TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

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HIGHLIGHTS

Learn how to deal with Agism in the job search and in the workplace on June 6. See p. 14.

See Riva Berkovitz's photographic exhibit and lunch on the Boston waterfront on June 8. See p. 15.

Reduce your fear of falling and increase your activity at A Matter of Balance starting June 9. See p. 5.

Watch Richard Clarke bring Ernest Hemingway to life on June 22. See p. 8.

Attend the 16th Annual Public Health Policy Forum moderated by Michael Dukakis on June 22. See p. 3.

Enjoy the Elks BBQ on June 25. See p. 28.

Enjoy the benefits of sea air at the Jan Marble Memorial Walk on June 27. See p. 9.

JUNE 2011

THE MARIE LAVINE MEMORIAL CONCERT

On **Thursday, June 9, at 1:30 pm**, the Senior Center proudly presents the 8th annual Marie Lavine Memorial Concert. This concert is a tribute to the memory of a well-known friend to seniors who also loved musical theatre. It is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Lavine.

This year's concert features Lisa Yves who, for 30 years, has performed and recorded standards and originals, winning over audiences of all ages. Lisa studied at New York University and graduated with a degree in Vocal Jazz Performance. She also studied voice with McClosky Institute of Voice professor and voice therapist, Lin Wallin Schuller.

A versatile musician, Lisa teaches voice and piano, performs with other musicians, produces her own albums, and writes her own songs. At the Marie Lavine Memorial Concert, she will present her "Tribute to the Divas of Broadway."

BROOKLINE MUSIC SCHOOL CONCERT

Join us at the Senior Center on **Wednesday, June 1, at 2:30 pm** for the last Brookline Music School concert of this season—featuring Olga Litvintsova on the violin and Sivian Etegee on the piano. The concert is free and open to all with no reservations required. The new season of these popular concerts will begin in the fall.

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The Town of Brookline Senior News & Events

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THE 16TH ANNUAL PUBLIC HEALTH POLICY FORUM
HEALTH-CARE REFORM: WHAT HAPPENED? WHAT'S NEXT?

On **Wednesday, June 22, from 7:00 to 9:00 pm,** former Massachusetts Governor (and lifelong Brookline resident) ***Michael Dukakis***, will **moderate** the 16th annual Public Health Policy Forum. Mr. Dukakis was born in Brookline and began his political career as an elected Town Meeting member. He was elected chairman of the Town's Democratic organization in 1960 and won a seat in the Massachusetts Legislature in 1962. He was elected Governor of Massachusetts in 1974, and served again from 1983 until 1991. Since June 1991, he has been Distinguished Professor of Political Science at Northeastern University and Visiting Professor at The School of Public Policy at UCLA. His research has focused on national health-care policy reform and the lessons that national policymakers can learn from state reform efforts.

This event will be held at the Senior Center. The van will run for this event so call the van at 617-730-2750 for van reservations.

The program: In 2010, the Patient Protection and Affordable Care Act (PPACA), which focused on providing better and affordable health insurance coverage for all, was passed. With the reform well under way, can providers ensure quality care at an affordable price? Will the push for a more integrated delivery system decrease costs while maintaining high levels of quality? How will the new global payments system in Massachusetts affect health care? How will Vermont's experiment with a single payer system unfold? This year's forum will address these issues and the congruence between quality and affordability.

Panelists:

Christie Hager, MPH, JD, is currently the Regional Director for the US Department of Health and Human Services as well as an adjunct lecturer on Health Policy at the Harvard School of Public Health (HSPH). For over five years during the implementation of the Massachusetts health reform law, she served as the Chief Health Counsel to the Speaker of the Massachusetts House of Representatives.

William Hsiao, PhD, is the KT Li Professor of Economics at the HSPH. He has focused his research on developing a framework to better understand national health systems. Hsiao is most currently known for his involvement with a single payer system in the state of Vermont. He was hired by the state to design three possible options for a new health-care system that would bundle process claims into one entity, reform medical malpractice, and save in health expenditures.

John McDonough, DrPH, MPA, is a professor of public health at the HSPH and the Director of the new HSPH Center for Public Health Leadership. The late Senator Edward M. Kennedy appointed him Senior Advisor on National Health Reform to the US Senate Committee on Health, Education, Labor, and Pensions, a position he held from 2008 to 2010. He was also the Executive Director of Health Care For All where he headed efforts for the 2006 Massachusetts health reform law. He currently resides in Brookline.

The forum is free of charge and preregistration is ***not*** required. For more information, call the Brookline Department of Public Health at 617-730-2300.

Light hors d'oeuvres will be served from **6:00 to 7:00 pm.**

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will not visit the Senior Center in June.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, June 6, 13, and 20, from 9:00 am to 12:00 noon**. However, there will be no session on Monday, May 30 as the Senior Center is closed for Memorial Day. Sessions, which last 15 minutes each, cost **$30.** Appointments are required. Make one by calling 617-730-2777.

Low Vision Group In June the members of this peer-lead group will attend their annual meeting by invitation.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center** on **Monday, June 6, from 1:00 to 2:00 pm**. The nurse who presides at this session 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, June 16, 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, June 1, at the BPHD building, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, June 8, at Susman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On Wednesday, June 22, 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, June 20**, during the Chinese programs—**from 12:30 to 1:30 pm**.

Diabetes support group Interested in joining a Diabetes support group? Call Julie at 617-730-2760.

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

We will 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.

On Tuesday, June 14, at 11:00 am, a nurse from Neighborhood Diabetes will be on hand at the Senior Center to perform ***free glucose screening***. No appointments are necessary.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

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: Do I need to exercise?

Answer: Most people (myself included) prefer to do almost anything rather than exercise. However, there are so many benefits to be derived from moving our bodies that it really is worth pushing ourselves for at least some part of every day. We all want good blood pressure, good cholesterol, and a nice healthy weight. We'd like our bones to be stronger and our joints to hurt less. We'd like to walk with better balance so we can worry less about falling. There are multiple research studies that prove that exercise can help achieve all these goals.

The best time to exercise is probably in the morning or early afternoon, before you get tired. Mark on your calendar each day what time slot you are devoting to making a stronger YOU.

Do some type of aerobic exercise, such as walking, dancing, bicycling, or participating in an exercise class, every day. This gets your heart beat going faster, moves your blood around, and is good for every body part. Strengthening your muscles is important. You can use free weights, starting with two- or three- pounds or exercise on machines.

Exercise classes or dancing may be more fun. The main thing is to decide what you are going to do, and do it! You will feel a difference!

(Editor's note: See the column to the right and pp. 6-7, for many exercise choices available at the Senior Center.)

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is designed to reduce fear of falling and increase activity levels among older adults who manifest this concern. The program was developed by The Roybal Center for Enhancement of Late-Life Function at Boston University and uses trained volunteers as facilitators. It now serves as a national model for addressing fall prevention.

The program acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear, including:

- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance

Join trained volunteer coaches on **Thursdays from 9:30-11:30 am from June 9 through July 28** for this free program. Learn strengthening exercises, discuss attitudes and behaviors that support balance, and build skills using group and at-home activities. For more information and to register for this course (and preregistration by Monday, June 6, at the latest, is required), call Sharon Devine at 617-730-2769.

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 PCP and insurance information. The cost of shingles vaccination for the uninsured is $200.

PHYSICAL FITNESS: A NUMBER ONE PRIORITY

The Senior Center has 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*** (see p. 9) on Wednesdays at 9:30 am at Ron's 20th Century Bowling Alley on Hyde Park Avenue, and the ***Solemates Walking Group*** (see p. 9) on Fridays. We also have an ***Arthritis Exercise Class*** which is full at the moment but which repeats frequently throughout the year. And of course our popular ***Zumba*** classes (see p. 23).

TO REGISTER FOR Brookline Adult & Community Education (BA&CE) COURSES, call 617-730-2700 or access it online at www.brooklineadulted.org.

Senior Center Fitness Center

Our ***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. The Center 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.

BA&CE Courses at the Senior Center

And there are also exercise classes offered by BA&CE that are designed specifically for seniors and offered at the Senior Center. (Note that for courses for seniors only, the senior discount does not apply.) In June, these include:

Introduction to Tai Chi Chuan
Instructor, Vincent Chu
7 Fridays from 2:00 to 3:30 pm beginning June 3. Fee: $68. Course code: **W219**

Tai chi chuan is practiced today as a form of exercise. The slowness and evenness of its continuous movement makes it ideal 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.

Yoga for Everyone
Instructor, Sarah Jane Shangraw
6 Mondays from 2:00 to 3:30 pm, beginning June 6. Fee: $100 (The senior discount ***does apply*** for this course). Course code: **W201**

This course is open to all, regardless of fitness, age, physical challenges, and shape. It is a relaxed yoga class for the body, mind, and spirit that honors each person's present abilities and limitations. Class includes individualized exercise modifications, and will guide you toward a healthier, calmer, stronger, and more energetic life. This class is geared toward those who are new to yoga, those with movement difficulties, and those who want a focused workout. It will be simultaneously challenging and gentle and is a perfect place to start the practice of yoga. Wear comfortable clothing, and bring a yoga mat.

Yoga for Older Adults
Instructor, Steffi Shapiro
Section 01 (chair class): 8 Tuesdays from 2:00 to 3:00 pm, beginning June 7
Section 02 (mat class): 8 Tuesdays from 3:00 to 4:00 pm, beginning June 7
Fee: $65 for each section. Course code: **W044**

Yoga is an ancient system of gentle exercise and breathing techniques that enhance physical well being. It is well suited to older people because it combines safe, gentle, invigorating stretching exercise with relaxation and introspection, all in a noncompetitive atmosphere.

Active Meditation for Seniors
Instructor, Jennifer Winslow
4 Fridays from 1:00 to 2:00 pm beginning June 3. Fee: $40. Course code: **D205**

This course is based on a Tibetan art of meditation in movement called *Seamm-Jasani* that combines breathing with gentle stretching and techniques for meditation in movement. Sessions will begin with simple warm-ups for the whole body and gradually progress to movement designed to improve balance, strength, coordination, and cardiovascular health. The class will also explore fluid coordinations that exercise body and mind together, creating an active art of meditation in movement. Movements will be modified to accommodate physical limitations, and participants can sit in chairs for some or all of the exercises if they wish. Wear comfortable clothing to class.

Nia for Seniors: Health Through Movement
Instructor, Mary Stevenson
Section 01: Tuesday, June 7, from 8:30 to 9:30 am. Free, but registration is required.
Section 02: 8 Tuesdays from 8:30 to 9:30 am beginning June 14. 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
Cosponsored by the Council on Aging
8 Mondays and 8 Wednesdays (16 sessions in all) from 8:45-10:15 am beginning June 8. 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 June 8. 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**, but is designed for those who have not 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.

And Not at the Senior Center but for Seniors: Balance and Flexibility for Seniors
Instructor, Nancy Murphy
4 Wednesdays from 8:30 to 9:30 am, beginning June 8 *at the United Parish Church*. Fee: $78. Course code: **D208**
The course incorporates balance, flexibility, and cardiovascular exercise in a low-impact environment. The focus is on full-body and continuous movements to help strengthen arms and legs and improve overall balance. Wear comfortable clothing, and bring a yoga mat.

RICHARD CLARKE PRESENTS:

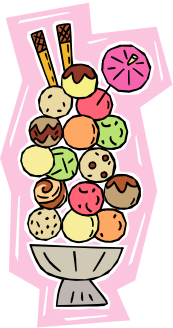
Life, Language, and the Pursuit of Happiness—Ernest Hemingway Alive!

Join us at the Senior Center **at 1:30 pm on Wednesday, June 22** and:

…Relive with Ernest those days from WWI through the inauguration of JFK. The tragedies and triumphs, the joys and sorrows; the sacred and the profane, the loves and losses....The life force of the master craftsman considered by his peers as "the greatest writer since Shakespeare."

Richard Clark has spent over 30 years in New England regional theater and New York theater. He is a graduate of Clark University and studied at the American Academy of Dramatic Art, The Actors Connection, and the Actor's Loft in New York. His "Keeping History Alive" series brings the life and work of such figures as Mark Twain, Clarence Darrow, Andrew Carnegie, John Barrymore, and William Shakespeare to life.

SENIOR CHORUS PERFORMANCE AND ICE CREAM SOCIAL



Sing along with the Senior Chorus as they present a concert of summertime favorites on **Friday, June 17, from 12:45 to 1:45 pm**. Then indulge yourself in that favorite summertime American pastime—the Ice Cream Social. Eat ice cream and schmooze with your friends and peers.

HOLIDAY CRAFT FAIR

Yes, it's that time again! Time to start planning our 27th Annual Holiday Craft Fair will take place that will take place on Friday, November 4, and Saturday, November 5 (SAVE THESE DATES).

Our first planning meeting will be **on Monday, June 13, at 1:00 pm**. If you want to participate in the planning for the Holiday Craft Fair, come to this meeting. Bring your ideas and enthusiasm. Come one, come all.

THE FARMERS' MARKET IS BACK!

The Brookline Farmer's Market will once again be at the Centre Street West Parking lot rain or shine on **Thursdays from 1:30 pm until dusk from June 16 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 it does at the supermarket—but if you like it 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.

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.

JAN MARBLE MEMORIAL WALK

I am certain many Solemates walkers will be among the participants in the annual Jan Marble Memorial Walk at Castle Island on **Monday, June 27**. The walk begins at 10:30 am with registration and warm-up. Bring a picnic lunch or plan on picking up something at Sully's. Transportation will leave the Senior Center at 9:30 am and return in the afternoon. Space is limited so call 617-730-2770 to register and reserve transportation.

This walk is sponsored by the Commonwealth of Massachusetts's *Keep Moving Program* from the Executive Office of Elder Affairs, and the Massachusetts Department of Public Health, the Massachusetts Councils on Aging and Senior Center Directors with the support of the Massachusetts Department of Public Health and BlueCross/BlueShield of Massachusetts. It promises to be an exciting and worthwhile activity with the bonus of providing and promoting healthy and friendly walking.

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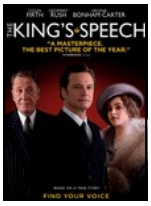
BOWLING

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 Volunteer Coordinator Nancy Johnson. She will get back to you.

MOVIES FOR FILM LOVERS

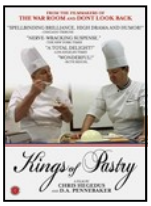
The Senior Center presents a free movie **every Tuesday in June at 1:30 pm**.

June 7 ***The King's Speech*** (2010) 119 minutes



Britain's King George VI struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue in this biographical drama exploring the unlikely friendship that gave George the confidence that served him and his country well during the dark days of WWII.

June 14 Kings of Pastry (2009) 84 minutes



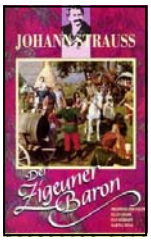
In French with English Subtitles

This documentary ventures inside the deliciously cutthroat and legendary French pastry competition with an account of what it takes to be the best *pâtissier.* Every four years the contest separates the amateurs from the artisans. Renowned chefs from around the world let their tempers fly as they vie for the crown.

June 21 Network (1976) 121 minutes

When network news anchor Howard Beale loses his mind on the air, his outrageous rants reach viewers at home, boost the ratings, and intrigue cutthroat network executives. Their avarice is in contrast to a hopelessly out-of-step old-school TV journalist in Paddy Chayefsky's masterpiece that foreshadowed today's rash of trash television and shock-laden news broadcasts.

June 28 The Gypsy Baron (1975) 97 minutes



In German with English Subtitles

This is the colorful story, set in 18th-century Hungary, of the marriage of a landowner (returned from exile) and a gypsy girl (daughter of a Turkish Pasha and rightful owner of a hidden treasure), a Romany queen, a pompous mayor, a rascally commissioner, a military governor, Gypsies, and Hussars.

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, June 1,** to offer individuals legal expertise on matters of law as well as information and referrals. Note that BLAB will be on vacation in July. This service is offered free of charge, and no appointment is needed.

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

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

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

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 20.)

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.

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, June 10**. 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, June 29.** 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.

PARKINSON DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, June 3, 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.

CELL PHONES, IPODS, GLASSES

Do you, your family, or friends have old electronics cluttering up the place? If they are cell phones and/or iPods—donate 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.

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

COA MEETING

Alberta Lipson will report on *Aging at Home: A Study of Brookline's 85 and Older Seniors* at the COA board meeting on **Wednesday, June 8, at 1:00 pm**. If you want to familiarize yourself with the report before the meeting, the full text of the report is available on the Council on Aging page on the Town of Brookline web site (www.brooklinema.gov).

In July and August, there will be no COA meetings. However, the nominating committee will meet in August and invites anyone who would like to serve on the board to contact Ruthann Dobek at 617-730-2756.

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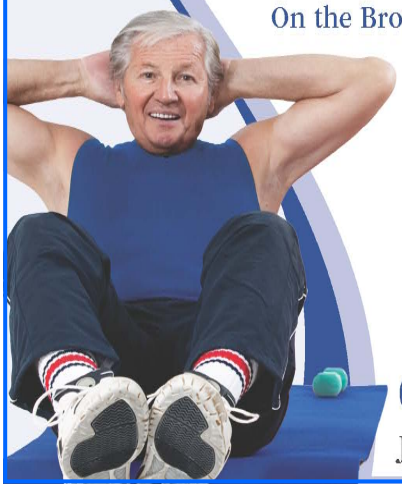

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FROM THE DIRECTOR

Castle Island is truly a Boston treasure. Where else can you find a beautiful ocean view and throngs of diverse people enjoying fresh air and great walking paths? Of course, my favorite is the yummy ice cream and fried clams! Join us as walkers from all around the state stroll at Castle Island at the Jan Marble Memorial Walk on Monday, June 27. Our van will take a group. I will see you there. (See p. 9.)

One of *our* special annual programs will be held on Thursday, June 9. The eighth annual concert in memory of Marie Lavine will begin at 2:00 pm with the fabulous talent of Lisa Yves. She will sing some favorite Broadway show tunes. Her performances have had rave reviews. Afterwards, join your friends at the delectable dessert buffet. This is one concert not to be missed, and we appreciate Marie's daughters Eileen and Kathy who lovingly sponsor this annual event. (See p. 1.)

And on Wednesday, June 22, at 6:00 pm, we are pleased to host Brookline Public Health Department's 16th Annual Report Card on Health Care. Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages, so encourage a younger friend or relative to attend. With the passage of the new health-care reform bill by the Obama administration, this topic is timely and historic. (See p. 3.)

Thank you for supporting our Annual Appeal. Our fiscal year ends June 30, and I would like to have enough donations to finish fixing the last 12 chairs in the coffee lounge. Donations of any amount will be graciously accepted. And we enrolled our first scholarship recipient in the Fitness Center. Again, small donations are as important as the larger ones and are much appreciated.

The 8th Annual Pride Tea Dance for LGBT seniors and their friends will be on Sunday, June 5, from 3:30 to 7:00 pm at the Holiday Inn on Beacon Street in Brookline. (See p. 26.) We will have a couple of free tickets. See me if you want to attend.

In addition, we are proud to host a Spanish Immersion fundraiser on Tuesday, June 7, from 6:00 to 8:00 pm. If you want to enjoy Latino Jazz, a Salsa lesson, and a delicious taste of Latino food—all to support Spanish Immersion programs—buy a ticket at the special senior price of $20. (See p. 15.)

Finally, Happy Father's Day to fathers, grandfathers, and great-grandfathers. My own father was a very special man. He was a teacher and humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here in the Senior Center as his lesson to me was always to be warm and welcoming and open to all types of people—striving to make the world a better place, one act at a time. In his memory, please join me in doing something extra kind this month for someone. *—Ruthann Dobek, Director*

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AGEISM IN THE JOB SEARCH AND IN THE WORKPLACE

On **Monday, June 6, from 2:30 to 5:00 pm**, come to this workshop on recognizing and working with age bias in the job search and in the workplace. Anne Spangler, Human Resource professional, and Deidre Waxman, Council on Aging JOBS Coordinator, will be on hand to facilitate discussion of strategies to overcome age bias and also discuss the "age advantage."

For more information and to register for this free workshop, call Deidre at 617-730-2767 or e-mail her at dwaxman@brooklinema.gov.

COMPUTER ONE-ON-ONE SESSIONS

Computer phobic? The Red Tape Cutters will be giving one-on-one session on **Tuesdays, June 7, 14, 21, and 28, from 9:00 to 11:00 am**. Preregistration is required. Call Deidre Waxman at 617-730-2767 to make an appointment.

RECYCLING

We need two or three people to assist with recycling at the Senior Center—breaking down boxes after Tuesday Food Distribution, bringing used fax and printer cartridges to a Staples store, and emptying paper collection tubs into the Town recycling bins for Monday pick-up. To volunteer or for more information, call Sharon Devine 617-730-2769 or Olga Sliwa 617-730-2768.

JUNE HOLIDAYS

Happy summer! We have, we all hope, at least three glorious months of warm weather and sunny, long days. And there are no days in June on which the Senior Center is closed.

Happy Father's Day on Sunday, June 19, to all you fathers, grandfathers, and great-grandfathers. And let's all remember our own fathers, et al., fondly. And remember that June 14 is Flag Day and that on June 21 summer officially begins.

BA&CE GREEN COURSES IN JUNE

Brookline Adult & Community Education is reflecting Brookline's (and its residents) growing concern with a greener, more environmentally healthy world with a quartet of courses being offered at Brookline High School in June.

Green Homes Brookline: First Steps in Energy Efficiency
Community Outreach Manager, Lyndsay Schandel
Help your home go green and learn how to lower your utility bills. The Town of Brookline has teamed up with energy efficiency leader Next Step Living to help residents save money and reduce their carbon footprints.
Tuesday, June 14, from 7:00 to 8:30 pm. Fee: $6. Course code: **J424**

Practical Guide to Solar Energy for Your Home
Instructor, Ben Mayer
This course offers a practical guide to both solar electric and solar hot water systems with a focus on options for homeowners.
2 Wednesdays, June 15 and 22, from 6:30-8:00 pm. Fee: $38. Course code: **G258**

Growing Summer Vegetables
Instructor, Lisa Vaas
In this class, all you need is a backyard or outdoor containers to do some sustainable residential gardening in an urban space.
3 Tuesdays, June 7, 14, and 21, from 6:30-8:30 pm. Fee: $85. Course code: **G238**

Garden Design
Instructor, Luisa Oliveira
Be introduced to the fundamental concepts of landscape and planting design in this course.
4 Wednesdays, June 8, 15, 22, and 29, from 7:00-9:00 pm. Fee: $93. Course code: **G249**

TO REGISTER FOR BA&CE COURSES, call 617-730-2700 or access it online at www.brook lineadulted.org.

RED TAPE CUTTERS

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

GARDENING

Help beautify the Senior Center grounds, learn more about plants and heathy soil, be outdoors, work together on projects that everyone can enjoy. This spring and summer, we will begin planting some herbs, flowers, shade plants, groundcover and container vegetables. And there may be an opportunity to help maintain a neighborhood school-yard garden.

Participate in hands-on programs about container gardening, backyard composting, and herbs.

For more information and to join this exciting new group, call Sharon Devine 617 730 2769 or Karin Lauff Wannamaker 617 730 2753 about the Senior Center garden projects.

SPANISH IMMERSION

Come to the Senior Center on **Tuesday, June 7, from 6:00 to 8:00 pm** for the Spanish Immersion fund-raising extravaganda. Enjoy Latino Jazz, a Salsa lesson, and other entertainment Learn all about the programs offered by Spanish Immersion. And taste Latino food from several local restaurants.

And, of course, there will be lots of raffles, among them the raffle of the wonderous doll house that is on display at the Senior Center.

Tickets for this event are $25 per person ($20 for seniors and children under 12). For more information and to purchase tickets, call Giovanna at 617-953-7016 or Margaret at 617-522-4832, e-mail immersion@hotmail.com, or access SpanishImmersion online at www.spanishimmersionjamaiaplain.org.

PHOTOGRAPHIC EXHIBIT: RIVA BERKOVITZ

Riva Berkovitz, a long-time supporter and volunteer at the Senior Center, has an exhibit at the Moakley Federal Courthouse on Boston Harbor through June 30. The Senior Center is organizing an excursion to see this exhibit and lunch at the Courthouse café on **Wednesday, June 8**. To join this wonderful excursion, call 617-730-2770 to make a reservation.

The van will leave the Senior Center at **11:45 am.** You will have ample time to see the exhibit and enjoy the harbor views and lunch in the lovely café at the Courthouse before the van returns to the Senior Center at around 4:00 pm.

DRAWING FOR PLEASURE

Do you want to try something new this summer? Then the *Drawing for Pleasure: A Course in Learning to Draw* beginner's class is the place for you! This highly acclaimed course will begin its 7-week session at the Senior Center on **Thursday, June 16 (running through July 28), from 9:30-11:40 am**. People with some or no drawing experience are welcome!

Instructor Louise Weinberg developed this course on the premise that drawing can be learned and that learning to see differently is what enables one to draw. Working from still life objects, you will begin to learn to look at things as an artist does.

All materials will be provided. A small materials fee (of $15 maximum) is due on the first day of class. Space is limited so don't miss your chance to be part of this popular class. Call 617-730-2770 to register today!

Springwell Nutrition Program JUNE 2011

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager** *****Higher Sodium Content** **Menu subject to change. $1.75 donation**		1) Chicken Breast, Chicken Lo Mein, Carrots, Multigrain Bread **OR** Egg Salad on a Lettuce Leaf, Tossed Garden Salad w/Lite Italian Dressing, Orzo Vegetable Salad, Oatnut Bread **Pineapple**
6) Minestrone Soup Honey Mustard Chicken, Mashed Potatoes, Parsley Carrots, Rye Bread **OR** Roast Beef & American Cheese on Wheat Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad w/ Lite Italian Dressing **Apricots**	7) Italian Garden Vegetable Soup Stuffed Cabbage w/Meat Sauce, Spinach, Wheat Bread **OR** Turkey & Provolone Cheese on Multigrain Bread, Lite Mayo, Fruity Rice Salad, Carrot Pineapple Raisin Salad **Brownie**	8) Build a Burger w/American Cheese on a Hamburger Roll, Ketchup/Mustard, Lettuce & Tomato, Hot Potato Salad, Italian Mix Vegetables **OR** Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad 1/2 a Pita Pocket **Peaches**
13) Summer Noodle Soup Roast Turkey w/Gravy, Mashed Potatoes, Green & Wax Beans, Cranberry Sauce, Oatnut Bread **OR** Tuna Salad on a Bulkie Roll, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad **Pears**	14) Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Dinner Roll **OR** ***Ham & American Cheese on Rye Bread, Mayo, Lettuce Leaf, Cole Slaw, Lo Mein Pasta Salad **Fresh Fruit**	15) Seafood Chowder Breaded Fiesta Fish w/Mild Salsa Sauce, O'Brien Potatoes, Brussels Sprouts, Multigrain Bread **OR** Chicken Salad on a Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Oatnut Bread **Cinnamon Cookie**
20) Cream of Carrot Soup Beef Stew, Peas, Apple Cinnamon Muffin **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Red Potato Salad, Broccoli Tomato Salad **Pineapple**	21) **June Birthday Lunch** Minestrone Soup Baked Scrod w/Lemon Dill Sauce, Lemon Wedge, Mashed Potatoes, Carrots, Multigrain Bread **OR** BBQ Boneless Breaded Chicken Breast on a Hamburger Roll w/Mozzarella Cheese, Sliced Red Onions, Balsamic Vinaigrette Pasta, Riviera Blend Salad **Chocolate Pudding w/Whipped Topping**	22) Tomato Florentine Soup Vegetable Cheese Quiche, Chickpea Spinach Dish, White Rice, Corn Bread **OR** Roast Beef & Swiss on Whole Wheat Roll, Mustard, Lettuce Leaf, Spinach Mandarin Salad w/ Lite Italian Dressing, Corn Salad **Peaches**
27) Cream of Carrot Soup Greek Chicken, White Rice, Spinach, Orange Cranberry Muffin **OR** Roast Beef & Swiss on Rye Bread, Lite Mayo, Lo Mein Pasta Salad, Red Pepper Tomato Salad **Fresh Fruit**	28) Italian Garden Vegetable Soup Pot Roast w/Sweet Onion Mushroom Gravy, Mashed Potatoes, Brussels Sprouts, Multigrain Bread **OR** Tuna Salad on Multigrain Bread, Tossed Garden Salad, Lite Italian Dressing, German Potato Salad **Tapioca Pudding w/Whipped Topping**	29) Florentine Soup Baked Scrod Florentine, Rice Marinara, Peas Carrots & Cauliflower, Oatnut Bread **OR** California Chicken Salad on Wheat Bread, Lettuce Leaf, Cucumber Dill Salad, Rice Tomato Black Olive Salad **Tropical Mixed Fruit**

THURSDAY	FRIDAY
2) Mixed Bean Soup Salmon Boat w/Dill Sauce, Green & Wax Beans, Red Bliss Potatoes, Oatnut Bread **OR** Boneless Breaded Chicken Breast on a Hamburger Roll, Lite Mayo, Lettuce Leaf, Cole Slaw, Corn Salad **Baked Apple Cinnamon Slices w/Topping**	3) Florentine Soup Rigatoni Pasta, Meatballs w/Tomato Sauce, Zucchini, Whole Wheat Dinner Roll **OR** Tuna Salad on Wheat Bread, Lettuce Leaf, Summer Potato Salad, Riviera Salad **Fresh Fruit**
9) Cream of Butternut Squash Roast Pork w/Raisin Pineapple Chunk Sauce, Brown Rice, Green Beans, Oatnut Bread **OR** Egg Salad on Rye Bread, Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad w/ Lite Italian Dressing **Fresh Fruit**	10) Lentil Stew, Broccoli & Cauliflower, Corn Bread **OR** Cottage Cheese Fruit Plate, Macaroni Salad, Cranberry Orange muffin **Vanilla Pudding w/Whipped Topping**
16) **Father's Day Special** **Beef Stroganoff** **Peas & Pearl Onions** **Garlic Dinner Roll** **Apple Bread Pudding w/ Rum Sauce**	17) Lentil Spinach Soup Boneless Breaded Chicken Breast w/Melted Cheese, Caramelized Red Onions & BBQ Sauce, Chuckwagon Corn, Cole Slaw, Bulkie Roll **OR** Seafood Salad on Wheat Bread, Lettuce Leaf, Lite Mayo, Tomato Cucumber Salad, Pasta Salad w/Cheese **Peaches**
23) Al-Fresco Chicken Sausage & Bean Dish, Green & Wax Beans, Whole Wheat Bread **OR** ***Seafood Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, German Potato Salad **Fresh Fruit**	24) American Chop Suey, Tossed Garden Salad Lite Dressing, Italian Vegetable Blend, Oatnut Dinner Roll **OR** Tuna Salad over Tossed Garden Salad w/ Lite Dressing, Summer Potato Salad, 1/2 Pita Pocket **Vanilla Cake w/Chocolate Frosting**
30) ***Reduced Sodium all Beef Hot Dog on a Hot Dog Roll, Baked Beans, Ketchup/ Mustard/ Relish, Cole Slaw **OR** Turkey & Mozzarella Cheese on Oatnut Bread, Lite Mayo, Pineapple Raisin Salad, Orzo Vegetable Salad **Chocolate Chip Cookie**	**Soup is always served with crackers.** **Lunches are served at 12 noon unless otherwise announced.** **For reservations on Mondays, call the previous Friday by 11:00 am.** **For reservations on Tuesdays through Fridays, call the previous day by 11 am.**

LUNCHEON SPECIALS FOR JUNE

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.

Come to the Senior Center on **Thursday, June 16**, for **Springwell's Father's Day Special Lunch**.

On **Tuesday, June 21**, we will celebrate the birthdays of everyone born in June with appropriate fanfare. Don't forget to let us know that you or someone in your party has a **June birthday** when you call to make reservations.

And come to the Senior Center on **Saturday, June 25**, for a BBQ sponsored and given with love by the Brookline Elks. See p. 28 for more details.

Our **Let's Go Out to Lunch group** will meet on **Tuesday, June 28**, at noon at the Vine Ripe Grill at the Robert T. Lynch Municipal Golf Course at Putterham Meadows. If you need transportation to get there, tell Julie that when you call 617-730-2760 to let Corrine Long know you want to join the group for lunch.

JUNE AT A GLANCE*

Wednesday, June 1
9 am-12 noon BLAB Lawyer
9:30-11:30 am Introduction to the Internet for Seniors begins**
11:45-1:45 pm e-Mail Workshop for Seniors begins**
2-3 pm Blood Pressure Screening *at Brookline Public Health Department (BPHD) building*
2:30 pm Brookline Music School Concert—Olga Litvintsova and Sivan Etegee

Thursday, June 2
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 1 begins**
10-11:20 Continuing to Drive Past 55**
1-2:30 pm Easy Travel
1-3 pm Wii Games—registration required
3 pm Retirement Strategy Session *at Goddard House*

Friday, June 3
1-3 pm Parkinson's Disease Support Group
3:30 pm Modern Dance and Movement—$2/session

Sunday, June 5
3:30-7 pm 8th Annual Pride Tea Dance *at the Brookline Holiday Inn*

Monday, June 6
9 am-12 noon Podiatry Clinic—appointment required
1-2 pm Blood Pressure Screening with Brookline Health Care Center nurse
1-3 pm Crafty Holiday Group
2:30-5 pm Ageism in the Job Search and in the Workplace

Tuesday, June 7
8:30-9:30 Nia for Seniors—free session**
1:30 pm Movie: "The King's Speech"
3:30 BrooklineCAN Membership Committee meeting
6-8 pm Spanish Immersion fundraiser
6:30-8:30 pm Growing Summer Vegetables **

Wednesday, June 8
8:30-9:30 am Balance and Flexibility for Seniors *at the United Parish* Church**
8:45-10:15 am—Strength Training for Seniors**
9:30-11:30 am Introduction to the Internet for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
11:45 am *Excursion to the Moakley Federal Courthouse* for Riva Berkovitz's photographic exhibit—reservation required
11:45-1:45 pm e-Mail Workshop for Seniors **
1 pm COA Meeting—Speaker: Alberta Lipson
1-2 pm Blood Pressure Screening *at Susman House*
7-9 pm Garden Design **

Thursday, June 9
9:30-11:30 am A Matter of Balance starts—registration required
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 1**
10-11:20 Continuing to Drive Past 55**
1-3 pm Wii Games—registration required
1:30 pm Marie Lavine Memorial Concert—Lisa Yves "Tribute to the Divas of Broadway"

Friday, June 10
3:30 pm Modern Dance and Movement--$2/session
Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, June 12
1-3 pm Minot Rose Garden Reopening Celebration *at Winthrop Square*

Monday, June 13
8:45-10:15 am—Strength Training for Seniors**
9 am-12 noon Podiatry Clinic—appointment required
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm 1st planning meeting for November 4-5 Holiday Craft Fair
1-3 pm Crafty Holiday Group

Tuesday, June 14
8:30-9:30 Nia for Seniors**
8:30-9:30 am Balance and Flexibility for Seniors *at the United Parish* Church**
11 am Glucose Screening by Neighborhood Diabetes
1:30 pm Movie: "Kings of Pastry"
6:30-8:30 pm Growing Summer Vegetables **
7-8 pm Green Homes Brookline **

Wednesday, June 15
8:45-10:15 am—Strength Training for Seniors**
9:30-11:30 am Introduction to the Internet for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
10:30 Bus pickup at the Senior Center for the Brookline Rec cruise and lunch on the *Spirit of Boston*
11:45-1:45 pm e-Mail Workshop for Seniors **
1:30 pm Modern Beading Workshop
7-9 pm Garden Design **

Thursday, June 16
9-10:30 am Blood Pressure Screening with BPHD nurse
9:30-11:30 am A Matter of Balance—registration required
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 1**
9:30-11:40 am Drawing for Pleasure—new session begins—preregistration required
10-11:20 Continuing to Drive Past 55**
12 noon Father's Day Special lunch
1-3 pm Wii Games—registration required
1:30 pm-dusk Brookline Farmer's Market opens *at Centre Street West Parking lot*

Friday, June 17
12:45-1:45 pm Senior Chorus performance
1:45 pm Ice Cream Social

Saturday, June 18
3:30 pm Lauren Lee and Albert Lam Concert *at Goddard House*

Monday, June 20
8:45-10:15 am—Strength Training for Seniors**
9 am-12 noon Podiatry Clinic—appointment required
10:30-11:30 am Senior S-T-R-E-T-C-H**
2-3 pm Putterham Book Discussion Group—*Jane Eyre*—*at Putterham branch of Brookline Public Library*

Tuesday, June 21
8:30-9:30 am Nia for Seniors**
12 noon June Birthday Lunch
1:30 pm Movie: "Network"
6:30-8:30 pm Growing Summer Vegetables **

Wednesday, June 22
8:30-9:30 am Balance and Flexibility for Seniors *at the United Parish* Church**
8:45-10:15 am—Strength Training for Seniors**
9:30-11:30 am Introduction to the Internet for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
11:45-1:45 pm e-Mail Workshop for Seniors **
1-2 pm Blood Pressure Screening *at O'Shea House*
1:30 pm Richard Clarke Presents: Life, Language, and the Pursuit of Happiness—Ernest Hemmingway Alive!
6-9 pm 16th Annual Public Health Policy Forum: Health-care Reform: What Happened? What's Next?

7-9 pm Garden Design **
Thursday, June 23
9:30-11:30 am A Matter of Balance—registration required
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 1**
9:30-11:40 am Drawing for Pleasure—preregistration required
1:30 pm-dusk Brookline Farmer's Market at Centre Street West Parking lot

6-9 pm Raw Foods Cooking **
Friday, June 24
9 am Van pickup at the Senior Center for the Brookline Rec excursion to the Wrentham Outlets
Saturday, June 25
12 noon Doors open for Elks BBQ
Sunday, June 26
Monday, June 27
8:45-10:15 am—Strength Training for Seniors**
10:30 Jan Marble Memorial Walk *at Castle Island*
10:30-11:30 am Senior S-T-R-E-T-C-H**
Tuesday, June 28
8:30-9:30 am Nia for Seniors**
9-10 am Public Issues Nonfiction Book Discussion Group—"Losing the News"
12 noon Let's Go Out to Lunch *at Vine Ripe Grill*
1:30 pm Movie: "The Gypsy Baron"
Wednesday, June 29
8:30-9:30 am Balance and Flexibility for Seniors *at the United Parish* Church**
8:45-10:15 am—Strength Training for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
Evening Alzheimer's Caregivers Support Group—call for time

7-9 pm Garden Design **
Thursday, June 30
9:30-11:30 am A Matter of Balance—registration required
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 2 begins**
1:30 pm-dusk Brookline Farmer's Market at Centre Street West Parking lot

** 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.*

This green footprint indicates a green course being given at Brookline High School.

ONGOING SENIOR CENTER EVENTS

MONDAY

10 am-12:30 pm Introduction to Watercolor**
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
2-3 pm Yoga for Everyone**
2-4 pm Open computer lab

TUESDAY

9-11 am Computer One-on-One Sessions with Red Tape Cutters—appointments necessary
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 pmMovies 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
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet
10:30-11:30 am Arthritis Exercise Classes—filled
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.
1:45-2:30 pm Advanced Spanish Classes
3-3:45 pm Zumba—$7/session

FRIDAY

9 am Bridge
9:30-11:30 am Intermediate Computer Basics for Seniors, Section 1**
10 am Solemates, Walking Group
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
1-2 pm Active Meditation for Seniors**
2-3:30 pm Tai Chi Chuan for Seniors**

MEDICARE FRAUD AND ABUSE

The Affordable Care Act fights health-care fraud, waste, and abuse by providing new tools to prevent and detect fraud and crack down on individuals who attempt to defraud Medicare. These tools include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting, and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers as if they were credit cards. Never give these numbers to a stranger.
- Remember, Medicare doesn't call, e-mail, or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on your MSN or EOB, contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare at 1-800-633-4227.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 800-447-8477.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. So call the Senior Center and ask for a SHINE appointment.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. —*SHINE*

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders is scheduled for **Wednesday, June 15, 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.

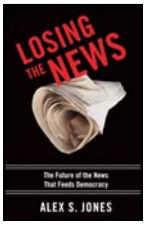
EASY TRAVEL

Come to enjoy a mystery tour on **Thursday, June 2 from 1:00 to 2:30 pm**. Sit back, relax, and journey to exotic and fascinating places.

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.

June 28



Losing the News: The Future of the News That Feeds Democracy by Alex S. Jones (Oxford University Press, USA)

July 26

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

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!

PUTTERHAM BOOK DISCUSSION GROUP

The group will hold its regular **Monday** meeting on **June 20 from 2:00 to 3:00 pm** at the Putterham branch of the Brookline Public Library. Discussion leaders are Jean Kramer and Charlotte Millman.

The book under discussion will be the marvelous and influential 19th Century novel *Jane Eyre* by Charlotte Bronte, always a joy to read and reread.

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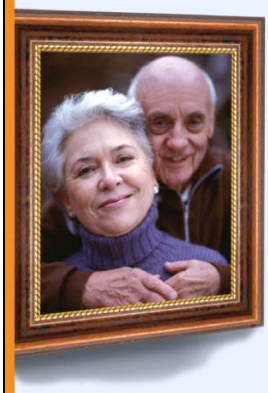

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WALK TO END ALZHEIMER'S

Alzheimer's Disease is a terror. While it does attack younger people, its main targets are the elderly. And it takes away our minds, our ability to live independently and make rational decisions about our own lives. And there is no cure…as yet.

In September, there will be a walk organized by the Alzheimer's Association. Its purpose—to help fund major research into this disease. It is called the *Walk to End Alzheimer's*. Won't you join a Senior Center group this year as walkers, contributors, and/or sponsors? Call 617-730-2770 and become part of this effort to fight a major destroyer of older people. It's a pleasant and easy walk along the Charles and a fun way to get some healthy exercise for a good cause.

Brookline Adult & Community Education

BA&CE

Join us, new classes starting soon!

www.brooklineadulted.org

617-730-2700

ZUMBA

Alicia Ebrat, certified Zumba instructor is back at the Senior Center to lead seniors in this combination of Latin salsa, cardio workout, and interval moves. The Zumba series meets **through June 23, on Thursdays from 3 to 3:45 pm**. 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.

BrooklineCAN

The Brookline Community Aging Network (BrooklineCAN or B-CAN) is a town-wide initiative designed to help older residents remain in their homes and be fully engaged in the life of the community.

The newly-formed Membership Committee welcomes anyone who wants to help us achieve BrooklineCAN's two main goals—1) recruiting new members and 2) encouraging all members to take advantage of the organization's services and become more involved themselves. This committee will meet at 3:30 pm on at the Senior Center on the first **Tuesday** of every month, beginning on **June 7**. Join us. For more information, contact committee chair Karen Zweig at 617-455-1964 or karen@move-maven.com.

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Brookline Health Care Center's Stroke Recovery Program is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

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AT GODDARD HOUSE

Attention Retirees, near-retirees, caregivers! Big changes are coming throughout 2011 and beyond. If you want to maintain a comfortable lifestyle, you can't afford to miss the **Retirement Strategy Session** at Goddard House on **Thursday, June 2 at 3:00 pm**. Call 617-731-8500 to reserve a spot at this event.

And on **Saturday, June 18, at 3:30 pm**, come to a concert featuring Albert Lam, pianist, and Lauren Lee, violinist, at a classical music concert.

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For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at www.goddardhouse.org

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

FOOD DISTRIBUTION

Our food distribution program on Tuesday afternoons (approximately from 1:00 to 3:00 pm) continues to be abundant and popular. Just bring your bag to the Senior Center and follow these simple rules:

1. Ticket distribution begins at 10:00 am in the coffee lounge.
2. Get a ticket in the coffee lounge.
3. (The first 20 tickets will be distributed in a random order.)
4. Wait in the coffee lounge until your number is called.
5. When your number is called, proceed to the basement.
6. In the basement, your number will be collected by a staff person or volunteer.
7. If you come downstairs without a ticket or out of order, you will be asked to return to the coffee lounge.
8. No customers may handle the bread—if you touch it, you take it.
9. No pushing or shoving.
10. If you want to come back a second time, you must get a new number from the volunteer in the coffee lounge.
11. If you do not have a number, you will be asked to go back to the coffee lounge to get one.
12. If you are in a scooter, a volunteer or staff person will assist you when it is your turn.

BROOKLINE REC—IT'S WHAT WE DO!

Spirit of Boston Cruise/Lunch—Wednesday, June 15— Entertainment

Cruise and Lunch is included. Pickups: at the Soule Recreation Center, 652 Hammond St., at 10:15 am, at the Senior Center at 10:30 am. Return at approximately 2:00 pm. Cost: $45.00 per person. Deadline for registration is June 8.

Wrentham Outlets—Friday, June 24—Shopping

Van pickups: at the Soule Recreation Center, 652 Hammond St., at 8:30 am, at the Senior Center at 9:00 a.m. Return at approximately 4:00 pm. Fee: $10.00 per person. Deadline for registration is Monday, June 20.

Castle Island—Friday, July 1—Outdoor activity.

Van pickups: at the Soule Recreation Center, 652 Hammond St., at 12:00 noon, the Senior Center at 12:15 pm. Return at approximately 4:00 pm. Fee: $8.00 per person. Deadline for registration is Monday, June 27.

And more trips are planned for July and August (with registration dates in July). See the July 2011 Senior News and Events for more information on trips for the rest of the summer:

- *Kennebunkport—Wednesday, July 20—Shopping & Sightseeing*
- *Spectacle Island—Friday, August 5—Outdoor Activity*
- *Barbecue at Larz Anderson—Friday, August 26—Lunch*

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Come to the 8th annual Senior Pride Tea Dance for LGBT Seniors and their friends on Sunday, June 5, from 3:30 to 7:00 pm at the Brookline Holiday Inn.

The Senior Center has a couple of free tickets for this event. If you would like to attend, see Ruthann.

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SENIOR CENTER THEATER CLUB

The Theater Club has been busy planning more Sunday theatrical excursions for everyone. To date, here are the plans. Call the Senior Center at 617-730-2770 to reserve seats.

July 24
The World Goes Round!
(musical review)
4 pm matinee at the New Repertory Theatre in Watertown
$36/ticket

August 28
Porgy and Bess
At the American Repertory Theatre in Cambridge
$43/ticket

September 11
Candide (musical)
At the Huntinton Theatre in Boston
$25/ticket

See the July 2011 Senior News and Events for more information on these events and for announcements of other events being planned.

THE MATCH
—SAVE THE DATE—

Coming on **Wednesday, July 20, at 1:00 pm**. Author Susan Whitman Helfgot will be at the Senior Center for a talk and book signing of her fascinating new book—*The Match: Complete Strangers, a Miracle Transplant, Two Lives Transformed* the story of the first fact transplant. Come and hear the story behind the story! Refreshments will be served. For more information, call 617-730-2777.

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CENTENARIAN PHOTOGRAPHY PROJECT

If you are interested in participating in this program (see p. 12 of the April newsletter), contact Nicholas Nixon at nbbnixon@gmail.com.

BOUNTIFUL BROOKLINE

Bountiful Brookline is a volunteer-based local food initiative founded in 2009 in response to unmet needs for locally grown food. The organization's vision is that Brookline creates and sustains a local food system that is accessible to all. The group envisions a Brookline where food is grown at homes and in schoolyards, on public and private land as well as in greenhouses, and on roofs, walls, and fences.

Its mission is to educate, demonstrate, and promote the benefits of local healthy food in partnership with town agencies, local institutions, and individuals. For more information about Bountiful Brookline, access their web site at bountifulbrookline.org.

The organization is now seeking volunteers to serve on its board. If you are interested in doing so, call Peter Ames, a board member, at 617-730-0512 or e-mail him at peter.ames @verizon.net.

SENIOR SCENE

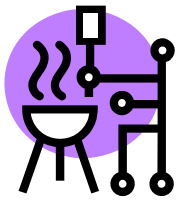
Tune into Senior Scene through the end of June for Betty Joel's interview of Dr. Suzanne Salamon (chief associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center). The program airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

MODERN DANCE AND MOVEMENT

Lynn Modell is offering more of her popular workshops on **Fridays, June 3 and 10, at 3:30 pm**. There is a $2/session fee. This workshop provides yet another excellent way to limber up and improve your flexibility and general good health.

ELKS BBQ

On **Saturday, June 25**, come to the Senior Center for a very special event—a barbeque—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a bang-up meal—be it the December holiday feasts or the summer barbeques, so be sure not to miss any of their specials. No reservations are necessary. The doors of the Senior Center will open at **12:00 noon** for this event.



BA&CE COMPUTER CLASSES FOR SENIORS

These courses are designed especially for seniors and are given at the Senior Center. Each course costs $70, and because they are expressly for seniors, the senior discount does not apply. For more information and to register, call BA&CE at 617-730-2700 or access it online at www.brooklineadulted.org. This summer the following courses are being offered:

Introduction to Computer Basics for Seniors
Instructor, Bob Roll
9:30-11:30 am Course code: **C116**
Section 1 begins Thursday, June 2 (4 weeks)
Section 2 begins Thursday, June 30 (4 weeks)

Intermediate Computer Basics for Seniors
Instructor, Bob Roll
9:30-11:30 am Course code: **C157**
Section 1 begins Friday, June 3 (4 weeks)
Section 2 begins Friday, July 8 (4 weeks)

e-Mail Workshop for Seniors
Instructor, Bob Roll
11:45 am-1:45 pm Course code: **C171**
Begins Wednesday, July 1 (4 weeks)

Introduction to the Internet for Seniors
Instructor, Mimi Katz
9:30-11:30 am Course code: **C103**
Begins Wednesday, June 1 (4 weeks)

THANK YOU

To Annual Appeal Donors: Loris Altman, Anonymous, Colleen, Doris & Saul Feldman, Louise B. Lonabocker, Lea J. Mannion, Dina Oliver, and Esther Rubinovitz

To Van Fund Donor: Loris Altman

To BrooklineCAN Fund Donors: Josephine Ciccariello, Marga Dieter, Claire Goodwin, Susan Gracey, Murray & Phyllis Marcus, Adele W. Pike, Catherine & Jerome Sadow, Peter & Jean Stringham, Ellen A. Bruce & Richard Segan, and Dr. Norman A. Wilson

To Amy Gordon **for her gift in honor of** Doreen L. Gordon

To Eleanor Small **for her gift in honor of** Doris Cohen

To Sylvia V. Franklin **for her gift in honor of** Peter Rosenbaum for tax preparation

To Cindy & Mat Tavares (supporting the Senior Van) **for their gift in honor of** Nina Lebel

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

To Joel A. Kanter **for his gift in honor of** Freddi Langenthal

To an anonymous donor **for a gift in honor of** Julie Washburn

To Lillian Aronson **for her gift in honor of** Betty Milhendler

To Patricia H. Dobek **for her gift in honor of** John F. Dobek

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!

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 fiscal year ends on June 30, 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

OUR ADVERTISERS

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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.

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*.

FRENCH CONVERSATION

Hone your French conversational skills every Tuesday in June at 12:30 pm with this group.

VOLUNTEER APPRECIATION REPRISE

2011was a great year largely because our volunteers gave so much of themselves and made an enormous difference in the life of the Senior Center. Our thanks go out to them.

Congratulations especially to Jean Stringham, the winner of this year's Molly and John Dolan Volunteer of the Year Award. She has been curator of our Gallery for the entire 10 years of its existence, and along with her husband Peter, she has generally been a great friend of, and helper at, the Senior Center. In fact, she first befriended the Senior Center while it was just a dream of the Council on Aging when as a member of the Advisory Committee, she defended the need for the Center.

Photo by Jewel Chin

We wish her well in her retirement from the exacting work of being curator. She has not left us, only the specific job, so thankfully she will still be around—helping and advising and generally continuing to be a friend.

CONTINUING TO DRIVE PAST 55

This BA&CE course with Joseph Giannone instructing includes four hours of classroom discussion and videos and two hours behind the wheel retraining to help refine your existing driving skills and develop some safer, defensive driving techniques.

3 Thursdays from 10:00 to 11:20 am (plus road time to be arranged individually), beginning March 31. Fee: $100 (payable to Pleasant Auto School). Course code: ***NO55***

TO REGISTER FOR BA&CE COURSES, call 617-730-2700 or access it online at www.brook lineadulted.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—that are 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.

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