

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



JULY 2011



Council on Aging Information Hotline

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Brookline Council on Aging

www.brooklinema.gov

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Let Toby Axelrod take you on a magical trip to Iceland at Easy Travel on July 7. See p. 6.

Shop outside at our Sidewalk Sale on July 11. See p. 7.

Enjoy Brookline Rec's BBQ on July 13. See p. 7.

Hear the author talk about her book—*The Match*—and tell the story behind the book on July 20. See p. 7

Create a work of art at Realitees; The T-Shirt Workshop on July 21. See p. 6.

Join the Let's Go Out to Lunch bunch at Tin-Tin Buffet on July 26. See p. 17.

Come to the BrooklineCAN *first ever* reception on July 27. See p. 14.

COOLING IT IN SUMMER

Summer temperatures can be brutal, so everyone should guard against becoming overheated. The Brookline Public Health Department (BPHD) has issued some sensible tips to follow during hot, humid weather (see p. 3). You can also find refuge at the Senior Center, an official cooling site for the Town of Brookline.

There are many options for *getting here* without taking the risks inherent in a walk in excessive heat. You can take the Elderbus if a stop is near your home and in the shade (see also p. 8). Or you can get door-to-door service by calling the Senior Center Van or The Ride (see p.4), or by using BETS to make a taxi affordable (see p. 4).

And once you are here, there are so many things to do—*shop* for free baked goods, produce, and more on Tuesdays at the Food Distribution Site (see p. 27), participate in *programs* like Realitees: The T-shirt Workshop (see p. 6) and the Modern Beading Workshop (see p. 6) and/or *activities* like Modern Dance and Movement (see p. 3) and Flexibility, Resistance Training, and Balance Exercise (see p. 19). You can also have *lunch* every day served by Springwell (see menus on pp. 16-17), enjoy a *movie* every Tuesday (see p. 11), or just *relax* in the coffee lounge with coffee and a bagel, schmooze with your peers, and even make new friends.

All told, the Senior Center is a haven and generally a terrific place to spend those steaming hot summer days doing interesting things or just luxuriating in the cool.

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

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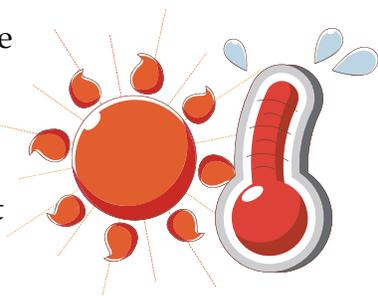
Newsletter Editor and Publisher

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Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

TIPS FOR BEATING THE HEAT

Here are some sensible tips for dealing with summer heat issued by the Brookline Public Health Department (BPHD):



- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature.
- Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Try to stay hydrated. (See p. 5.)
- Limit intake of alcoholic beverages.
- Eat well-balanced, light, regular meals. Avoid high protein foods.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters, and community facilities that offer refuge during the warmest times of the day. (See p. 1.)
- Cover windows that get morning or afternoon sun.
- Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends, and neighbors.

JULY HOLIDAYS

One of the really big holidays is in July— Independence Day, aka the 4th of July. And since it falls on a Monday this year, the Senior Center will be closed for it. However, we will be open Monday through Friday for the rest of the month so you can come to the Senior Center and celebrate July as National Blueberry, Anti-boredom, Cell Phone Courtesy, Hot Dog, and/or



Ice Cream Month. And you can celebrate I Forgot Day (July 1), National Fried Chicken Day (July 6), Cheer Up the Lonely Day (July 11), Cow Appreciation Day (July 15— give a cow a hug), and/or National Lasagna Day (July 29).

COA MEETING

July and August are vacation months for the Council on Aging (COA) board of directors meetings. The next general COA meeting will be on Wednesday, September 14. However, the Nominating Committee will meet on Monday, August 8, at 1:00 pm.

The Committee is actively seeking new members so anyone who is interested in being a member of the COA board should contact Ruthann at 617-730-2756.

MODERN DANCE AND MOVEMENT

Improve your flexibility and help promote better general good health while you limber up at Lynn Modell's popular modern dance and movement workshops that will be held **at 10:00 am on Tuesdays, July 5, 12, and 26, and August 16, 23, and 30.** There is a \$2/session fee.





Ask a Nurse Eileen Currier, the Nurse Practitioner from St. Elizabeth's Medical Center, who has been visiting the Senior Center to consult with individuals on medical matters for many years, has retired. We wish her a happy and fulfilling retirement. We will miss her.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on Mondays, July 11 and 18, from 9:00 am to 12:00 noon. There will be no session on Monday, July 4, as the Senior Center is closed for Independence Day. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on Wednesday, July 20, at 1 pm at the Senior Center.

Blood Pressure Screenings

The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center on Monday, July 11, from 1:00 to 2:00 pm**. The nurse who presides is fluent in English and several Chinese dialects.

And there will also be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department (BPHD) on **Thursday, July 21, from 9:00 to 10:30 am**. In addition to blood pressure screenings with a BPHD nurse at the Senior Center, there will be screenings:

- On **Wednesday, July 6**, at the BPHD building, 11 Pierce St., from 2:00 to 3:00 pm
- On **Wednesday, July 13**, at Sussman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On **Wednesday, July 27**, at O'Shea House, 61 Park St., from 1:00 to 2:00 pm

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, July 25**, during the Chinese programs—**from 12:30 to 2:00 pm**.

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

We will soon have a **sharps disposal unit** in our Health Clinic. Until it is set up, you can take your used sharps (lancets, needles, etc.) to the BPHD at 11 Pierce Street for safe disposal.

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



ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics 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. I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the Senior News and Events.*)

Question: How should seniors protect themselves from dehydration during hot summer days?

Answer: Summertime is here! As we enjoy this wonderful season, we have to remember to avoid one possible side effect of the warm weather—*dehydration*. This happens when our bodies, which normally consist of 75% water, have more fluids going out (through sweating, urinating, and breathing) than coming in (through drinking). Symptoms of dehydration can be dry mouth, muscle cramps, nausea, dizziness, and confusion. Severe dehydration is called *heat stroke* and often requires hospitalization. Diagnosis is made by blood tests.

We have all heard that drinking several glasses of water every day is the best way to prevent dehydration. However, this is not appealing for many people. If you don't like to drink water, there are several more interesting ways to increase water intake. Popsicles are very popular, and you can make your own by putting juice, ice tea, or any liquid in ice cube trays, sticking popsicle sticks in them and putting them in the freezer. Fruit, especially melons, are mostly water and are abundant. Cold or hot soups, Jello, tea, coffee, Gatorade, lemonade—all count as liquids to prevent or treat dehydration.

So enjoy yourself, and stay watered!

SHINGLES VACCINATIONS

Shingles vaccinations are available at the Rite Aid Pharmacy in Medford by appointment only. Call 781-396-8350. You will need a prescription from your primary care physician (PCP) and your insurance information. The cost of shingles vaccinations for the uninsured is \$200.

PARKINSON DISEASE SUPPORT GROUP

This group will be on vacation in July, but will resume sessions on **Friday, August 5, from 1:00 to 2:30 pm** at the Senior Center.

For more information, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

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



The **Afternoon** group will meet on **Friday, July 8**. 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. This group will take a vacation in August.

The **Evening** group will meet **Thursday, July 28**. Please note that this group is temporarily full. However, there is a waiting list so please call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

**REALITEES:
T-SHIRT ART WORKSHOP**

Come to the Senior Center on **Thursday, July 21, from 1:30 to 3:30 pm** and create your own piece of original, wearable art with local artist, Francine Schachter instructing. With Francine's expertise and your creativity, make a personalized T-shirt for yourself or a loved one. The result is guaranteed to be one of a kind!

And for only \$5 for the first T-shirt (which includes the cost of supplies) and \$2 for each additional T-shirt, you can create multiple shirts. Adult and child sizes are available. Please let us know what size(s) you would like when you call 617-730-2770 to register. Space is limited so call to register today!

To find out more about Francine, our renowned instructor, check out her web site at www.featherforest.com.

EASY TRAVEL

On **Thursday, July 7**, grab your hat and come to the Senior Center at **1:30 pm** to travel to Iceland with Toby Axelrod—30-year Brookline resident and COA board member. The slide show is based on a one-week group hiking trip taken by Toby and her husband, Larry Marks, in September 2005.

Iceland is a dramatic, rugged, and captivating country—land of Vikings and Nordic myths—where elves are held in high regard. View the volcanic landscape, the thermal Blue

Lagoon, and the bubbling near lake Myvatn and Thingvillir.



Above: The Blue Lagoon, with natural hot springs. Right: Skaftafell (elves might well play here).



MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders is scheduled for **Wednesday, July 20, 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.

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SIDEWALK SALE

Do you like finding treasures and getting bargains at yard sales? If so, come to the Senior Center on **Monday, July 11 from 10:00 am to 2:00 pm**, for our sidewalk sale. There will be costume jewelry, bric-a-brac, men's and women's gift items, and never-opened toiletries. Come and rummage. Buy bargains and at the same time help the Senior Center support its programs.

Rain date: Monday, July 18.

ANOTHER BBQ

Don't think we blew our wad with the June BBQ. In **July, on Wednesday the 13th, at 12:00 noon**, Brookline Recreation will host a BBQ at the Senior Center. Call for reservations. Come and enjoy good food and entertainment.

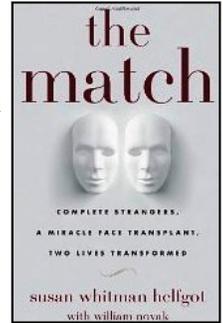
YET ANOTHER BBQ — SAVE THE DATE —

And Springwell has signed on for a BBQ on **Wednesday, August 24, at 12 noon**. So mark your calendars and don't miss this August treat.

THE MATCH:

THE STORY OF THE FIRST FACE TRANSPLANT

On **Wednesday, July 20, at 1:00 pm** renowned Brookline author Susan Whitman Helfgot will do a book talk and signing at the Senior Center. Come and hear the story behind the story of the first face transplant at Brigham and Women's Hospital as told by the Ms. Whitman Helfgot in her book, *The Match; Complete Strangers, a Miracle Transplant, Two Lives Transformed*.



In *The Match*, Ms. Whitman Helfgot discusses the people and circumstances behind this historic event. Having traveled extensively throughout the United States this past year speaking in support of facial allograft surgery, Ms. Whitman Helfgot has encountered both supporters and detractors. She will share her unique perspective about public perceptions and misconceptions surrounding this novel procedure.

This promises to be a memorable event. Don't miss it. The event is free and open to all. Books will be available for signing. Refreshments will be served.



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TRANSPORTATION

Seniors often cite transportation as one of the most important factors in their continued ability to remain independent, meet the obligations of daily living, and avoid becoming isolated. Therefore, periodically we devote a page in the Senior News and Events to this important topic.

MBTA SENIOR ACCESS PASSES

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an old, expired Senior CharlieCard? If your answer is "yes," come to the Senior Center on **Wednesday, July 27, from 3:00 to 4:30 pm**. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard form for you to fill out. We will take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home in two to six weeks.

Can't make the date? We will have another Senior CharlieCard event on Wednesday, September 14.

SENIOR CENTER VAN

The Van provides door-to-door transportation to and from the Senior Center for educational and social programs and activities. It operates Monday through Wednesday from 9:00 am to 4:00 pm and Thursdays from 10:00 am to 4:00 pm. Suggested donation is \$1.00. For more information or to schedule a ride, call 617-730-2750.

ELDERBUS

The Elderbus makes an hourly circuit every weekday from 9:00 am to 3:00 pm that includes the Senior Center, elderly housing, shopping areas, and the Longwood Medical area. A suggested donation of 50 cents is requested. Schedules are available in English, Russian, and Chinese from the Council on Aging at 617-730-2777.

THE RIDE

This is operated by the MBTA and provides handicapped-accessible, door-to-door transportation for those unable to use public transportation due to a medical condition. This program requires an application that must be completed by both the applicant and a licensed health-care or human services provider. It provides medical and nonmedical transportation on a space-available basis to most destinations serviced by the regular MBTA transit system.

One-way transport costs \$2.00. You must make an initial deposit of \$12 into your account in The Ride's electronic fare system. (You will not be able to schedule a ride if you have insufficient funds in your electronic account.) Deposits to your electronic account can be made in person or via telephone, the internet, or mail. You will receive more detailed information once you have been approved to use the system. For applications and general information, call 617-222-5123. Approved Brookline residents can request or confirm a trip by calling 877-765-7433.

BUSY BEE TRANSPORTATION

Springwell offers this service to and from medical appointments between 9:00 am and 4:30 pm Monday through Friday. Reservations must be made at least two weekdays in advance. This service is available only to medical appointments and ADH programs outside the Brookline area. A donation of \$4.00 each way is requested.

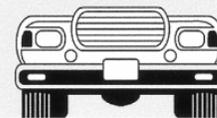
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SENIOR SERVICES

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

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

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from 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 use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, July 6** and again on Wednesday, August 3, to 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 identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777 and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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

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

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

SHINE counselors Sonia Wong, and Sybil Levi-sohn are on hand at the Senior Center to help individuals explore their health-insurance options. (Ed Levin will be on vacation in July.) 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 Social Security main number at 800-772-1213.

FITNESS CENTER

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

PHYSICAL FITNESS: A NUMBER ONE PRIORITY

And don't forget that the Senior Center has many programs to help you keep in shape that run throughout the year such as *Line Dancing* on Mondays, *Flexibility, Resistance Training, and Balance Exercises* on Tuesdays at 10:00 am, *Bowling* on Wednesdays at 9:30 am at Ron's 20th Century Bowling Alley on Hyde Park Avenue, and the *Solemates Walking Group* on Fridays. We also have an *Arthritis Exercise Class* that repeats frequently throughout the year. And, of course, there are our popular *Zumba* classes (see the column to the right) and the many Brookline Adult and Community Education (BA&CE) classes designed expressly for seniors and given, for the most part, at the Senior Center. The summer BA&CE classes are still in progress at the Senior Center so it is too late to join them in July. However, the Fall BA&CE catalog will come out soon with many opportunities listed for helping to keep you all fit.

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ZUMBA

Alicia Ebrat, certified Zumba instructor will lead seniors at the Senior Center in a series of Zumba classes that are a combination of Latin salsa, cardio workout, and interval moves. Come to a free demo class on **Wednesday, July 6, at 3:00 pm** to sample this fitness class. The full Zumba series meets **from July 7 through August 25, on Thursdays from 3:00 to 3:45 pm**. The fee for the full, 8-week session is \$45. Drop-ins at individual classes are always welcome. The per session rate is \$7. For more information, call the Senior Center at 617-730-2770.

Zumba is a hot fitness craze and a really fun workout program. Get in shape with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in.

BOWLING

Bowling is a year-round activity. The Senior Center bowlers meet **at 9:30 am on Wednesday mornings** at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is \$6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for group volunteer coordinator Nancy Johnson. She will get back to you.



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HOLIDAY CRAFT FAIR PLANNING — SAVE THE DATE —

Planning is under way for the 27th Annual Holiday Craft Fair. Our next planning meeting will be **on Monday, August 22, at 1:00 pm**. If you want to participate in the planning for the Holiday Craft Fair or want to help out during the fair itself, come to this meeting. Bring your ideas and enthusiasm. Come one, come all.

The craft fair will take place on Friday, November 4, and Saturday, November 5 (also **SAVE THESE DATES**).

SOLEMATES

The Solemates, the Senior Center's walking group, meets regularly on Friday mornings at 10:00 am. For more information, call Julie at 617-730-2769.

THE FARMERS' MARKET



The Brookline Farmer's Market is once again open at the Centre Street West Parking lot, rain or shine, on **Thursdays from 1:30 pm**

until dusk through October 27. Shop here for local farm and other goods—vegetables, fruits, cheese, ice cream, plants, herbs, flowers, breads, preserves, pies, maple syrup, beef, lamb, pork, turkey, and fish. Feast on local berries (straw, blue, and rasp), plums, cherries, peaches, nectarines, apples, and honey—each in their season. It may cost a few pennies more than the produce at the supermarket—but if you like your fruit and vegetables fresh and as healthy as possible, it will be worth the price.

For more information, access the internet at www.brooklinema.gov/farmersmarket/ or call Arlene Flowers, Market Master, at 617-566-8005.

Stay tuned to the TAB and the August Senior News and Events for news about income-eligible discount coupons.

MOVIES FOR FILM LOVERS

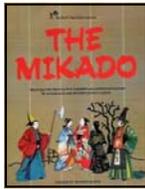
The Senior Center presents a free movie **every Tuesday in July at 1:30 pm**. Plan on coming for lunch and staying for the movie. (See lunch menus on pp. 16-17.)



July 5

Mother and Child (2009) 127 min.

Fifty-year-old Karen (Annette Bening) regrets giving up her daughter, Elizabeth (Naomi Watts), for adoption; years later, Elizabeth questions her own approach to life. Their stories intersect with that of Lucy (Kerry Washington), who hopes to fulfill her dreams of motherhood through adoption.



July 12

The Mikado (1939) 90 min.

This is the crown jewel of Gilbert and Sullivan operettas, and it blooms brightly as an on-screen comedy in this performance with actors from the D'Oyly Carte Opera Company.



July 19

Black Swan (2010) 108 min.

In this **dark** psychological thriller, ambitious ballet dancer Nina Sayers (Natalie Portman) lands the lead in "Swan Lake" but soon thinks her dreams of stardom are threatened by a rival ballerina (Mila Kunis). As opening night nears and the pressure to be perfect builds, Nina's obsession descends into paranoia and delusion.



July 26

True Grit (2010) 110 min.

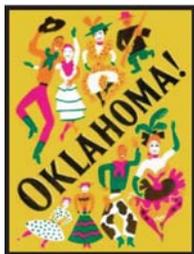
After drifter Tom Chaney (Josh Brolin) murders her father, 14-year-old Mattie Ross (Hailee Steinfeld) hires alcoholic US Marshal "Rooster" Cogburn (Jeff Bridges) to help her exact revenge. The disreputable lawman still has grit, and mounts an epic search. Joining the duo on their quest is a Texas Ranger (Matt Damon) in this update of the 1969 Western starring John Wayne.

THEATER CLUB

The Brookline Senior Center Theater Club has big plans for Sundays in this summer. It is proud to present the line-up here. Make reservations and get more information by calling 617-730-2777. Remember that payment is due when you make your reservation by check or cash, no credit cards please.

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

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



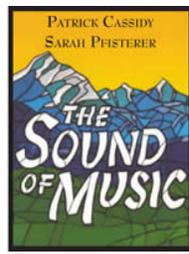
July 10
Oklahoma!
at the Reagle Music Theatre
 Waltham \$37.
 Agnes de Mille Choreography has been recreated by Gemze de

Lappe. Set in a Western US Indian territory just after the turn of the 20th century, the high-spirited rivalry between the local farmers and ranchers provides the colorful background against which Curly, a handsome cowboy, and Laurey, a winsome farm girl, play out their love story. Although the road to true love never runs smooth, with these two headstrong romantics holding the reins, love's journey is as bumpy as a surrey ride down a country road. Come enjoy this timeless musical theatre standard.



July 24
The World Goes 'Round
at the New Repertory Theatre
 Watertown \$36.
 Enter the world of distinguished and celebrated writing team

Kander and Ebb. In this outstanding retrospective of their work, your favorite songs, such as "Mr. Cellophane," "Maybe This Time," "Cabaret," and "New York, New York" are seamlessly interwoven into a passionate, harmonious, and up-tempo evening of great musical theater.



August 7
The Sound of Music
at the Reagle Music Theatre
 Waltham \$37.

This award-winning audience favorite makes a triumphant return to the Reagle stage this summer. When postulant Maria proves too high-spirited for the religious life, she is dispatched to serve as a governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain. When Austria is invaded by the Nazis, who demand the Captain's immediate service in their navy, the family makes a narrow escape over the mountains to Switzerland on the eve of World War II. The score includes many audience favorites such as: "My Favorite Things," "Do, Re, Mi," "Edelweiss," and "Climb Ev'ry Mountain."



August 28
Porgy and Bess
at the American Repertory Theatre
 Cambridge \$43.

This classic American tale is set in the 1930s in Catfish Row. Bess, beautiful and troubled, turns to Porgy, a crippled beggar, in search of safety after her possessive lover Crown commits murder. This heartbreaking love story has some of the most famous and beloved American songs including: "Summertime," "Bess, You Is My Woman," and "It Ain't Necessarily So."

BROOKLINE RECREATION —IT'S WHAT WE DO!

Wednesday, July 20

Kennebunkport—Shopping and sightseeing. Historically a fishing village, Kennebunkport has become a popular tourist destination with a small district of souvenir shops, art galleries, seafood restaurants, and inns.

Bus pickups: Soule Recreation Center, 652 Hammond Street, at 7:15 am and the Senior Center at 7:30 am. Bus return will be at approximately 6:00 pm. Fee: \$28 per person. Deadline for registration: Monday, July 13.

Friday, August 5

Spectacle Island—Outdoor activity.

Spectacle Island (105 acres) features a marina, a visitor center, a café, a life-guarded swimming beach, and five miles of walking trails that lead to the crest of a 157-foot high hill offering panoramic views of the harbor and the city. Wear comfortable shoes.

Van pickups: Soule Recreation Center, 652 Hammond Street, at 8:15 am and the Senior Center at 8:30 am. Van return will be at approximately 4:00 pm. Fee: \$10.00 per person. Deadline for registration: Monday, July 29.

Friday, August 26

Barbecue at Larz Anderson Park—Lunch.

Join us for a barbecue to celebrate summer! Van pickups: Soule Recreation Center, 652 Hammond Street, at 11:30 am and the Senior Center at 11:45 a.m. Van return will be at approximately 2:00 pm. Fee: \$15.00 per person. Deadline for registration is Monday, August 17.

Note: Do not confuse this last event—the BBQ at Larz Anderson Park with the BBQ that Brookline Recreation is hosting at the Senior Center on Wednesday, July 13, or the Springwell sponsored BBQ (also at the Senior Center on Wednesday, August 24. See p. 7 for both these events.

AT THE GALLERY



Paintings

Dvorah Fogel Smith

*You are invited to view this lovely exhibit
at the Senior Center Gallery
through
Wednesday, August 31*

Hours:

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

Play and stay sharp for life at . . .



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1349 Beacon St. ❁ Coolidge Corner ❁ 617.7.738.7352 ❁ eureka puzzles.com

COMPUTER ONE-ON-ONE SESSIONS

Computer phobic? The Red Tape Cutters are giving one-on-one sessions on **Tuesdays, July 5, 12, 19, and 26, from 9:00 to 11:00 am.** Preregistration is required. Call Deidre at 617-730-2767 to make an appointment.

RED TAPE CUTTERS



Do you need help with housing applications or the Ride, or do you have other advocacy issues? If so, call Olga at 617-730-2768 for an appointment with a Red Tape Cutter who will help

you.

SPANISH IMMERSION

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

There are one-on-one Spanish conversations with seniors from many Latin American countries.

Also offered are Spanish language classes on **Thursday afternoons (from 1:00 to 1:45 pm for beginners and from 1:45 to 2:30 pm for more advanced students).** Small groups in a relaxed, friendly atmosphere learn from a native speaker. There is an emphasis placed on conversational skills.



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

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

BROOKLINE-CAN RECEPTION



If you are a new member of Brookline CAN—or are thinking of joining—you are invited to attend our *first ever* reception for new members on

Wednesday, July 27, from 5:00 to 6:30 pm at the Senior Center. Meet your neighbors, sip sangria, and learn more about this recently formed town-wide effort. Here's a chance to offer ideas for additional programs and to discover how you can help to make Brookline an even more livable community. For more information about this reception or about joining BrooklineCAN, contact Karen Zweig at 617-455-1964 or e-mail her at Karen@movemaven.com.

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Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but it is anything but slow at the Senior Center. Come in to enjoy special programs as well as our regular programming all summer long. And remember if there is a heat wave, to stop by as we are an official town cooling center for your comfort (see p. 1).

We are especially pleased to bring to the Senior Center author Susan Whitman Helfgot on July 20 (see p. 7). She wrote a book on the first face transplant to take place in Boston (and only the second in the nation). Join me to hear this riveting and ground-breaking story.

One of our special programs of the year will start Tuesday, July 7, as we welcome the 7th year of Careers in Aging students for a wonderful summer program. When you see the high schoolers in the building, give them a warm welcome and chat with them. Contact Eve Soumerai at 617-939-3372 if you are interested in being part of the Tribute that she and the high school students will be creating about Peace Activists.

Several exciting day trips from Brookline Rec (see p. 13) still have openings including a day trip to Kennebunkport, Maine, where you can shop and indulge in lobster. And Brookline Rec is also sponsoring a BBQ on July 13 right here at the Senior Center (see p. 7).

The Theater Club certainly is not taking the summer off either! Make reservations now to see several great summer shows. *The Sound of Music* at the Reagle Theatre in Waltham has been added for August 7. For details on the Theater Club's plans for the summer and fall (see p. 12).

The heat of summer will certainly be felt as Alicia Ebrat continues to lead her great workout Zumba classes on Thursday afternoons (see p. 10) and Lynn Modell lead a Modern Dance and Movement class on Tuesday mornings (see p. 3).

And for those who want to hear more about

BrooklineCAN—Brookline's unique answer to the Village Movement, come and enjoy sangria and meet your neighbors on at the Senior Center on July 27 (see p. 14).

Special thanks to **Selectman Nancy Daly** who is going the extra mile to help us retain federal funding. Please be aware that the BETS program—our essential taxi discount program—is being slashed by the federal government by 17.5%. Ms. Daly is ensuring that we are OK for this year, but we need YOU to contact your congressman and senators and tell them that CDBG funding is essential to you.

And finally, I want to wish a Happy 4th of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially enjoy juicy grilled burgers, sweet watermelon, and fresh corn on the cob.

Summer flies by so quickly when you are an adult, so make sure to savor your favorite traditions! Keep cool—come to the Senior Center to enjoy our air conditioned building, drink extra water this month (see pp. 3 and 5), and join me at the Farmer's Market (see p. 11) for yummy summer treats and socializing with your neighbors.

Ruthann Dobek, Director





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Springwell Nutrition Program

JULY 2011

617-730-2770

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|
| <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> | | |
| <p>4) 4TH OF JULY HOLIDAY</p>  <p>Senior Center is closed.</p> | <p>5) Vegetable Rice Soup / Crackers Pier 17 Fish, Lemon Pepper Sauce, Chickpea & Spinach Dish, Mashed Potatoes, Oatnut Bread OR Egg Salad on Dark Rye, Lettuce Leaf, Summer Squash Salad, English Pea Salad Fresh Fruit</p> | <p>6) 4th of July Special</p> <p>Oven Fried Chicken w/ Gravy Corn & Red Pepper Medley Roasted Mixed Vegetables Cream Cheese Pumpkin Nut Muffin</p> |
| <p>11) Italian Vegetable Ditalini Soup Baked Chicken Paprika, Baked Potato & Sour Cream, Brussels Sprouts, Apple Cinnamon Muffin OR Tuna Salad on Wheat Bread, Pesto Pasta Salad, Coleslaw Raspberry Mouse</p> | <p>12) Vegetable Noodle Soup Meatless Chili Mac w/Mozzarella Cheese Topping, Spinach, Multigrain Bread OR California Chicken Salad on Oatnut Bread, Lettuce Leaf, Riviera Salad, Pasta Salad w/Cheese Peaches</p> | <p>13) Brookline Recreation BBQ</p>  <p>No Springwell lunch. Call for reservations.</p> |
| <p>18) Meatball Sub, Rigatoni Pasta w/Tomato Sauce, Zucchini OR Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Purple Cabbage Coleslaw, Three Bean Salad Fresh Fruit</p> | <p>19) July Birthday Lunch Minestrone Soup Chef Salad(Turkey, Cheese, Boiled Egg), Lite Italian Dressing, Garden Shell Salad, Multigrain Bread OR Roast Beef & Swiss Cheese on Rye Bread, Lite Mayo, English Peas Salad, Tomato Pepper Salad Pineapple</p> | <p>20) Mushroom Barley Soup Cinnamon Apple Glazed Roast Pork, Mashed Potatoes, Butternut Squash, Rye Bread OR Egg Salad on Lettuce Leaf, Fruity Rice Salad, Riviera Salad, Oatnut Bread Marble Cake w/Chocolate Frosting & Sprinkles</p> |
| <p>25) BBQ Pulled Beef Sandwich, Whipped Sweet Potatoes, Spinach & Chickpea Dish OR Seafood Salad on a Lettuce Leaf, Pasta Vegetable Salad, Roman Blend Salad, Multigrain Bread Chef's Choice Dessert</p> | <p>26) Mixed Bean Soup Lazy man's Vegetable Lasagna, Tossed Garden Salad, Lite Italian Dressing, Green Beans, Whole Wheat Dinner Roll OR Roast Beef & Provolone Cheese on Oatnut Bread, Lite Mayo, Potato Salad, Tomato Cucumber Salad Chocolate Pudding w/Topping</p> | <p>27) Chicken Lo Mein, Carrots, Multigrain Bread OR Tuna Salad on Wheat Bread, Lettuce Leaf, Summer Potato Salad, Riviera Salad Fresh Fruit</p> |

LUNCHEON SPECIALS FOR JULY

| THURSDAY | FRIDAY |
|---|---|
| | 1) Macaroni & Cheese w/Bread Crumb Topping, Green Beans, Rye Bread OR Seafood Salad on Multigrain Bread, Lettuce Leaf, Fruity Rice Salad, Riviera Salad Pineapples |
| 7) Oriental Vegetable Soup Beef Stir Fry w/Vegetables, Brown Rice, Multigrain Bread OR Turkey & Swiss on Oatnut Bread, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, Corn Salad Pineapple | 8) Cream of Tomato Soup Spinach Tomato Feta Cheese Quiche, Seasoned Potatoes, Green Beans, Whole Wheat Dinner Roll OR BBQ Boneless Breaded Chicken Breast on a Hamburger Roll, Slice of Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Slaw Mandarin Oranges |
| 14) Breaded Potato Crunch Fish, Tartar Sauce, Red Bliss Potatoes, Green Beans, Rye Bread OR Pepper Turkey & Swiss Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Lo Mein Pasta Salad, Garden Salad, Lite Italian Dressing Fresh Summer Fruit | 15) Lentil Spinach Soup Meatloaf w/Brown Gravy, Mashed Potatoes, Plain Beets, Wheat Bread OR Chef Salad (w/Ham), Lite Italian Dressing, Macaroni Salad, Whole Wheat Roll Glazed Cookie |
| 21) Chicken Parmesan, Ziti w/Tomato Sauce, Broccoli & Cauliflower, French Bread OR ***Ham & American Cheese on Wheat Bread, Mustard, Sliced Tomato, Carrot Raisin Salad, Potato Salad Ice Cream Cup | 22) Clam Chowder Crab Cakes w/Newburg Sauce, Tossed Garden Salad, Lite Italian Dressing Country Mixed Vegetables, Oatnut Bread OR Chicken Salad on Multigrain Bread, Lettuce Leaf. Spinach Mandarin Orange Salad, Lite Italian Dressing, Orzo Vegetable Salad Mandarin Oranges |
| 28) Minestrone Soup Build a Burger, American Cheese, Ketchup/Mustard, Lettuce & Tomato, Hot Potato Salad, Summer Squash, Hamburger Roll OR Boneless Breaded Chicken Breast on a Hamburger Roll, Lite Mayo, Lettuce Leaf, Coleslaw, Corn Salad Pineapple | 29) Tomato Florentine Soup Salmon Boat w/Lemon Dill Sauce, Peas & Onions, Red Bliss Potatoes, Oatnut Bread OR Sliced Turkey & American Cheese on Rye Bread, Lite Mayo, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad w/ Lite Italian Dressing Peaches |

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 by 11:00 am. Call 617-730-2770 for reservations.

Enjoy an Independence Day lunch on **Wednesday, July 6**, at **Springwell's 4th of July Special**.

And feast at that all-American tradition—the **BBQ**—sponsored by **Brookline Recreation** on **Wednesday, July 13**.

On **Tuesday, July 19**, celebrate July birthdays at the monthly **Birthday Lunch**. Don't forget to let us know if you or someone in your party has a July birthday when you call to make your reservation(s).

And the **Let's Go Out to Lunch** bunch will go to **Tin-Tin Buffet** on North Beacon Street on **Tuesday, July 26**. Call Corinne at 617-730-2770 to tell us you are coming to lunch and to reserve a seat on the Van if you need transportation.

JULY AT A GLANCE

Friday, July 1

1-2:30 pm Parkinson Support Group—on vacation in July
2-3:30 pm Introduction to Tai Chi Chuan**
7 pm Vocalist Dieter Weslowski performance at *Goddard House*

Monday, July 4

INDEPENDENCE DAY—Senior Center closed

Tuesday, July 5

10 am Modern Dance and Movement—\$2/session
1:30 pm Movie for Film Lovers—"Mother and Child"

Wednesday, July 6

9 am-12 noon BLAB lawyer
12 noon Springwell 4th of July Special lunch
2-3 pm Blood Pressure Screening at *Brookline Public Health Department (BPHD) building*
2:30 pm Clarinet and piano duet, "Benny and Beyond" with Joseph Reid and Todd Brunel at *Goddard House*

3 pm Free Zumba tryout class

Thursday, July 7

Careers in Aging summer program starts—Tribute making with Eve Soumerai facilitating
10:30-11:30 am Arthritis Exercise Classes—filled
1:30 pm Easy Travel to Iceland with Toby Axelrod

Friday, July 8

9:30-11:30 am Intermediate Computer Basics for Seniors, Section 1**
2-3:30 pm Introduction to Tai Chi Chuan**
Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, July 10

Senior Center Theater Club goes to "Oklahoma!" at *the Reagle Music Theatre in Waltham*

Monday, July 11

9 am-12 noon Podiatry Clinic—appointment needed
10 am-12:30 pm Introduction to Watercolor**
10 am-2 pm Sidewalk Sale
1-2 pm Blood Pressure Screening with nurse from Brookline Health Care Center
1-3 pm Crafty Holiday Group meeting

Tuesday, July 12

10 am Modern Dance and Movement—\$2/session
1:30 pm Movie for Film Lovers—"The Mikado"

Wednesday, July 13

12 noon Brookline Recreation BBQ
1-2 pm Blood Pressure Screening at *Sussman House*

Thursday, July 14

10:30-11:30 am Arthritis Exercise Classes—filled

Friday, July 15

9:30-11:30 am Intermediate Computer Basics for Seniors, Section 1**
2-3:30 pm Introduction to Tai Chi Chuan**

Monday, July 18

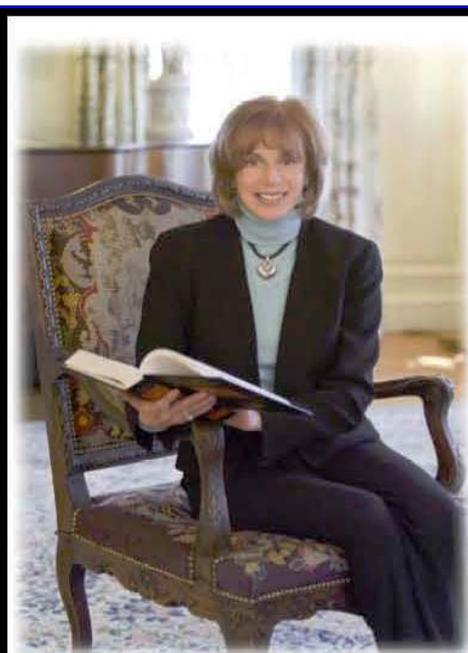
9 am-12 noon Podiatry Clinic—appointment needed
10 am-12:30 pm Introduction to Watercolor**
2-3 pm Putterham Book Discussion Group discusses *Everybody Was So Young: Gerald and Sara Murphy: A Lost Generation Love Story* by Amanda Vail at the *Putterham branch of the Brookline Public Library*

Tuesday, July 19

12 noon July Birthday Lunch
1:30 pm Movie for Film Lovers—"Black Swan"

Wednesday, July 20

7:30 am Bus pickup at Senior Center for Brookline Rec excursion to Kennebunkport
1 pm Low Vision Group
1 pm *The Match* with author Susan Whitman Helfgot



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ONGOING SENIOR CENTER EVENTS

1:30 pm Modern Beading Workshop

Thursday, July 21

9-10:30 am Blood Pressure Screening with nurse
from BPHD

1:30-3:30 pm Realitees: T-shirt Workshop

Friday, July 22

9:30-11:30 am Intermediate Computer Basics for Seniors,
Section 1**

Sunday, July 24

Senior Center Theater Club goes to "The World
Goes 'Round" at the *New Repertory Theatre in
Watertown*

Monday, July 25

12:30-2 pm Blood Pressure Screening with nurse
from Greater Boston Chinese Golden Age Cen-
ter

Tuesday, July 26

9 am Public Issues Nonfiction Book Discussion
Group discusses *What Went Wrong? Impact and
Middle Eastern Response* by Bernard Lewis

10 am Modern Dance and Movement—\$2/session

12 noon Let's Go Out to Lunch bunch goes to Tin-
Tin buffet

1:30 pm Movie for Film Lovers—"True Grit"

Wednesday, July 27

1-2 pm Blood Pressure Screening at *O'Shea House*

3:30 pm Professional Photographer, Frank Binder,
presents "Summer in New England"—a visual
and musical tour at *Goddard House*

5-6:30 pm BrooklineCAN reception for new and po-
tential members

Thursday, July 28

Evening Alzheimer's Caregivers Support Group—
call for time

Friday, July 29

9:30-11:30 am Intermediate Computer Basics for Seniors,
Section 1**

* All events are at the Senior Center unless otherwise noted
above.

** This is a Brookline Adult and Community Education (BA&CE)
course so registration with them is required. Call 617-730-2700
or go to www.brooklineadulted.org to register.

MONDAY

8:45-10:15 am Strength Training for Seniors**

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah jongg

1 pm Scrabble

1-2 pm Line dancing \$2.00/session

2-4 pm Open computer lab

TUESDAY

8:30-9:30 am Nia for Seniors: Health Through Move-
ment**

9-11 am Computer One-on-One Sessions with Red Tape
Cutters—appointments necessary

10 am Flexibility, Resistance Training, and Balance Exer-
cise

10:15 am Brookline Bees, Quilters

10:30 am-12:30 pm Literary Discussion class**

12 noon-4 pm BETS

12:30 pm French Conversation

1-3:30 pm Food distribution (hours are approximate)

1 pm Bingo

1:30 pm Movies for Film Lovers

2-3 pm Yoga for Older Adults (chair class)**

3-4 pm Yoga for Older Adults (mat class)**

3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY

8:45-10:15 am Strength Training for Seniors**

9-10 am Living Our Values

9:30 am Bowling at *Ron's 20th Century Bowling Alley in
Hyde Park*

10:30 am Retired Men's Club

10:30-11:30 am Senior S-T-R-E-T-C-H**

12 noon-4 pm BETS

12:30 pm Bridge

2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet

1-1:45 pm Beginning Spanish Classes

1:30 pm Knit and Crochet

1:30 pm Russian Tea Room—For more information, call
Rita Kropp at 617-730-2106.

1:30 pm-dusk Brookline Farmers' Market at *Centre Street
West Parking Lot*

1:45-2:30 pm Advanced Spanish Classes

3-3:45 pm Zumba—\$45/series or \$7/session

FRIDAY

9 am Bridge

10 am Solemates, Walking Group

10 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

Happy Independence Day!

HOW MEDIATION CAN HELP AN ELDER

Mediation, a form of out-of-court dispute resolution, is very much in the news these days. Everyone has heard about divorce mediation. Maybe you have a friend or family member who has used it for his or her divorce. A new form of mediation, *marital*, is emerging. In this form, a mediator helps couples who want to stay married resolve their conflicts. It is an alternative to marital counseling..

In mediation, a neutral person (often a lawyer, sometimes another professional) leads the conflicted parties through the decision-making process by facilitating their discussions. A very important part of the process is to help people actually express their needs, rather than their positions. Often, they find out that their needs are compatible, and they were just taking adverse positions that resulted in apparent (but not real) conflict.

The Massachusetts Council on Family Mediation (www.mcfm.org) is a 200-plus member organization of family mediators. A treasure trove of useful information is available on their web site describing the different kinds of mediation available. Some of them might be of special interest to elders. For example:

- *Are you having difficulty discussing your estate plan with your grown children?* A neutral mediator can lead that discussion and help you and your children arrive at clarity.
- *Are you and your children conflicted over your plans for the future?* A mediator is trained to level the playing field so that your children hear your feelings and aims .
- *Is there a family business that you would like to transfer to the next generation but it is very complicated?* Mediators can help lead that discussion and help you evaluate the professional help that might be needed in putting the plan into effect.
- *Are you having a dispute with someone where you reside?* Use of a neutral mediator to lead

that discussion might be very helpful.

- *Are you having marital problems?* Marital mediation is a very useful and productive way to address disputes, especially in *mature* (long-term) marriages.
- *Are you getting married and feel you need to have a prenuptial agreement?* Formulating a prenuptial agreement with your intended spouse through mediation is a wonderful way of handling it.
- *Do you want to explore having a postnuptial agreement?* Such agreements are made between you and your spouse after your marriage to try to *fix* something that is of concern to both of you. This can be handled very well in mediation sessions.
- *Do you have a dispute regarding the probate of an estate?* Family conflict can sometimes be addressed and eliminated (or lessened) in mediation.

All these scenarios have responded quite well to the mediation process. So if you have an issue or conflict that is not going away, you might want to give mediation a try.

by Laurie Israel, Esq. © 2011 Laurie Israel.

Israel, Van Kooy & Days, LLC



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Brush up your French conversational skills with this group every Tuesday in July at 12:30 pm at the Senior Center.

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Are there old cell phones and/or iPods lounging around the house? If so, put them back to work—donate them to the Senior Center. We will 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.

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

LIVING OUR VALUES

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

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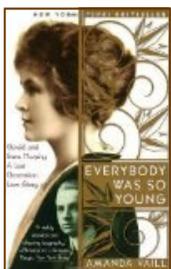
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PUTTERHAM BOOK DISCUSSION GROUP



The Putterham Book Discussion Group will meet on **Monday, July 18, from 2:00 to 3:00 pm** at the Putterham branch of Brookline Public Library. The book under discussion for this meeting is *Everybody Was So Young: Gerald and Sara Murphy: A*

Lost Generation Love Story by Amanda Vail. (You might also want to read *Living Well Is the Best Revenge* by Calvin Tomkins, which is also a biography of the Murphy family. (*Tender Is the Night* by F. Scott Fitzgerald is based on his experiences at this time.)

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

July 26

What Went Wrong? Western Impact and Middle Eastern Response by Bernard Lewis (Oxford University Press, USA)

August 23

Nudge: Improving Decisions About Health, Wealth

and Happiness by Richard H. Thaler and Cass R. Sunstein (Yale University Press)

September 28

Overdiagnosed: Making People Sick in the Pursuit of Health by Dr. H. Gilbert Welch (Beacon Press)

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DECLUTTERING: TIPS FOR GETTING STARTED

Have you been meaning to clear out some of the stuff you aren't using but having trouble getting started? If you've accumulated a lot of belongings over the years, the task can seem overwhelming. Here are some hints to help you begin the process:

- Remind yourself that it took a long time to accumulate all that stuff, and it will take time to get rid of it. It's going to be an ongoing process, not just a weekend project.
- Set a realistic daily goal—something you can accomplish in an hour or two at the most. For example, aim to clean out one shelf (or the floor) in a closet, one drawer, or one kitchen cupboard.
- Start with something easy, so you will see immediate results. This will motivate you to keep going. Choose areas with things you don't have any emotional attachment to. Try a junk drawer, the cabinet under the sink, the linen closet, or a medicine cabinet. A word of caution: Do NOT begin by sorting through papers or photos; you'll get bogged down, won't see progress, and will probably get discouraged.
- Invite a friend to help you. Ask someone who will be a firm but friendly coach and cheerleader.
- If you are really stuck, consider hiring a professional to provide some guidance. Once you get started, you may well find you can keep going on your own.

It can be incredibly satisfying to finally clear space and get rid of unwanted items. Hopefully, these tips will help you get started!



by Karen Zweig, Owner, The Move Maven®

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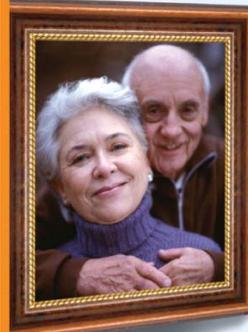
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AT GODDARD HOUSE IN JULY

Friday, July 1, at 7:00 pm

Vocalist Dieter Weslowski will perform an Italian Concert. This German-born vocalist began singing at a very early age. When he moved to the United States at age seven, he was already an old hand at singing in choirs and choruses. His range include classical music, American jazz, and blues. He now teaches at the Berklee College of Music in Boston.

Wednesday, July 6, at 2:30pm

Clarinet and piano duet, "Benny and Beyond" with Joseph Reid and Todd Brunel. Benny Goodman was a great American icon, a great musician whose talent knew no boundaries. This performance pays tribute to the swing music made famous by this *King of Swing*, as well as a few classical selections recorded by Goodman. Pianist Joseph Reid performs a wide range of jazz and classical musicians. Todd Brunel is a clarinetist and saxophone player who performs extensively as a cross-over classical and jazz musician.

Wednesday, July 27, at 3:30pm

Professional Photographer, Frank Binder, presents "Summer in New England" — a visual and musical tour of many of the events that make up a great New England summer, including Sturbridge Village, the Newport Folk

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Festival, and more, all including spectacular scenery! Frank Binder is a CPA and has spent 30 years as a senior financial executive in Fortune 500 companies. Having had a lifelong interest in photography, Mr. Binder has established a second career as a professional photographer. His photographs have won a number of awards and his work has been shown in several Massachusetts galleries.

SENIOR CENTER FOOD DISTRIBUTION SITE

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

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

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

BA&CE COMPUTER CLASS FOR SENIORS

July is the height of the summer season. Many people are vacationing out of town. The weather tends to be steamy. And BA&CE's list of computer classes for seniors has shrunk to one class that starts in July:

Intermediate Computer Basics for Seniors

Instructor, Bob Roll

4 Fridays, beginning July 8 from 9:30 to 11:30 am. Fee: \$70 (Since this is a course offered only to seniors, the senior discount does not apply. Course code: **C157**)

Generally, the prerequisite for this course is *Introduction to Computer Basics for Seniors*, but if you are unsure about your qualification for this course, contact Bob Roll at 617-730-2782. To register for the course and for more information about it, call BA&CE at 617-730-2700 or access it online at www.brooklinedulted.org.

EQUIPMENT LOAN FUND

Our Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, commodes, shoe horns, and shower benches—even a lightweight wheelchair—all now available for lending thanks to generous donations. To borrow or donate an item, call Karin Wannamaker at 617-730-2753. Because of space limitations and other guidelines, we will not be able to accept all items. So please be sure to call and speak to Karin before dropping anything off.

HANDICAPPED ACCESS

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

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WHAT IS PROPRIOCEPTION?

Everyone knows how important good balance is, but some sources have started to use the word *proprioception*. So what does it mean? It's the ability to know where a body part is in space. People with good proprioception can identify the position of a finger even if they are blindfolded and have been given a numbing agent so they can't feel the arm, let alone the finger. Proprioception is then the component of balance that keeps people from falling. It is important to work on proprioception and balance because falls are the single most common source of musculoskeletal injuries in the senior population.

If you are having balance issues or have experienced a recent fall or significant loss of balance, ask your primary care physician (PCP) for physical therapy! A well-designed balance program, including exercises designed to work on proprioception, can help keep you on your feet! If you have questions about proprioception or falls, e-mail Joint Ventures' Physical Therapist David Larson at dave@jointventurespt.com.

OUR ADVERTISERS

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

CRAFTY HOLIDAY GROUP

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group meets the first two **Mondays** of each month **from 1:00 to 3:00 pm**. In July, the group will meet only on **July 11** since Monday, July 4, the Senior Center will be closed.



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OUR CONTRIBUTORS

We want to thank all the people who have given us articles, photos, and information for this issue of the *Senior News and Events*. Your contributions are very welcome. Our thanks to BPHD for their tips on p. 3, to Suzanne Salamon for her answers and general advice on p. 5, to Google images for the two photos of Iceland on p. 6, to Netflix for the short film summaries on p. 11, to Laurie Israel for her article on p. 20, to Karen Zweig for her article on p. 23, and to Dave Larson for his article on p. 28.

EDITOR'S NOTE

Here we are at the start of a new fiscal year. It is amazing how fast time flies when you are having fun—and I still am having fun doing this. I want to take this opportunity to thank my silent helpers—Rhona Hirschowitz and Frances Pechemick—and of course, to Tim Sullivan—my printer hero!

TUNA POMODORO

Ingredients

- 4 ounces whole-wheat spaghetti
- 1 tablespoon extra-virgin olive oil or canola oil
- 1½ teaspoons minced garlic or ½ teaspoon garlic powder
- Optional: 2 anchovies, minced
- ¼ teaspoon crushed red pepper, or to taste
- 1 14.5-ounce can unsalted diced tomatoes
- 1 5-ounce can chunk light tuna in water, drained
- 1 tablespoon fresh sliced basil or 1 teaspoon dried basil



Yield: 2 servings
Total Time: 25 minutes
Ease of Preparation: Easy

Preparation Instructions

1. Bring a large pot of water to a boil. Cook spaghetti, stirring occasionally, until just tender for 9 to 11 minutes or according to package directions. Drain.
2. Heat oil in a large skillet over medium-high heat. Add garlic and cook until fragrant (or about 1 minute).
3. Add anchovies (if using) and crushed red pepper. Cook for 30 more seconds.
4. Add tomatoes and reduce heat to medium. Cook, stirring occasionally, for 8 minutes.
5. Stir in tuna and cook until it is incorporated into sauce and heated through for another 2 minutes.
6. Divide the spaghetti evenly 2 plates, top with sauce and garnish with basil. Serve hot.

Nutrition Analysis

Per Serving: 390 calories; 9g fat (1g saturated, 0g trans); 35mg cholesterol; 340mg sodium; 53g carbohydrate (8g dietary fiber; 8g sugar); 26g protein, Vitamin A 30%, Vitamin C 60%, Calcium 6%, Iron 20% Daily Value.

Recipe courtesy of Jewish Family & Children's Services.

Adapted from www.eatingwell.com

SWING BAND

Try James Demicco's Swing Band if you like playing the pop music of the 20s, 30s, 40s, and 50s and can read music or play by ear. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

SENIOR SCENE

Host Betty Joel interviews Ask a Geriatrician Suzanne Salamon, Chief Associate of Clinical Geriatrics at BIDMC in this BATV program that airs on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

VOLUNTEERS

Volunteers and potential volunteers please note: Vivian Freeman, our Volunteer Coordinator, is on vacation until after Labor Day. If you want to talk to someone about volunteering, call the Information and Referral desk at the Senior Center at 617-730-2777, and you will be directed to someone who can help you with whatever you need or want to discuss.

THANK YOU

Our sincerest gratitude goes out to everyone who so generously donated to the Senior Center in July.



To Annual Appeal Donors Tania Friedman and V. Celia Lascarides & William Manley



To BrooklineCAN Fund Donors Brookline Public Health Department, Joyce & Barr Jozwicki, Marilyn R. Kudisch, Pat Morris, Ruth Nemzoff, Phyllis Podren, Teddi Richman, Ruth Werksman



To Van Fund Donor Lucille Tawa



To the Chinese Mah-Jongg Group for their gift in honor of Chinese Mah-Jongg

To the members of the Retired Men's Club for their gift in honor of the Retired Men's Club at the Brookline Senior Center especially to those who have died



To Kathryn Kilpatrick (supporting the Van Fund) for her gift in memory of Bob Berkovitz

To Jonathan Grand for his gift in memory of Phyllis Ryack

To Naomi Podhorzer for her gift in memory of Marvin Feinman

To Elizabeth Kirsten and to Lila Sesholtz for their gifts in memory of Rhona Hirschowitz's late brother of Leon.



FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to our nonprofit arm and reminds our readers that these donations are 100% tax deductible to the giver. I want to express a special thank you to those who already responded to our annual appeal letter. The funds from the appeal are needed to support the van, replace worn chairs, and renovate the Fitness Center.

Our new fiscal year begins on July 1, so this is a good time of year to send a check to support our services and programs.

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*

Help Wanted

We are compiling our first e-mail database for friends and family of the Senior Center. Please send your e-mail address and those of family members to kkaufman@brooklineseniorcenter.org. Be sure to include the word "e-mail" in the subject line of your e-mail.

Legacies

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.

To learn more about planned giving, plan on attending the seminar on the subject on Wednesday, September 14—SAVE THE DATE!

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