

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



MAY 2011



Council on Aging Information Hotline

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Senior Center Van

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www.brooklinema.gov



HIGHLIGHTS

Spend a day with Brookline artists at their Open Studios on Saturday, April 30, and Sunday, May 1, p. 25

Join the Senior Center guided tour of the Studio Without Walls installations along the Muddy River on Wednesday, May 14, p. 10

Come to the ArtBarn performance and dinner on Thursday, May 5, p. 25

Enjoy the annual Telling Your Story public reading on Wednesday, May 11, p. 21

Hear our Poetry Workshop's latest offerings on Tuesday, May 24, p. 14

TOWN ELECTIONS!

Seniors, let your concerns be heard. Talk to your Town Meeting representatives. And don't forget to vote in the Brookline elections on **Tuesday, May 3.**

OLDER AMERICANS MONTH

May is Older Americans Month, an occasion to show appreciation and support for seniors as they continue to enrich and strengthen our communities. This year's theme—*Older Americans: Connecting the Community*—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities and highlights how technology is helping older Americans live longer, healthier, and more engaged lives. (from the Older Americans Month web site [olderamericansmonth.org])

One of the ways in which Brookline seniors are inspire the community is in our vitality and interest in being active in the community. Seniors serve on Town boards, volunteer and do good works to help the community, and in a very real sense place emphasis on being physically fit. We walk on Fridays with the Solemates, bowl on Wednesdays, do all kinds of exercise through BA&CE programs designed for seniors and given at the Senior Center, and do Flexibility, Resistance Training, and Balance Exercise on Tuesdays.

And, we now have our *Fitness Center*—with the inspiration and encouragement of Sharon Devine as Fitness Coordinator—where we can work out with Nautilus equipment, NuStep, exercise bike, weights, and more. The gym, now located in room B17, is open Monday and Friday mornings from 9:30 to 11:30 am and Monday through Thursday afternoons from 1:30 to 4:30 pm. For more information and to join the Fitness Center, call Sharon at 617-730-2741 and leave your name and phone number, and she will return your call promptly. See also pp. 15 and 22.

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

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Judith Gimple <i>Newsletter Editor and Publisher</i></p>
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MAY HOLIDAYS

In May, the Senior Center will be closed only on Monday, May 30, in observance of *Memorial Day*. However, there are several other days of note in the month.

May 1 is *May Day* in many countries—celebrating the spring and the coming of summer for some and the armed forces in Communist countries. In the United States, it is really not celebrated at all any more, but I remember when I was in grammar school in Omaha back in the dawn of time, we used to make and trim little baskets and fill them with flowers and candy for all our friends on May 1. Nothing that was commercial, just little, homemade baskets.



And *Mother's Day* is on Sunday, May 8. In addition to all the other things that happen on Mother's Day, don't forget that it is Lilac Day at the Arboretum in Jamaica Plain. And this year, there should be a really spectacular display of lilacs.

On Saturday, May 21, *Armed Forces Day* honors Americans in uniform who served their country in times of war and peace. Events and activities may include multiservice military displays in areas open for the public, various educational activities that teach children about the armed forces, Support-the-Troops themed motorcycle rides, and large parades and other local celebrations.

SOCIAL WORK INTERNS

It's time to say farewell to **Anna Donehower and Cristina Sousa** from **Boston College** and **Sarah Whitby and Nicole Spienza** from **Boston University** our social work student interns who have opted to serve the elder community and got practical experience here at the Senior Center. We thank them for all their good work while they were here at the Senior Center and wish them well in all their future endeavors.

AGEWISE

Tuesday, May 17, from 7:00 to 8:00 pm at Brookline High School (115 Greenough Street)

Free of charge, and preregistration is not required.

Course code: X243

Cosponsored by BrooklineCAN, the COA, Goddard House in Brookline, and Center Communities of Brookline-Hebrew SeniorLife.

Let's face it: Most of us fear growing older. We worry about losing our looks, our health, our jobs—and about being supplanted in work and love by younger people. It may feel like the natural, inevitable consequence of the passing years. But what if it's not? In *Agewise*, renowned cultural critic Margaret Morganroth Gullette reveals that much of what we dread about aging is actually the result of ageism—which we can, and should, battle as strongly as we do racism, sexism, and other forms of bigotry. On this evening, drawing on personal stories and provocative and underreported evidence from the economic meltdown, Hurricane Katrina coverage, and biomedical research, Gullette probes the ageism that drives discontent with our bodies or accomplishments and threatens our very selfhood.

ROGER R. LIPSON

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Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will visit the Senior Center on **Wednesday, May 18, from 1:00 to 2:00 pm** to consult with individuals.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, May 2, 9, and 16, 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 There will be a meeting of this peer-led support group for individuals with limited eyesight on **Wednesday, May 18, at 1:00 pm**.

Blood Pressure Screenings

The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center on Monday, May 2, 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, May 19, 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, May 4, at the BPHD building, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, May 11 at Susman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On Wednesday, May 25, 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, May 9**, 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 screenings will now be held in our Health Clinic as part of our space reallocations.

And we will soon have a **sharps disposal unit** in our health clinic. So save your used sharps (lancets, needles, etc.), and bring them into the Senior Center for safe disposal.

We are interested in using the Health Clinic in new and helpful ways, so give us your ideas on how to extend its services.

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

ASK A GERIATRICIAN



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

Question: In light of the recent tragedy in Japan, many people are worried about what to do in an emergency and how best to prepare ourselves for one.

Answer: Fortunately, in New England, we don't worry usually about earthquakes, tsunamis, or hurricanes. Instead our concerns are more around flu epidemics, heat waves, blizzards, flooding, and an occasional boil-water order. Emergency planning has two parts: 1) staying at home and 2) having to leave your home.

For at-home emergencies, you should keep on hand enough medicine for at least three (3) days; extra hearing-aid batteries; canned food and bottled water for at least three (3) days; a radio and flashlight that operates on solar power, cranking up, or batteries (and extra batteries if the latter), and a health emergency information (see File of Life below and on p. 6).

In case you have to evacuate, you should have packed and ready to go a bag with a handle (plastic or cloth) in a place near the door where you can "Grab It and Go." In this bag should be at least a three(3)-day supply of your medications, hearing-aid batteries, glasses, and, if needed, extra sanitary pads along with a change of underwear (and clothes) and enough nonperishable food and bottled water for at least three (3) days.

Most important is for you to have File of Life cards for home and wallet with health information. You can obtain File of Life cards at the Senior Center—see below and on p. 6) so whether someone comes to your home or you have to leave, your most important information will be available. Information includes: name,

address, phone, birth date, Social Security number, health insurance information, doctors names and numbers, emergency contacts (family, friends), medical conditions, a list of your medicines (and you might do well to get a copy of your prescriptions from your doctor in case you need emergency refills), the name and number of your pharmacy, and allergy information. (The File of Life is really easy to obtain. Call the Senior Center at 617-730-2777 and leave a message along with your name and phone number. File of Life coordinator Ruth Geller or one of our Red Tape Cutters will get back to you promptly. It will make emergencies easier to cope with.

And don't forget your pets

When you are making emergency plans, don't forget your pets. Make sure you pack food and water for them and that you have their vets' name and telephone number and medication information for them on a card on your refrigerator and in your wallet.



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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount (\$25.00 a month yields \$50.00 worth of cab rides as each coupon book has 10 coupons each worth \$1.00 and a book costs \$5.00).

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

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

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

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

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

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, May 4** and on Wednesday, June 1, to offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness 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 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 daily to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7.)

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.

DOES MEDICARE COVER ROUTINE PHYSICALS?

Routine physicals with your primary care doctor are very important. They can be used to screen for many illnesses and conditions that, if caught early, can be treated and managed and can result in fewer serious health issues.

Medicare covers an initial physical examination (also known as the Welcome to Medicare physical exam) during the first 12 months after you enroll in Part B, regardless of your age. And as of January 1, 2011, Medicare began covering yearly wellness visits. The annual wellness visit is different from the one-time Welcome to Medicare physical.

During the annual wellness visit, your doctor may update your medical history, make a list of your current doctors and medications, check your height, weight, blood pressure and body mass index, and screen for cognitive issues. You and your doctor may also create a preventive plan based on your needs. In addition to what is covered at no cost during the annual wellness visit, other preventive services are also free of charge under Medicare, including mammograms, colonoscopies, and diabetes screenings.

Original Medicare pays 100% of the Medi-

care-approved amount for the Welcome to Medicare physical and for yearly wellness visits. In Massachusetts, doctors accepting Medicare cannot charge you more than the Medicare approved amount. While the annual wellness visit is free of charge, you may still be required to pay something out of pocket if you receive other services from your doctor during the same visit. If you are in a Medicare Advantage Plan (HMO or PPO), you should call your plan to see what rules and costs apply.

Note that you cannot receive your Medicare annual wellness visit in the same year you have a Welcome to Medicare physical.



Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777 and make 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, and a volunteer will call you back, as soon as possible.

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, May 13**. 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, May 26**. 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.

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new classes
starting soon!

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617-730-2700



In May, we celebrate one of the many national and ethnic groups that have enriched and invigorated the “melting pot” that is the United States. This year it is Italy, a country steeped in an exquisite cultural tradition—art, music, literature, film, architecture, industrial design—all this and pizza, too. Special events to honor Italy at the Senior Center in May include the movie—*Tea with Mussolini*—on May 24 (see p. 9) and:

**A TASTE OF ITALY:
FOOD, MUSIC, AND CULTURE**

Wednesday, May 25, from 12:00 noon to 2:30 pm at the Senior Center.

Fee: \$7 (includes lunch). Course code: X245

Cosponsored by Brookline BA&CE and the COA. Italy, with one of the oldest civilizations in the world, has contributed immeasurably to art, architecture, music, philosophy, and literature. It was at the forefront of the movement of cultural *rebirth* that swept Europe in the 15th century with patrons like the Medici family providing great encouragement to artistic talent. The history of art in Italy dates back to the Greek and Etruscan Classical periods. Whether Gothic or Renaissance, Romanesque or Byzantine, Italy bears the legacy of the greats of the Renaissance—Giotto, Michelangelo, da Vinci, Titian, and Raphael—as well as master composers like Verdi, Vivaldi, Puccini, and Rossini. Italy is also home to world-famous squares and churches such as the Piazza San Marco in Venice and the Duomo in Milan.

You are invited to journey to Italy for an afternoon of cultural appreciation, history, and sampling delicious Italian cuisine.

Santo Aurelio will present a slide show on Italy.; Frank Zarba will sing; and Donna Baressi will lead an Italian dance party.

Bring your appetite, your intellect, and your cultural curiosity as we celebrate the greatness of Italy.

For more information and to register, call BA&CE at 617-730-2700 or access it at www.brooklineadulted.org.

EASY TRAVEL



Tour off-the-beaten-track Italian and some Mediterranean and Dalmatian venues at the Senior Center with Hilary Hopkins as your guide on

Thursday, May 5, from 1:00 to 2:30 pm. This will be a longer than usual meeting. It will cover fabulous Venice, Mount Etna, Rome (including Vatican City), Florence, the Leaning Tower of Pisa, and Pompeii as well as Monaco, the goats of Corsica, the waters around Dubrovnik, and finally Venice.



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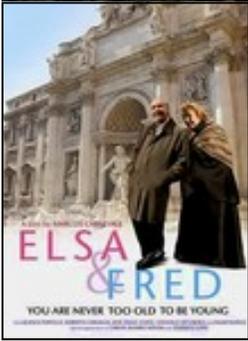
**MOVIES
FOR FILM
LOVERS**

The Senior Center will present a free showing of a fine film every Tuesday afternoon in May at 1:30 pm. Come early to have lunch with friends and peers before the movie. See pp. 16-17 for menus and reservation information.



May 3 *Inside Job* (2010) 108 minutes

This sobering, Oscar-winning documentary presents in comprehensive yet cogent detail the pervasive and deep-rooted corruption that led to the global economic meltdown of 2008. Through unflinching interviews with key financial insiders, politicians, journalists, and academics, filmmaker Ferguson paints a galling portrait of an unfettered financial system run amok—without accountability. Matt Damon narrates.



May 10 *Elsa & Fred* (2005) 108 minutes

(*Elsa y Fred*—in Spanish with English subtitles) After his wife dies, reserved septuagenarian Alfredo (Manuel Alexandre) moves into a small Madrid apartment, where sparks fly with his neighbor Elsa (China Zorrilla), a fiery 82-year-old widow who christens him "Fred." Elsa's wild insouciance lures Fred into a whirlwind romance—and a celebration of life—in this award-winning romantic comedy from Spain and Argentina.



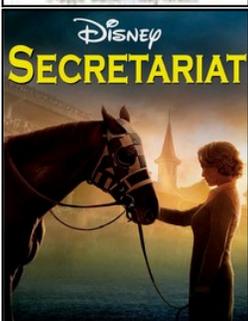
May 17 *A Place in the Sun* (1951) 122 minutes

Dirt-poor George Eastman (Montgomery Clift) lands himself a factory job thanks to a well-to-do uncle's largesse and has a tryst with co-worker Alice (Shelley Winters) to combat his loneliness. But he forgets the uncultured Alice when he becomes smitten with a stunning socialite (Elizabeth Taylor). Alice can't forget George, however, because she's expecting his baby. Their dilemma sets off a course of events that can only end in tragedy.



May 24 *Tea with Mussolini* (1999) 117 minutes

Based on director Franco Zeffirelli's childhood in 1930s Italy, this film follows a group of Englishwomen living in Italy who believe Lady Hester's (Maggie Smith's) contention that fascist leader Benito Mussolini will protect them from war's gathering storm clouds. When a boy's mother dies, Mary (Joan Plowright), Arabella (Judi Dench), Lady Hester, Elsa (Cher), and Georgie (Lily Tomlin) do whatever they must to protect the child and preserve their way of life.



May 31 *Secretariat* (2010) 123 minutes

When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder—and owner of the colt that will take the 1973 Triple Crown—in this dramatic biopic. The film explores Chenery's bond with "Big Red" and depicts her rise to greatness as the *first lady of racing*. John Malkovich plays trainer Lucien Laurin, and Fred Dalton Thompson costars as big-shot breeder Bull Hancock.

AT THE GALLERY



Paintings
Dvorah Fogel Smith

*You are invited to view this lovely exhibit
at the Senior Center Gallery*

Monday, May 16
through
Wednesday, August 31

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

Reception with the Artist
Friday, May 20
from 2:00 to 4:00 pm

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will resume on **Wednesday, May 18, 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.

CANASTA, ANYONE?

If anyone is interested in joining the Canasta group at the Senior Center, please call 617-730-2770 and express your interest by leaving your name and phone number. Someone will contact you with more information.

STUDIOS WITHOUT WALLS

The Senior Center has scheduled a trip to see the Studios Without Walls exhibit on **Wednesday, May 4**. The exhibit is mounted along the Muddy River between the Longwood T-stop and Park Drive.

Participating artists are Muriel Angelil, Myrna Balk, Jaime Belkind, Louise Farrell, Jeremy Kindall, Karen Klein, Milan Klic, Bette Ann Libby, Lyn MacDonald, Joan Schwartz, and Barbara Vogelsang.

The van will leave the Senior Center at **1:15 pm**. This event is free, but space on the van is limited so reservations are required. Call 617-730-2770 to make your van reservation. If you want to make your own arrangements for getting to this tour, be at the Longwood T-stop at 1:30 pm.

This exhibit is supported in part by the Brookline Commission on the Arts, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

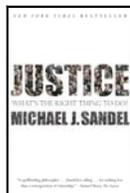
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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.**

May 24

Justice: What's the Right Thing to Do?

by Michel J. Sandel (Farrar, Straus and Giroux)



Harvard government professor Sandel (*Public Philosophy*) dazzles in this sweeping survey of hot topics—the recent government bailouts, the draft, surrogate pregnancies, same-sex marriage, immigration reform, and reparations for slavery—that situates various sides in the debates in the context of timeless philosophical questions and movements. (from *Publishers Weekly*. Copyright © Reed Business Information, a division of Reed Elsevier)

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)

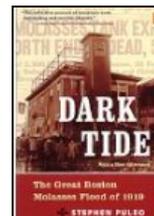
LIVING OUR VALUES

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 **May 16 at 2:00 pm** at the Putterham branch of the Brookline Public Library. Discussion leaders are Jean Kramer and Charlotte Millman.

The book under discussion in May will be *Dark Tide* by Stephen Puleo. In this volume, Puleo, a contributor to *American History* magazine, sets out to determine whether the collapse of a molasses tank that sent a tidal wave of 2.3 million gallons of the sticky liquid through Boston's North End and killed 21 people was the work of Italian anarchists or due to negligence by the tank's owner, United States Industrial Alcohol.



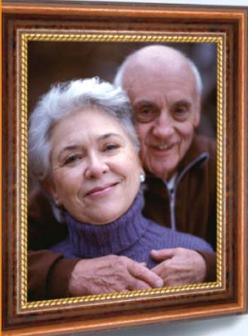
On June 20, the group will discuss *The Warmth of Other Suns: The Epic Stories of America's Great Migration* by Isable Wilkerson.

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ARTHRITIS EXERCISE CLASSES

The next series of *new* and *improved* Arthritis Exercise classes at the Senior Center will begin on **May 26** and run on eight **Thursdays through July 14 from 10:30 to 11:30 am**. These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

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

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



COUNCIL ON AGING MEETING

This month's COA meeting on **Wednesday, May 11, at 1:00 pm** will feature Eve Nussbaum Soumerai, author of *A Holocaust Survivor: Her Story...* And John Saey will present the new BrooklineCAN web site at the meeting. See pp. 22 and 30 for more on BrooklineCAN.

For the past 30 years, Ms. Soumerai has created, taught, and written programs dealing with man's inhumanity to man. She calls her project "Tributes." "Tribute celebrations are read-through plays that I do with children, all children who want to be in a read-through play to honor inspirational lives; to bring to the fore good people and how they live their lives and how they started and what their legacy is." (from *trincoll.edu*)



The tributes are about people who have helped to tear down racial barriers and destroy stereotypes.(from *courant.com*) Among the people Ms. Soumerai has honored with tributes are Albert Camus, Anne Frank, Langston Hughes, Thurgood Marshall, and Dona Felisa Rincon (the first woman mayor of San Juan (Puerto Rico and one of the originators of the Head Start program).



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BROOKLINE RECREATION—IT'S WHAT WE DO!

May and June will be stellar times for Brookline Recreation's Active Adult program.



Come join the fun on **Sunday, May 22, from 1:00 to 3:00 pm** when Brookline Recreation and the Council on Aging will cosponsor an *Open House* at the Senior Center.

- Find out about the programs and activities that are sponsored by Brookline Recreation.
- Offer your input on future trips and activities.
- Register for upcoming trips/activities (see listings below)
- Enjoy cheese and chocolate fondue and other yummy refreshments
- And enjoy the entertainment that will be provided

Please RSVP by calling 617-730-2069.

And you can play *Wii* with your friends at the Senior Center **on Thursdays, May 12 through June 16, from 1:00 to 3:00 pm**. You've probably heard your family talk about *Wii*. Now you can experience all the fun of the games. Brookline Recreation staff will be on site to assist and teach. Join the fun of playing on the big screen while getting a little exercise in the process. Choose from many games and activities.



In addition you can also plan on many excursions:

Hall's Pond Sanctuary Walking Tour—Friday, May 13 – Nature

Did you know that Brookline has three wildlife sanctuaries? Spend an afternoon visiting Hall's Pond Sanctuary with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found there. Please wear sturdy walking shoes. Van pickups: at the Soule Recreation Center, 652 Hammond St., at 12:00 noon; at the Senior Center at 12:15 pm. Return will be at approximately 3:00 pm. Cost: \$5.00 per person.

Legacy Place in Dedham—Friday, May 27—Shopping

Pickups: at the Soule Recreation Center, 652 Hammond St., at 12:00 noon; at the Senior Center at 12:15 pm. Return will be at approximately 4:00 pm. Cost: \$8.00 per person

Red Sox vs. Toronto: Join the Red Sox on the Road(in Toronto)—Friday, June 10, to Sunday, June 12—Sports

Travel to Toronto's Rogers Centre (formerly the Sky Dome) Baseball Stadium to see the Red Sox vs. the Toronto Blue Jays.

Day 1: The trip begins at 7:00 am when you board a luxury VCR/DVD-equipped motor coach at the Soule Recreation Center, 652 Hammond Street, and head north to your luxury hotel, the *Country Inn & Suites* (other comparable hotels may be used) in Niagara Falls where you can enjoy your evening.

Day 2: Enjoy breakfast (included), then depart on a tour of Niagara Falls including the Floral Clock, the Whirlpool, and Table Rock; then travel to Toronto in time to watch the Red Sox-Blue Jays game: first the pregame warm-ups and then the game itself in a reserved field box seat. After the game, you will return to the hotel in Niagara Falls.

Day 3: After breakfast (included), board the coach for the return trip home.

All participants must have a valid passport to go on this trip. Please register by May 1. Cost: \$279.00 per person, double occupancy; \$275.00 per person, triple occupancy; \$369.00 per person, single occupancy; \$249.00 per child accompanied by two adults

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

Cruise and Lunch is included. Pickups: at the Soule Recreation Center, 652 Hammond Street, at 10:15 am, at the Senior Center at 10:30 am. Return will be at approximately 2:00 pm. Cost: \$45.00 per person.

ARE YOU CURIOUS ABOUT HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL?

According to the American Heart Association, over 100 million Americans have high cholesterol. In addition about 75 million Americans over the age of 20 years have high blood pressure. These conditions—individually and especially in combination—can have a profound impact on the body, making you more susceptible to heart problems (chest pain, heart attacks, heart failure), strokes, kidney damage, and vision loss.

Representatives from the Massachusetts College of Pharmacy and Health Sciences—Boston will be at the Senior Center on **Tuesday, May 3, at 10:00 am** to discuss management of blood pressure and cholesterol through lifestyle changes and medication use.

SEASONED VOICES

On **Tuesday, May 24, at 7:00 pm**, the Senior Center's poetry workshop—Seasoned Voices—will have their annual reading of original works at Brookline Booksmith, 279 Harvard Street. This is always a joy to experience as the poets prove once more that verse only gets better with age.

And be sure to pick up their new book of poetry called, what else, *Seasoned Voices*, available for sale at the Senior Center for \$5.00.

REEL MUSIC



Come to Temple Ohabei Shalom at 1187 Beacon Street for their fourth annual concert—*An Evening of Classic Movie and Popular Music, Musical Theater and Opera*—and champagne and dessert reception to benefit their Music and Worship Fund on **Saturday, May 7, at 7:30 pm**.

The concert, which will feature music from movie classics *Casablanca*, *Breakfast at Tiffany's*, *The Wizard of Oz*, *West Side Story*, *Guys and Dolls*, and much more, will be performed by Hosts Cantor Randall Schloss and his wife Leah Schloss. They will be joined by Cantor Roy Einhorn of Temple Israel in Boston and his wife Cantor Jodi Lee Sufrin of Temple Beth Elohim in Wellesley and by David Sparr.



Tickets for the performance only are \$18.00 for seniors and students, \$30.00 for Temple Ohabei Shalom members, and \$36.00 for non-members. Tickets for the concert and the reception are \$60.00 for seniors and students, \$75.00 for members, and \$80 for nonmembers. For tickets and information about program book ads and sponsorships, call 617-277-6610, e-mail INFO@OHABEI.org, or access www.OHABEI.org.



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DRAWING FOR PLEASURE

— SAVE THE DATE —

A new session of this extremely popular 8-week course in learning to draw will **continue from 9:30 to 11:40 am on Thursday mornings** starting on **June 9**. Returning students, please call Julie at 617-730-2760.



And, luckily, for new students with some drawing experience there are a few spaces still available. New students should call 617-730-2770 to register.

Instructors Louise Weinberg and Elizabeth Taylor developed this course with the thesis that “drawing can be an extremely pleasurable activity” and have based it on the premise that learning to see differently is what enables one to learn to draw.

PARKINSON’S DISEASE SUPPORT GROUP

The Parkinson’s Disease (PD) Support Group will hold its monthly meeting on Friday, **May 6, 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.

STAFF AND VOLUNTEER NEWS

The popular **One-on-One Computer Sessions** will be on vacation in May and June but will resume regular sessions in July. Stay tuned to the TAB and the June Senior News and Events for more information on this and other JOBS.

Last fall Dotty Bell and I joined the Alzheimer’s Association’s Memory Walk and had a lovely fall afternoon’s walk along the Charles River while supporting a really good cause. There were groups there representing Center Communities and Goddard House, but just Dotty and me for the Brookline Senior Center.

This coming fall there will be another walk organized by the Alzheimer’s Association. New name, same purpose, it is now called the **Walk to End Alzheimer’s**. Won’t you join us this year as walkers, contributors, and/or sponsors. Call 617-730-2777 and become part of this effort to fight a major destroyer of older people. And get some fun and healthy exercise while you are at it.

We are excitedly working on expansion plans for the **Fitness Center**, and will eventually move into the old Rogerson space on the 2nd floor.

We are also looking for contributions of additional equipment. On our wish list are these

items, gently used: a treadmill (preferably with hand rails), an elliptical, a NuStep, and hand weights from 1 to 15 pounds, especially vinyl-coated ones. For more information about the Fitness Center, see pp. 1 and 22.



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		<ul style="list-style-type: none"> • Alzheimer’s & Dementia • Parkinson’s • Diabetic Monitoring • Post Surgical Care • Disabled Adults • Senior Citizens

Springwell Nutrition Program

MAY 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>2) Macaroni & Cheese, Cauliflower, Green Beans & Carrots, Oatnut Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Multigrain, Lettuce Leaf, Red Potato Salad, Tomato & Red Pepper Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>3) Seafood Chowder Baked Scrod Florentine, O'Brien Potatoes, Peas, Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Chef Salad (w/Ham), Lite Italian Dressing, Macaroni Salad, Wheat Roll</p> <p style="text-align: center;">Cinnamon Sugar Cookie</p>	<p>4) <u>Mother's Day Special</u> Divine Chicken Divan Topped w/Mushrooms & Almonds White Rice Spinach Dinner Roll Chocolate Pudding Trifle</p>
<p>9) Baked Scrod w/Lemon Dill Sauce, Mashed Potatoes, Green Beans, Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & American Cheese on Dark Rye, Mayo Packet, Lettuce Leaf, Tomato & Zucchini Salad, English Pea Salad</p> <p style="text-align: center;">Brownie</p>	<p>10) Cream of Mushroom Soup BBQ Chicken, Buttered Penne, Brussels Sprouts, Oatnut Bread</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Multigrain Bread, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Three Bean Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>11) Mixed Bean Soup All Beef Calzone, Garden Salad, Lite Italian Dressing</p> <p style="text-align: center;">OR</p> <p>Boneless Breaded Chicken Breast w/BBQ Sauce on a Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Cole Slaw</p> <p style="text-align: center;">Applesauce w/Cinnamon</p>
<p>16) Corn Chowder Baked Chicken Paprika, Red Bliss Potatoes, Chickpea & Spinach Dish, Orange Cranberry Muffin</p> <p style="text-align: center;">OR</p> <p>***Ham & American Cheese on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>17) <u>Birthday Lunch</u> Seafood Broccoli Casserole, w/Egg Noodles, Peas & Onions, Wheat Bread</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad on Oatnut Bread, Lettuce Leaf, Creamy Cucumber Dill Salad, Pasta Salad w/Cheese</p> <p style="text-align: center;">Pistachio Pudding w/Topping</p>	<p>18) ***Reduced Sodium Hot Dog on Hot Dog Roll, Baked Beans, Cole Slaw, Ketchup/Mustard/Relish</p> <p style="text-align: center;">OR</p> <p>Cottage Cheese Fruit Plate, Greek Pasta Salad, Pita Pocket</p> <p style="text-align: center;">Baked Cinnamon Apple Slices w/Whipped Topping</p>
<p>23) Beef Barley Soup Beef Burgundy, w/Buttered Bow Tie Pasta Zucchini, Whole Wheat Roll</p> <p style="text-align: center;">OR</p> <p>Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Three Bean Salad</p> <p style="text-align: center;">Butterscotch Pudding w/Whipped Topping</p>	<p>24) Vegetable Soup Meatless Chili Mac, Spinach, French Bread</p> <p style="text-align: center;">OR</p> <p>Chef Salad (w/Ham), Lite Italian Dressing, Macaroni Salad, Oatnut Bread</p> <p style="text-align: center;">Apricots</p>	<p>25) Cinnamon Apple Glazed Roast Pork, Butternut Squash, Country Blend, Oatnut Bread</p> <p style="text-align: center;">OR</p> <p>Chicken Salad on Lettuce Leaf, Fruity Rice Salad, Creamy Cucumber Dill Salad, Hot Dog Roll</p> <p style="text-align: center;">Marble Cake w/Chocolate Frosting</p>
<p>30) Memorial Day Holiday</p>  <p style="text-align: center;">Senior Center closed. No meal service.</p>	<p>31) Mushroom Barley Soup BBQ Pulled Beef Sandwich, Whipped Sweet Potatoes, Spinach & Chick Pea Dish, Bulkie Roll</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Pasta Vegetable Salad, Roman Blend Salad</p> <p style="text-align: center;">Angel Food Cake w/Blueberry Filling & Whipped Cream Topping</p>	<p>Soup is always served with crackers. Lunches are served at 12:00 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 11:00 am.</p>

LUNCHEON

SPECIALS FOR MAY

THURSDAY	FRIDAY
5) Mushroom Barley Soup ***Al-Fresco Sausage w/Peppers & Onions, Corn, Whipped Butternut Squash, Wheat Bread <p style="text-align: center;">OR</p> Turkey & Provolone Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Pasta Salad w/Cheese <p style="text-align: center;">Peaches</p>	6) Butternut Squash Soup Pot Roast, Sweet Onion Mushroom Gravy Creamy Scalloped Potatoes, Beets, Rye Bread <p style="text-align: center;">OR</p> Boneless Breaded Chicken Breast on a Hamburger Roll, Lite Mayo, Lettuce leaf, Fruity Rice Salad, Cucumber Carrot Onion Salad <p style="text-align: center;">Pears</p>
12) Build a Burger w/American Cheese on Hamburger Roll, Ketchup/Mustard, Lettuce & Tomato, Hot Potato Salad, Mixed Vegetables <p style="text-align: center;">OR</p> Egg Salad on Wheat Bread, Lettuce Leaf, Cucumber Carrot Onion Salad, Corn Salad <p style="text-align: center;">Vanilla Pudding w/Whipped Topping</p>	13) Cream of Tomato Soup Vegetable Cheese Quiche, Boiled Potatoes, Zucchini, White Diner Roll <p style="text-align: center;">OR</p> Turkey & Swiss on Oatnut Bread, Lite Mayo, Lettuce Leaf, German Potato Salad, Broccoli Tomato Salad <p style="text-align: center;">Mandarin Oranges</p>
19) Lentil Soup Eggplant Parmesan, Tomato Sauce, Carrots, Three Bean Medley, Multigrain Bread <p style="text-align: center;">OR</p> Pepper Turkey & Swiss on Wheat Bread, Lettuce Leaf, Mayo, Pesto Pasta Salad, Cole Slaw <p style="text-align: center;">Peaches</p>	20) Minestrone Meatloaf w/Brown Gravy, Mashed Potatoes, Plain Beets, Rye Bread <p style="text-align: center;">OR</p> Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Garden Salad w/Red Onions, Lite Italian Dressing <p style="text-align: center;">Glazed Cookie</p>
26) Clam Chowder Breaded Potato Crunch Fish, Tartar Sauce, Red Bliss Potatoes, Mixed Vegetables, Multigrain Bread <p style="text-align: center;">OR</p> Roast Beef & Swiss on Wheat Bread, Lite Mayo, English Pea Salad, Tomato Red Pepper Salad <p style="text-align: center;">Pineapple</p>	27) ***Clam Chowder Chicken Parmesan, Ziti, Carrots, Garlic Dinner Roll <p style="text-align: center;">OR</p> Egg Salad on Multigrain Bread, Lettuce Leaf, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Orzo Vegetable Salad <p style="text-align: center;">Fresh Fruit</p>
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>	

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.

Come to the Senior Center on **Wednesday, May 4**, for the **Mother's Day Special** lunch. And stay to enjoy the Emilian Badea concert and 1:00 pm (see p. 25).

Celebrate April birthdays at the **Birthday Lunch on Tuesday, May 17.** 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 May. Stay for the movie at 1:30 pm (see p. 9) and make an afternoon of it.

The **Let's Go Out to Lunch** will meet on **Tuesday, May 31**, at 12:00 noon at **Kelly's Roast Beef** at 193 Harvard Avenue in Allston. If you are planning to join the group, call Julie at 617-730-2760 and leave a message for coordinator Corrine Long that you are coming. If you need transportation,



mention your need when you call 617-730-2760 for reservations

MAY AT A GLANCE

Sunday, May 1

Brookline Open Studios—exhibitors at the Senior Center and all over town
Mozart's Requiem at *Symphony Hall*

Monday, May 2

8:45-10:15 Strength Training for Seniors**
9:15-10:15 am Balance and Flexibility for Seniors at *United Parish Church***
9 am-12 noon Podiatry Clinic
10 am-12 noon Introduction to Watercolor**
10:30-11:30 am Senior STRETCH**
1-2 pm Brookline Health Care Center Blood Pressure Screening
1-3 pm Crafty Holiday Group

Tuesday, May 3

Town Elections—all day
8:30-9:30 Nia for Seniors**
10 am Mass Col. of Pharm. & Health Sci, talk
10:15 a.m. Brookline Bee, Quilters—on vacation
10:30 am-12:30 pm Literary Discussion**
1:30 pm Movie for Film Lovers—"Inside Job"
2-3 pm Yoga for Older Adults (chair class)
3-4 pm Yoga for Older Adults (mat class)

Wednesday, May 4

8:45-10:15 Strength Training for Seniors**
9 am-12 noon BLAB Lawyer
9:15-10:15 am Balance and Flexibility for Seniors at *United Parish Church***
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior STRETCH**
12 noon Springwell Mother's Day Special Lunch
1 pm Brookline Music School Concert—Emilian Badaea, accordionist
1:30 pm Senior Center tour of Studio Without Walls (Van leaves Senior Center at 1:15 pm)
2-3 pm Brookline Public Health Department (BPHD) Blood Pressure Screening at *BPHD Building*

Thursday, May 5

9:30-11:30 am Introduction to Computer Basics for Seniors**
1-2:30 Easy Travel to Italy and the Mediterranean and Dalmatia
4 pm Artbarn presents "Summer Reading Is Killing Me" followed by dinner at 5 pm—reservations required

Friday, May 6

9:30-11:30 am Intermediate Computer Basics for Seniors**
1-2:30 pm Parkinson's Disease Support Group

3:30 pm Modern Dance and Movement

Saturday, May 7

7:30 pm Reel Music at *Temple Ohabei Shalom*

Monday, May 9

9 am-12 noon Podiatry Clinic
9:15-10:15 am Balance and Flexibility for Seniors at *United Parish Church***
10 am-12 noon Introduction to Watercolor**
12:30-1:30 Greater Boston Chinese Golden Age Center Blood Pressure Screening
1-3 pm Crafty Holiday Group

Tuesday, May 10

8:30-9:30 am Nia for Seniors**
10:30 am-12:30 pm Literary Discussion**
1:30 pm Movie for Film Lovers—"Elsa & Fred"
2-3 pm Yoga for Older Adults (chair class)
3-4 pm Yoga for Older Adults (mat class)

Wednesday, May 11

9:15-10:15 am Balance and Flexibility for Seniors at *United Parish Church***
1 pm Council on Aging Meeting
2 pm What's Next after Independent Living?
1-2 pm BPHD Blood Pressure Screening at *Susman House*

Thursday, May 12

9:30-11:30 am Introduction to Computer Basics for Seniors**
1-3 pm Wii Games begin
7-8:30 pm Beyond Spring Cleaning at *Brookline High School*

Friday, May 13

9:30-11:30 am Introduction to Computer Basics for Seniors**
12 noon—Van pickup for Brookline Recreation trip to Hall's Pond
2-3:30 pm Introduction to Tai Chi Chuan**
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, May 15

The Drowsy Chaperone at *the Turtle Lane Playhouse*

Monday, May 16

Gallery Show—Paintings by Dvorah Fogel Smith—opens
9 am-12 noon Podiatry Clinic
2 pm Putterham Book Discussion Group at *Putterham Library*

Tuesday, May 17

8:30-9:30 am Nia for Seniors**
12 noon May Birthday Lunch

ONGOING SENIOR CENTER EVENTS

1:30 pm Movie for Film Lovers—"A Place in the Sun"

7-8 pm Agewise at *Brookline High School*

Wednesday, May 18

10:15 am Telling Your Story public reading

1 pm Low Vision Group

1-2 pm Ask a Nurse Eileen Currier, NP, visit

1:30 pm Modern Beading Workshop

Thursday, May 19

9-10:30 am BPHD Blood Pressure Screening

9:30-11:30 am Introduction to Computer Basics for Seniors**

1-3 pm Wii Games

Friday, May 20

9:30-11:30 am Introduction to Computer Basics for Seniors**

2-4 pm Gallery Reception with the Artist

3:30 pm Modern Dance and Movement

Sunday, May 22

1:00-2:00 Brookline Recreation Open House

Tuesday, May 24

9-10 am Public Issues Nonfiction Book Discussion Group

1:30 pm Movie for Film Lovers—"Tea with Mussolini"

7 pm Seasoned Voices annual reading at *Brookline Booksmith*

Wednesday, May 25

12 noon-2:30 pm A Taste of Italy: Food, Music, and Culture**

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

Thursday, May 26

10:30-11:30 am Arthritis Exercise Classes begin—registration required

1-3 pm Wii Games

Evening Alzheimer's Caregivers Support Group—call for time

Friday, May 27

12:15 Van pickup for Brookline Recreation trip to Legacy Place in Dedham

Monday, May 30

Memorial Day, Senior Center closed.

Tuesday, May 31

12:00 noon—Let's Go Out to Lunch Group meets at Kelly's Roast Beef in Allston

1:30 pm Movie for Film Lovers—"Secretariat"

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

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

MONDAY

9:30-11:30 am Photo Editing with Picasa**

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

10 am—Flexibility, Resistance Training, and Balance Exercises

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

WEDNESDAY

9:00-10:00 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

12:00 noon-4:00 pm—BETS

12:30 pm—Bridge

2:00-4:00 pm—Open Computer Lab

THURSDAY

10:30 am—Knit and Crochet

1-1:45 pm—Beginning Spanish Classes

1:30 pm—Knit and Crochet

1:30 pm—Russian Tea Room

1:45-2:30 pm—Advanced Spanish Classes

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

FRIDAY

9 am—Bridge

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

BEYOND SPRING CLEANING: THE UPSIDE OF DOWNSIZING

Karen Zweig, Owner, The Move Maven

Thursday, May 12, from 7:00 to 8:30 pm at Brookline High School. Fee: \$6. Course Code: **J417.**

If you or a family member are surrounded by years of accumulated stuff, your closets are bursting at the seams, or you are overwhelmed by the prospect of organizing your attic, basement, garage, or storage area, this informative lecture is for you. Karen will share practical strategies you can use to get rid of stuff and simplify your home, while preserving valuable memories, addressing what to keep and what to do with everything else. Learn what is likely to sell in the current economy, and the pros and cons of yard sales, consignment stores, estate sales, auctions, eBay, craigslist, and more. The key to success, of course, is getting started, so we'll end with tips for how to begin the process.

For more information and to register, call BA&CE at 617-730-2700 or access it at www.brooklineadulted.org.

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WHAT'S NEXT AFTER INDEPENDENT LIVING?

What would you do if you suddenly found you couldn't manage day-to-day activities you used to handle easily? Shopping for, and preparing, meals; handling laundry; keeping up with basic housekeeping chores; even remembering to take medications—all can seem overwhelming as we grow older. An older person's world can be turned upside down by a traumatic event such as a fall or an illness, making even the simplest task difficult and time consuming. What options are available to seniors when help is needed?

On **Wednesday, May 11, at 2:00 pm**, join Lisa Yarin from Youville Assisted Living Residences to learn more about the many options available when independent living becomes more difficult. Awareness of options and planning ahead for the additional services and support you may need, will allow you to make your own choices for supporting your individual needs and preferences. Lisa will discuss a variety of home-based support options, as well as assisted living, and when one kind of option is preferred over the other. Be sure to bring your questions! Refreshments will be served.

CENTENARIAN PHOTOGRAPHY PROJECT

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

Moving? Downsizing?

the move maven 

Call Karen Zweig
for a free consultation!
617.455.1964
karen@movemaven.com



TELLING YOUR STORY

Come to the Senior Center on **Wednesday, May 18, at 10:15 am** for the 26th annual public reading of memoirs by members of the BA&CE autobiographical writing group, *Telling Your Story*. Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories rediscover and reaffirm the richness of the resources that older writers offer to us all. This event is free and open to everyone so bring your friends and relations to this magical event.

SENIOR CENTER THEATER CLUB



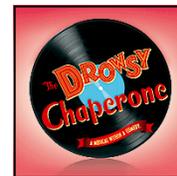
Sunday, May 1

Mozart's Requiem

presented by the Handel and Haydn Society at Symphony Hall, Boston

\$40/person

Mozart's final moments are reflected through this masterpiece of drama, intensity, and depth—a work that surrounds itself with mystery and was completed by Mozart's colleague Franz Süssmayr. This unique musical pairing of Mozart and Handel touches all emotions, creating an unforgettable close to the season.



Sunday, May 15

The Drowsy Chaperone

at the Turtle Lane Playhouse, Auburndale

\$30/person

To chase his blues away, a modern day musical theatre addict known simply as "Man in Chair" drops the needle on his favorite LP in this 1928 musical comedy. From the crackle of his record player, the uproariously funny musical, magically bursts to life on stage, telling the tale of a pampered Broadway starlet who wants to give up show business to get married, her producer who sets out to sabotage the nuptials, her chaperone, the debonair groom, the dizzy chorine, the Latin lover, and a pair of gangsters who double as pastry chefs.

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. (See also p. 22.)

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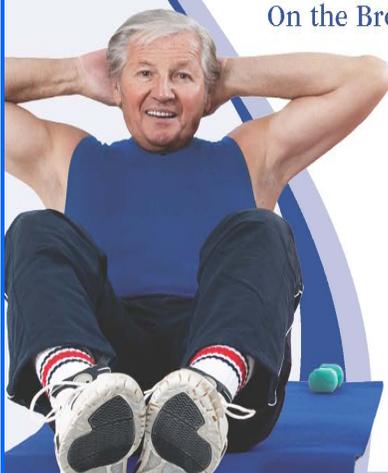
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FROM THE DIRECTOR

Older American's Month theme for May 2010 is *Older Americans: Connecting the Community*. Do your part by joining **BrooklineCAN** (*Brookline Community Aging Network*) for a mere \$25/year donation. BrooklineCAN is committed to building a better Brookline by promoting services that enable independent living while increasing opportunities to engage in the Town's social, cultural, and civic life. Check out their web page—all powered by volunteers—at www.brooklinecan.org (see also p. 30).

Give because it means so much

I want to send a special thank you to those who donated to our annual appeal. With your donations, we have been able to reupholster 20 of the most worn out chairs. After 10 years of heavy usage, many springs had sprung. Each chair costs almost \$250 to repair. This is far less than a new chair plus we are saving the environment by recycling. Keep your checks coming in so that the remaining 20 chairs can get fixed. Our coffee lounge visitors thank you, too!

We are also starting a fund to cover scholarships for low income elders to use the Fitness Center. A \$30 donation covers use of the fitness center for one month. Donations of any amount are graciously accepted. Call Sharon Devine at 617-730-2769 to find out about scholarships. (For more on the Fitness Center, see p. 1 and 15.)

Treasures to enjoy

The Senior Center is hosting a treasure trove of fabulous events in May. I urge you to attend at least one of the many events that may interest you and invite a new friend as well. This is a great time for newcomers to sample the Center.

We will even be open two weekends this month. The weekend of April 30-May 1 we are a host site for Brookline Artists Open Studios (see p. 25). Artists will display their extraordinary talents. Stop in for a great show from 11:00 am

to 6:00 pm each day.

Then on May 22, the Senior Center will be buzzing with activity as we hold an Open House with the Brookline Recreation Department. Enjoy yummy refreshments; find out about future trips; and enjoy some entertainment. Stop in from 1:00 to 3:00 pm for a fun day (see p. 13)

And as if that is not enough weekend fun, the Theater Club has planned two trips for May (see p. 21), and seats are still available.

One of our very special yearly programs will be held on Wednesday, May 18. The readings by the *Telling Your Story* class are clearly not to be missed. The readings never fail to move and inspire all.

I am pleased that we are offering another one of our exciting ethnic festivals on Wednesday, May 25, celebrating the rich culture of *Italy*. Sample the best of Italian food, art, music, and dance.

Good LUCK!!

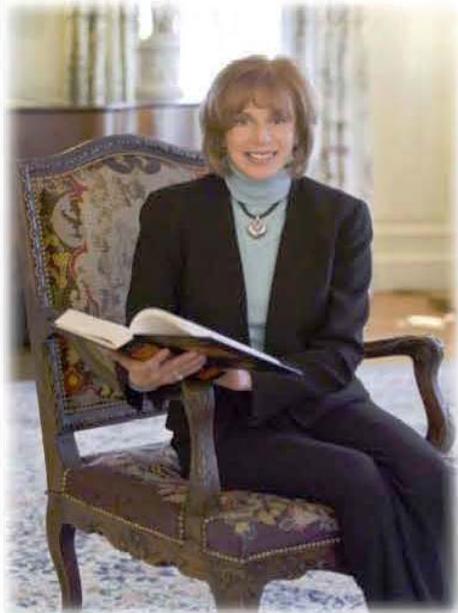
May is also the time that our excellent students graduate. Anna Donehower, Cristina Sousa, Sarah Whitby and Nicole Spienza will be finishing their internships. Join me in wishing them well in their future social work careers and thanking them for all their hard work.

Finally, I want to wish all a Happy Mother's Day! A great way to celebrate is to attend a special concert—*Reel Music* at Temple Ohabei Shalom that will take place Saturday May 7 (see p. 14).

All that I am or ever hope to be, I owe to my angel Mother. Abraham Lincoln

Ruthann Dobeck, Director





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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 **May**, the meetings are on the **2nd and the 9th**.

The group is looking for buttons, oatmeal containers (the round ones), and square tissue boxes (the pop-up ones) to recycle into their decorations. If you have any of these kinds of things to donate, leave them at the Senior Center office on the second floor with a label addressing them to Jean Doherty. Or better yet, join the group and bring them with you.

OPEN STUDIOS

Brookline's artists will display their creations on **Saturday, April 30, and Sunday, May 1, from 11:00 am to 6:00 pm both days**.

At the Senior Center, the exhibitors are:

Martin Anderson, Elissa Barr, Lisa Gladysheva, Marc Goldring, Mimi Katz, Lina Marks, Ruby Pearl, Lucy Sandler, Alexandro and Moira Sina, Karen Stern, Jane Tarlow, and Cathy Thatcher.

Enjoy the exhibits and the entertainment accompanying the exhibits.

Information about all participating artists and other viewing locations is available at <http://www.brooklineartists.com/index.cfm>.

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ARTBARN IS COMING!

Make way for the Bunnies and Rabbits! ArtBarn's Split Hares Traveling Troupe with first thru fifth graders gives students an introduction to both performance and community service. The Split Hares will be at the Senior Center to perform "Summer Reading is Killing Me," based on Jon Scieszka's beloved books, *The Time Warp Trio*. This ArtBarn dinner theater extravaganza on is **Thursday, May 5**, the performance will be **at 4:00 pm**, followed by a 5:00 pm dinner for seniors and the young performers. Call 617-730-2770 to reserve your place.

BROOKLINE MUSIC SCHOOL CONCERT

Our old friend Emilian Badea, accordionist, will be at the Senior Center on **Wednesday, May 4, at 1:00 pm** with another of his delightful concerts cosponsored by the Brookline Music School. The concert is free and no reservations are required.

Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
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Phyllis Mays, Instructor

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Learn to edit your own photos with Picasa, a free application that allows you to organize and modify images. Explore various methods of enhancing photos, including cropping, removing red eye, and adjusting contrast and light. And learn how to share photos online and with e-mail, print photos, and create photo albums on the computer. Bring photos (in camera or on a CD or flash drive, or use photos supplied by the instructor. Students should have completed Introduction to Computer Basics for Seniors or its equivalent. Senior discount does not apply. Class limited to six students.

For more information and to register, call 617-730-2700 or access BA&CE on line at www.brooklineadulted.org.

SENIOR CENTER FOOD DISTRIBUTION

There is free distribution of baked goods, produce, and other food 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 at the desk at the back of the coffee lounge, then wait in the lounge until your number is called. Do not go down to the Distribution Center in the basement until your number is called.

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MODERN DANCE AND MOVEMENT

Lynn Modell is offering more of her popular modern dance and movement workshops in May — on **Fridays, May 6, 13, and 20, at 3:30 pm.** There is a fee of \$2/session as usual. Summer is coming so limber up for all the activities of the season!

EQUIPMENT LOAN FUND

 Our Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, commodes, shoe horns, and shower benches that are now available for lending thanks to generous donations. ELF even has a lightweight wheelchair available for short-term loans! If you want to borrow one of these items (or if you have something you would like to donate), please contact 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 ahead and speak to Karin before dropping anything off.

SENIOR SCENE

Tune into *Senior Scene* during May when Host Betty Joel interviews our Ask a Geriatrician, Dr. Suzanne Salamon (Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center). Among the general questions that Dr. Salamon will respond to are: What is a geriatrician? Who do they treat? and How does one get referred to one?

Senior Scene airs on BATV on Thursdays at **7:00 pm** with repeat airings on **Fridays at 1:00 pm** and **Sundays at 7:30 pm**.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

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.



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.

SPANISH IMMERSION

— SAVE THE DATE —

On Tuesday, June 7, from 6:00 to 8:00 pm, Spanish Immersion will hold a fund-raising event at the Senior Center. Come and 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! Everyone is welcome—

seniors, relatives, families, friends.

Tickets are \$25/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 Spanish Immersion at immersion@hotmail.com, or access the Spanish Immersion web site at www.spanishimmersionjamaicaplain.org.

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. Try it out at the free session on **Thursday, April 28, from 3:00 to 3:45 pm**, and if you like it sign up for the next full Zumba series, which will meet in **May and June**—on **Thursdays from 3 to 3:45 pm, beginning on May 5 and running through June 23**. The fee for this series 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 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.

FRENCH CONVERSATION

Hone your French conversational skills **every Tuesday in May at 12:30 pm** with this group. Group leader Agnes Serenyi is going on sabbatical so the group needs a temporary leader while she is gone. Call Julie at 617-730-2760 if you are interested in filling this temporary volunteer position.

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To BrooklineCAN Fund donors Laura Baber, Helen Berman, Ilene Bezahler, Deborah & David Brooks, Margaret Cain, Judith G. Chasin, Alice d'entremont, Clarice Fleischman, Ruth Geller, Shari Gershenfeld, Jane C. Gilman, Paul E. & Mary S. Harris, Edward & Irene Hertz, Rob & Marcia Heist, Irving & Carmen Hurwitz, Susan Jacobs, Carol Lammers, Ellen Goodman & Robert Levey, Yolanda Rodriguez, Mildred Siegel, Rena & Michael Silevitch, Cynthia Snow, Dolores Wax, and Ruth Whitman



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To Shirley Partoll for her gift in honor of the volunteers and the BrooklineCAN program

To V. Celia Lascarides for her gift in honor of Elaine Yanowitz

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



To Emilie Drooker, Julia Herskowitz, and the Senior Strength Training Class **for their gifts in memory of** Sumner Kaplan

To Yolanda Rodriguez **for her gift in memory of** Sumner Kaplan, Ruth Desoa, and Gudrun Wolpow

To Dotty Bell **for her gift in memory of** Rita Early

To Erica Kirsners **for her gift in memory of** Sigrid Kirsners



Thanks to Lena at Boston Nails for her generous discount to BrooklineCan members **from** Kathryn Kilpatrick

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.

We are very pleased that Harold Brown and Hamilton Realty Charitable Foundation are matching the first \$10,000 in donations. Double your donation by writing a check today!

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

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

SOS RESTAURANT EVENT REPRISE

Once again this event was a huge success. Good food, good music, good company — what more could one ask. Oh, yes, and for a really good cause — supporting the food distribution sites in Brookline! And once again we couldn't have done it without the participation of our volunteers and of many businesses.



So our sincerest thanks go out to all the volunteers and staff who gave their time and especially to the restaurants:

Party Favors, Rami's, The Fireplace, Pizza Stop, Temptations, Michael's Deli', Anna's Taqueria, Pita Pit, Dok Bua,

Sichuan Gourmet, Cognac Bistro, One Stop Market, Dorado, The Regal Beagle, The Upper Crest Pizzeria, Clear Four Bakery, Golden Temple, Brookline Spa, Whole Foods—Brighton, Whole Foods—Newton Bova's Bakery-Boston, Cheryl Ann's Bakery-West Roxbury, Kentucky Fried Chicken-Brighton, and Starbucks-various locations.

who gave us the wonderful samples, and to the other businesses and individuals who provided us with raffle items:

Crew, Muriel Stark, Serenade Chocolatier, Paris Creperie, Vintage, When Pigs Fly, CVS, Longhorn Steakhouse, Chipotle, Whole Foods—Beacon Street and Newtonville, Newton, and Danish Pastry House.

Photos courtesy of Mimi Katz



Help Wanted! The newly-formed **BrooklineCAN** Membership Committee needs volunteers who have a few hours to help build this incredible organization. What's involved depends on your interests. Some possibilities: assist with administrative tasks, staff a table at events in the community, or talk with new members to find out how they might like to be involved or what kind of services they need. The next committee meeting will be held on **Tuesday, May 3 at 4 pm** at the Senior Center. If you are interested in joining the committee or would like more information, call the committee chair, Karen Zweig, at 617 455 1964.

And for only \$25, you can be a charter member of this amazing new organization. Check out our web site—www.brooklinecan.org—for tons of information about BrooklineCAN! (see also p. 22).

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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.

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