*** on Friday, January 7 ($25.00)
- ***John F. Kennedy Library and Museum*** on Friday, January 21 ($15.00)
- ***Wrentham Village Premium Outlets*** on Friday, February 4 ($10.00)

For more information see the Brookline Recreation Corner at the Senior Center or contact Brookline Recreation at 617-730-2068.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Come, join in the discussions, Be enlightened. Hone your values in this age of conflict and controversy!

Tom Faulhaber, the facilitator, is using such tools as case studies as triggers for discussion at meetings.



ANNUAL HOLIDAY CRAFT FAIR

Our 26th Annual Holiday Craft Fair was a great success. The Senior Center received over $3500 to support its programs and services! Thank you to all the senior participants, volunteers, the Brookline Recreation Department, and the Council on Aging staff whose efforts made this event possible. Thank you also to the Brookline community for your many contributions and to the following businesses that made generous donations to this year's Fair: Albert's of Brookline, Beauty and Style, Brookline Booksmith, Brookline Courtyard by Marriott, Brookline Spa, Coolidge Corner Theater, Dok Bua Thai Kitchen, Dorado Tacos and Cemitas, Dunkin' Donuts, Edwin Case Shoes, Encore Exchange, Fire Opal, The Fireplace, Kabloom, Lenscrafters, Mattei Galleria, Mint Julep, New England Comics, O'Leary's Restaurant and Pub, Party Favors, The Pear Tree, Sealey's Lunch, When Pigs Fly, Wild Goose Chase, and Zaftig's.

Photos by Mimi Katz

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We're looking for a few good people who will leave us a legacy. Your bequest now is a gift of hope—and a way of making sure the Senior Center will be here to support others. Bequests, trusts, insurance policies and retirement accounts can help. No gift is too small. Our thank you is just the beginning. Be a quiet hero. Call Kitty Kaufman, Director of Development: 617 438 -1790.

THANK YOU ALL

To Annual Appeal Donors Anonymous, Eleanor Coslow, Milesa Panich, and Marcia A. Strarensier

To Van Fund Donors Nina Lebel, Milesa Panich, Dr. Francine B. Perler, and R.K. (Shelley) Schwartz

To Blanche Steinman **for her gift in honor of** Elinor Kaplan's birthday

To the Chinese Mah Jongg Group **for their gift in honor of the** Chinese Mah Jong Program

To Elinor Kaplan, Dina Oliver, and Shirley & Berol Robinson **for their gifts in honor of** Charlotte Millman's retirement

To Mary M. Harris, Nettie Lesser, and Kathleen Travis **for their gifts in memory of** Betty Guralnick

To Dorothy & Stan Eckstein, Robert & Gail Rick, Wellesley College, and Karen and Elliot Wise **for their gifts in memory of** Helen Corcoran

To Kathryn Kilpatrick—supporting the Van Fund—**for her gift in memory of** Rita H. Jacobs

To Charlotte Simmons **for her gift in memory of** Trudy Cohen

AND MORE THANKS

To the many people who contributed 43 hats, 8 scarves, and 2 pairs of mittens to the Monday evening Holy Resurrection Orthodox Church Open Door for holiday gifts for participants.

To Elks Lodge 886 for the beautiful Christmas tree at the Senior Center.

OUR CONTRIBUTORS

Thanks to: Wikipedia (definition of carbon footprint on p. 1), Dr. Suzanne Salamon and BIDMC (Ask a Geriatrician p. 9), amazon.com/Daphne Durham (book summary/review on p. 13), Netflix (short summaries of films, p. 14), and Mimi Katz (photos on p. 29).

To the Brookline Senior Center Flower Arrangement Group—Rhona Hirschowitz, Corrine Long, & Peter Stringham—**for their gift in memory of** George Settle

To B-CAN Fund Donors Ken & Marthajoy Aft, Ed DeFranceschi & Carol Axelrod, Joan T. Batchelor, Dorothy & Milton Berman, C. Anthony Broh, Kathy Burnes, Charlotte & Nicholas Burrage, Carol & Frank Caro, Lee Cooke Childs, Ruthann Dobek, Jean Doherty, Mady & Bruce Donoff , Robert A. Fishburn, Livia Frank, Marsha Frankel, Betsy Shure & Gary L. Gross, Ellen Hertzmark, HRCA Brookline Housing, Pauline R. Katz, Kathryn Kilpatrick, Harriet F. Koch, Robert & Jean Kramer, Elizabeth Joel, Kathleen L. Lamothe, Betty Latner, Julius "Jules" B. Levine, David Levitan, Alberta & Roger Lipson, Claire J. Lurie, Mary M. Mahlmann, Judith Mason, Sylvia & Ralph Memolo, Mary K. O'Brien, Dina Oliver, Shirley Partoll, Rabbi Don & Mrs. Betsy Pollock, Milton & Rachel Popkin, Evelyn & Bob Roll, Miriam B. Sargon, Drs. Lee L. & Judith E. Selwyn, Enid Shapiro, Rita Shon-Baker, Dr. Robert & Mrs. Edith W. Sperber, Alexandra Spingam, Judy & Arthur Stolow, Sonia & William Wong

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. Donations are put into use to keep the van running and to fund furnishings, improvements, and innovative programs for our Senior Center.

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years.

Thank you, Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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A yearly donation of $10.00 is requested to have this calendar mailed to your home monthly. To subscribe, please fill in the following form and return it and a check for $10.00 to:

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