TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617-730-2777
Information Hotline 617-730-2778
Senior Center 617-730-2770
Van 617-730–2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Monday, September 8 August Moon Festival See p. 3

Thursday, September 11 National Freedom Day See p. 4

Sunday, September 14 Brookline Day See p. 3

Tuesday, September 16 Senior Tax Work-Off meeting See p. 7

Wednesday, September 17 BrooklineCan Annual meeting See p.8

September 29, Craft Fair Meeting See p. 17

SEPTEMBER 2014

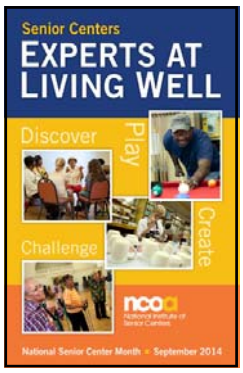
IT'S NATIONAL SENIOR CENTER MONTH

And this year's theme is *Senior Centers: Experts at Living Well.* The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help you become *experts at living well*.

The Senior Center offers a variety of health and fitness classes and lifelong learning opportunities and encourages your involvement in the Senior Center and the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to become *experts at living well*.

In conjunction with National Senior Center Month are some other days/weeks of special note. September is also National Food Safety Month, Cholesterol Awareness Month, and Hunger Action Month. The week of September 22 through 28 is Active Aging Week, and September 22 is Fall Prevention Awareness Day.

To celebrate Senior Center Month, get involved with our Senior Center. Volunteer for a committee or help with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs. Become an *expert at living well* while helping to make Brookline and its aging community stronger and more vibrant.



INDEX

Age Advantage Workshop……..7
Adult Excursions, Brookline Recreation 26
Alzheimer's Caregivers Support Group 29
At a Glance, September .....….18
Autumn Benefit-Save the Date……9
August Moon Festival…….……3
Beading Workshop, Modern.....21
Board President, From the 31
Book Discussion Group, Public Issues Nonfiction 23
Book Discussion Group, Putterham…….. .23
Bridge……12
BrooklineCan, Annual Meeting and events……...8
Brookline Adult & Community Education (BA&CE) Offerings……..14-15
Brookline Day…….3
Cake Decoration Workshop……17
Choice, Patient……..15
Computer, One-on-one……...25
Council on Aging Meeting……...3
Craft Fair……16
Dance and Movement, Modern……10
Director, From the……31
ELF……...7
Events, Coming in October……..9
Exercises for Health and Rejuvenation……..8
Fitness Center……4
Farmers Market, Brookline……21
Flu Clinic-Save The Date……..4
Food Distribution Site, Senior Center……...21
Gallery 93...……...24
Geriatrician, Ask a.....5
Goddard House Walk Team for Alzheimer's…..…28
Handicapped Access……...25
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Flu Clinic, Eating Well).....4
Let's Go Out to Lunch Bunch……17
Living Our Values.....…...21
Luncheon Specials for September.....…….18
MBTA, CharlieCard Save the Date …….....9
Mediation Training……..22
Medicare Patrol……12
Movies for Film Lovers…….. 11
National Freedom Day……4
Neighborhood Walking Group……..25
Observances, September…….…….…3
Ongoing Senior Center Events……...19
Prescription Drug Help……...…23
Poetry Corner …….….8-9
REAP News……7
Reiki Therapy……29
Research Presentation-Life Span Emotional Development……..22
Senior Cinema…….…...3
Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security) .....….6
SHINE……12
Solemates…….……..25
Spanish Immersion……..13
South Brookline Social……31
Springwell Nutrition Program (menus)……16
Thank You…….……30
Tour the Senior Center……21
Tax Workoff……7
Theater Club, Senior Center……10
Travel, Easy……..…...3
Volunteer to Share Your Sight……15
Whitman, Walt Workshop……8
Zumba Gold……..12
50 years ago this month 1946……..13

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
mdeery@brooklinema.gov
Newsletter Editor

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.

SEPTEMBER HOLIDAYS

Monday, September 1, is Labor Day. The staff will have a holiday and the Senior Center will be closed. Labor Day is traditionally celebrated with parades, picnics and BBQs, with family and friends.

On Sunday, September 14, we celebrate Grandparents Day. Tuesday, September 23 is the first day of Fall.

And as an appropriate companion to National Senior Center Month, September is designated as a month to educate ourselves about Atrial Fibrillation, Cholesterol, Hunger Action and Alzheimer's Awareness.

Rosh Hashanah, The Jewish New Year, begins on Wednesday, September 24 at sunset.

BROOKLINE DAY

On **Sunday, September 14**, **come one come all to the annual Brookline Day Festival from 11:00 am to 3:00 at Larz Anderson Park!** This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The day will include activities for all including inflatables, face painting, balloon artists, touch a truck, rock climbing wall, and much more! The Senior Center and Brookline-Can will have tables so come and see us. There will also be food trucks, live local bands, a pie-eating contest, trivia, and games! For more information, call 617-730-2069.

COUNCIL ON AGING MEETING

On **Wednesday, September 10** at 1:00 pm Jo White, Supervisor of the Springwell Healthy Living Programs, will discuss community-based services at Springwell. Ms. White is also experienced as a Community Transition Specialist, so she can also speak to questions we have regarding the different home care programs that Springwell administers.

AUGUST MOON FESTIVAL

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 8, from 12:30 to 2:00 pm**. This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. **Tickets are $7 and include lunch.** For more information and to make reservations, call 617-730-2770.

EASY TRAVEL

On Thursday, September 4, at 1:30 pm, Jamie Donchin will take us on an armchair Alaskan Cruise.

SENIOR CINEMA

The Coolidge Corner Library offers wonderful movies on **Thursdays at 1:30 pm.** Check the TAB and the Library Website for current showings.

THE HEALTH PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, September 4 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Friday, September 5 and 19 from 9:00 am to 12:00 noon.** Sessions, last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, September 17, at 1:00 pm** at Senior Center.

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Barbara will provide screenings at the Senior Center on **Thursday, September 18, from 9:00 to 10:00 am**

- **Wednesday, September 3, from 2:00 to 3:00** pm, at the BPHD building on Pierce Street.
- **Wednesday, September 10, from 1:00 to 2:00 pm** at Sussman House, 50 Pleasant Street
- **Wednesday, September 24, from 1:00 to 2:00** pm at O'Shea House, 61 Park Street.

Save the date:

On Tuesday, October 28 from 11:00am-1:00pm The Brookline Health Department will hold the annual Flu Clinic at the Senior Center.

NATIONAL FREEDOM DAY

National Freedom Day, **Thursday, September 11** honors the military, their dependents, veterans, and first responders. The Brookline Department of Public Health invites Brookline residents in those categories to stop by the Public **Health Department, 11 Pierce Street, Brookline Village, 3-6 PM,** for refreshments, to meet members of the Medical Reserve Corps, and to take home free emergency supplies such as mini first-aid kits, flashlights and warming blankets. Contact Dawn Sibor, 617-730-2656, dsibor@brooklinema.gov, for more info. For more information about Freedom Day in Brookline. www.freedomdayusa.org.

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday 8:30 am to 4:30 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

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

QUESTION: ***I'm most interested in lowering my cholesterol naturally without medication. On the internet, it says: cinnamon and honey helps to lower cholesterol (I don't know how much or how often); eating 2-4 oranges a day will help lower cholesterol and dissolve kidney stones. Are any of these true?***

ANSWER: There is so much information on the internet that it is hard to determine what is true. Only large studies with control groups can really help us get closer to the right answers. Most people prefer not to take too many medications, so regarding these 2 medical conditions (cholesterol and kidney stones), I am going to pass along advice from experts in the field on how to attempt to manage these problems without medications.

KIDNEY STONE PREVENTION: Dr. Daniel Pendick, in a recent Harvard Medical Health Letter gave 5 tips for preventing kidney stones, particularly in people who have already had a kidney stone:

Drink plenty of liquid including water and citrus drinks like lemonade and orange juice. The citrate in these beverages helps block stone formation.

Get the calcium you need: getting too little calcium in your diet can cause oxalate levels to rise and cause kidney stones. Ideally, obtain calcium from foods (milk, yogurt), since some studies have linked taking calcium supplements to kidney stones. Try to get 1,000 milligrams (mg) of calcium per day, along with 800 (IU) of vitamin D to help the body absorb the calcium.

Reduce sodium (salt): A high-sodium diet can trigger kidney stones. Try to limit daily sodium to 1500-2300 mg. This will also be good for your blood pressure and heart.

Limit animal protein: Eating too much animal protein, such as red meat, poultry, eggs, and seafood, boosts the level of uric acid and could lead to kidney stones.

Avoid stone-forming foods: beets, chocolate, spinach, rhubarb, tea, and most nuts are rich in oxalate, and colas are rich in phosphate, both of which can contribute to kidney stones. If you suffer from stones, your doctor may advise you to avoid these foods or to consume them in smaller amounts.**TO LOWER CHOLESTEROL WITHOUT MEDICATION** (advice from the Mayo Clinic):

1. Lose weight Carrying some extra pounds — even just a few — contributes to high cholesterol. Losing as little as 5 to 10 percent of your body weight can help significantly reduce cholesterol levels.

2. Eat heart-healthy foods Even if you have years of unhealthy eating under your belt, making a few changes in your diet can reduce cholesterol and improve your heart health.

- Choose healthier fats and leaner cuts of meat, low-fat dairy and monounsaturated fats — found in olive, peanut and canola oils — for a healthier option.
- Eliminate trans fats found in fried foods and many commercial baked products, such as cookies and crackers. You can tell if a food has trans fat in it if it contains partially hydrogenated oil.
- Limit the cholesterol in your food.
- Stock up on fruits and vegetables, which can help lower cholesterol..
- Eat foods rich in omega-3 fatty acids. Omega-3 fatty acids can help lower your LDL ("bad") cholesterol. Some types of fish — such as salmon, mackerel and herring — are rich in omega-3 fatty acids as are walnuts, almonds and ground flaxseeds.

3. Exercise on most days of the week
Whether you're overweight or not, exercise can reduce cholesterol. And can help raise HDL cholesterol, the "good" cholesterol.

4. Quit smoking
Within 24 hours, your risk of a heart attack decreases **Continued on Page 8.**

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 to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount. $25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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 are applying for the first time, or being recertified, bring your 2013 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 necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $47,150; a couple's, $53,900.

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 a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be available on **Wednesday, September, 3 from 9:00—12:00** to consult on legal matters of law**.** This service is offered free of charge, and no appointment is needed. **Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7 for more Medicare and SHINE information.)

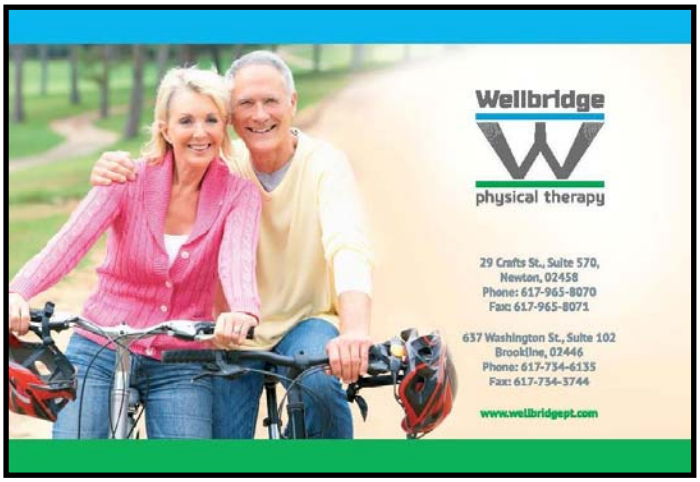
E.L.F MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund (ELF) has lots of medical equipment available for borrowing year round! Whatever you need, call and ask. We may well have it. Recently we have received more donations and deliveries than we have people requesting the items. So come and view our collection of commodes, raised toilet seats, over bed tables, rolling walkers, and other standard and unique items. Call Jamie at 617 -730-2753 to check our inventory or make a donation.

REAP

The REAP program is pleased to introduce our new REAP Counselor Patricia J Burns, MSC. She will be working with REAP participants on one on one Resume/Cover Letter Writing at the Senior Center **on Thursday, September 18, from 1:00-3:00pm**

If you have a resume, please bring it. Patricia will assist with creating your resume as well as editing one that you may have written in the past. For an appointment, call
Deidre Waxman 617-730-2767 or email at dwaxman@brooklinema.gov



THE SENIOR TAX WORK-OFF

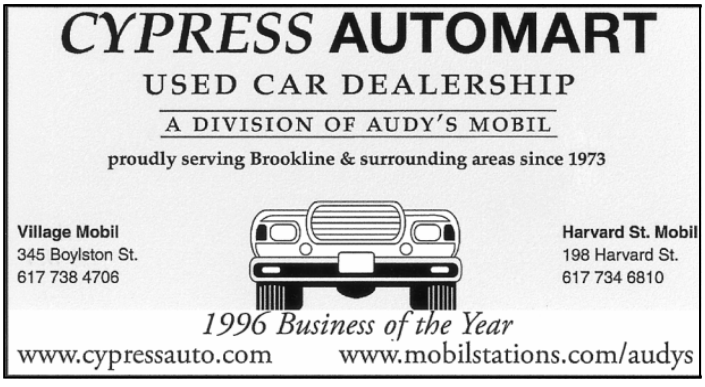
The Tax Work-off Annual Meeting will be held on **Tuesday, September 16, at 3:00 pm at the Brookline Senior Center.** This meeting is required of all participants in the program. We will address your questions and concerns and share new program developments at this meeting. Regrets only to Deidre Waxman at dwaxman@brooklinema.gov

YOUR AGE ADVANTAGE WORKSHOP

Explore the advantages of being part of a generationally diverse work team; evaluate your attitude towards different generations; identify the unique characteristics and skills each generation brings to problem solving and getting the job done; and discuss the challenges of age and ageism and how to conquer them.

This is the first of a series of monthly workshops on a variety of job search topics that will be presented starting on **Tuesday, September 30, from 3:00 to 5:00 pm,** at the Brookline Senior Center. Registration required. Call Deidre Waxman at 617 730 2767.

Patricia Burns, the workshop leader at REAP, has numerous years of experience building and leading generationally diverse teams. She is also involved in career counseling with alumni at BU School of Public Health and private clients of all ages.



Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

BROOKLINECAN ANNUAL MEETING

On Wednesday, September 17, from 5:00 to 7:00 pm, come to the Senior Center for the Brookline Community Aging Network's (BrooklineCAN's) Annual Meeting and Welcoming Reception. Members, prospective members, friends—everyone—is invited. Come and learn more about this extraordinary town-wide effort. Also here's a chance to offer ideas for additional programs and to discover how you can help to make Brookline an even more livable community than it already is. To RSVP, call 617-730-2770
For more information about BrooklineCAN and to learn how to join, go to the website. www.brookline can.org.

BROOKLINECAN SAVE THE DATES:

PERSONALIZED NUTRITIONAL SUPPORT FOR OPTIMAL AGING

On **Wednesday, October 15 from 6:30-8:00 pm** join the Education Committee for Personalized Nutritional Support for Optimal Aging presented by Psychiatrist James Greenblatt, M.D.

PEST CONTROL PRESENTATION

Join the Service Referral Committee for a panel presentation with pest control experts **(details to follow in October newsletter).**

STEPHEN COLLINS ON WALT WHITMAN

This lively six week seminar will delve deeply into the life and work of American's beloved poet, Walt Whitman. The impact of his writing is still felt today. Whitman found inspiration in the everyday life of America. He saw and wrote of "a teeming nation of nations". He wanted to help Americans understand their past, experience their present, and anticipate their future. "The United States themselves are essentially the greatest poem," he said, adding, "Past and present and future are not disjoined but joined."

Classes will meet on **Fridays, Sept 5-October 17, from 1:00-2:00 pm. Please note: there is no class on Friday, October 3.**

The cost of the class is $35. We require a minimum of 10 participants in order for this course to carry. To register, call 617-730-2770.

Continued from page 5. Ask A Geriatrician

Within one year, your risk of heart disease is half that of a smoker. Within 15 years, your risk of heart disease is similar to someone who never smoked.

5. Drink alcohol only in moderation
For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

EXERCISES FOR HEALTH AND REJUVENATION

In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine — tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

-OCTOBER COMING EVENTS-

MASS COLLEGE OF PHARMACY

The students at the Mass College of Pharmacy and Health Sciences will be back with workshops on topics of general interest to us all. **Thursday, October 16, at 1:00 pm the topic: is Insomnia**

On Wednesday, October 1 at 1:00pm, The Brookline Music School Concerts will return**.**

On Tuesday, October 28 from 11:00am-1:00pm The Brookline Health Department will hold the annual Flu Clinic at the Senior Center.

"MBTA Senior Charlie Card Event" will be held on **Monday, October 6th from 1:00-3:00 pm.** To participate in this event you will need to bring a picture ID with proof of age. You must be age 65 or older to qualify for the reduced rate. You will receive your Senior CharlieCard within 2-6 weeks.

True Confessions: Pest Control Solutions BrooklineCan Panel Presentation with pest control experts **(details to follow in October newsletter).**

Drawing for Pleasure (figure drawing) will return on **Thursday, October 9 from 9:30-11:45 am**

AUTUMN BENEFIT
—SAVE THE DATE—

Wednesday, October 29—Mark that date on your calendars and plan on attending the 13th annual Autumn Benefit at the Senior Center. Starting at 6:00 pm, it is a gala event—our major fundraising event of the year.

The Autumn Benefit will be special this year as we celebrate Elias Audy our guest of honor for 2014. Mr. Audy advocated for a large donation for the van gas from the Brookline Rotary Club.

The Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior). Or, if you can, become a sponsor, and be acknowledged in our program book. Sponsorship levels start at $300. If you would like to sponsor the Brookline Senior Center call Ruthann at 617-730-2756.

Make reservations by **Monday, October 13**, at the latest. For more information, call Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

Get a better deal

Peoples
Federal Savings Bank

Greater Boston's Neighborhood Bank.

www.pfsb.com • (617) 254-0707

Member FDIC

Allston • Brighton • Brookline • Jamaica Plain
Norwood • West Newton • West Roxbury

PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER

BrooklineBank
BrooklineBank.com
Member FDIC

SENIOR CENTER THEATER CLUB

Sunday, September 14, at 2:00 pm at New Rep, Watertown

Closer Than Ever
Price: $39
Each song is a story in Richard Maltby Jr. and David Shire's *CLOSER THAN EVER*, winner of the Outer Critics Circle Award for Best Off-Broadway Musical. Twenty-four wise and witty "songs of experience," based largely on true stories, intertwine insightful tales about love, security, happiness, and self-definition in an ever-changing world. Universal experiences and truths are uncovered through charming melodies and smartly-crafted lyrics. Called "one of the half-dozen finest American theater scores of the last decade" by *The New York Times*.

Sunday, September 28, at 2:00 pm
New Rep. comes to you at the Brookline Senior Center
Of Mice and Men
Refreshments served
Price: $5
For more information or to register call 617-730-2770

Poetry Corner

The Impatient Tree

From my 9th floor window I see
A hillside of green-leafed trees.
But there is one tree that stands out.
Already bright orange, it seems to shout:
"Look at me! I'm ready for fall!"
I wonder for what reason is it rushing the season?
I guess even among trees, some hurry along their way,
But I would prefer summer's green to stay.

GLORY

The glory of life is to love-not to be loved,
To give, not to get-
To serve, not to be served:
To be a strong hand in the dark
To another, in time of need-
To be a cup of strength to any
soul, in a crisis of weakness,
This is to know the
Glory of Life!

Carol Fullerton 2014

Labor Day

Even the bosses are sleeping late
in the dusty light of September.

The parking lot's empty and no one cares.
No one unloads a ladder, steps on the gas

or starts up the big machines in the shop,
sanding and grinding, cutting and binding.

No one lays a flat bead of flux over a metal seam
or lowers the steel forks from a tailgate.

Shadows gather inside the sleeve
of the empty thermos beside the sink,

the bells go still by the channel buoy,
the wind lies down in the west,

the tuna boats rest on their tie-up lines
turning a little, this way and that.

Joseph Millar 2012

Editors Note: *The editor respects the poets style and creativity. Therefore she will never edit or change a poem.*

MODERN DANCE

Lynn Modell's ever-popular workshop will meet on **Tuesdays in September from 11:00-11:45** am. This is an excellent way to exercise and have fun at the same time for only $2 per session.

MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in September at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.

Tuesday, September 2 131 min
"The Book Thief"
2013
While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents.

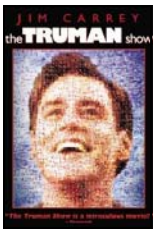
Tuesday, September 9
"Walk the Line" 136 min
2005
A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.

Tuesday, September 16 83 min
"Finding Vivian Maier"
2014
A documentary on the late Vivian Maier, a nanny whose previously unknown cache of 100,000 photographs earned her a posthumous reputation as one the most accomplished street photographers.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive $10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.



Tuesday, September 23 103 min
"The Truman Show"
1998
Truman doesn't realize that his quaint hometown is a giant studio set run by a visionary producer/director/creator (Ed Harris), that folks living and working there are Hollywood actors, that even his incessantly bubbly wife is a contract player.
Stars: Jim Carrey, Ed Harris, Laura Linney

Tuesday, September 30 102 min
"A New Leaf"
1971
Henry Graham is a man with a problem: he has run through his entire inheritance, and is completely unequipped to provide for himself.
Stars: Walter Matthau, Elaine May, Jack Weston

Taken from Amazon

Come and enjoy our new state of the art sound system.

Chestnut Hill Ride/
Chestnut Hill Errands & More

Friendly, Reliable, Affordable
Errands & Transportation Services

A Family owned and operated and committed to make your life easier and less hectic

617 – 874 - 0487
www.chestnuthillerrands.com

BRIDGE

Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

THE MASSACHUSETTS SENIOR MEDICARE PATROL

Massachusetts SMP
Empowering Seniors To Prevent Healthcare Errors, Fraud & Abuse

will be at the Senior Center monthly to help seniors with their Medicare statements. Come on **Friday, September 5, from 10:00 am to 12:00 noon** to have your questions answered. Pat or Phyllis will show you how to read a Medicare statement and how to look for Medicare fraud. Medicare fraud is estimated to be $60-$120 billion per year. Do your part to protect Medicare by verifying the accuracy of claims paid on your account. No appointment necessary.

ZUMBA GOLD

ZUMBA GOLD

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center will resume with a free **session on Thursday, September 11**, and continue on 8 **Thursdays from September 18 through November 13 from 1:30 to 2:30 pm**. We will not have class on September 25. The cost for the whole 8-weeks of sessions will be $45. As always, drop-ins are always welcome at $7 per individual session.

Brookline Community Foundation

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

Wills • Probate • Trusts • Estates

Always Here Home Care, Inc.

Personal Care ~ Companionship Care ~ Specialty Care

Family Owned and Operated

Home Care Alliance of Massachusetts hca Accredited

Licensed – Insured – Bonded

Dedicated and Respectful

BBB ACCREDITED BUSINESS (617) 933-8884 Client Chooses Caregiver! (877) 933-8884 OSD OPERATIONAL SERVICES DIVISION

www.alwaysherehomecare.com

DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan (part D) or a Medicare Advantage Plan (HMO, PPO), you should receive information from your plan by the end of September. **It is important to understand and save this information because it explains the changes in your plan for 2015.**

During the annual Medicare Open Enrollment **(October 15 -December 7),** you can CHANGE your plans for 2015. SHINE counselors can help you understand the changes, as well as other options you may have. Make your SHINE appointment early! The counselors are especially busy during the Open Enrollment period so do not wait until it is too late.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Senior Center at 617-730-2777.

For other SHINE related matters, call 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 quickly as possible.

SHINE PRESENTATION

On **Monday, September 22 at 1:00 pm come to the Brookline Senior Center. SHINE** will be presenting on Medicare Open Enrollment and what you need to know.

醫療保險-開始註冊時間
老人醫療保險10月15 日 到 12月7 日
現在開始醫療保險預約
不要等到為時已晚
醫療保險為所有年齡段
聯邦醫療保險受益人提供健康
保險咨詢
聯絡人:中華耆英會-陳太 太 電話: 617-357-0266 X233

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes also **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.

50 YEARS AGO THIS MONTH 1964

1. The Wilderness Act was signed by President Johnson to protect 9.1 million acres of federal land.
2. Walt Disney was awarded the Medal of Freedom.
3. Mickey Mantle hit his 450 home run.
4. The Supremes released "Baby Love"
5. "Fiddler on the Roof" opened at the Imperial Theater in NYC.
6. The Warren Commission released their findings that Lee Harvey Oswald acted alone.

BROOKLINE ADULT & COMMUNITY EDUCATION FALL OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Fall term is no exception. For more information about these courses, consult the BA&CE Fall 2014 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org. Fall courses are:

ART

Introduction to Watercolor
Anthony Riccardi
Course Code: A002 8 sessions on **Mondays, September 22, and 29 through November 10 from 10:00 am-12:30 pm.**
Cost: $147.

TECHNOLOGY

Mastering Your iPhone or iPad
Marjorie Wein
Course Code: C311 Sec. 01 (iPhone): **Mondays, September 22 and 29 from 9:30-11:30 am.**
Cost:: $72.

Computer Basics for Seniors
Michael Toon
This is an **Introduction** course. Course Code: C312 **Wednesday, September 24, 10:00 am-12:00 noon.**
Cost: $72.

Facebook for Seniors
Michael Toon
Course Code: C267 **Friday, September 26 from 10:00 am-12:00 noon.**
Cost: $72.

DANCE AND FITNESS

Strength Training for Seniors
Steve Shain
Course Code: D077 **Monday and Wednesday (meets 2 times per week for 9 weeks), September 22, 24 and 29 through Wednesday, November 19 from 8:45-10:15 am.**

Stretch, Tone, and Move for Seniors
Nancy Murphy
Course Code: D332 **9 Tuesdays, September 23 through November 18 from 8:30-9:30 am.**
Cost: $62.

Bootcamp for Seniors: Balance and Strength TrainingSteve Shain
Course Code: D221 **9 Fridays, September 26 through November 21 from 1:00-2:00 pm.**
Cost: $62

LIBERAL ARTS

Telling Your Story: Senior Seminar in Autobiographical Writing
Irving Schwartz
Co-sponsored by the Council on Aging
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. Senior discount does not apply.
Course Code: H065 **8 Wednesdays, September 24 through November 12 from 10:15-11:45 am.**
Cost: $72.

Literary Discussion:
Lionel Claris
We will read and discuss four major works, Albert Camus' *The Stranger*, Jean-Paul Sartre's *No Exit*, Franz Kafka's *The Metamorphosis*, and Dostoyevsky's *Notes from Underground*. No prior knowledge of Existentialism is necessary. Please read *No Exit* for the first class. .
Course Code: HU85 **8 Tuesdays, September 23 through November 4, 10:30 am-12:30 pm.**
Cost:$124.

A Look at Renaissance Art
Nicole Letourneux
Course Code: HU59 **4 Wednesdays, September 17, 24 and October 1 from 1:00-3:00 pm.**
Cost: $95.

HEALTH AND YOGA

Yoga for Older Adults
Steffi Shapiro
chair class
Course Code: W044 (chair class): **10 Tuesdays, September 23 and 30 through November 25 from 2:00-3:00 pm.**
Cost: $74.

Yoga for Older Adults
Steffi Shapiro
mat class
Course Code: W044 **10 Tuesdays, September 23 and 30 through November 25 from 3:00-4:00 pm.**
Cost: $74.

Tai Chi for Seniors
Vincent Chu
Classes will be taught in the *yang* style. Please wear comfortable clothing and soft, flat-bottomed shoes. Course Code: W219 Sec. 01: **7 Fridays, September 26 through November 7 from 2:00-3:30 pm.**
Cost: $74.

SHARE YOUR SIGHT

Volunteer to read or shop with a visually impaired person in your area. Volunteer partnerships allow people to remain independent and you will have an opportunity to meet a new friend.

No special skills are required and you may volunteer at a time that is convenient for you.
For more information contact Kyle Robidoux, Director of volunteer and support services for the Massachusetts Association for the Blind at 617-926-4312.

-YOU HAVE A CHOICE-

What is patient choice?
Thank you to Lynn Schuster, **Greater Medford Visiting Nurses and Lynn** for the following information. It is something you need to know before being hospitalized.

The law was designed to protect patients during an acute care hospitalization, inpatient rehabilitation stay or long term care facility stay.

Medicare participating acute care hospitals and post-acute care facilities are required to provide you, as appropriate, a list of Medicare certified home health agencies that serve the geographic area in which the patient resides. It is a part of the Social Security Act that the discharge plan must not limit or steer a patient to a particular home health agency. It is also expected that the patient receive full disclosure if the facility has a financial interest in an organization it recommends.

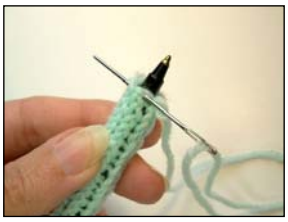
The discharge plan must include a full assessment of the patient's needs, ensuring the patient receives the care needed in an appropriate setting and at the appropriate time.

The case law envisioned a discussion between case managers and physicians. This process has become a ritual of a signature on a form. Following the discharge recommendation the patient is asked to sign a form or accept a directive for care with little discussion. The patient is often left out of the important facts of the treatment options.
When the law is used as intended, it makes sure the patient is aware of their rights and options to choose the services they want. This is patient choice.

It is important that you research your options before you need service because it is very difficult to advocate for yourself when you are ill.
Always remember to ask for what you want—you have a choice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. ***Labor Day Holiday*** **No Meal Service**	2. **HOT:** Macaroni & Cheese***(V); Tomato Half; Oat Bread **COLD:** Roast Beef w/Swiss Cheese. Mustard, & Lettuce on Bulkie Roll; Pesto Pasta Salad; Carrot-Pineapple Salad **Tropical Mixed Fruit**	3. ***Labor Day Southern Special*** **Sweet Potato Soup** **HOT:** BBQ Pulled Pork on Burger Bun; Collard Greens & Onions; Corn Pudding **COLD:** Turkey & Cheese w/Mayo & Lettuce on Multigrain Bread; Cole Slaw; Orzo Veggie Salad **Plum**	4. **Kale Pasta Soup** **HOT:** Greek Chicken; Orzo Pilaf; Italian Green Beans; Wheat Dinner Roll **COLD:** Seafood Salad w/Lettuce on Oat Bread; Potato Salad; Spinach & Mandarin Orange Salad w/Lite Italian Dressing **Fresh Fruit**	5. **Minestrone Soup** **HOT:** Cat Fish w/Broccoli & Cheese Sauce; Brown Rice; Zucchini & Carrots; Rye Bread **COLD:** Egg Salad (V) w/Lettuce on Wheat Bread; Tossed Garden Salad w/Lite Italian Dressing; Tri-Color Pasta Salad
8. **Mushroom Barley Soup** **HOT:** Turkey Divan; Creamy Polenta; Fiesta Blend Veggies; Multigrain Bread **COLD:** Seafood Salad w/ Lettuce on Multigrain Bread; Cole Slaw; Pasta Salad **Tropical Mixed Fruit**	9. **HOT:** Tortellini w/Marinara Sauce & Parmesan Cheese (V); Riviera Blend Veggies; Wheat Roll **COLD:** Turkey & Swiss Cheese w/ Lettuce & Mustard on Rye Bread; English Pea Salad; Caesar Salad w/ Caesar Dressing **Fruit Loaf**	10. **Florentine Soup** **HOT:** Sweet Potato Crusted Fish w/ Cream Sauce; Brown Rice; Zucchini & Cauliflower; Rye Bread **COLD:** California Chicken Salad w/ Lettuce; Corn Salad; Garden Salad w/ Lite Italian Dressing **Ice Cream**	11. **Vegetable & Chicken Soup** **HOT:** Baked Chicken w/Gravy; Butternut Squash; Chickpea & Spinach; Oat Bread **COLD:** Vegetarian Chef's Salad (V) w/Lite Italian Dressing; Summer Potato Salad; Wheat Bread **Fresh Fruit**	12. **HOT:** Spinach & Red Pepper Quiche (V); Tuscan Blend Veggies; Green Beans & Carrots; Lyonnaise Potatoes;Scali Bread **COLD:** Roast Beef w/Cheddar Cheese, Mayo & Lettuce on bulkie roll; Garden Shell Pasta Salad; Tomato-Zucchini Salad **Peaches**
15. **Italian Garden Vegetable Soup** **HOT:** Chicken w/Creamy Italian Sauce Sauce; Italian Roasted Potatoes; Zucchini; Oatmeal Bread **COLD:** Egg Salad(V) w/ Lettuce on Multigrain Bread; Lo Mein Pasta Salad; Purple Cabbage Cole Slaw **Fresh Fruit**	16. **Cream of Carrot Soup** **HOT:** Salmon w/Dill Sauce; Rice Pilaf w/Brown Orzo; Broccoli; Multigrain Bread **COLD:** Deli Ham w/Swiss Cheese & Mustard on Bulkie Roll; Spinach-Mandarin Orange Salad; Pasta-Vegetable Salad **Chef's Choice Dessert**	17. **HOT:** Hot Dog*** on Roll w/Ketchup, Mustard, & Relish; Baked Beans; Cole Slaw **COLD:** Tuna Salad w/Lettuce on Wheat Bread; Macaroni Salad; Broccoli Slaw w/Lite Italian Dressing **Mixed Fruit**	18. **Split Pea Soup** **HOT:** Stuffed Pepper w/Tomato Sauce; Parmesan Polenta; Collard Greens & Onions; Wheat Bread **COLD:** Turkey Deluxe Sandwich (Egg, Spinach, Ranch Dressing)*** on Bulkie Roll; English Pea Salad; Cauliflower Carrot Salad **Peaches**	19. **HOT:** Lentil Stew (V), Eggplant w/ Tomato & Basil; Garden Salad w/Lite Italian Dressing; Dinner Roll **COLD:** Chicken Pesto Salad w/Lite Italian Dressing, Croutons & Parmesan Cheese; Tri-Color Pasta Salad; Wheat Roll **Vanilla Pudding w/Topping**
22. **Tomato-Basil Soup** **HOT:** Beef Stroganoff over Buttered Noodles; Green Cabbage; Multigrain Bread **COLD:** California Chicken Salad w/Lettuce on Rye Bread; Three Bean Salad; Carrot-Pineapple Salad **Ambrosia**	23. **HOT:** BBQ Chicken; Chuckwagon Corn; Kale; Oat Bread **COLD:** Seafood Salad w/Lettuce on Multigrain Bread; Italian Pasta Salad; Riviera Salad; Multigrain Bread **Pears**	24. **Clam Chowder** **HOT:** Salmon Boat w/Lemon-Pepper Sauce; Herbed Brown Rice; Green Beans; Corn Bread **COLD:** Chef's Salad w/Ham & Cheddar Cheese, Lite Italian Dressing; Potato Salad; Dinner Roll **Applesauce**	25. **HOT:** Roasted Turkey w/Gravy & Cranberry Sauce; Mashed Potatoes; Mixed Veggies; Rye Bread **COLD:** Cottage Cheese & Fruit Plate (V); Macaroni Salad; Wheat Bread **Birthday Cake**	26. **Italian Ditalini Soup** **HOT:** Stuffed Shells w/Tomato Sauce (V) & Meatball; Spinach; Scali Bread **COLD:** Turkey & Swiss w/Lite Mayo & Lettuce on Oat Bread; Orzo Vegetable Salad; Garden Salad w/Lite Italian Dressing **Fresh Fruit**
29. **Broccoli & Cheese Soup** **HOT:** Chicken Marsala; Orzo Rice Pilaf; Zucchini & Red Pepper; Garlic Dinner Roll **COLD:** Tuna Salad w/Lettuce on Oat Bread; Rice, Broccoli & Cheese Salad; Beet Salad **Chocolate Pudding w/ Topping**	30. **HOT:** Meatloaf w/Beef Gravy; Green Beans; Whipped Sweet Potatoes; Wheat Bread **COLD:** Chicken Salad w/Lettuce on Wheat Bread; Orzo-Vegetable Salad; Cole Slaw **Tropical Mixed Fruit**	*****Denotes Higher Sodium** **$2.00 Suggest donation per meal** **All soups served with crackers** **Menu is subject to change** **You can obtain a copy of the monthly menu online at: www.springwell.com** **(V) notes vegetarian entrees. Soups contain beef, chicken, or shellfish bases and are not vegetarian.**		

THE CRAFT FAIR IS COMING



- Once again we have begun the planning for our annual Holiday Craft Fair, which will be held at the Senior Center on **Friday, November 7 (10:00 am to 3:00 pm) and Saturday, November 8 (10:00 am to 1:00 pm).** Planning meetings are already underway. However, there is still time for you to join the meetings and take part in the planning and execution of this popular annual event. Join us on :

- **Monday, September 29 at 1:00pm**
- **Monday, October 27 at 1:00pm**

And there will also be a special preview of the Fair that will be held at Town Hall on Thursday, October 30 from 10:00am –2:00pm.

If you are a crafty person and have goods that you might want to sell at the Fair-hand-crafted items, handmade jewelry, photography, pottery, or baked goods, call Julie Washburn at 617-730-2760,
Sharon Devine at 617-730-2769 or Jamie Donchin: 617-730-2753.

CAKE DECORATING

On Monday, September 15 at 1:00 pm The Golden Living Heathwood of Chestnut Hill will sponsor a Cake Decorating class. Join Master Chef Michael Gauthier for exclusive cake decorating. The cake, frosting, and supplies will be provided. Space is very limited, so register at 617-730-2770.

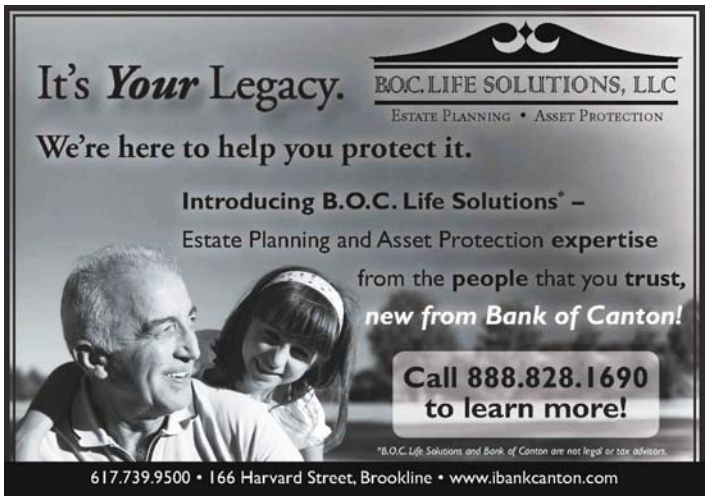
- LUNCHEON - SPECIALS FOR SEPTEMBER

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 10:30 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

And on **Tuesday, September 16 ,** celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September birthday celebrants. Be sure to let us know if you or someone in your party has an September birthday when you make your reservations.

LET'S GO TO LUNCH BUNCH

On Tuesday, September 30 at 12:00 noon we will dine at Galway House at 710 Centre St, Jamaica Plain, MA. For reservations and transportation, call 617-730-2770.



SEPTEMBER AT A GLANCE*

Monday, September 1
Labor Day
Tuesday, September 2
1:00pm Movies for Film Lovers-*The Book Thief*
Wednesday, September 3
9:00am-12:00 noon BLAB
2:00-3:00pm Blood Pressure Screening at Dept. of Public Health Building
Thursday, September 4
11:00am Visiting Nurse-Greater Medford
1:30 Easy Travel-Alaskan cruise with armchair traveler Jamie Donchin
6:00-8:00pm Gallery 93—Meet the Artist reception
Friday, September 5
9:00am-12:00pm Podiatry Clinic ***
9:00-3:00 Mashpee Commons Trip***
10:00-12:00 Medicare Patrol
1:00pm Stephen Collins***
Monday, September 8
12:30-2:00 August Moon Festival***
Tuesday, September 9
1:00pm Movies for Film Lovers-*Walk the Line*
Wednesday, September 10
1:00pm Council On Aging Meeting-Springwell Healthy Living
1:00-2:00pm Blood Pressure Screening at Sussman House 50 Pleasant street
Thursday, September 11
1:00pm Research Presentation-Life Span Emotional Development
1:30pm Free Zumba Session
3:00-6:00pm National Freedom Day Event
Friday, September 12
1:00pm Stephen Collins***
Sunday, September 14
2:00pmTheater Club-*Closer Than Ever****
Monday, September 15
1:00pm Cake Decorating Workshop**
2:00-3:00 Putterham Book Discussion Group-*Love in the Time of Cholera*
Tuesday, September 16
12:00 noon September Birthday Lunch***
1:00pm Movies for Film Lovers-Finding Vivian Maier
3:00pm Tax Work-off Meeting
Wednesday, September 17
1:00pm Low Vision Support Group
1:30 Modern Beading Workshop
5:00-7:00pm BrooklineCan Annual Meeting***
Thursday, September 18
9:00-10:00 Blood Pressure Screening
1:00-3:00pm Resume Writing Workshop***
Friday, September 19
9:00am-12:00pm Podiatry Clinic ***
10:30am South Brookline Social-Cookout
Monday, September 22
1:00pm SHINE Presentation
Tuesday, September 23
9:00-10:00am Public Issues Book Discussion-*Cosmos* by Carl Sagan
1:00pm Movies for Film Lovers-*The Truman Show"*
Wednesday, September 24
1:00-2:00 Blood Pressure Screening at O'Shea House 61 Park Street
Thursday, September 25
9:00-10:00am Blood Pressure Screening
Friday, September 26
10:30am South Brookline Social—Yoga and box lunch
1;00pm Stephen Collins***
Sunday, September 28
8:30am Goddard House Walk for Alzheimer's
Theater Club-Of Mice and Men at the Senior Center***
Monday, September 29
1:00pm Holiday Craft Fair Meeting
Tuesday, September 30
12:00 noon Lets go to Lunch at Galway House ***
1:00pm Movies for Film Lovers-*A New Leaf*
3:00-5:00pm Age Advantage Workshop***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:30-11:30 am Mastering Your iPhone or iPad **
10:00-11:30 am Poetry Workshop ***
10:00-12:30 Introduction to Watercolor**
10:00-10:45 Neighborhood Walking Group
2:00-4;00pm Open Computer
2:30 Chinese Programs

Tuesday

8:30-9:30 am Stretch Tone and Move Seniors
8:30 am-4:30 pm Fitness Center Open membership required
One-to-One Computer Sessions ***(call 617-730-2777 for time)
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance
10:15 am Brookline Bees, Quilters
10:30-12:30 Literary Discussion Group **
11:00-11:45 Modern Dance and Movement
11:45-1:45 pm Mastering Your Android Phone***
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm Bingo
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health and Rejuvenation
2:00-3:00 pm Yoga for Older Adults (Chair class)**
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 pm Yoga Mat Class **

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:00-10:00 am Living Our Values
10:00-11:00 am Zumba Gold at Morse Apt. 90 Longwood Ave.
10:00-12:00 noon Computer Basics for Seniors***
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H***
10:30 am Men's Club
1:00-3:00 A Look at Renaissance Art***
12:00 noon Springwell Lunch ***
2:00-4:00 pm Open Computer Lab

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Conversation***
2:30 pm Spanish Immersion Conversation Group***
7:00 pm Senior Scene on BIG

Friday

8:30 am-4:30 pm Fitness Center Open membership required
9 :00 am Bridge
10:00 am-12:00pm Facebook for Seniors***
10:00 am Solemates Walking Group ***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:00-2:00 pm Basic Computer Class in Spanish ***
1:00-2:00 pm Boot Camp for Seniors **
2:00-3:00 pm Tai Chi for Seniors**
3:00 pm Latino instrumental

** 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
*** Registration Required

Brookline Health Care Center
A HealthBridge Management Company

At Brookline Health Care Center, our mission is to promote optimal recovery of independence to enable a smooth and safe transition to home. Our sub-acute rehabilitation program provides comprehensive programming seven days a week.

We strive to exceed all expectations of the patient and family through individualized evaluations and treatment plans. Interdisciplinary team members include:

- Physical and Occupational Therapists
- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

For more information, please contact our Admissions Department at
617-991-2580

Our rehabilitation professionals are also supported with every medical specialty through consultation services coordinated in-house.

Physical Therapy
- Range of motion exercises
- Increasing overall stamina and endurance
- Pain reduction
- Gait training
- Bed mobility
- Transfer training
- Prosthetics

Occupational Therapy
- Activities of Daily Living (ADL) training
- Energy management
- Range of motion/strengthening exercises
- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

Speech Therapy
- Treatment for head and neck articulation and swallowing disorders via oral motor pharyngeal exercises
- Cognitive remediation
- Dysphagia issues

Brookline Health Care Center
A Nursing and Rehabilitation Center
99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm**. **Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer, see Lydia Pearl at the Senior Center on Tuesday mornings.

BROOKLINE FARMERS MARKET

Open on **Thursdays through October 30** the Brookline Farmers Market will be open on Thursdays from 1:30 until dusk, rain or shine. Check out the locally grown food items at the Center Street west parking lot.

Photo from www.facebook.com/BrooklineFarmersMarket

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, September 17, at 1:30 pm**. Marge Harvey will be on hand to instruct and help. At each workshop, you will be able to 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. No registration is required.

Marge will be exhibiting her handmade jewelry, various beading tools and other beautiful beads at the **Brookline Public Library Coolidge Corner branch through Thursday, September 11.**

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. Hone your values in this age of controversy and conflict.

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

METROPOLITAN MEDIATION

Have you ever thought you wanted to help people resolve their conflicts?

We offer 36 hour certificate programs of training in mediation-an Alternative Dispute Resolution method for achieving collaborative, voluntary resolution of disputes. MMS has been training Attorneys, Social Workers, municipal officials, HR staff, educators, business people, Police Officers and many others in mediation for over 27 years."

MMS is actively looking for volunteers to train to work in Conflict Resolution. The next course begins on **October 7th.** There is a cost for the training but scholarships may be able available for those who need them. For more information contact Joshua Jacks 617-241-0300.

LIFESPAN EMOTIONAL DEVELOPMENT RESEARCH PRESENTATION

On **Thursday, September 11 at 1:00 pm** Professor Derek Isaacowitz, Northeastern University. This presentation will present research from the Lifespan Emotional Development Lab at Northeastern on how emotions change with age. Research in the lab considers how we regulate our own emotions, as well as how we recognize emotions in others. Cutting-edge research tools such as eye tracking and physiology are used in this research and will be described in the presentation.

We Love it Here!

Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

STOP BY ANY DAY BETWEEN 11 AM - 3 PM AND WE'LL TELL YOU WHY!

Or call Louise Rachin today to schedule a visit – 617-731-0505 ext. 202

SERVICES & AMENITIES

- Spacious Studio & One Bedroom Apartments
- Social, Recreational and Fitness Programs
- Fine Dining
- Personal Care Assistance & Medication Management
- Short-Term Stay Program
- Dedicated Memory Care Program
- On-Site Skilled Nursing Care
- A Trusted, Caring Staff

COREY PARK

180 Corey Road
Brighton, MA 02135
617-731-0505
www.CoreyPark.com

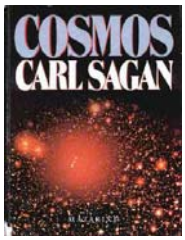
Providence House
Senior Living Community

Find us on Facebook

Managed by Welch Healthcare & Retirement Group

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on one Tuesday each month.**



September 23 ***Cosmos*** by Carl Sagan (Random House, Inc. Bertelsmann)

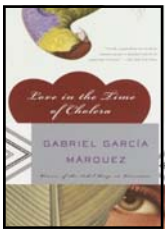
October 28 ***Rocks of Ages: Science and Religion in the Fullness of Life*** by Stephen Jay Gould (Ballantine Books)

November 25 ***The Idea Factory: Bell Labs and the Great Age American Innovation*** by Jon Gertner (Penguin Press USA, Inc.)

Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

PUTTERHAM BOOK DISCUSSION GROUP

Jean Kramer and Charlotte Millman, discussion leaders for the Putterham Book Discussion group, meet at the Putterham Branch Library once a month on **Mondays from 2:00-3:00 pm.** Books are available at the Putterham Branch Library and new members are always welcome.



Monday, September 15
Love in the Time of Cholera by Gabriel Garcia Marquez

NEED HELP WITH PRESCRIPTION DRUG COSTS?

Prescription Advantage may be your answer! Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***! If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than $58,350 for a single person or $78,650 for a married couple.
- under 65 years and disabled, with an annual income at or less than $21,940 for a single person or $29,572 for a married couple. If you are 65 years or older and **not eligible for Medicare**, you can also join and there is ***no income limit***.

For more information call Prescription Advantage at 1-800-AGE-INFO.

LAUGHTER MEDICINE

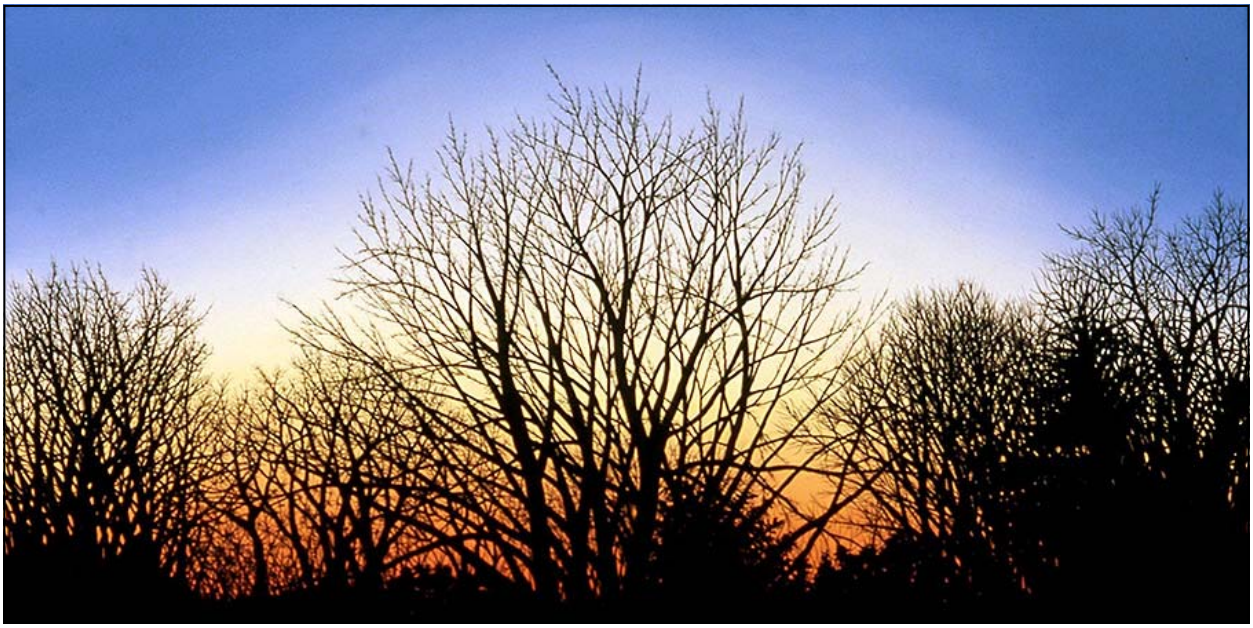
Laugh your way to good health with Phyllis Strauss. No prescription is necessary for this program. There are many physiological benefits to the act of laughing. The body doesn't know the difference between real and fake laughter.

If you are interested in learning how to laugh without jokes and just for the health of it, in six 30min sessions for the cost of $25.00 call Julie at 617-730-2760.

Note: a minimum of 10 people will be needed to run this class.

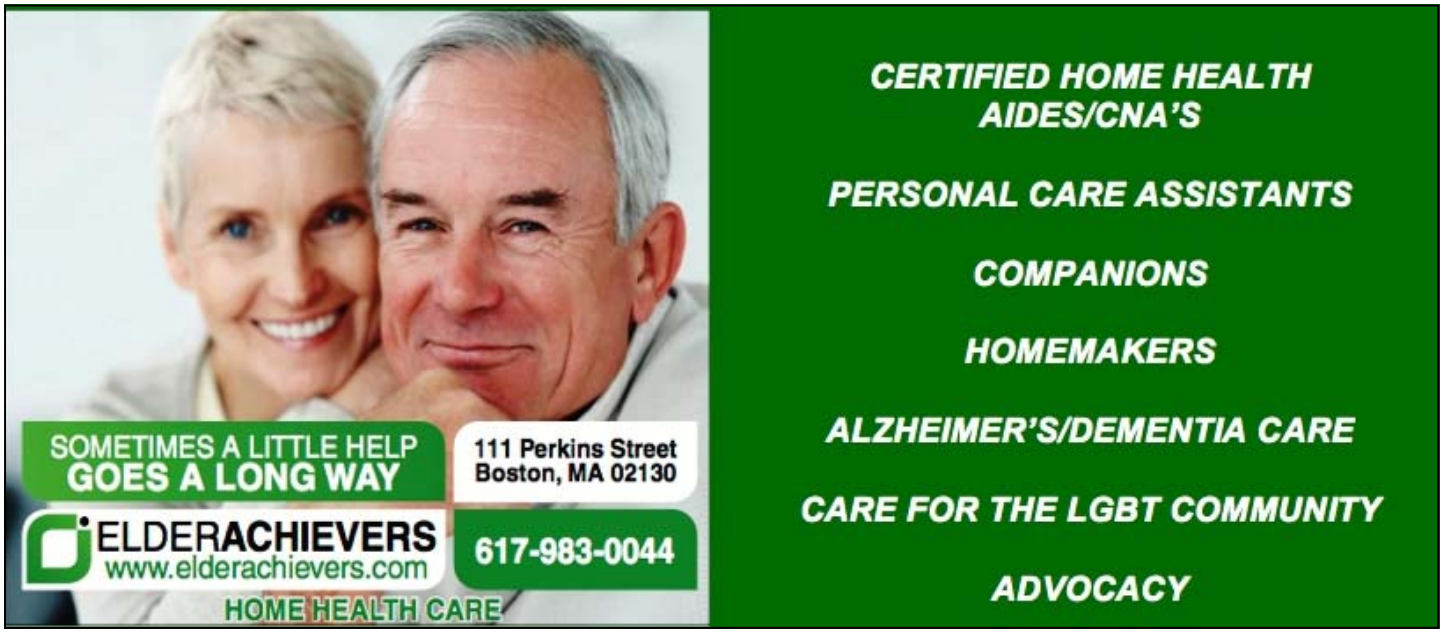
C.J. Lori

Wide Awake & Dreaming



Gallery 93
July 1 through September 26, 2014
Hours: Monday-Friday 8:30-5:00

Reception with the Artist on Thursday, September 4, 2014
6:00-8:00pm

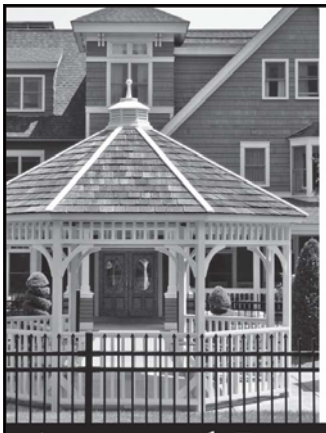


Moving? Downsizing?

the move maven

Call Karen Zweig
for a free consultation!

617.455.1964
karen@movemaven.com



Come for a visit, stay for lunch and experience this lively community of friends.

Lance Chapman
617.731.8500 x105
www.goddardhouse.org

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living *in Brookline*

MOUNT PLEASANT HOME

WORRIED ABOUT A SENIOR LIVING ALONE?

Gorgeous, compassionate,
HAPPY home
for seniors
who need a little help

All-inclusive & affordable!

Near the Brookline Border

617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

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

THE SOLEMATES

Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets **on Friday mornings 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register or for more information, call Sharon Devine at 617-730-2769. **We are looking for a co-leader for this group who drives.**

NEIGHBORHOOD WALKING GROUP

On **Mondays from 10:00 to 10:45 am** join our new brisk walking group. This is a wonderful opportunity to exercise with friends while enjoying the sights and sound of Brookline. For more information, call Sharon Devine 617-730-2769.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on Tuesdays in September. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

Transition to your new phase of life!

Lisa Berger, SRES
William Raveis Real Estate

HSM
helping seniors move

Realtors dedicated to addressing the needs of the long-time homeowner

617-388-5751 www.HSM-Move.com

BROOKLINE RECREATION ADULT EXCURSIONS

SEPTEMBER

Mashpee Commons

Join us on **Friday, September 5, from 9:00 am-3:00 pm** for fun, fashion, fresh air… Cape Cod's Mashpee Commons offers a refreshing mix of unique, shopping, dining and living options in a charming New England village setting. You've got choices...Over 75 locally inspired boutiques, national names, galleries, eateries and services. Location: Mashpee, MA
Fee: Residents $10 Non-Residents $14

OCTOBER

Assembly Row
Enjoy a fall trip on **Friday, October 3 from 11:00 am-3:00 pm** to this great new shopping area! Assembly Row embodies the newest form of American ingenuity, a cohesive and complete urban environment where Greater Boston comes to shop and dine. With world-renowned brand names, vast dining experiences, and unique entertainment offerings. This evolving neighborhood along the Mystic River is worth exploring anytime, any day, all year round. Location: Somerville, MA
Fee: Residents $10 Non-Residents $14

Brookline Adult & Community Education
BA&CE
Join us, new classes starting soon!
www.brooklineadulted.org
617-730-2700

OCTOBER

Fall Foliage Trip
(Hobo Railroad) On Monday, October 20 from 9:00 am-6:00 pm Join us for a 15 mile, 80 minute, round trip train excursion to view the spectacular Fall foliage. While on board you will feast to a delicious turkey dinner catered by Hart's Turkey Farm. Location: Meredith, NH
Fee: Residents $50 Non-Residents $68

NOVEMBER

Bead Expo
Join us on Friday, November 7, from 10:00 am – 3:00 pm. This show is a fabulous jewelry exhibition that brings hundreds of companies, designers and manufacturers together to provide our customers with the best high-quality jewelry selection at the lowest prices. The show features one-of-a-kind jewelry creations, exotic gems, beads, pearls, exquisite fine jewelry, estate collections and much more. Location: Marlboro, MA
Fee: Residents $10 Non-Residents $14

Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call 617-730-2082 or the Recreation Dept. at 617-730-2069.

Get A Grip On Bath Safety!
We Make Homes Safer & Accessible
www.MakeItSafeBoston.com
Grab bars, handrails & safety modifications to help seniors remain safe and independent at home.
Call Stacy Greenspan
Certified Aging-In-Place Specialist
617-678-2087
make it safe
HOME SAFETY
MA CS License: 043676 HIC Reg: 171424

SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

Don't Miss Out! JUST $10 for 12 months

Be sure you receive every issue of *Senior News & Events* all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

Not Yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your $10 check.

Current Subscriber? Check the date that is printed next to your name on the address label on the back page. If the date is 30 days or less away, use the form below to renew.

NEWS & EVENTS – Subscription Form - $10/year

__ YES! I would like to ___Subscribe ___ Renew my subscription to *Senior News and Events.*

__ I am including a contribution for the following amount: $_____

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

Please mail this form with your check payable to "Brookline Senior Center" to Brookline Senior Center, 93 Winchester St., Brookline MA 02446

SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

Brookline Municipal Credit Union

334 Washington Street
Brookline, MA 02447-0776
Tel: 617-232-9410 Fax: 617-232-1462
www.brooklinecu.com

Experience the Credit Union Difference…

Great Rates, Great Service!

NCUA

See Us For Your Financial Needs

MSIC

Home Is Still The Best Place

- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:

Waltham 781-314-0153

Home Instead SENIOR CARE

With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

GODDARD HOUSE WALK TEAM

The Walk to End Alzheimer's disease on **Sunday, September 28** at Paul Revere Park Charlestown. Registration at 8:30 am. You may choose to walk 1.4 miles or 5 miles. For more information, call Lance Chapman at 617-731-8500.

If you would like to make a donation to the Walk Team. Come to the Council on Aging Offices.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

Eric Glassoff, MBA

Vice-President / Broker / REALTOR®

Coldwell Banker Top 50 Salesperson

COLDWELL BANKER MLS ABR e-PRO

Coldwell Banker Brookline

1375 Beacon St., Brookline, MA 02446

Cell: (617) 233-6210

Office & Fax: (617) 431-5010

Email: eglassoff@comcast.net

Web: BostonRealEstateExperts.com

Owned and Operated by NRT Incorporated

PATHWAY HOME REALTY GROUP

THERE'S NO PLACE LIKE HOME...

Where yours is the *ONLY* move that matters.

An independently owned Real Estate Company with 26 years serving Brookline, built by referral, one satisfied client at a time. Contact us for a private consultation.

Judy Moses

Past President

Women's Council of Realtors

617.969.6188

JudyMoses@JudyMoses.com

PathwayHome.com

Your Attorneys for Wills, Probate, Medicaid/Long Term Care & Gift and Estate Tax Planning

WADE HOROWITZ LaPOINTE LLC

1309 Beacon Street, 2. Fl.

Brookline, MA 02446

617-738-1919

www.wadehorowitz.com

$100 Discount!

Applies to Will package or to Initial Conference

COUPON

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon and Fridays from 1:00 to 4:00 pm** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself.

If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon Group will meet on **Friday, September 12.** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening Group will meet on **Thursday, September 18. C**all Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

THANK YOU

Annual Appeal Donors:

Lorraine Stevens
R. Honey Gordon
Waneta Louise West
Maria Benet
Deborah Levey & Crispin Weinberg
Beverly M. Gleason
Charlotte Simmons
Betty Latner
Shirley Partoll – for the Senior Van
Jane Hovey

In Honor of:	*From:*
Agnes, Julie, Sonia, Ruthann, Akemi, Louise and Martin	Aida Canchola
BCAN	Shirley Partoll
The Chinese Mah Jong program	Claire Yung & the Chinese Mah Jong
Senior Chorus & Modern Dance	Anonymous
Senior Center Ice Cream Social	Medford Visiting Nurses Association

In Memory of:	*From:*
Tom McHugh	Kathryn Kilpatrick
Agnes' sister and Julie's grandmother	Aida Canchola

B-CAN Donors:

Sarah Robinson
Helen Kass
Bonnie Shepard & David Holmstrom
Goddard House in Brookline
Barbara Fitts
Beatrice Mikulecky
Susan Gracey
Catherine & Jerome Sadow
Jonatha & Robert Ceely
Dolores & Bernard Wax

SOUTH BROOKLINE SOCIAL

The South Brookline Senior Social meets at the Putterham Branch Library in the Community Room on at 10:30 am. On **Friday, September 19,** we will enjoy a cookout sponsored by the Brookline Recreation Department. On **Friday, September 26 and October 3 and 10** we will have Karen Wenc for Gentle Yoga sponsored by the Brookline Health Department. The **Friday, October 24** social will conclude the series with a box lunch provided by Ed Coppinger. South Brookline State Representative.

Come enjoy free kosher pastries (courtesy of Cheryl-Ann's Bakery) coffee, tea and more. Meet your neighbors, make new friends, and have fun! For further information or to volunteer call Regina Millette Frawley at 617-469-0052. Reservations are recommended for Yoga and Box Lunch.

FROM THE DIRECTOR

I want to give a special welcome to people who may be reading this publication for the first time. Our *News and Events* is a great way to be educated about important programs and services and stay informed about all the fabulous events that happen here in Brookline. Not one senior should ever be bored with the wealth of activities that are available and many remain free due to the commitment of our non-profit to keep program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (Use the form on page 27) to stay abreast of all our exciting happenings!

September is Senior Center Month. This years theme is **Senior Centers: Experts at Living Well** and I invite you to attend our senior center this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try Zumba, tai chi, chair yoga, a literary discussion class, or join the chorus. You can even offer to teach a new class yourself. In addition, if that is not enough to keep you involved, join our theater club for some great shows this fall.

The Asian community celebrates the Harvest and their gratitude for abundance in September with the August Moon Festival on September 8· and our Jewish friends celebrate the New Year, Rosh Hashanah on September 25. We extend our warm wishes to both communities as they celebrate these festive holidays. This is a great time of year. The weather is glorious and the trees begin to wear their fabulous fall colors. Enjoy the month.

Finally, I urge you to make plans to attend our annual benefit next month on October 29, 2014. This year we are honoring Elias Audy for his loyal support of the Brookline Senior Center. This annual event is our biggest fundraiser of the year. The evening is sure to be great fun. I guarantee a phenomenal time of celebrating our community with scrumptious food, entertaining conversation, and mingling with your neighbors. Buy your tickets early, and show your support for the Center.

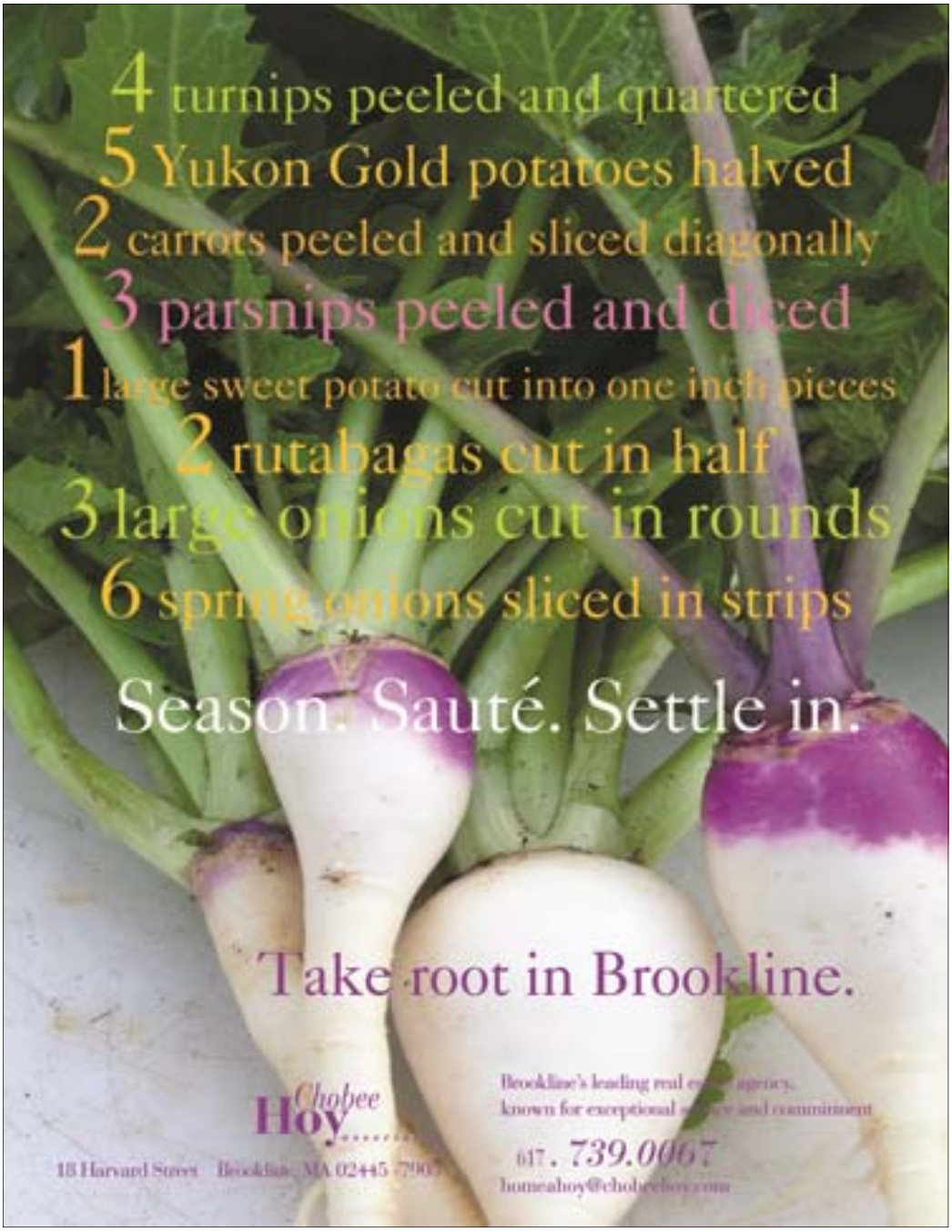
Special thanks to our early sponsors: **Beth Israel Deaconess Medical Center, Harold Brown, Chobee Hoy, and Elias Audy.**

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

On Wednesday, October 29 at 6:00 pm, come to the Senior Center's 13th Annual Autumn Benefit. This year we are honoring Mr. Elias Audy for his loyal support of the Senior Center and charitable giving to Brookline.
The evening will include great food (catered by Vine Ripe Caterer), raffles, and entertainment. Proceeds will go toward important improvements that the Town does not pay for. Sponsorships are welcome from individuals, companies, and nonprofit organizations. For more information, contact Ruthann Dobek at 617-730-2756. This is a wonderful way to show your support of the Senior Center. We also welcome gift certificates, merchandise, and services to be raffled.

I, the board, and the entire Senior Center family thank you for your on going support.
Elizabeth (Betsy) Pollack, President, Senior Center Board



Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

CURRENT OCCUPANT OR