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

Book launch and signing for "Legendary Locals of Brookline" on Thursday, October 9. (see p. 7)

Pest Control Panel on Wednesday, October 22. (see p. 8)

Friday Night Flicks at the Senior Center: "Oz, the Great and Powerful" on Friday, October 24. (see p. 9)

Flu Clinic on Tuesday, October 28. (see p.4)

Final Planning meeting for the 13th Annual Craft Fair on Monday, October 27 (see p. 17)

OCTOBER 2014

13TH ANNUAL AUTUMN BENEFIT

Plan to attend the **13th annual Autumn Benefit** at the Senior Center on **Wednesday, October 29, starting at 6:00 pm**, it is a GALA event, one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget.

This year we are honoring **Elias Audy**, a long-time supporter of the Senior Center, and a much-loved community benefactor and businessman.

The top floor of 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).

Look for your invitation in the mail, at the Senior Center, or at the Senior Center website, brooklineseniorcenter.org. **RSVP by Wednesday, October 22 to ensure your space at this special event.** If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org

Consider becoming a sponsor, and be acknowledged in the Program Book, on our website, and in the November News & Events. Sponsorship levels and benefits:

- **Topaz: $**300 includes 2 tickets and business card size ad in the Program Book
- **Emerald:** $500 includes 4 tickets and a half page ad
- **Sapphire**: $1,000 includes 6 tickets and a half page ad
- **Ruby**: $1,500 includes 8 tickets, and a full page ad
- **Diamond**: $2,500 includes 8 tickets, a full page ad, and special featuring at the event.

For more information, call Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

INDEX

Adult Excursions, Brookline Recreation 26
Alzheimer's Caregivers Support Group……29
At a Glance, October……...18
Autumn Benefit……1
Beading Workshop, Modern…….....….21
Board President, From the 21
Book Discussion Group, Public Issues
Nonfiction……...23
Book Discussion Group, Putterham…….....23
Book Launch –"Legendary Locals of Brookline"…..7
Bridge…….……..7
BrooklineCan, events……8
Brookline Adult & Community Education
(BA&CE ……..14
Choice, Patient……...3
Computer, One-on-one……...25
Council on Aging Meeting……...7
Craft Fair……17
Dance and Movement, Modern……...8
Director, From the……31
ELF……...7
Employment……..12
ESL Conversation……13
Exercises for Health and Rejuvenation……14
Fitness Center……...22
Flu Clinic-……...4
Food Distribution Site, Senior Center……..21
Friday Night Flicks……9
Gallery 93...……...22
Geriatrician, Ask a.....5
Goddard House Dinner and Lecture…..……..17
Halloween Party……9
Handicapped Access……...31
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……25
Living Our Values .....….....14
Luncheon Specials for October……...……...17
MBTA, CharlieCard Save the Date …….....7
Medicare Patrol……12
Movies for Film Lovers……9
Music, Brookline Music School ……..3
Neighborhood Walking Group……..25
Nutrition, Autumn's Better Choices……..26
Observances, October…….…….…….3
Oktoberfest……21
Olmsted's War lecture……17
Ongoing Senior Center Events……...19
Pharmacy, Mass College……...……3
Poetry Corner ……..…10-11
REAP News……..28
Reiki Therapy……29
Seasoned Voices……...23
Services, Senior (BETS, BLAB, File of Life,
HELP, REAP, SNAP, SHINE, Social
Security)..... …6
SHINE……13
Skeptics with Lev Igolnikov……...11
Solemates…….……..25
South Brookline Social……17
Spanish Immersion……..13
Springwell Nutrition Program (menus)……...…16
Staff and Volunteer News……..22
Thank You……...30-31
Tax Workoff……7
Theater Club, Senior Center……...23
Travel, Easy……..…..3
Volunteer to Share Your Sight……9
Zumba Gold……..12

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.

OCTOBER HOLIDAYS

On **Monday, October 13**, the Senior Center will be closed in observance of Columbus Day, a celebration of Italian-American heritage.

Columbus Day celebrations often include parades and street fairs featuring colorful costumes, music, and Italian food.

Some cities and towns use the day to honor indigenous peoples; activities include powwows, traditional dance, and lessons about Native American culture.

Yom Kippur begins on Friday, October 3, at sundown and ends on Saturday October 4. And October is also National Breast Cancer Awareness Month, Adopt a Shelter Dog Month, and Mental Illness Awareness Month— just to name a few. Boss's Day is on October 16, National Mammography Day on October 18, United Nations Day on October 24 and Halloween on October 31.

Remember to set your clocks back at bedtime on November 2, because at 2:00 am on November 3, daylight savings time ends.

-THANK YOU-

to Brookline Health Care Center: for providing the refreshments for the "Of Mice and Men" Theater Club performance in September as well as providing Hoodsie cups for our Springwell lunch program participants to enjoy.

EASY TRAVEL

On **Thursday, October 2, at 1:30 pm**, join Mimi Katz as she takes us on an armchair trip to the beautiful State of Maine.

MUSIC SCHOOL CONCERT

On **Wednesday, October 1, at 1:00 pm**, the Brookline Music School and the Senior Center are happy to sponsor the return of one of our favorite Brookline Music School faculty members—Emilian Badea accordionist and bassoonist. Mr. Badea has performed with Boston Ballet, Boston Lyric Opera, Boston Classical Players, Boston Academy of Music, New Hampshire Symphony, and Rhode Island Philharmonic. He is also on the faculty of the University of Massachusetts, Boston.

"I usually take people around the world with music from many countries, mostly songs they are familiar with from their youth. I also talk to them, try to entertain them with some musical facts, little stories from musician's lives…. or other facts from music..."

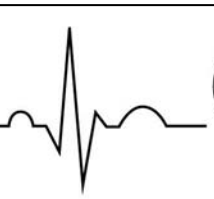
MASS COLLEGE OF PHARMACY

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"**

PATIENT CHOICE EVENT

Patient Choice Workshop with Lynn Schuster, Greater Medford VNA on Monday, **October 20th at 1:00 pm.** Come and get empowered! In this workshop, we will discuss how to effectively communicate your right for choice around your health care needs to your health care providers. Seats are limited, so please call 617-730-2770 to reserve your place. (see September newsletter for article).

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, October 2 at 9:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633. *** Note time change for this month.**

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Friday, October 3, 17, and 31 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, October 15, 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, October 16, from 9:00 to 10:00 am**
Wednesday, October 1, at the BPHD building on Pierce Street will **NOT be held this month**.
Wednesday, October 8, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street
Wednesday, October 22, at O'Shea House, 61 Park Street **will NOT be held this month.**

FLU CLINIC

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

Blood Sugar Screening The Jewish Family and Children's Service VNA will be here on **Thursday October 16, at 11:00 am** to do blood sugar screenings.

BENEFITS OF EATING WELL

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you might take the salt shaker off your table. Switch to whole-grain bread, seafood, or more vegetables and fruits when you shop. These changes may be easier than you think.

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 often feel dizzy. What causes dizziness and is it the same thing as vertigo?

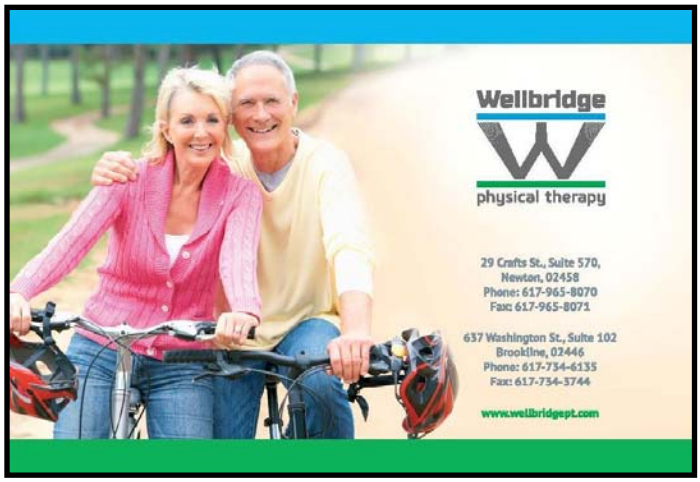
Answer:

Dizziness is a vague term and is different for many people. It can be lightheadedness or feeling like you may faint, feel off balance or tired. It can be fleeting or ongoing. Many things can cause someone to feel dizzy, including not drinking enough fluids, heart problems, medicines, low blood sugar, anxiety, and anemia. Most dizziness is transient and benign, If it is new and persists, it should be discussed with your doctor.

Vertigo is the feeling that you or the room is spinning around. It is different from dizziness in that there is the illusion that there is movement. Vertigo can be caused by abnormalities in the brain or in the ear. The most common type of vertigo is called Benign Paroxysmal Positional Vertigo. (BPPV) It occurs when the head is moved suddenly or in a certain position (such as leaning your head back to have hair washed at the beauty shop).

Vertigo is most often caused by an inflammation or infection of the inner ear and may come with hearing loss and tinnitus (ringing in the ear). The symptoms usually come only occasionally and last only a few minutes, although severe cases may stay for a few hours. Rarely vertigo can be caused by a stroke in the back part of the brain and is accompanied by headache, difficulty walking, nausea and/or vomiting. Also rarely, a tumor in the head can cause vertigo.

Treatment of vertigo depends on the cause. Most vertigo (BPPV) resolves by itself. Sometimes, a physical therapy maneuver called the Epley maneuver that involves moving the head in a specific way can be helpful. Medications sometimes prescribed for vertigo have strong side effects and are rarely helpful, since the symptoms usually are gone within a few minutes.



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, October, 1 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

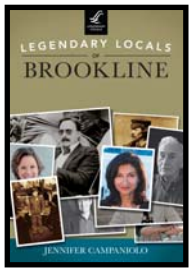
SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

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 had a lot of **requests for rollator walkers,** An item we do not have readily available. If you or someone you know has one you are willing to donate, we would appreciate the donation. We have plenty of walkers, commodes, and raised toilet seats available. Call Jamie at 617-730-2753 to make a donation or request.

BOOK LAUNCH AND SIGNING



Come and meet Jennifer Campaniol, author of "Legendary Locals of Brookline" on **Thursday October 9, at 6:00 pm** at the Senior Center. Meet the author and hear more about this wonderful new book full of familiar Brookline

COUNCIL ON AGING MEETING

Join us for a very interesting meeting on **Wednesday, October 8, at the Senior Center at 1:00 pm.** At this meeting, Gary McCabe, Chief Assessor for the Town of Brookline will discuss the Tax Workoff Program and a proposal regarding water rates. The meeting is free and open to the public.

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.

SENIOR TAX WORK OFF PROGRAM

The Senior Tax Work Off program continues to accept new income eligible applicants for fiscal year 2015 which began on July 1st, 2014. While preceding year's participants were required to have an income of less than $40,000, we have now received permission from the Brookline Board of Selectman to increase allowable income to $47,450, an increase of 20% in income eligibility for this new fiscal year. Participants will receive a $1,000 property tax abatement in exchange for 125 hours of work for a Brookline town department between now and March 15, 2015.

For questions or more information about the program as well as eligibility requirements, please contact Deidre Waxman at: 617-730-2767 or email her at: dwaxman@brooklinema.gov.

CHARLIE CARD EVENT

On **Monday, October 6, from 1:00 to 3:00 pm,** there will be a **Senior CharlieCard** event at the Senior Center. Bring a picture ID as proof that you are 65 or older. We will have a form for you to fill out, and we will take your picture and send it to the MBTA. The MBTA will mail the CharlieCard directly to you.

It can take as long as 6 weeks to get the CharlieCard. If you cannot wait you can always go to the CharlieCard store in Downtown Crossing in Boston.

CANASTA GROUP

Are you interested in playing Canasta? Please call Julie Washburn at 617-730-2760.

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.

PERSONALIZED NUTRITIONAL SUPPORT FOR OPTIMAL AGING

On Wednesday, October 15 from 6:30 to 8:00 pm at the Brookline Library (Main Branch Hunneman Hall) Psychiatrist James Greenblatt, M.D. a pioneer and expert in the field of Integrative Medicine will help us with our planning, enhance our mental health and support healthy brain function as we age. We will hear about new research that supports the role nutritional deficiencies play in mental health, cognitive functioning and medication side effects. And we will learn how vitamins and minerals can be used as part of a treatment regime. Call (617) 730 -2770 to reserve a seat. Sponsored by the Brookline Community Aging Network in partnership with Brookline Adult & Community Education Present Personalized Nutritional Support for Optimal Aging.

PEST CONTROL SOLUTIONS TRUE CONFESSIONS

Are critters that go bump in the night bugging you? Are you anxious about ants? Baffled about Bats? Come learn the ABC's of getting rid of those unwanted guests on Wednesday **October 22 from 5:30-7:00** at the Senior Center for a panel featuring the Brookline Health Department, local pest control service providers, and other representatives from town departments services and prevention tips and tools. This event is free of charge and refreshments will be served, but seating is limited, so please register at 617-730-2770. The event is co-sponsored by the Brookline Community Aging Network (BrooklineCAN) Service Referral Committee and the Town of Brookline Health Department.

MODERN DANCE

Lynn Modell's ever-popular workshop will meet on **Tuesdays in October 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. NOTE: No Class on October 28 due to flu clinic

CYPRESS AUTOMART
USED CAR DEALERSHIP
A DIVISION OF AUDY'S MOBIL
proudly serving Brookline & surrounding areas since 1973
Village Mobil
345 Boylston St.
617 738 4706
Harvard St. Mobil
198 Harvard St.
617 734 6810
1996 Business of the Year
www.cypressauto.com www.mobilstations.com/audys

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

MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in October 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, October 7 97 min
***The Bucket* List** 2007
Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

Tuesday, October 14 101 min
The Art of the Steal Documentary 2009
Documentary that follows the struggle for control of Dr. Albert C. Barnes' 25 billion dollar collection of modern and post-impressionist art.

Tuesday October 21 136 min
Rosemary's Baby 1969
A young couple move into a new apartment, only to be surrounded by peculiar neighbors and occurrences. When the wife becomes mysteriously pregnant, paranoia over the safety of her unborn child begins controlling her life.

Tuesday, October 28 NO MOVIE Brookline Health Department Flu Clinics will be held instead.

FRIDAY NIGHT FLICKS

Friday, October 24, at 6:00 pm
121 min
"Oz, the Great and Powerful"
2013
A small-time magician is swept away to an enchanted land and is forced into a power struggle between three witches.
Popcorn and snacks to follow.

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.

The Mom's Club of Brookline in conjunction with the Brookline Senior Center will be hosting and intergenerational Halloween Party at the Senior center on **Sunday, October 26 from 4:00-6:00 pm.** Bring your grandchildren and enjoy the fun. To register, call 617-730-2770.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER
BrooklineBank
BrooklineBank.com
Member FDIC

Poetry Corner

"Quilts and Colors"

Those beautiful quilts of colors
and designs hanging on the wall.
Three hundred years of art
and fabrics interwoven for all.
Hundred pyramids spun together.
Hundred fans sewn together.
Oh what a colorful combination
of human endeavors for all
"Shadow and Light" with green
Red, White and Blue.
Leads one's imagination of
yesteryears beauty so true.
One wonders our modern
work will hold its colors
to stay forever eternally as new.

-Vera Sharma
Brookline Senior Center
"Bee Quilter"10 years

Editor's note: On Friday, July 18 the Senior Center Van took the Brookline Bees to the "Quilts and Colors" show at the MFA. This beautiful poem was inspired by the trip.

The Philosophy of the Sun in the Sky

A surrender to the sun
Everybody feels the sun
Very hot in the sky right there.
And it cannot be moved.
Just like a tree that standing by the waters,
It cannot be moved.
It is round like zero or 0
And gives you lots of energy.
The sun is about
Some thousands of miles away
Above the sea level.

Francis O. Awosefaju

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.

Eve Piltch Glick

My Balcony

From my balcony high above in the sky,
Clouds keep changing and delight my eye.
How lucky am I to have this view!
Something wonderful to gaze at;
So I'm never blue.

Sandi Rosenfield

Heaven

There is a ski lift in the Berkshires.
Each gondola has heating, upholstery,
And stereophonic music.
The people who use it know
That they will go to heaven
In the same way.

Daniel Cantor

FDR and NOW

When I was young, we had FDR
It was like hitching my wagon to a star.
He made sure lest we forget
That all of us had a safety net.
Now most of Congress is up for sale
In democracy we surely fail.
Five Supreme Court justices have egg on their face.
Issues of fairness they erase.
Powerful forces scheme.
They destroy Dr. King's dream.
For all of us who give a damn.

Betty Latner

Sister Borgia

Sister Borgia, a tiny force of nature,
Moved from patient to patient like
A hummingbird flits from flower to flower.
Her charges, mothers of newborns,
Their care, her sustenance.
Candy Stripers were another matter.
Like a sergeant facing new recruits,
By crisp command and eagle eye,
She'd mold these fledglings
Into skilled nurses' aides.
"Fill the water pitchers,
Bring the mail; run this errand; fix the blanket".
Three p.m. the laundry cart rolled in,
A mountain of linen like a waiting mastodon
Prepared to vanish by limber hands.
Each bed sheet, draw sheet, pillow case, towel,
Blanket, cotton pad folded precisely,
Placed on the shelves, exactly aligned,
A geometry of order.
Should Sister find so much as an errant thread,
The closet was dismantled, redone.
Perfection was her watchword.

Ruth Geller

Editors Note: *The editor respects the poets style and creativity. Therefore she will never edit or change a poem. We receive many wonderful poems and we will publish them as space permits.*

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

SKEPTICS WITH LEV IGOLNIKOV

This group will meet for **6 weeks on Mondays, from October 20 through November 24 at 3:00 pm**.

Skepticism is the questioning attitude towards knowledge, opinions, beliefs, claims. Seniors have special responsibility for the economic, political, educational, and cultural health of our society. Critical, sometimes skeptical, analysis of what is going on in the country and abroad is necessary. And the best way to do that is to come together and discuss.

Seniors must be skeptical because if there are wrongs we can blame only ourselves - made them, voted for them, collaborated with them, accepted them. Seniors can afford to be skeptical - our conscience is the sole employer we report to. The older we get, the more often we speak the truth.

The goal of this workshop is to exchange information, to exercise brains and memories, to channel criticism into positive propositions, and to blow off steam. We will raise an issue, share opinions, consider and debate solutions. All topics are a go including ideas, events, people, and opinions. Whether you like to talk about ideas, events, people, whether you have a solution or not, you are welcome to share your thoughts, your views, your opinions, and your silence with others. To register, call 617-730-2770.

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.

THE MASSACHUSETTS SENIOR MEDICARE PATROL

will be at the Senior Center monthly to help seniors with their Medicare statements. Come on **Friday, October 3, 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

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center **on Thursdays, in October through November 13 from 1:30 to 2:30 pm**. As always, drop-ins are always welcome at $7 per individual session.

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

JOB OPPORTUNITY

ITN Greater Boston is looking to hire a dependable, caring, paid driver to cover Brookline, Newton if possible and parts of Boston. If you like to drive , are available 10 -12 hours a week, enjoy meeting wonderful people. Please contact us. For information call 508-309-7375 or e-mail us at jpbushnell@itngreaterboston.org

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

SHINE

- IMPORTANT REMINDER -

The Medicare Open Enrollment ends on Dec 7
Don't Wait Until It's Too Late!
Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call the Senior Center at 617-730-2777 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters (other than an appointment), 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. A volunteer will return your call within 2 days. For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

Always Best Care Senior Services
Proudly serving the Greater Boston and Brookline communities

- In Home Care (no hourly minimums)
- Free Senior Housing Placement

(617)489-9000 (24/7)

Call anytime for a complimentary consultation

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.

ESL CONVERSATION GROUP

Our popular weekly English as a Second Language (ESL) Conversation Group has resumed. If you would like to practice your English, then this is the place for you! Come on **Wednesdays at 3:00 pm.** This supportive group, led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. To register, call 617-730-2770.

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, October through November 10 from 10:00 am-12:30 pm.**
Cost: $147.

DANCE AND FITNESS

Strength Training for Seniors
Steve Shain
Course Code: D077 **Monday and Wednesday (meets 2 times per week for 9 weeks), through Wednesday, November 19 from 8:45-10:15 am.**
Cost: $94.

Senior Stretch
Senior S-T-R-E-T-C-H
Steven Shain
Course Code: D009 **Sec. 01: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 10:30-11:30 am.** Cost: $88.

Monday and Wednesday
Co-sponsored by the Council on Aging this class is for those who want stretch out gently and safely and work on maintaining strength and balance.
Steven Shain
10:30-11:30 on Mondays and Wednesdays
St., Brookline, $88.

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, 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
Course Code: H065 **8 through November 12 from 10:15-11:45 am.**
Cost: $72.

Literary Discussion:
Lionel Claris
We will read and discuss four major works, *Notes from Underground*. Course Code: HU85 **8 Tuesdays, through November 4, 10:30 am-12:30 pm.** Cost:$124.

A Look at Renaissance Art
Nicole Letourneux
Course Code: HU59 **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, 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. bottomed shoes. Course Code**Fridays, September 26 through November 7 from 2:00-3:30 pm.**
Cost: $74.

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.

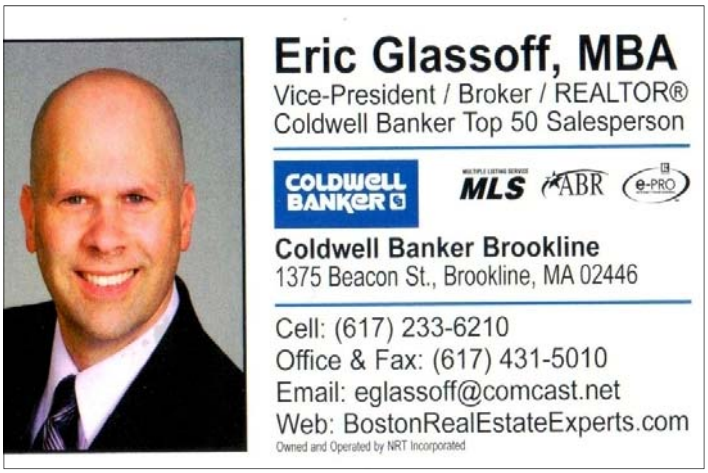
LIVING OUR VALUES

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.

REGISTRY OF DEEDS EVENT

William P. O'Donnell, Register Norfolk County will be in Brookline to answer your questions on **Thursday, October 23, from 10:00 am – 12:00 noon in Room 111 at the Town Hall,** 333 Washington Street.

The Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act and internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No appointment is needed. Call the Registry for further information at 781-234-3304 or 781-234-3336 or visit our website. www.norfolkdeeds.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Springwell Nutrition Program-Brookline Senior Center OCTOBER 2014 **617-730-2770** *****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		1. . **TRAVELING CHEF!** **Please indicate your choice of:** **- Chicken Pesto Panini w/ Roasted Red Pepper and Provolone _____** **Or** **- Roasted Vegetable Panini w/ Cheddar and Pesto ____ (V)** **Both options served w/: Garden Salad and Fresh Fruit**	2. **Vegetable Soup** **HOT:** Haddock w/Butter Crumb Topping & Lemon Sauce; Mashed Potatoes; Dill Carrots; Oat Bread **COLD:** Mediterranean Tortellini Salad (V); Caesar Salad w/Caesar Dressing; Scali Bread **Mandarin Oranges**	3. **Chicken Noodle Soup** **HOT:** Broccoli-Mushroom Quiche (V); Lyonnaise Potatoes; Garden Salad w/Lite Italian Dressing; Multigrain Bread **COLD:** Turkey Deluxe*** (Spinach, Egg, Ranch Dressing) on Bulkie Roll; Summer Squash Salad w/Vinaigrette; Pasta Salad **Chocolate Chip Cookie**
6. **Minestrone Soup** **HOT:** Turkey Tetrazzini; Fresh Broccoli; Wheat Bread **COLD:** Egg Salad Sandwich (V) w/Lettuce on Multigrain Bread; Greek Pasta Salad **Pineapple**	7. ***October Fest Special*** **HOT:** Bratwurst*** w/Mustard; Hot German Potato Salad; Braised Red Cabbage; Pumpernickel Bread **COLD:** Chicken Pesto Caesar Salad w/ Caesar Dressing, Croutons & Parmesan Cheese; Tri-Color Pasta Salad; Wheat Roll **Apple Strudel**	8. **Beef Barley Soup** **HOT:** Sweet Potato Pollock Filet w/ Cream Sauce; Sweet Potatoes; Green & Wax Beans; Multigrain Bread **COLD:** Roast Beef w/Cheddar Cheese, Mustard & Lettuce on Wheat Bread; Rice, Broccoli, Cheese Salad; Spinach & Mandarin Salad w/Lite Italian Dressing **Tropical Mixed Fruit**	9. **Split Pea Soup** **HOT:** Pot Roast w/Beef Gravy; Potatoes w/Cream Sauce; Roasted Turnips & Winter Squash; Wheat Roll **COLD:** Seafood Salad Sandwich w/ Lettuce on Rye Bread; Tossed Garden Salad w/Lite Italian Dressing; Summer Potato Salad **Vanilla Pudding w/Topping**	10. **HOT:** Tortellini w/Marinara Sauce & Parmesan Cheese(V); Peas & Carrots; Oat Bread **COLD:** Turkey Sandwich w/Swiss Cheese, Lite Mayo & Lettuce on Oatmeal Bread; Broccoli Slaw; Corn Salad **Fresh Fruit**
13. ***Columbus Day*** **No meal service**	14. **Chicken Rice Soup** **HOT:** Beef Burgundy; Mashed Potatoes; Jardiniere Vegetable Blend; Rye Bread **COLD:** BBQ Chicken w/Mozzarella Cheese, Red Onion, & Mayo on Oat Bread; English Pea Salad; Roman Blend Salad **Mandarin Oranges**	15. **Vegetable Soup** **HOT:** Chicken Paprika; Red Roasted Potatoes; Fresh Cauliflower Florets; Multigrain Bread **COLD:** Egg Salad w/Lettuce on Oat Bread (V); Macaroni Salad; Summer Squash Salad **Pears**	16. **Clam Chowder** **HOT:** Salmon Filet w/Lemon Dill Sauce; Peas & Onions w/Parsley; Whipped Sweet Potatoes; Rye Bread **COLD:** Chef Salad w/Ham & Lite Italian Dressing; Potato Salad; Wheat Bread **Ambrosia**	17. **HOT:** Lentil Stew (V); Fresh Spinach & Mushrooms; Tossed Garden Salad w/Lite Italian Dressing; Wheat Dinner Roll **COLD:** Roast Beef w/Cheddar Cheese, Lettuce, & Mayo on Multigrain Bread; Lo Mein Pasta Salad; Cole Slaw **Birthday Cake**
20. **Beef & Vegetable Soup** **HOT:** Ginger Chicken; Oriental Blend Veggies; Herbed Brown Rice; Dinner Roll **COLD:** Tuna Salad Sandwich w/Lettuce on Italian Bread; Cauliflower & Carrots; Garden Shell Pasta Salad **Fresh Fruit**	21. **Italian Garden Vegetable Soup** **HOT:** Veggie Burger w/Cheddar Cheese on Hamburger Roll (V); Roasted Red Potatoes; Garden Salad w/Lite Italian Dressing **COLD:** Turkey & Cheddar Cheese w/ Mayo & Lettuce on Wheat Bread; Broccoli Slaw; Rice Salad w/Tomato & Black Olives **Pears**	22. **HOT:** American Chop Suey; Kale; Wheat Bread **COLD:** Egg Salad w/Lettuce (V)on Pumpernickel Bread; Balsamic-Vinaigrette Pasta Salad; Cole Slaw **Peaches**	23. **HOT:** Stuffed Shells w/Tomato Sauce (V)& Meatball; Riviera Blend Veggies; Caesar Salad w/Caesar Dressing; Wheat Roll **COLD:** Ham*** & Provolone Cheese w/Lettuce & Mustard on Multigrain Bread; Potato Salad; Tomato & Zucchini Salad **Brownie**	24. **Seafood Chowder** **HOT:** Catfish w/Creole Sauce; Sweet Potato Wedges; Oatmeal Bread; Fresh Broccoli Florets **COLD:** Breaded Chicken Patty w/ Lettuce & Mayo on Hamburger Roll; Pasta Salad; Cucumber-Dill Salad **Tapioca Pudding**
27. **Chicken & Vegetable Soup** **HOT:** Roast Pork w/Honey Mustard Sauce; Baked Potato w/Sour Cream; Collard Greens; Dinner Roll **COLD:** Seafood Salad w/ Lettuce on Rye Bread; Tomato Red Pepper Salad; Summer Potato Salad **Chocolate Pudding w/ Topping**	28. BOX LUNCH DUE TO FLU CLINIC	29. **HOT:** Hot Dog*** on Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw **COLD:** Roast Beef w/Cheddar Cheese, Mustard & Lettuce on Rye Bread; Pasta-Vegetable Salad; Riviera Salad **Mixed Fruit**	30. **Split Pea Soup** **HOT:** Meatball Sub on Sub Roll; Corn; Tossed Garden Salad w/Lite Italian Dressing **COLD:** Chicken Salad w/Lettuce on Oat Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Garden Shell Pasta Salad **Pineapples**	31. **HOT:** Turkey a la King over Egg Noodles; Fresh Brussels Sprouts; Whole Wheat Roll **COLD:** Mediterranean Tortellini Salad (V); Caesar Salad; Scali Bread **Pumpkin Cake w/Whipped Topping**

THE CRAFT FAIR IS ALMOST HERE!

Once again we have begun the planning for our 30th Annual Holiday Craft Fair, which will be held at the Senior Center on **Friday, November 7, from 10:00 am to 3:00 pm and Saturday, November 8, from 10:00 am to 1:00 pm.**

A special preview will be held at the Town Hall on Thursday, October 30 from 10:00 am – 12:00 noon.

The proceeds benefit programs and services provided by the Brookline Senior Center. Handmade crafts, holiday gift items, baked goods, raffles, children's items, and white elephant items will be for sale. You will be sure to find something for everyone on your list at the Fair! Admission is free and the Senior Center is handicapped accessible.

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, October 27 at 1:00 pm**

LUNCHEON SPECIALS FOR OCTOBER

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, October 21,** celebrate October birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all October birthday celebrants. Be sure to let us know if you or someone in your party has an October birthday when you make your reservations. **NOTE: October 28 is a box lunch only.**

SOUTH BROOKLINE SOCIAL

The South Brookline Senior Social meets at the Putterham Branch Library in the Community Room at 10:30 am. On **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 South Brookline State Representative, Ed Coppinger. 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.

GODDARD HOUSE DINNER AND LECTURE SERIES

Join us for the Dinner and Lecture on **Thursday, October 23, from 6:00 to 7:30 at Goddard House.** Healthy Eating for Brain Health & Aging Well An Evening with Nancy Emerson Lombardo, PhD. Enjoy a delicious dinner that is power-packed with brain-healthy nutrition. Dr. Lombardo's recent effort is the development of Memory Preservation Nutrition®, a nutritional program with dual purposes of helping people reduce their own risk of Alzheimer's disease and to slow progression and improve the lives of people who are living with it. Limited seating. To reserve seats contact Brandon Fisher 617-731-8500 ext. 110.

OLMSTED 'S WAR

A lecture entitled Olmsted's War will take place at the Brookline Main Library (Hunneman Hall) on **Tuesday, October 28 at 7:00 pm. For information call 617-566-1689.**

OCTOBER AT A GLANCE

Wednesday, October 1
9:00-12:00 Brookline Legal Assistant Bureau
1:00 pm Brookline Music School-Emilian Badea
2:00-5:00 pm Wisdom Works-job search program for mature workers***
3:00 pm ESL CONVERSATION GROUP
Thursday, October 2
9:00 am Ask a Nurse
1:30 pm Easy Travel–armchair to Maine with Mimi Katz
Friday. October 3
9:00 am to 12:00 noon Podiatry Clinic***
10:30 South Brookline Senior Social meets at the Putterham Branch Library
10:00-12:00 The Massachusetts Senior Medicare Patrol
11:00 am-3:00 pm Brookline Recreation adult excursion to Assembly Row***
Sunday, October 5
2:00 pm Theatre Club- *A Grand Night for Singing Tony Award-Nominated Celebration of Rodgers and Hammerstein****
Monday, October 6
1:00 pm MBTA CharlieCard Event
Tuesday, October 7
1:00 pm Movies for Film Lovers *The Bucket* List
Wednesday, October 8
1:00 pm Council on Aging Meeting
1:00 to 2:00 pm Blood Pressure Screening at Sussman House, 50 Pleasant Street
2:00-5:00 pm Wisdom Works-job search program for mature workers***
Thursday, October 9
6:00 pm Book Launch – ***Legendary Locals of Brookline***
Friday, October 10
10:30 South Brookline Senior Social at the Putterham Branch Library
1:00-2:00 pm Stephen Collins on Walt Whitman***
Tuesday, October 14
1:00 pm Movies for Film Lovers *The Art of the Steal*
Wednesday, October 15
1:00 pm Low Vision Support Group***
1:00 pm Oktobertest with Boylston Place***
1:30 pm Modern beeding
2:00-5:00 pm Wisdom Works-job search program for mature workers***
6:30-8:30 pm BrooklineCan Lecture with Dr. Greenblatt***
Thursday, October 16
11:00 am Blood Sugar Screening
1:00 pm Mass College of Pharmacy Workshop on insomnia
4:00-6:00 pm Gallery 93 Reception with Myrna Balk
Friday, October 17
9:00 am to 12:00 noon Podiatry Clinic***
1:00-2:00 pm Stephen Collins on Walt Whitman***
Monday, October 20
9:00 am-6:00 pm Brookline Recreation Adult Excursion Fall Foliage Trip (Hobo Railroad) ***
1:00 pm Patient Choice/Observation Status with the Greater Medford VNA***
2:00-3:00 pm Putterham book discussion group-***Mornings on Horseback***
3:00 pm Skeptics with Lev Igolnikov (six week group)***
Tuesday, October 21
12:00 pm Birthday lunch ***
1:00 pm Movies for Film Lovers *Rosemary's Baby*
Wednesday, October 22
1:00 pm Seasoned Voices Poetry Reading
5:30-7:00 pm Pest Control Panel-co-sponsored by the Brookline Community Aging Network Service Referral Committee and the Town of Brookline Health Department. ***
Thursday, October 23
10:00 am – 12:00 William P. O'Donnell, Register Norfolk County Room 111 at the Town Hall
1:00-3:30 pm RESUME Writing 1 – on – 1***
6:00-7:30 at Goddard House- *Healthy Eating for Brain Health & Aging*
Friday, October 24
10:30 South Brookline Senior Social meets at the Putterham Branch Library
1:00 pm Autumn's Better Choices For Nutrition***
6:00 pm Friday Night Flicks at the Senior Center -Oz the Great and Powerful
Sunday, October 26
4:00-6:00 pm Brookline Mother's Club Halloween Party

Monday, October 27
1:00 pm Holiday Craft Fair Meeting-All Welcome
3:00 pm Skeptics with Lev Igolnikov***
Tuesday, October 28
10:00 am Public issues nonfiction book discussion group -*Rocks of Ages: Science and Religion in the Fullness of Life*
11:00 am– 1:00 pm Flu Clinic –Brookline Health Department
12:00 pm Let's Go Out to Lunch Group-*Tin Tin Buffet***
No Movie due to Flu Clinic
Box Lunch only*
7:00 pm Olmsted War Brookline Public Library
Wednesday, October 29
ANNUAL BENEFIT***
Thursday, October 30
10 am-2 pm Town Hall Preview for Craft Fair
Friday, October 31
9:00 am to 12:00 noon Podiatry Clinic

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
3:00 pm Skeptics with Lev Igolinkov

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 Movies for Movie Lovers
2:00-3:00 pm Exercise for Health and Rejuvenation
2;00-3:00 pm Yoga 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 ***
9:30-11:45 am Drawing for pleasure model
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 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

NOTE: October 28 is a box lunch only due to the Flu Clinic-Get your Flu Shot

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 **Tuesdays 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.

OKTOBERFEST

Our friends from Boylston Place will be back on **Wednesday, October 15, at 1:00 pm** to delight us with a sampling of some tasty autumn treats from their kitchen. We have all enjoyed their strawberry and blueberry tastings in the past, so we can't wait to see what they have "cooked up" for fall. To reserve your place, please call 617-730-2770.

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. All Donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for our senior center.

This month as we celebrate our **13th** Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center Family and I thank you!

Betsy Pollock, President, Brookline Senior Center

MODERN BEADING BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, October 15, 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.

There will be no Modern Beading class in November. Instead, please join Marge on the Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 7, from 10 am-3:00 pm.** Marge will be available at the Senior Center 30 min. prior to departure to discuss what to look for at the Expo. To register, call Brookline Recreation at 617-730-2069.

STAFF AND VOLUNTEER NEWS

Welcome to our social work interns:
Abbey Arwady and Blaire Smith are from Boston College Graduate School, Hartford Partnership Program for Aging Education. Rebecca Ableman is from the Boston University Gradu-

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.**
Contact Sharon Devine 617-730-2769

SHOP PROGRAM

SHOP is a volunteer opportunity for Seniors and high school students to share experiences and time with each other. Seniors volunteer to help Brookline High School students earn their community service credits. Students volunteer to do grocery shopping for seniors.

At this time, we actually may have more students than Seniors. If you would like a student shopper call 617-730-2756. and leave a message.

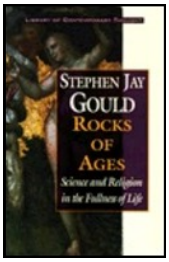
Myrna Balk
Sequence Fiber Art

Gallery 93
October 7 through December 30, 2014
Hours: Monday-Friday 8:30-5:00

Reception with the Artist on Thursday, October 16, 2014 from 4:00-6:00 pm
Gallery talk by the Artist November 5, 1:30-2:45

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.**



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.)

December 16 ***Stop Depression Now!*** By Paul R Krugman (W.W. Norton & Company Inc.)

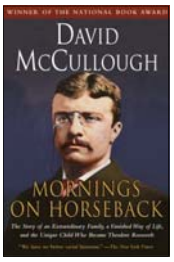
Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

SEASONED VOICES POETRY READING "NATURE AND BEYOND"

Join our delightful poetry group, Seasoned Voices on **Wednesday, October 22 at 1:00 pm** for an afternoon reading of their work. This talented group of seniors has been creating witty and inspiring poetry together for many years under the leadership of Anna Higgins and they are not to be missed! You may even be motivated to write a verse or two yourself.

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.



October 20 ***Mornings on Horseback*** by David McCullogh

November 17 ***No Great Mischief*** by Alistair MacLeod

December 15 ***The Golem and The Jinni*** by Helene Wecker

January 12 ***I Can't Complain and The View from Penthouse B*** by Elinor Lipman

February 9 ***I Know Why the Caged Bird Sings by*** Maya Angelou

March 16 ***The Invention of Wings*** by Sue Monk Kidd

SENIOR CENTER THEATRE CLUB

Sunday. October 5, at 2:00 pm. The Reagle Theater in Waltham
A Grand Night for Singing Tony Award-Nominated Celebration of Rodgers and Hammerstein
Price: $39
This musical revue revives all the classic songs from all your favorite Rodgers & Hammerstein musicals.

Sunday, November 9, at 2:00 pm.
The Reagle Theater in Waltham
The Rat Pack
Price: $39
This audience favorite returns to Reagle by popular demand, featuring all your favorite Rat Pack hits. To reserve tickets call 617-730-2770

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

CERTIFIED HOME HEALTH AIDES/CNA'S

PERSONAL CARE ASSISTANTS

COMPANIONS

HOMEMAKERS

ALZHEIMER'S/DEMENTIA CARE

CARE FOR THE LGBT COMMUNITY

ADVOCACY

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch at **12:00 noon on Tuesday, October 28**, at Tin Tin Buffet For reservations and transportation, call 617-730-2770.

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)

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*

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 October. 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

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. Location: Somerville, MA
Fee: Residents $10 Non-Residents $14

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 on a delicious turkey dinner catered by Hart's Turkey Farm. Location: Meredith, NH
Fee: Residents $50 Non-Residents $68

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

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

AUTUMN'S BETTER CHOICES FOR NUTRITION

On **Friday, October 24, at 1:00 pm**, come and learn whether you are more EARTH or WIND or FIRE. Shopping lists will be provided to help you be more "in balance"--such as with less congestion, less irregular digestion, and less insomnia.

Our discussion will be facilitated by Estelle Record-Stanley, who continues to read: Julia Ross, Deepak Chopra, Natasha Turner, Barry Sears, Peter D'Adamo, Harvey Diamond, and of course Adelle Davis. Participants will have an opportunity to briefly present their favorite guides.

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

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

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

-SAVE THE DATE-

BEREAVEMENT SUPPORT GROUP

On five Tuesdays from November 18th through December 16, we will be offering a Bereavement Support Group for those having lost a significant other in the past twelve months. This group is free and registration is required call (617-730 -2767) or Deidre Waxman dwaxman@brooklinema.gov

RESUME WRITING 1 – ON – 1

Thursday, October 23, 1:00-3:30 pm, at the Senior Center create or rejuvenate your resume and cover letters and get pointers on making your resume and cover letter job posting specific. Learn about effectively identifying your transferrable skills and the importance of job, organization or industry-specific key words. Register for a 45 minute discussion with Patricia Burns, Job Skills Counselor at REAP, who has numerous years of experience working with clients of all ages, stages of career, career transitions and fields of employment. To register call (617-730-2767) or dwaxman@brooklinema.gov) Deidre Waxman

-SAVE THE DATE-

LINKEDIN BEYOND BASICS

Wednesday, November 5, from 6:30 to 8:00 pm the class will be taught by Robert Pierson and is for those who have taken the beginners session in June or those who already have a working knowledge of how to use LinkedIn. The class is free but registration is required. For more information or to register call (617-730 -2767) or Deidre Waxman dwaxman@brooklinema.gov)

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** 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, October 10 .** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening Group will meet on **Thursday, October 23. 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

2014 Autumn Benefit Sponsors

Diamond $2,500

Beth Israel Deaconess Medical Center

Ruby $1,500

The Bay State Federal Savings Charitable Foundation, Goddard House Assisted Living, The Hamilton Company - Harold and Maura, Brown, Chobee Hoy, Shulamit Kahn and Kevin Lang, Betsy Pollock, Suzanne Salamon and Alan Einhorn, Richard and Winnie Rubino

Sapphire $1,000

Cypress Automart – Elias and Laurde Audy

Emerald $500

Atkin Associates LLC Strategy-Marketing-Fundraising, Doris Toby Axelrod and Lawrence Marks, Bank of Canton, Center Communities of Brookline/Hebrew SeniorLife, Coolidge House, Golden Living Centers-Heathwood, Margie and Rev. George Chapman, Patricia H. Dobek Ruthann Dobek and Glenn Boghosian, Sidney C. Gelb, Deb Goldberg, Mount Pleasant Home, The Move Maven, Providence House Senior Living Community, Ruth Kertzer Seidman and Aaron Seidman, Wade Horowitz LaPointe LLC, Sonia and William Wong

Topaz $300

Anonymous, Dick and Carla Benka, Brookline Hearing Services, Brookline Municipal Credit Union, Carol and Frank Caro, Nancy Daly and Kevin Cavanaugh, Marilyn and André Danesh, Betsy and Dennis DeWitt, Emilie Drooker, Elder Achievers, Doris and Saul Feldman, Demee Gambulos and Kenneth Goldstein, Marcia and Robert Heist, Helen and Rudy Kass, V. Celia Lascarides-Manley, Levine Memorial Chapel/Stanetsky Memorial Chapel, Corinne Long, So Hing Mak, Cecily and Alan Morse, Lucy and Dick Robb, Enid Shapiro, Dr. Robert I. Sperber, Peter and Jean Stringham, Roberta Winitzer, Christina Wolf and John Bassett, Leroy Neuberg, Wade Horowitz LaPointe LLC, William and Ada White, Phyllis Baker, Beverly Gleason, Martha Sue Turnbull, Mady and Bruce Donoff, John D. Hull, Anonymous, Anonymous, Ellen L. Ziskind, Beatrice Telegen, Elizabeth R. Buonaugurio, Paula R. Gardner, Mary Ames, Norman and Paula Menyuk, Helen and How Wong, John L. Carrier, John Backman, Adele W. Pike, Frances Chaikin, Harriet & Allan Sutfin

In Honor of:

Fitness Scholarship
from Margaret Cain
IIse Leeser
from Claire Fishstein
Renovation Project
from Ruth Geller
Fitness Scholarship
from Margaret Cain
The Birthday of Lila Sesholtz
from Doreen Gordon
The Chinese Mah Jong Program
from Claire Young and the Chinese Mah Jong Group
Shirley Robinson's 90th birthday
from Charlotte Millman
October birthday of Sue Katz
from Lila Sesholtz

In Memory of:

Irvin Stock *from* Phyllis Stock
Sheldon Rotenberg *from* Hilde Rotenberg
Sigred Kirsners *from* Erica Kirsners
Isabella Callanan *from* Lorraine Stevens

Annual Appeal Donors:

Monday – Wednesday Bridge Group, Marilyn and Ronald Aaron, Lillian Bayone, Padraic Burns, Rosely L. Gaum, Anita B. Garlick, Gert Goldberg, Georgia Johnson, Pauline Katz, Nancy Smith, Lucille and Dan Smolens, Brenda and Ralph Tracey, Ruth Werksman, Frank Olney, Robert Pierson, Hinda Goodstein, Norma T. Koch, Michael Chambers, Mary Haas, Georgia Haramis, Linda Hearn, Donna Taube, Duncan MacDonald, Rosamond Rabinowitz, Arsen Tashjian, Marie-Louise Gabbe, Waneta Louise West, Rhoda and Herbert Goodwin, Lila Sesholtz, Louise Lonabocker, Johanna Messier, Lin Sasma and Anonymous.

B-CAN Donors:

Sally Abrams and David Rosenthal, Karen Van Kennen and Mark Rodehayer, Inez Varao – Coolidge House, M. Kathryn Ham, Ed and Diane Baker, Elizabeth Ehnes, Rosemary Green, Linda Cheren, Virginia LaPlante, Dru Dailey, Barbara Scotto, Victoria Solan, Rebecca Stone, V. Celia Lascarides, Shirley Selhub, Dotty Bell, Suzette Abbott and David Klafter, Hannah Zalinger, Henry and Marianne Winkelman, Judith Mabel, Jane Gould, Roberta Winitzer, Deanne Morse, Ben Franco, Frank I. Smizik, and Thomas A. Faulhaber

Thank you to Bell-O'Dea for the care, respect and dignity given to the burial of Thomas F. McHugh – from Kathryn Kilpatrick

FROM THE DIRECTOR

I personally invite the entire community to attend and support the Annual Benefit on October 29TH see page one. This year we will be honoring Mr. Elias Audy for his loyal support of the Senior Center and charitable giving to Brookline. Delicious food, good company and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to donate the full ticket price please consider donating any amount. Each dollar will help us reach our fundraising goal of $50,000 for the year. We will need every penny to keep the van running on Friday and to support all our programs. A special thanks to our lead business sponsors: Beth Israel Deaconess Medical Center, Harold Brown, Chobee Hoy, Elias Audy and Goddard House.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins. In addition, do not forget to wish the indomitable Agnes Rogers a Happy Birthday!

Ruthann Dobek, Director

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

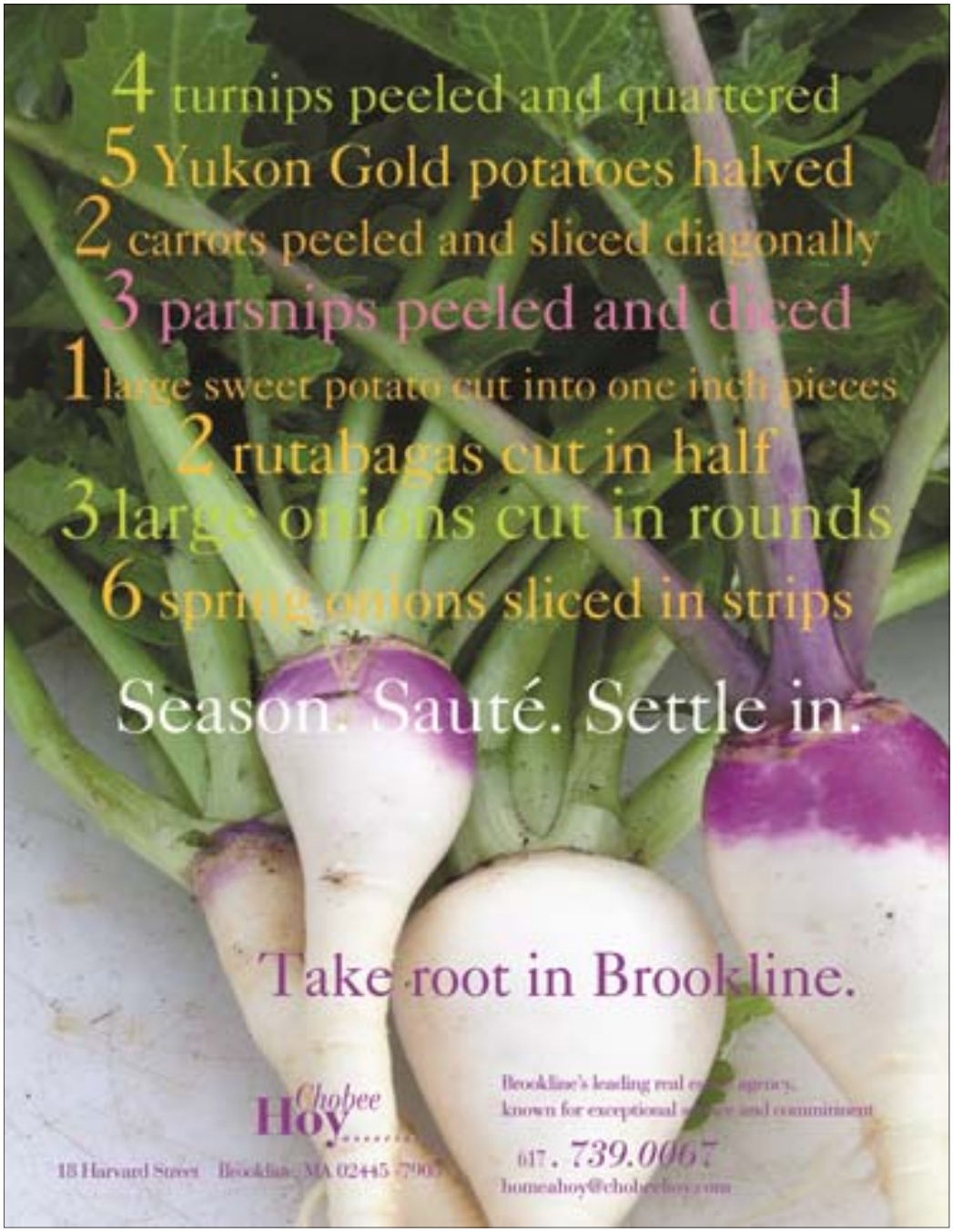
Open Friday and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
at reasonable prices!

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.

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

CURRENT OCCUPANT OR