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

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www.brooklinema.gov

HIGHLIGHTS

Travel to Barcelona with Easy Travel on **March 3**. See p. 24.

Learn about Green Homes Brookline at the COA meeting on **March 9**. See p. 3.

Join the Public Issues Nonfiction Book Discussion Group on **March 22**. See p. 20

Spend Sunday, **March 27** at the theater. See p. 10.

VOLUNTEER APPRECIATION
—SAVE THE DATE—

April is Volunteer Appreciation Month, and our annual luncheon honoring, and for, Senior Center volunteers will be on Wednesday, April 13 at 12:30 pm.

It is now a good time to call Vivian at 617-730-2743 with your nominees for Volunteer of the Year!

MARCH 2011

SOS RESTAURANT EVENT

Join us at the Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Wednesday, March 23, from 4:00 to 6:00 pm** to support Brookline hunger initiatives: all the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Cooperative (at the Senior Center). Enjoy live entertainment while you ***sample*** cuisine from local Italian, Asian, Mexican, and American restaurants.

The ***admission fee*** for this event is a ***donation of at least 2 to 3 nonperishable items*** from the Brookline Food Pantry's special needs list: instant coffee; cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats, fish, vegetables, fruit, hearty soups, and dinners; macaroni and cheese and other boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil, baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper ***and a donation of $3.00***. For more information and to make reservations (which are required), call 617-730-2770.

Bring extra cash as there will be many goodies raffled off—both goods and services.

Above: *Food distribution at the Senior Center on Tuesdays has been very successful.* Left: *Last year at the SOS event, the goodies were particularly yummy.*

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DAYLIGHT SAVINGS TIME alert. On Saturday, March 12, set your clocks forward 1 hour before you go to bed. Spring forward!

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

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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

COA MEETING

Don't miss the Council on Aging meeting on **Wednesday, March 9, at 1:00 pm** at the Senior Center as there will be a very special presentation about Green Homes Brookline at the Brookline Senior Center. The presenter is Lyndsay Schandel, Green Homes Brookline's Community Outreach Coordinator.

The presentation will help Brookline residents save money on energy costs through use of Green Homes Brookline's Next Step Living program that can:

- Do comprehensive whole-house diagnostic assessment.
- Provide a blower-door test and thermal imaging to pinpoint your hour's air leaks.
- Installation of energy-efficient immediate improvements.
- Compile a detailed report of energy efficiency recommendations and savings..
- Lower utility bills by $400-$1200 a year (on average).

Come to this meeting, and for more information and to sign up for a diagnostic assessment, call Next Step Living at 866-867-8729 or access them online at www.greenhomesbrookline.org.

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HOLIDAYS IN MARCH

There are no holidays in March on which the Senior Center will be closed so plan on enjoying activities and events here every weekday this month.

Of course, daylight savings starts (spring forward) on Sunday, March 13. And Saturday, March 20, is officially (at long last) the first day of Spring.

BROOKLINE MUSIC SCHOOL CONCERT

At **1:00 pm on Wednesday, March 2**, join us at the Senior Center for a concert by the Boston Jazz Trio sponsored by the Brookline Music School.

The trio, featuring guitarist Joe Conley and percussionist Rick Landwehr, is a flexible, versatile, and compact group of professionals. Each member is a Berklee College of Music graduate with several years of live playing experience. The Boston Jazz Trio plays classics from the standard jazz repertoire through Klezmer and choice contemporary/pop selections. Enjoy, enjoy!

CELL PHONES, IPODS, GLASSES

Provide a good home for old electronics that are just eating up space in your home? 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 front entrance to the Senior Center building.

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's March visit to the Senior Center to consult with individuals at press time was not yet scheduled. Look for an announcement in the TAB.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, March 7, 14, and 21, from 9:00 am to 12:00 noon**. The addition of a session on the second Monday of each month is permanent. Sessions, which last 15 minutes each, cost **$30.** Appointments are required. Make one by calling 617-730-2777.

Low Vision Group There will be a meeting of this peer-led support group for individuals with limited eyesight on **Wednesday, March 16, at 1:00 pm**.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center** on **Monday, March 7, 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 be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department (BPHD) on **Thursday, March 17, from 9:00 to 10:30 am**.

BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a BPHD Nurse on **Thursday, March 17**, at the Senior Center **from 9:00 to 10:30 am** and:

- On Wednesday, March 2, at the Health Dept., 11 Pierce St., from 2:00-3:00 pm
- On Wednesday, March 9, at Susman House, 50 Pleasant St., from 1:00-2:00 pm
- On Wednesday, March 23, at O'Shea House, 61 Park St., from 1:00-2:00 pm

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

PRACTICE GOOD NUTRITION

Here are some tips on how for eating healthily during National Nutrition Month and every month:

- Eat smaller meals with a vegetable as the center of the plate, with smaller meat and starch servings. Include at least one serving of fruit and vegetable with every meal.
- Drink more water between meals; snack on veggies, a handful of nuts, and fresh fruit.
- Eat fewer deep fried foods. Avoid cancer-causing trans fats.
- Read food labels and reduce the amount of added sugars and salt in the diet. Season with fresh herbs and spices.

HEALTH-CARE REFORM IMPROVES MEDICARE BENEFITS

Medicare coverage has been improved because of the Healthcare Reform Act, now called the Affordable Care Act (ACA). It is important to understand the changes, in order to take advantage of them. Remember there are SHINE (Serving Health Information Needs of Elders) counselors, who volunteer at the Senior Center to help you understand Medicare plans and to assist you in getting Medicare services.

If you have prescription drug coverage through a Medicare Part D Drug Plan or a Medicare Advantage Plan (HMO or PPO), during the coverage gap (donut hole) your drug costs have historically increased significantly. In 2010, as part of the ACA, individuals in the donut hole were eligible to receive a $250 rebate on drug costs. If you fell into the donut hole and did not received a rebate check, contact SHINE.

The ACA will, over time, close the prescription drug coverage gap. This year, in the donut hole there will be discounts: 50% on brand-name drugs and 7% on generic drugs. If you find yourself in the donut hole and are not receiving these discounts, contact SHINE.

Also new this year, due to the ACA, Medicare now covers many preventive services at *no cost*. These free services include an annual wellness exam, mammograms, colonoscopies, and osteoporosis screenings.

Also this year, the ACA will provide qualifying doctors and other health-care professionals providing primary care to people on Medicare a 10% bonus for primary care services. This will help ensure that those primary care providers can continue to be there for Medicare patients.

To learn more about your Medicare benefits, go to www.medicare.gov or the *Medicare & You 2011 Handbook*.

For a free, confidential SHINE appointment, call the Senior Center at 617-730-2777. You can also reach a SHINE counselor by phone at 1-800-AGE-INFO (1-800-243-4636), Press 3, and when you get the SHINE answering machine, leave your name and phone number. A counselor will call you back as soon as possible.

TIPS FOR SAFETY AND BETTER HEALTH

Come to the Senior Center on **Monday, March 28, at 2:30 pm** when pharmacy students and faculty from the Massachusetts College of Pharmacy and Health Services, Boston, will discuss general medication safety and other important health-care topics. This is the first in a series. Stay tuned for more info.

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GOOD NUTRITION—ESSENTIAL TO SUCCESSFUL AGING

"Good nutrition is an integral component of successful aging," said Gerontological Society of America (GSA) President Donald Ingram, PhD. "The benefits of a healthy diet and regular physical activity may include a more robust immune system, higher energy levels, faster recuperation times, sharper mental acuity, and better management of chronic health problems."

The federal government's "Dietary Guidelines for Americans" makes several age-based recommendations. Individuals aged 50 years and older are encouraged to consume food fortified with vitamin B12, such as fortified cereals or dietary supplements. Additionally, people aged 51 and older are advised to reduce their sodium intake to 1500 milligrams per day.

For women aged 51 and over, the government recommends a daily intake of between 1600 and 2200 calories depending on physical activity level, and for men aged 51 and over, a daily intake of between 2000 and 2800 calories depending on physical activity level.

Adults aged 65 and older who are overweight are encouraged not to gain additional weight. Among older adults who are obese, particularly those with cardiovascular disease risk factors, intentional weight loss can be beneficial and result in improved quality-of-life and reduced risk of chronic diseases and associated disabilities.

As for physical activity, the government states that older adults should follow the standard adult guidelines, noting that seniors should be as physically active as their abilities and conditions will allow. Similarly, they are also advised to do exercises that maintain or improve balance if they are at risk of falling. Those with chronic conditions should understand if and how their conditions affect their ability to do regular physical activity safely.

From Todd Kluss, The Gerontological Society of America: U.S. Call For Improved Nutrition And Physical Activity Supported by Gerontological Society of America (February 7, 2011)

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Center Communities of Brookline
Hebrew SeniorLife

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: What is a stroke, and how can I prevent it?

Answer: A stroke is like a heart attack in the brain. It is caused either by a blood vessel that gets so blocked that blood can't get through it or by a blood vessel that bursts, causing bleeding in the brain. Blood carries oxygen, and when the blood supply is disrupted, brain cells die.

Strokes can be minor, leaving no damage, or they can be devastating, leading to permanent problems with speech, memory, and/or movement. More than 750,000 people in the United States have strokes every year. Some of the reasons that make people more likely to have strokes (called "risk factors") are not preventable, but many are.

For example, older age and a family history of heart disease are risk factors that we cannot control. So it is critical to know the risk factors we CAN control and work hard to reduce our risk.

Controllable risk factors are:

- High blood pressure. This can be kept below 140/90 with pills or weight.
- Smoking, a very strong risk factor, so STOP.
- Overweight. Women should keep their waistlines under 35 inches, men under 40
- Alcohol. Women can have one drink a day, men no more than two.
- High cholesterol. Weight loss and pills can help.
- Diabetes. Most diabetes is caused by excess weight so again weight loss is significant.
- Physical activity. It is important to move actively every day.

Because a stroke can be life-changing, we all should work hard to reduce our risks.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The **Afternoon** group will meet on **Friday, March 11**. 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, March 24.** Please note that this group is temporarily full. However, there is a waiting list. 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.

HEALTH CLINIC

The Podiatry Clinic and blood pressure screenings will now be held in our Health Clinic on the second floor of the Senior Center as part of our space reallocations. We are looking for other ideas for creative use of the space formerly occupied by Rogerson.

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

The income guidelines have changed: An individual's maximum annual income cannot exceed $45,100; a couple's, $51,550.

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

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

BLAB Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, March 2** and on Wednesday, April 6 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 ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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

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

SNAP (Supplemental Nutrition Assistance Program) helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center 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 daily to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

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

CULTIVATING MINDFULNESS THROUGH SPIRITUAL REFLECTION

Was one of your New Years Resolutions to try something new? Then try *Cultivating Mindfulness through Spiritual Reflection*. This six-week group will meet **Tuesdays from 2:00 to 3:15 pm from March 8 through April 12** at the Senior Center. Participants will explore personal meaning and connection beyond one's self through the cultivation of mindful practice in spirituality. Using mindfulness as a tool of engagement through open-ended inquiry, personal reflection, and guest speakers, the group will explore how spirituality has the ability to bring meaning, wisdom, and expansion through the aging process. In order to allow for full depth of exploration, the group requires full commitment for the six-week course. For more information or to register, call Anna Donehower at 617-730-2772.

IT'S INCOME TAX TIME!

In March and April, volunteer tax counselors Peter Rosenbaum, John Knutson, and Chris Dippel, trained by AARP, will be on hand at the Senior Center to help you with your tax forms. These services are free, but you must schedule an appointment by calling 617-730-2777. Tax preparation sessions will continue on **Tuesdays through April 12**. If you have not made an appointment, call 617-730-2777 immediately as this is a popular service and the total number of appointments available is limited.

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

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

FUEL ASSISTANCE

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

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

For more information, contact the Senior Center's social work interns at 617-730-2772.

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

Other intake sites available are:

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

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(1-800-AGE-INFO)

AT THE GALLERY

The Brookline Senior Center
at 93 Winchester Street, Brookline
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THE FIGURE
An exhibit of drawings, prints, paintings, and photographs by
Martin R. Anderson

Tuesday, February 1, through Friday, May 6

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

BROOKLINE READS 2011
—THE FINALE—

Come to the grand finale on **Wednesday, March 2, from 7:00 to 9:00 pm** at the main branch of Brookline Public Library.

A panel discussion: *Where and from Whom Does Information Originate? The Challenges? The Consequences?*

Moderator: ***Alex Jones***, Director, Shorenstein Center on Press, Politics, and Public Policy, Kennedy School of Government, Harvard

Panelists:

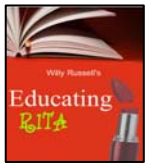
Lynn Sweet, Washington Bureau Chief, *Chicago Sun Times*

Callie Crossly, WGBH

Erin Clossey, Editor, *Brookline Tab*

Joshua Benton, Director, Nieman Journalism Lab, Harvard

SENIOR CENTER THEATER CLUB



Educating Rita
Boston University Theatre
Boston
Sunday, March 27 *$25.00*

Rita, a young, brash hairdresser, wants more out of life. With a newly discovered passion for English literature, she enrolls in the local university and meets her tutor, Frank, a middle aged poet and professor. Her fresh, unschooled reactions to the classics cause him to question his own understanding of his work and himself in this warm and witty tale of self discovery by Willy Russell.

And on two Sundays in May:

Mozart's Requiem by the Handel and Haydn Society at Symphony Hall, Boston. *May 1. $40.00*

The Drowsy Chaperone at the Turtle Lane Playhouse, Auburndale. *May 15. $30.00*

Payment for performances is due at registration by cash or check. No credit cards. Please be aware that tickets are refundable until two weeks before the performance. After that, if you are unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and transportation is included in the overall price of tickets.

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

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SPRING SEMESTER AT BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE)

There is lots of really great stuff in the new Spring 2011 BA&CE catalog—offerings that will improve your mind, hone your skills, and broaden your horizons. Among the myriad of offerings in the catalog, many are designed for seniors and actually offered **at the Senior Center**. And since they are designed for seniors, senior discounts do not apply to them. However, they are reasonably priced so sample some and enjoy.

Telling Your Story: Senior Seminar in Autobiographical Writing
Jean Kramer and Irving Schwartz, Instructors
Cosponsored by the Council on Aging (COA)
Telling your story, or some fragment of it, is a way to order your life by giving meaning to your unique experience. If you want to share what you have come to know and would like some help in organizing and writing your remembered past, join us.
8 Wednesdays from 10:15 to 11:45 am, beginning March 23. Fee: $72. Course code: **HO65**

Literary Discussion: Spring Term
Susan Gorman Grey, Instructor
This season's books are 19th and early 20th century novels that deal with mobility, both social and geographic. Novels for this term (not necessarily in this order) are: Wilkie Collins's *The Woman in White,* Anthony Trollope's *Barchester Towers,* and Edith Warton's *The House of Mirth* and some short fiction by Sara Jeanette Duncan.

Read the first 29 chapters of *Barchester Towers* for the first class. All titles are available at the Brookline Booksmith.
7 Tuesdays from 10:30 am to 12:30 pm, beginning March 29. Fee: $115. Course code: **HU96**

Continuing to Drive Past 55
Joseph Giannone, Instructor
This course 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.

Classes meet every Thursday for three weeks. Then two one-hour road lessons with city and highway experience will be arranged at your convenience.
3 Thursdays from 10:00 to 11:20 am, beginning March 31. Fee: $100 (payable to Pleasant Auto School). Course code: **NO55**

Introduction to Watercolor
Anthony Riccardi, Instructor
In this course, we will explore both representational and abstract methods in an effort to pursue new avenues of creativity. A supply list will be mailed upon registration.
8 Mondays from 10:00 am to 12:30 pm, beginning March 21. Fee: $136. Course code: **AO02**

To register for BA&CE courses, call 617-730-2700 or register online at www.brooklineadulted.org. There are lots more courses offered by BA&CE—see the Spring catalog available at the Senior Center and at many other locations around Brookline.

B-CAN

For $25 a year, you can be a charter member of this exciting organization devoted to helping seniors age well at home. B-CAN, like WBUR and the Arboretum, is a membership-supported organization that offers its services and programs to the public (in the case of B-CAN, the public is the Brookline senior community) but provides some special programs to members.

If you didn't get a letter B-CAN and want to join, call Ruthann at 617-730-2756.

The programs and activities formerly sponsored by the Brookline Aging Collaborative will merge into B-CAN's educational programming.

MOVIES FOR FILM LOVERS IN MARCH

Come to the Senior Center every Tuesday at 1:30 pm in March to enjoy a current film. The movies are free of charge. Plan on coming early for lunch and socialization and make an afternoon of it. See pp. 16 and 17 for menus and reservation instructions.

March 1

The Maid (2009) 94 minutes

(In Spanish with English Subtitles)

When Raquel's (Catalina Saavedra) place in the Valdes family--for whom she's provided 23 years of maid service—is threatened after they hire more help, she decides to do something about it in this Golden Globe-nominated comedic drama from director Sebastián Silva. Rolling out anything but the red carpet for the new employees, Raquel's juvenile tricks just might work in this examination of loyalty, family dynamics, and duty. Claudia Celedón co-stars.

March 8

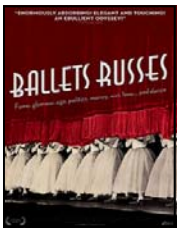
Please Give (2010) 90 minutes

Life gets knotty when successful Manhattan couple Alex (Oliver Platt) and Kate (Catherine Keener) develop a relationship with the granddaughters of Andra (Ann Morgan Guilbert), the cantankerous elderly woman who owns the apartment next to theirs and who must die so they can expand their home. The all-star cast includes Amanda Peet, Rebecca Hall and Lois Smith in this indie feature from writer-director Nicole Holofcener.

March 15

Wall Street: Money Never Sleeps (2010) 138 minutes

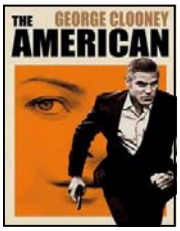
Trader Jake (Shia LaBeouf) tries to mend the broken relationship between his fiancée, Winnie (Carey Mulligan), and her father, Gordon Gekko (Michael Douglas), while avenging the fate of his mentor, Lou (Frank Langella), by getting close to Wall Street's new megalomaniac, Bretton James (Josh Brolin). Centered on the 2008 financial crisis, director Oliver Stone's follow-up is a modern-day ode to unfettered capitalism and, of course, greed.



March 22

Ballets Russes (2005) NR 118 minutes

The legendary Ballets Russes troupe gave Russian dancers who were never allowed to grace the stage in their home country a chance to shine, especially in the 1930s and 1940s when the company achieved worldwide renown. But even as early as the 1900s, it had been a showcase for such big-name talents as George Balanchine and Vaslav Nijinsky. When the 1950s hit, though, the enchantment began to fade in the harsh light of fiscal realities.



March 29

The American (2010) R 105 minutes

On the heels of a rough assignment, assassin Jack (George Clooney) declares that his next job will be his last. Dispatched to a small Italian town to await further orders, Jack embarks on a double life that may be more relaxing than is good for him. Although duty will surely call, Jack becomes friends with Father Benedetto (Paolo Bonacelli) and falls for villager Clara (Violante Placido) in this suspense thriller directed by Anton Corbijn.

GEN SILENT

What would you do if you were old, disabled, or ill—and the person feeding you put down the spoon and explained that you are going to hell unless you change your sexual orientation? Sound absurd? According to social workers, it's happening every day.

Gen Silent is the new LGBT documentary from award-winning director and documentary filmmaker Stu Maddux (*Bob and Jack's 52-Year Adventure*, *Trip to Hell and Back*) that asks six LGBT seniors if they will hide their lives to survive in the care system.

This very significant film will be at the Coolidge Corner Theater for a single screening on **Monday, March 28, at 7:00 pm**. It is being hosted by the Council on Aging, Goddard House in Brookline, and the LGBT Aging Project and will include a Q&A period followed by a reception. (See also the flyer on p. 18.)

DRAWING FOR PLEASURE

The Winter/Spring 2011 series of this very popular class will run **through Thursday, May 5, from 9:30 to 11:40 am** at the Senior Center. It is for people who have taken the class before. However, there are a few slots available for people with some drawing experience. Class facilitator Louise Weinberg has announced that there will be another full session of this class beginning in the late spring or early summer.

Call 617-730-2770 for more information and to register. There will be a model fee for the figure drawing section that will vary depending on the class size.

CHESS, ANYONE?

Are you interested in participating in a chess group at the Senior Center? If so, call Julie at 617-730-2760.

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FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke, *Fisherman's Luck* (1899)

March, despite claiming to have the first day of spring, has some of the bleakest weather, and because of it, some of us get the winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Certainly coming through our doors is the perfect antidote to mud, gray days, and wind. Stop by today.

I want to thank everyone who has so far responded to our Annual Appeal and generously sent us a check. I know that things are economically tough for so many, and I appreciate your gifts. Everyone needs to be aware that donations support the van, equipment, and our food expenses.

Please keep sending in your donations. This year, we are proud to announce that Harold Brown and the Hamilton Charitable Foundation will match each gift of the first $10,000 donations. So make your donation today, and it will double. Our goal is to raise at least $25,000 by the end of our fiscal year—June 30, 2011. Be as generous as you possibly can.

Moving? Downsizing?

the move maven

Call Karen Zweig
for a free consultation!

617.455.1964
karen@movemaven.com

Please help those who are going hungry this winter by coming to the Stock our Shelves (SOS) Event on March 23 from 4:00 to 6:00 pm. Delectable samples from local restaurants, including wine tasting and music, will entertain you all for the price of $3 and three items for the food Pantry—all for our Food Programs (see p. 1).

In addition, remember that no senior should be hungry in Brookline. We have SNAP (food stamps) (see p. 8), hot lunches at the Senior Center (see pp. 16-17), the Brookline Cooperative's weekly bread and produce programs (see p. 27), and Brookline Food Pantry. Ample nourishment abounds, ensuring sound nutrition.

At the Council on Aging (COA), we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place. March is Social Work Month, and this year's theme is that social workers' change futures. I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, and retired social worker volunteers. Each one contributes to Brookline's strong sense of community. Thank one today.

SOCIAL WORKERS CHANGE FUTURES

In order to celebrate this month, buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please remember to bring a donation to the Food Pantry when you visit the Senior Center this month.

Ruthann Dobek, Director

Brookline Adult & Community Education

BA&CE

Join us, new classes starting soon!

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BOWLING

The bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (*aka* Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For $7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call Julie at 617-730-2760.

Springwell Nutrition Program MARCH 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager** *****Higher Sodium Content** **Menu subject to change.** **$1.75 donation**	1) Mushroom Barley Soup Beef Stir Fry w/Oriental Vegetables, Brown Rice, Rye Bread **OR** Chef Salad, Lite Italian Dressing, Macaroni Salad, Wheat Roll **Marble Cake w/Vanilla Frosting**	2) Seafood Chowder Breaded Fiesta Fish, Mild Salsa Sauce, Chuckwagon Corn, Zucchini, Multigrain Bread **OR** Breaded Chicken Breast on Hamburger Roll, Lite Mayo, Lettuce Leaf, Fruity Rice Salad, Cucumber Carrot Onion Salad **Apricots**
7) Florentine Soup Baked Scrod w/Lemon Dill Sauce, Wild Rice, Italian Herb Seasoned Green Beans, Wheat Bread **OR** Roast Beef & American Cheese on Dark Rye, Mayo Packet, Lettuce Leaf, English Pea Salad, Broccoli Tomato Salad **Turnover w/Fruit Cherry**	8) Cream of Mushroom Soup Pot Roast w/Sweet Onion Mushroom Gravy, Creamy Scalloped Potatoes, Whipped Butternut Squash, Rye Bread **OR** Breaded Chicken Breast w/BBQ Sauce & Sliced Mozzarella on Hamburger Roll, Sliced Red Onions, Potato Salad, Cole Slaw **Chocolate Pudding w/Topping**	9) Mixed Bean Soup Stuffed Shells w/Tomato Sauce & Parmesan, Peas & Carrots, Dinner Roll **OR** ***Seafood Salad on Multigrain Bread, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Three Bean Salad **Applesauce w/Cinnamon & Whipped Topping**
14) Cream of Pumpkin Soup Cinnamon Apple Glazed Chicken, Butternut Squash, Country Blend, Orange Cranberry Muffin **OR** California Chicken Salad on Oatnut Bread, Lettuce Leaf, Creamy Cucumber Dill Salad, Pasta Salad w/Cheese **Fresh Fruit**	15) **Birthday Lunch** Minestrone Soup Seafood Broccoli Casserole w/Egg Noodles, Peas & Onions, Wheat Bread **OR** ***Ham & American Cheese on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad **Pistachio Pudding w/Topping**	16) Split Pea Soup Baked Chicken Paprika, Red Bliss Potatoes, Spinach Mushrooms, Oatnut Bread **OR** Cracked Pepper Turkey & Swiss Cheese on Wheat Bread, Lettuce Leaf, Mayo, Pesto Pasta Salad, Cole Slaw **Baked Cinnamon Apple Slices**
21) Beef Barley Soup Beef Burgundy w/Buttered Bow Tie Pasta, Zucchini, Whole Wheat Bread **OR** Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad **Butterscotch Pudding w/Whipped Topping**	22) Cream of Spinach Soup Chicken Cacciatore, Brown Rice, Honey Glazed Carrots, Garlic Dinner Roll **OR** Chef Salad, Lite Italian Dressing, Macaroni Salad, Oatnut Bread **Fresh Fruit**	23) *** Reduced Sodium Hot Dog ,Baked Beans, Cole Slaw, Ketchup, Mustard, Relish, Hot Dog Roll **OR** Chicken Salad on Lettuce Leaf, Fruity Rice Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Rye Bread **Mixed Berry Crisp**
28) Chicken Broccoli Ziti w/Alfredo Sauce, Carrots, Wheat Bread **OR** Roast Beef & Swiss Cheese on Rye Bread, Lite Mayo, Three Bean Salad, Spinach Mandarin Orange Salad w/ Lite Dressing **Chef's Choice Dessert**	29) Mushroom Barley Soup BBQ Pulled Beef Sandwich, Whipped Sweet Potatoes, Lima Beans, Carrots & Cauliflower, Bulkie Roll **OR** Sliced Turkey & American Cheese on Multigrain Bread, Lettuce Leaf, Pasta Vegetable Salad, Roman Blend Salad **Peaches**	30) Cream of Carrot Ginger Soup Roast Turkey w/Gravy, Mashed Potatoes Green & Wax Beans, Cranberry Sauce Corn Bread **OR** Egg Salad on a Lettuce Leaf, Beet Salad, Orzo Vegetable Salad, Oatnut Bread **Raspberry Mouse**

THURSDAY	FRIDAY
3) Macaroni & Cheese, Cauliflower, Green Beans & Carrot Mix, Oatnut Bread **OR** Turkey & Provolone Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Pasta Salad w/Cheese **Vanilla Pudding w/Whipped Topping**	4) Butternut Squash Soup Meatloaf, Brown Gravy, Mashed Potatoes, Plain Beets, Dinner Roll **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Macaroni Salad, Spinach Mandarin Orange Salad **Peaches**
10) Potato Chowder BBQ Chicken, Brussels Sprouts, Corn Orange Cranberry Muffin **OR** Turkey & Cheese on Oatnut Bread, Lite Mayo, Lettuce Leaf, German Potato Salad, Tomato & Zucchini Salad **Fresh Fruit**	11) Cream of Tomato Soup Vegetable Cheese Quiche, Shredded Home Fries, Zucchini, Oatnut Bread **OR** Egg Salad on Wheat Bread, Lettuce Leaf, Cucumber Carrot Onion Salad, Corn Salad **Mandarin Oranges**
17) **St. Patrick's Day Special** Corned Beef Stew, Boiled Potatoes w/ Parsley, Golden Biscuit **OR** Cottage Cheese Fruit Plate, Greek Pasta Salad, Pita Pocket **Custard Pie**	18) Lentil Soup Cheese Lasagna w/Tomato Sauce, Parsley Carrots, Three Bean Medley, Multigrain Bread **OR** Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing **Strawberry Cup**
24) Clam Chowder Breaded Potato Crunch Fish, Tartar Sauce, Red Bliss Potatoes, Mixed Vegetables Multigrain Bread **OR** Roast Beef & Swiss Cheese on Wheat Bread, Lite Mayo, English Peas Salad, Tomato Red Pepper Salad **Pineapple**	25) Vegetable Soup Meatless Chili Mac, Spinach, Rye Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Orzo Vegetable Salad **Mandarin Oranges**
31) Florentine Soup Rigatoni Pasta w/Marinara Sauce, 3 Meatballs, Zucchini, Whole Wheat Dinner Roll **OR** Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Cole Slaw, Corn Salad **Fresh Fruit**	**Soup is always served with crackers.** **Meals are served at 12:00 noon unless otherwise announced.** **For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.**

LUNCHEON SPECIALS FOR MARCH

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

Celebrate March birthdays at the **Birthday Lunch** on **Tuesday, March 15**. Socialize with your friends and peers, eat birthday cake, and don't forget when you make reservations to tell us if you or someone in your party has a birthday in March. Stay for the movie at 1:30 pm (see p. 12) and make an afternoon of it.

Faith and Begorrah! On **Thursday, March 17**, Springwell will note St. Patty's Day with a special lunch.

Inside this modest store front at 131 Brighton Avenue is **Carlos Cucina Italiana**. Join the **Let's Go Out to Lunch group** there on **Tuesday, March 29**, at **12 noon** for a delicious lunch at this little gem of a restaurant. Van transportation will be available from the Senior Center to the restaurant and back. Call Corinne at 617-730-2770 to make reservations and Ron at 617-730-2750 to reserve a seat on the van.

SAVE THE DATE

GEN SILENT

"This is the most real film about aging that I have ever seen – period! Gen Silent reminds us that it is our obligation to make things better."
- Len Fishman, CEO of Hebrew SeniorLife

ONE NIGHT ONLY Screening of GEN SILENT

Monday, March 28, 2011 - 7:00 p.m.

Coolidge Corner Theatre

Brookline, MA

For Coolidge Corner Theatre information and tickets, go to
http://www.coolidge.org/node/2878
Watch a 4 minute trailer of the film at *www.gensilent.com*

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Sponsored By:
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MARCH AT A GLANCE*

SUNDAY
March 13
DAYLIGHT SAVINGS BEGINS—SPRING FORWARD
March 27
Theater Club—*Educating Rita* at the *Boston University Theatre*—call for more information

MONDAY
March 7
1:00-2:00 pm—BHCC Blood Pressure Screening
March 7 and 14
1:00-3:00 pm Crafty Holiday Group
March 14, 21, and 28
8:45-10:15 pm—Strength Training for Seniors**
9:00 am-12:00 noon Podiatry Clinic
10:30-11:30 am—Senior STRETCH**
March 21 and 28
9:15-10:15 am—Balance and Flexibility for Seniors at *United Parish Church***
9:30-11:30 am—Basic Computer Maintenance for Seniors**
10:00 am-12:30 pm Introduction to Watercolor**
March 28
2:30 pm Massachusetts College of Pharmacy Tips for Safety and Better Health presentation
7:00 pm—Film: *Gen Silent*—LGBT documentary at the Coolidge Corner Theater

TUESDAY
March 8
2 pm File of Life presentation at *Susman House*
March 8, 15, 22, 29
2:00-3:15 pm—Cultivating Mindfulness through Spiritual Reflection
March 15
10:00 am-12:00 noon Meet Me at the Coolidge…and make memories at the *Coolidge Corner Theatre*
12:00 noon March Birthday Lunch
2:00 pm File of Life presentation at *Kickham/Floyd*
March 22
9:00-10:00 am Public Issues Nonfiction Book Discussion Group—*Bold Endeavors* by Felix Rohatyn
March 22 and 29
2:00-3:00 pm—Yoga for Older Adults—chair class**
3:00-4:00 pm Yoga for Older Adults—mat class**
March 29
8:30-9:30 am—Nia for Seniors**
10:30 am-12:30 pm Literary Discussion: Spring Term**

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12:00 noon—Let's Go Out to Lunch Group—Carlos Cucina Italiana

WEDNESDAY

March 2

9:00 am-12:00 noon BLAB Lawyer
1:00 pm BMS Concert—Boston Jazz Trio
2:00-3:00 pm Blood Pressure Screening at the *BPHD*
7:00-9:00 pm Brookline Reads 2011 Finale—panel discussion—at *main branch of Brookline Public Library*

March 9

1:00 pm COA Meeting
1:00-2:00 pm Blood Pressure Screening at *Susman House*
March 16
1:00 pm Low Vision Group
1:30 pm Modern Beading Workshop

March 16, 23, and 30

8:45-10:15 pm—Strength Training for Seniors**
10:30-11:30 am—Senior STRETCH**

March 23

4:00-6:00 pm Stock Our Shelves (SOS) Restaurant Event
1:00-2:00 pm blook pressure screening at *O'Shea House*

March 23 and 30

9:15-10:15 am—Balance and Flexibility for Seniors at *United Parish Church***
9:30-11:30 am—Introduction to the Internet for Seniors
10:15-11:45 am—Telling Your Story seminar
11:45 am-1:45 pm—e-Mail Workshop for Seniors

THURSDAY

March 3

1:30 pm Easy Travel—Sharon Kiernan—A. Gaudi architectural tour of Barcelona

March 17

9:00-10:30 am BDPH Blood Pressure Screening
12:00 noon Springwell's St. Patrick's Day Special Lunch

March 24

9:30-11:30 am—Introduction/Computer Basics for Seniors
Evening Alzheimer's Support Group—call for time

March 31

10:00-11:20 am Continuing to Drive Past 55**

FRIDAY

March 4

1:00-2:30 pm Parkinson's Disease Support Group

March 4 and 11

10:30 am-12:30 pm South Brookline Social at *Putterham branch of Brookline Public Library*

March 11

12:15 pm Van pickup at the Senior Center for Brookline Recreation Maple Sugaring trip
Afternoon Alzheimer's Support Group—call for time

March 18

11:15 am Van pickup at the Senior Center for Brookline Recreation trip to Boston Flower and Garden Show

March 25

9:30-11:30 am— Intermediate Computer Basics/Seniors**
2:00-3:30 pm—Introduction to Tai Chi Chuan**
3:30 pm Modern Dance and Movement

** 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.*

MARCH WEEKLY EVENTS

MONDAY

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

TUESDAY

All AARP Income Tax Preparation—appointment required
10:00 am—Flexibility, Resistance Training, and Balance Exercise
10:15 am—Brookline Bees, Quilters
12:00 noon -4 pm—BETS
12:30 pm—French Conversation
1:00-3:30 pm—Food distribution
1:00 pm—Bingo
1:30 pm—Movies for Film Lovers
3:00-4:30 pm Spanish Immersion Latino music sessions

WEDNESDAY

9:00-10:00 am—Living Our Values
9:30 am—Bowling at Ron's on Hyde Park Avenue
10:30 am—Retired Men's Club
12:00 noon-4:00 pm—BETS
12:30 pm—Bridge
2:00-4:00 pm Open Computer Lab

THURSDAY

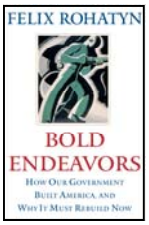
9:30-11:30 am—Introduction to Computer Basics for Seniors (BA&CE)**
9:30-11:40 am—Drawing for Pleasure—preregistration required
10:30-11:30 am—Arthritis Exercise Class—preregistration required
10:30 am—Knit and Crochet
1-1:45 pm—Beginning Spanish Classes
1:30 pm—Knit and Crochet
1:30 pm—Russian Tea Room (For information, call Rita Kropp at 617-730-2106)
1:45-2:30 pm—Advanced Spanish Classes
3:00-3:45 pm—Zumba—$7/session
3:00-4:30 pm—Latino instrumental and vocal music immersion

FRIDAY

9:30-11:30 am—Intermediate Computer Basics for Seniors**
10:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus
2:00-4:00—One-on-One Computer sessions for the Computer Phobic with Joel Skolnick and other Red Tape Cutters

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking with his nonfiction book discussion group. Come to the Senior Center every month to participate in this group that is 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**.



March 22
Bold Endeavors: How Our Government Built America and Why It Must Rebuild Now
by Felix Rohatyn (Simon & Schuster)

April 26
Outliers: The Story of Success
by Malcolm Gladwell (Little, Brown)

May 24
Justice: What's the Right Thing to Do?
by Michel J. Sandel (Farrar, Straus and Giroux)

June 28
Losing the News: The Future of the News That Feeds Democracy
by Alex S. Jones (Oxford University Press, USA)

PUTTERHAM BOOK DISCUSSION GROUP

The group takes their Spring Break in March but will resume its Monday meetings in April at the Putterham branch of the Brookline Public Library. Discussion leaders are Jean Kramer and Charlotte Millman. Scheduled for the next few months:

April 11
Istanbul: Memories and the City by Orhan Pamuk

May 16
Dark Tide by Stephen Puleo

June 20
The Warmth of Other Suns: The Epic Stories of America's Great Migration by Isable Wilkerson

SOUTH BROOKLINE SOCIAL

Socialize and indulge in coffee, tea, and kosher pastries at the South Brookline Senior Social on **Fridays** running **through March 11 from 10:30 am to 12:30 pm** at the Putterham branch of the Brookline Public Library. For more information, call Regina Frawley, the event coordinator, at 617-469-0052. This event is cosponsored by the Putterham branch of Brookline Public Library and the COA.

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 **March,** the meetings are on the **7th and the 14th**.

ONE-ON-ONE COMPUTER SESSIONS

The One-On-One computer sessions at the Senior Center have drawn a loyal following under the tutelage of our patient and knowledgeable volunteer tutor Joel Skolnick, a Red Tape Cutter who has taught workshops in job search skills at the Senior Center. To date there have been eight participants all of whom have been overwhelmingly positive and enthusiastic. So much so, in fact, that we have asked Joel to stay on through March with a change in program hours to **Friday afternoons from 2:00 to 4:00 pm**. Joel will provide personalized computer and help with:

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

The service is free of charge but appointments are necessary. For more information about these expanded lab hours and Joel's services and for appointments, call the Senior Center at 617-730-2777.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Tom Faulhaber, the facilitator, is using current events and issues as triggers for discussion at meetings. Come join in the discussions. Be enlightened. Hone your values in this age of conflict and controversy!

COMPUTER CLASSES IN MARCH

Brookline Adult and Community Education (BA&CE) is offering several computer classes expressly designed for seniors in March.

Each class is limited to six students, costs $70, and because they are only for seniors, senior discounts do not apply.

If you are interested in taking one of these courses but are unsure of which one to take, call Bob Roll at 617-730-2782. To enroll in classes, call BA&CE at 617-730-2700 or access their web site at www.brooklineadulted.org.

The courses starting in March are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
4 Thursdays from 9:30 to 11:30 am, beginning March 24.
Course code: **C116**

Intermediate Computer Basics for Seniors
Bob Roll, Instructor
4 Fridays from 9:30 to 11:30 am, beginning March 25.
Course Code: **C157**

e-Mail Workshop for Seniors
Bob Roll, Instructor
4 Wednesdays from 11:45 am to 1:45 pm, beginning March 23
Course Code: **C171**

Introduction to the Internet for Seniors
Mimi Katz, Instructor
4 Wednesdays from 9:30 to 11:30 am, beginning March 23
Course code: **C103**

Basic Computer Maintenance for Seniors
Phyllis Mays, Instructor
4 Mondays from 9:30 to 11:30 am, beginning March 21 (class will meet on March 21 and 28 and April 11 and 25
Course code: **C220**

FITNESS: SPRING SHAPE UP

The Senior Center has programs that run throughout the year such as ***line dancing*** on Mondays and the ***Solemates Walking Group*** on Fridays (see p. 19) and bowling on Wednesdays (see p. 15).

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 which are running through March (See p. 24).

Senior Center Fitness Center

Our ***Fitness Center*** is open and running full tilt with machines, hand and ankle weights, and bicycles—all good 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 at 617-730-2741.

BA&CE Courses at the Senior Center

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

Introduction to Tai Chi Chuan
Instructor, Vincent Chu
7 Fridays from 2:00 to 3:30 pm beginning March 25. Fee: $70. Course code: **W011**
Tai chi chuan is today practiced 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 Older Adults
Instructor, Steffi Shapiro
Section 01 (chair class): 8 Tuesdays from 2:00 to 3:00 pm, beginning March 22
Section 02 (mat class): 8 Tuesdays from 3:00 to 4:00 pm beginning March 22
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.

Nia for Seniors: Health through Movement
Instructor, Mary Stevenson
Section 01: Tuesday, March 22, from 8:30 to 9:30 am. Free, but registration is required.
Section 02: 8 Tuesdays from 8:30 to 9:30 am beginning March 29. 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 March 14. 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 March 14. Fee: $76. Course code: **D009**
Improve your range of motion, balance, stamina, strength, even your social life. This 60-minute workout includes all the elements in Strength Training (see above), but it is designed for those who may not have been exercising regularly but who want to get into better shape. Again you will work out to the music of the 30s, 40s, and 50s. Participants will be able to move at their own pace. Wear comfortable clothes and bring a set (2) of one-, two-, or three-pound weights.

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And One BA&CE Course
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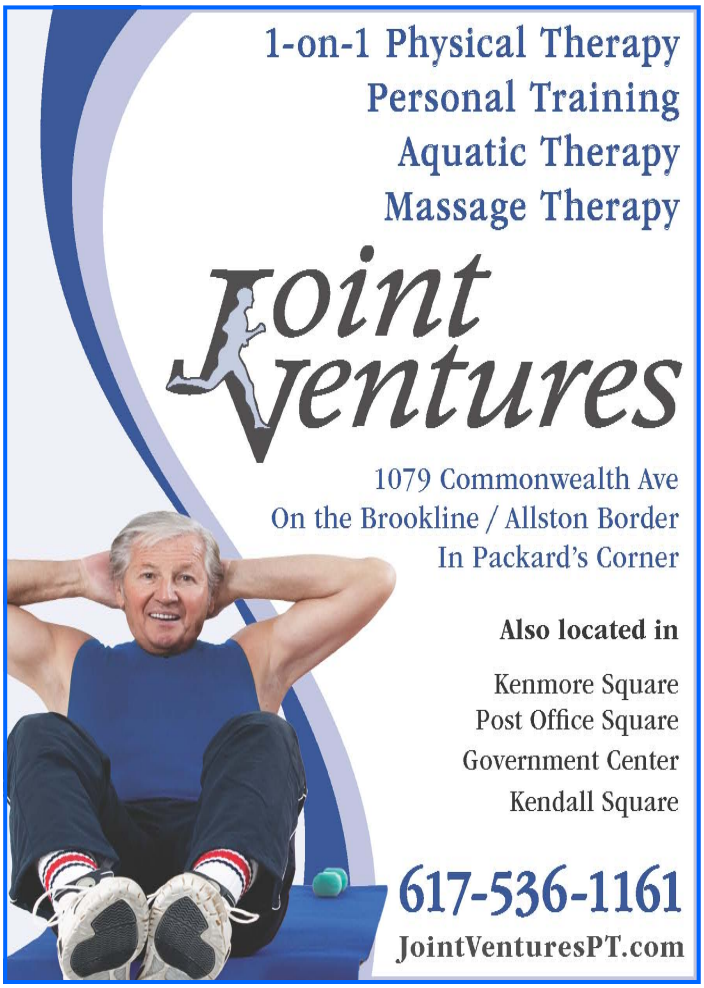
Balance and Flexibility for Seniors
Instructor, Nancy Murphy
7 Mondays and 7 Wednesdays (14 sessions in all) from 9:15 to 10:15 am, beginning March 21 at the United Parish Church. Fee: $78. Course code: **D208**
This course incorporates the best of balance, flexibility, and cardiovascular exercise in a fun, low-impact environment. The focus will be on full-body and continuous movements to help strengthen arms and legs and improve overall balance. Wear comfortable clothing and bring a yoga mat to class.

Note: For more information and to register for BA&CE courses, call 617-730-2700 or register online at www.brooklineadulted.org.



ZUMBA

Alicia Ebrat, certified Zumba instructor is back at the Senior Center to lead you in this combination of Latin salsa, cardio workout, and interval moves.

Zumba will meet in March—on **Thursdays from 3 to 3:45 p.m**. The fee for the full two months of sessions is $45. We welcome drop-ins at individual classes for $7 per session.

To register and/or for more information, call the Senior Center at 617-730-2770.

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

The fast-track evening sessions have been cancelled.

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.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher, is resuming with her popular modern dance and movement workshops at the Senior Center on **Friday, March 25, at 3:30 pm**. Fee is $2/session. Plan on coming to limber up for spring and for the sheer fun of it. Keep your eyes on the TAB for more information.

EASY TRAVEL

Don't miss Easy Travel at the Senior Center on **Thursday, March 3, at 1:30 pm**. This month the group will travel to Barcelona, Spain, to tour the city and explore the architecture of Antoni Gaudi.

The guide for this session is Sharon Kiernan, third-grade teacher at the Lawrence School, who went to Barcelona on a Brookline Education Foundation teacher grant to study Gaudi's work in Barcelona.

This will be an especially interesting presentation as Ms. Kiernan clearly has a real passion for her subject. Don't miss it.

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VOLUNTEER AND STAFF NEWS

Kudos to the Senior Center for receiving the **Ethel & Ben Alper Progressive Activism Award** given by Brookline PAX "for generously strengthening the community fabric of the Town of Brookline." Doreen Gordon and Jackie Wright of the Senior Center Food Pantry and Council on Aging (COA) Director Ruthann Dobek graciously accepted this award. With it came an Official Citation of congratulations from the Commonwealth of Massachusetts State Senate.

Ruth Geller and other volunteers will give **File of Life** presentations on Tuesday, March 8 at 2:00 pm at Sussman House at 50 Pleasant Street and on Tuesday, March 15 at 2:00 pm at Kickham/Floyd at 190 Harvard Street.

Sharon Devine has announced new and extended hours for the **Fitness Center**. See p. 22 for more information.

Welcome back to **Giovanna Tapia** who has returned from Peru and is resuming her position as Coordinator of the Brookline **Spanish Immersion** program. See p. 27 for more on this program. Giovanna will also be acting as a part time runner for the COA, taking on many of the responsibilities formerly held by George Settle. We are thrilled that she is providing this very important service to the Senior Center.

And we now have a wonderful group of trained **Red Tape Cutter volunteers**. If you have any need for assistance with filling out The Ride applications, File of Life forms, and Brookline Housing Applications; and/or if you need other housing information, call Olga Sliwa at 617-730-2768. She will arrange an appointment with a Red Tape Cutter.

Last, but by all means not least, **Vivian Freeman** is feeling much better and is working once again as Volunteer Coordinator at home and here as she continues to gain strength and energy. Welcome back, Vivian, we missed you!

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet on **Wednesday, March 16, 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.

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, March 4, from 1:00 to 2:30 pm** at the Senior Center. This group is sponsored by the American PD Association (APDA).

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BROOKLINE RECREATION —IT'S WHAT WE DO!

Maple Sugaring
Friday, March 11
At Larz Anderson Park. This is an outdoor program, so please dress accordingly. Van pickups: Soule Recreation Center at 652 Hammond St. at 12:00 noon and Senior Center at 12:15 pm. Van returns at approx, 4:00 pm.
Fee: $8.00 per person.

Boston Flower & Garden Show
Friday, March 18
A Burst of Color: Celebrating the Container Garden at the Seaport World Trade Center. Van/Bus pickups: Soule Recreation Center at 652 Hammond St. at 11:00 am and Senior Center at 11:15 am. Van/Bus returns at approx. 5:00 pm.
Fee: $28.00 per person.

Boston Symphony
Friday, April 1
Attend a concert conducted by John Nelson with Evgeny Kissen on piano. Van pickups: Soule Recreation Center at 652 Hammond St. at 12:00 noon and Senior Center at 12:15 p.m. Van will return at approx. 5:00 pm.
Fee: $35.00 per person (includes admission to the concert and round-trip transportation).
Deadline for registration is Friday, March 18

Foxwoods Casino
Saturday, April 16
Bus pickups: 7:45 am at Soule Recreation Center at 652 Hammond St. and 8:00 am at the Arcade Building at 314-320 Harvard St. Return to Arcade Building at 6:00 pm and to Soule Recreation Center at 6:30 pm
Included: Round-trip motor coach transportation and two $15.00 Keno Bets (the latter is subject to change)
Cost: $30.00 per person (all participants must be 21 years or older)
Deadline for registration is Friday, April 1.

MBTA SENIOR CARD RENEWAL

If your MBTA senior card needs to be renewed, call 617-222-5976 and a new card, good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card. However, it may take some time—several weeks when the office is particularly busy—for the MBTA to send a new card in the mail, so plan on calling them well before the expiration date on your card.

If you find that your card is going to expire in only a couple of weeks or less and want to assure your continued ability to use public transportation at a senior price, go to either Back Bay (train station) or Downtown Crossing (T-station) and renew in person.

OUR CONTRIBUTORS

Thanks to our many contributors: to SHINE for the article on p. 5, to Todd Kluss, The Gerontological Society of America, for quotes and information from his article, to Dr. Suzanne Salamon, for her *Ask a Geriatrician* column, and to Netflix for the short movie summaries on p. 12.

NEED SHOPPERS?

The SHOP program has several high school student waiting for an elder they can help withgrocery shopping. If you need someone to do your grocery shopping, call Janet Gottesman at 617-713-5019.

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SENIOR CENTER FOOD DISTRIBUTION

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, then wait there until your number is called.

FRENCH CONVERSATION

Brush up your French conversation skills **every Tuesday in March at 12:30 pm** with Agnes Serenyi and her group.

SPANISH IMMERSION

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

There is one-on-one Spanish conversation immersion 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 1:45-2:30 pm for advanced students)**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. There is an emphasis on conversation skills.

And you can be immersed in Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30** 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.

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In appreciation of Charlotte Millman ***from*** Kenneth & Mathajoy

In honor of Eleanor Bart's 90th birthday ***from*** Evelyn & Bob Roll

In honor of the Brookline Senior Center volunteer recognition luncheon ***from*** The Baystate Federal Savings Charitable Foundation

In honor of Jewel Chin & Anna Higgins ***from*** Ellen Zellner

In honor of the Chinese Mah-Jong Program ***from*** Claire Yung & the Chinese Mah-Jong Group

In honor of Sharon Devine ***from*** Claire Goodwin

In honor of Charlotte Millman ***from*** Dotty Bell

In memory of Ruth Abrams ***from*** Shelley Schwartz (supporting the fitness program equipment)

In memory of Norman Bell ***from*** Virginia & James O'Boy, Elizabeth M. Brown, Dotty Bell, and Mary Curran

In Memoriam

We note with sadness the passing of Mary Lee Hood, friend of the Brookline Senior Center and COA board member and of Mary Sage Shakespeare, artist, poet, and friend of Brookline.

FROM THE BOARD PRESIDENT

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

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

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

Help Wanted!

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.

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…and make memories on **Tuesday, March 15, from 10:00 am to 12:00 noon** at the Coolidge Corner Theatre. Enjoy an interactive, film experience, designed for people with memory loss and care partners.

Short clips from classic films of the 1930s through the 1960s will be shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a treatment for people with memory loss, Alzheimer's disease, and related dementias. The cinema has the power to connect us with our deep-rooted emotional memories—the kind that never leave us.

For tickets, more information, or to volunteer, send an e-mail to Cahill2@TheHearth.org or call Peggy Cahill at 781-674-2884, ext. 119. Admission is FREE with your RSVP. Free popcorn and beverages, too! Sponsored by ARTZ (Artists for Alzheimer's), the Coolidge Corner Theatre, the Jane B. Cook 1992 Charitable Trust, and the Llewellyn Foundation.

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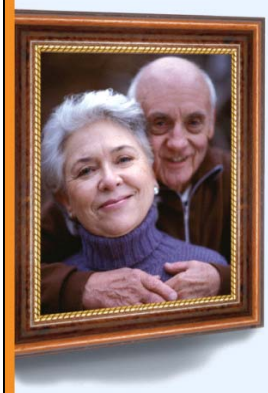

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