

# 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 Information Hotline**

617-730-2777      617-730-2778

**Senior Center      Van**

617-730-2770      617-730-2750

**Brookline Council on Aging**

[www.brooklinema.gov](http://www.brooklinema.gov)

[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



## HIGHLIGHTS

**Vote** on Tuesday, November 4

Senior Center Parking Meeting   
(see p.8)

Concert by the Mazl Tov Chorus (see p.7)

**Sunday, November 2, at 2:00 am**  
clocks should be turned **back** 1 hour.

Sunrise and sunset  
will be about 1 hour  
earlier and there will  
be more light in the  
morning.



NOVEMBER 2014

## 30TH ANNUAL HOLIDAY CRAFT FAIR

Once again we are inviting everyone—young, old, and in between—to come to the 30th Annual Holiday Craft Fair 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). Shop for

holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-

made goodies, raffles, and fun. Don't miss this fair. Come on both days and enjoy.

Remember that the proceeds from the fair help Senior Center programs, activities, and facility maintenance.

We still need donations of better costume



jewelry and home baked goods for the food court. If you have something to donate call Julie Washburn at 617-730-2760 or Sharon Devine at 617-730-2769.



*Photos by  
Mimi Katz*



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<p><b>The Town of Brookline Senior News &amp; Events</b>  <b>BROOKLINE COUNCIL ON AGING (COA)</b></p>
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<p>Ruthann Dobek  <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn  <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Maureen Cosgrove-Deery  <i>Newsletter Editor</i></p>
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## NOVEMBER HOLIDAYS



The Senior Center will be closed on **Monday, November 11**, for Veteran's Day and on **Thursday November 27**, for Thanksgiving Day. However, we will be open on Friday, November 28, from 8:30 am to 5:00 pm as usual.

Thanksgiving is a wonderful holiday. It is a time when families and friends get together to share a meal, laugh at the same old stories, watch or maybe play some football and eat leftovers. November is officially National Alzheimer Awareness month, Pancreatic Cancer Month, Lung Cancer Month and Peanut Butter Lover's Month. We have some official days of celebration in November: Election Day (November 4), World diabetes Day (November 14), World Peace Day (November 17) and The Great American Smoke Out (November 20). A very busy month with family and friends.



## UNDERSTANDING MEDICARE GAP AND ADVANTAGE PLANS

*Are you ready for the Medicare Annual Election Period, Do you know what type of health Insurance is best for you?*

On **Monday, November 3, at 1:00 pm**, Sue Flanagan, a Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans.

Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes. All are welcome regardless of your insurance coverage.

## NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH



The facts are grim; the statistics, horrific. According to the March 2013 Alzheimer's Association Fact Sheet:

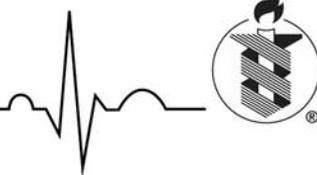
- 5.4 million Americans are living with Alzheimer's disease (AD).
- One in eight older Americans has AD.
- It is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured, or even slowed.
- More than 15 million Americans provide unpaid care valued at \$210 billion for persons with AD and other dementias.
- US payments for care are estimated at \$200 billion.

This is all frightening. And the situation will only get worse as the Baby Boomers continue to swell the ranks of the older population at the rate of one every 69 seconds (and that time line is expected to accelerate to one every 33 seconds by 2050). It serves well to highlight the urgency of supporting more research aimed at developing a cure for this "progressive brain disorder that damages and eventually destroys brain cells, leading to loss of memory, thinking, and other brain functions." (*quote from alz.org*)

There are things that are being done to make the burden of caring for AD and other types of dementia less unbearable. At the Senior Center, for example, we have two Alzheimer's Caregivers Support.

### 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.



**Ask a Nurse** The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, November 6 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, November 7, 21, and December 5 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, November 19 at 1:00 pm** at the 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, November 20, from 9:00 to 10:00 am (call to confirm).**

**Wednesday, November 5, from 2:00-3:00pm** at the BPHD building on Pierce Street **(call to confirm).**

**Wednesday, November 12, from 1:00 to 2:00 pm** at Sussman House, 50 Pleasant Street **(call to confirm).**

**Wednesday, November 26**, at O'Shea House, 61 Park Street **(call to confirm).**

**Shingles** is a painful skin condition. Immunization is highly recommended for those aged 60 or over especially if you ever had chicken pox. You can get the vaccination from your primary care physician and at many pharmacies. Call your primary care office or your pharmacist for more information.

**Exercise Regularly** Regular exercise is a basic tenet of good health and can help seniors feel better and enjoy life. Join the Fitness Center at the Senior Center or one of the many gyms in Brookline, or one of the adult activities available through Brookline Recreation—tennis, swimming, or golf (or even ice skating in the winter) are good ways to exercise as are BA&CE exercise classes.



## FLU SHOT

**Sunday, November 9, from 11am-2:00pm** at the Devotion School on Harvard St.

**Thursday, December 4, From 4:00pm-6:00pm** at the Brookline Health Department at 11 Pierce Street.

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

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

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## 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](mailto: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.*

### **I received some questions about our upcoming winter:**

#### *What is it about the cold weather that increases health-related problems?*

Cold weather usually means that people spend more time inside and in close contact with each other, such as in stores, malls, and restaurants. This means that infections such as the flu, coughs and colds are more easily spread to each other. Also, icy sidewalks can make falling easier.

#### *What are the biggest cold weather problems you see?*

One of the most dangerous winter problems is hypothermia, which means internally, our bodies get too cold. Hypothermia is dangerous because as we get older, we may not be aware that it is happening. The outside temperature does not have to be that cold—even prolonged exposure to mild cold can cause it. Some signs that a person may be becoming hypothermic: Muscles in neck, arms or legs frequently diminished or absent in older adults, and, in fact if an older person is NOT shivering in a cold environment, this does not guarantee that the person is not cold. Some other signs are confusion or irritability.

#### *How can we protect ourselves during the winter months?*

During the winter months, get out and get some exercise. But protect yourself in the following ways:

- Get a flu shot every year

- Wash your hands frequently with soap/water or hand sanitizer and cough and sneeze into the crook of your elbow, NOT your hands.
- Dress warmly when going out, with hat, gloves and warm coat.
- Avoid slippery surfaces if possible. Wear shoes or boots with heavily textured soles that can grip surfaces. Use handrails, even if you feel you don't need one.
- Have a 3 day supply of food, water and medicines in case of snow or ice storms keep you at home.
- Keep extra blankets at home.
- If you feel you or someone you know may be suffering from hypothermia, call 911.

**Keep smiling-before you know it, spring will be here!**

### 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.

### MOUNT PLEASANT HOME



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## SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered 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, November 5 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](mailto: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.)

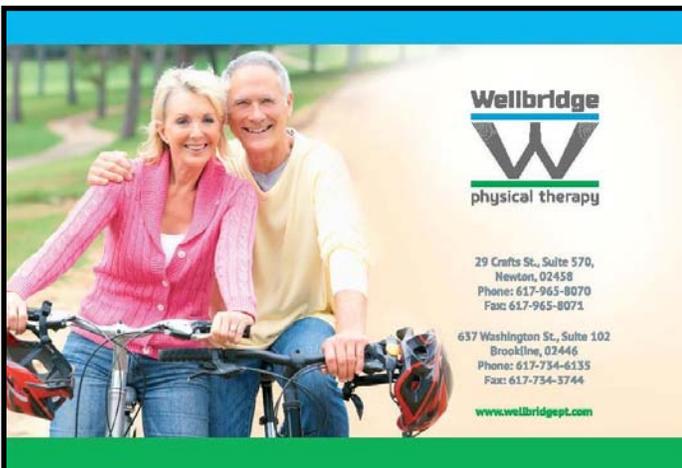
## MAZL TOV CHORUS

Come to the Senior Center on **Monday, November 17, at 1:00 pm** for a concert by the Mazl Tov Chorus. This group, founded in 2005, is under the direction of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the Chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized housing, rehabilitation centers and at the Senior Center!

Their repertoire includes songs in English, Russian, Yiddish, Hebrew, and Spanish. Sponsored by the Senior Center, this group is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc. Boston.

## COUNCIL ON AGING MEETING

Join us for a very interesting meeting on **Wednesday, November 12, 1:00 pm at the Senior Center**. At this meeting, Lillian Hartman, Director of the Norfolk County RSVP Program and Robert Pierson, Recruitment Coordinator, will discuss their program.



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## HEALTHY EATING IN MINUTES



On **Monday, November 24th at 1:00 pm** we welcome back Laura Hartung, Registered Dietician and Nutritionist, for a healthy meal in minute's demonstration! Featuring delicious and nutritious Ginger Peanut Tofu Stir-Fry. An amazing medley of veggies, tofu and a homemade sauce that even a meat-eater can enjoy! Come learn about the super foods this recipe contains and get a sampling! registration is required call 617-730-2770.

## MASS COLLEGE OF PHARMACY



On **November 20 at 1:00 pm** the students at the Mass College of Pharmacy and Health Sciences will be at the Senior Center to discuss how to prevent heart problems **and** live a healthier lifestyle. Come by and learn about a healthy lifestyle and have your questions answered.



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**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](http://www.BrooklineCAN.org).

## BRIDGES TOGETHER

A committee in Brookline made up of the Council on Aging, Teen Center, Brookline Community Aging Network (BrooklineCAN) and town volunteers is in the process of starting “Bridges Together,” is an intergenerational program that will unite students and seniors from the local community. The “Bridges” program has been successfully implemented in other communities and we are now looking to bring it to Brookline.

Each week for ten weeks after-school at the Teen Center starting in 2015, a volunteer educator will facilitate small group work of senior volunteers and students (specifically middle school students). Together, the seniors and students will learn from one another as they share their own experiences and complete fun projects that promote shared perspectives and interesting discussions.

The committee is in the process of purchasing the curriculum and undergoing program trainings and is now looking for the following volunteers:

1) A teacher/educator to facilitate the small groups of students and seniors. Even though this person is referred to as the “teacher,” they do not have to be or to have been a teacher, but it would be preferred that they have interest/experience in working with children and facilitating groups.

2) Senior volunteers who wish to share their life experiences in order to help children create positive views of aging.

3) Interested parents of middle school students who can advocate for their children and their peers to be a part of the program.

4) Interested middle school students who wish to work with and learn from seniors.

For more information on “Bridges Together,” website [www.BridgesTogether.org](http://www.BridgesTogether.org). Contact Jamie at 617-730-2753 or [jdonchin@brooklinema.gov](mailto:jdonchin@brooklinema.gov). We appreciate your help in bringing this innovative program to Brookline!

## SENIOR CENTER PARKING MEETING

On Monday, **November 3, at 3:30 pm** Frank Caro and the Brookline Transportation Committee will be at the Senior Center to hear your opinions on the parking issue. Please come and share your opinions.

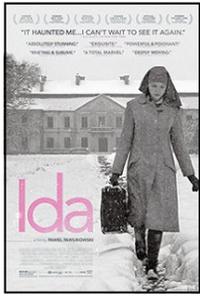
## SHARE YOUR SIGHT

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.

## MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in November 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, November 4**

82 min.

*Ida*

2014

Anna, a young novitiate nun in 1960s Poland, is on the verge of taking her vows when she discovers a dark family secret dating back to the years of the Nazi occupation.



**Tuesday, November 18**

142 min.

*Shawshank Redemption*

1994

Two imprisoned men bond over a number of years, finding solace and eventual redemption through acts of common decency.



**Tuesday, November 11**

**No Movie closed for the Veterans Day.**



**Tuesday, November 25**

104 min.

*The Lunchbox*

2013

A mistaken delivery in Mumbai's famously efficient lunchbox delivery system connects a young housewife to an older man in the dusk of his life as they build a fantasy world together through notes in the lunchbox.



### CALLING CHESS PLAYERS



*of all abilities*  
on Thursday afternoons from  
1:00-3:00 pm.  
You can bring

your own board or use one of ours. If you would like to be connected with other chess players, please call Julie Washburn at 617-730-

### TALKING WITH YOUR DOCTOR

On **Wednesday, November 19 at 1:00** Explore the complex issues related to the patient and physician relationship. We will discuss the ways in which you can build or continue a successful relationship with your doctor to ensure that you receive the best possible care. Sponsored by Bayada Home Care.



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

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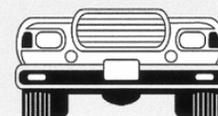
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## THE GENIUS OF MARIAN

The Free Fall Screening for this wonderful documentary film will be held on **Thursday, November 13 from 4:00 –6:30 pm** at the Senior



Center. This documentary is an intimate family portrait that explores the heartbreak of Alzheimer's

disease, the power of art and the meaning of family.

There will be an opportunity to discuss your questions with professionals and a film family member. Space is limited. RSVP to 617-730-2770 by November 6. Captioning is not available.

This event is co-sponsored by the Brookline Community Aging Network Education Committee and the Alzheimer's Association.



## CARD DESIGN CLASS

Join Zahra Nassirzadeh **On Monday, November 10, at 1:00 pm**. Tap into your creative side by designing your own greeting cards. Supplies will be provided but space is limited, so registration is required at 617-730-2770.

Sponsored by Golden Living-Heathwood of Chestnut Hill.

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617-552-6949 or e-mail [canlab@bc.edu](mailto:canlab@bc.edu).

## -SAVE THE DATE-

### ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 6, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on Friday, November 21.

Calling 617-730-2770 to save your place so you can enjoy the turkey-with-all-the-trimmings dinner.



In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

### CHECK YOUR SUBSCRIPTION DATE

Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew your subscription so you don't miss out on news and events each month! Do it today, and stay on top of everything!

### 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 Center

# 30th ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts  
Holiday Gifts  
White Elephant  
Sale



Children's  
Items  
Baked Goods  
Raffles  
and more!

**FRIDAY, NOVEMBER 7, 10am-3pm**  
**SATURDAY, NOVEMBER 8, 10am-1pm**

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## **BROOKLINE MUSIC SCHOOL CONCERT**

On Wednesday  
November 5, at 1:00 pm  
"The Boston Jazz Trio"  
with a guitar/bass/  
drums ensemble will  
performs jazz music  
from all eras with a fo-  
cus on classic standards.



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**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 November 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.



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## 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 Metrowest SHINE located at the Callahan Center in Framingham 1-508-532-5980, when you hear the automated message enter extension 4120. Leave your name and phone number and someone will return your call in a couple of days.

For MEDICARE: 1-800-633-2273. Medicare customer service representatives are available 24 hours a day 7 days a week to help callers choose a drug plan by phone. Or you can check the Medicare website: [www.medicare.gov](http://www.medicare.gov)

## 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 **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.

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## FROM THE DIRECTOR

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

*William Arthur Ward*

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

**Our Volunteers** - over 300 strong and here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.

**Our Board Members** - advocates in the rain, snow, freezing cold and against the bitter and ageist. They are the reason we have our funding and programs.

**Our Programs** - now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.

**Our Staff** - strong team of devoted people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month

**Our Services** - the envy of most communities. We provide **dignity and independence** to every Brookline senior through top-notch delivery. This has been our vision for over fifty years and will continue to guide us as we create new ways to help seniors “Age Well in our Community.”

**YOU- The Brookline seniors-** the ones who make this job worthwhile with your **wisdom, creativity, and energy**. I salute so many of you every day.

**Our Sponsors** - A personal thank you to all who supported our 13<sup>th</sup> annual Autumn Benefit. Your donations will ensure that the Van will continue to operate daily. Due to your generosity we will be able to continue our Friday service.

**Spirit of Kindness** - people who come to the senior center share this attitude. We **care** about one another. The joys and heartaches alike are part of our powerful community. We **support** one another and stay **connected**.

**Two Special Notes This Year** – First a thank you to Jerry Billow and Barbara Kellman who are showing support of the Senior Center by fund raising for the van. Jerry will be competing in the Brookline Rotary “Dancing with the Stars” on November 8<sup>th</sup>. His wife has been his co-leader in raising money. There is still time for you to make a donation.

Second on a bitter sweet note we lost our long time volunteer Riva Berkovitz. She will be remembered for many of her gifts but most of all for giving us TomAl.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

*Ruthann Dobek, Director*



## THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE IN THE COST OF YOUR DRUGS!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is still a preferred pharmacy.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. This can be a cheaper and easier way to fill your prescriptions.



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### 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.

## MISTRAL

Begins its 18th season on **Saturday, November 8, at 5:00 pm** at St. Paul's Episcopal Church in Brookline with *Paris Between The Wars (& Beyond)*, a program meant to lift your spirits as the days get shorter and darker. This concert will take you on a jaunt of musical effervescence from the 1920's and 1930's in Paris, a hotbed of artistic activity where composers flocked from around the world. Under the leadership of Artistic Director Julie Scolnik, Mistral performances are always a little eccentric, stubbornly personal, impassioned, and committed to invigorating old traditions with an ever-youthful perspective. Tickets \$30/\$25 Seniors. Group and family discounts are available. Order securely online at [www.mistralmusic.org](http://www.mistralmusic.org), email [sales@mistralmusic.org](mailto:sales@mistralmusic.org), or call 978-474-6222.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. <b>HOT:</b> Macaroni &amp; Cheese (V)** Tomato Half; Oat Bread <b>COLD:</b> Chicken Salad Sandwich w/Lettuce on Rye Bread; English Pea Salad; Tomato-Zucchini Salad <b>Tropical Mixed Fruit</b></p>	<p>4. Beef Minestrone Soup <b>HOT:</b> Fish w/Broccoli-Cheese Sauce Brown Rice w/Herbs; Fresh Zucchini &amp; Carrots; Rye Bread <b>COLD:</b> Egg Salad Sandwich(V) w/Lettuce on Oat Bread; Potato Salad; Carrot-Pineapple Salad <b>Applesauce</b></p>	<p>5. <b>HOT:</b> Beef Stew Spinach &amp; Mushrooms; Garden Salad w/Lite Italian Dressing; Scallion Bread <b>COLD:</b> Seafood Salad Sandwich w/Lettuce on Wheat Bread; Spinach &amp; Mandarin Salad; Tri-Color Pasta Salad <b>Fresh Fruit</b></p>	<p>6. Italian Garden Vegetable Soup <b>HOT:</b> Tortellini w/Marinara Sauce(V) Parmesan Cheese; Green Beans &amp; Red Pepper; Pumpnickel Bread <b>COLD:</b> Turkey &amp; Cheese Sandwich w/Lettuce &amp; Mayo on Multigrain Bread; Cole Slaw; Orzo Vegetable Salad <b>Tapioca Pudding w/Topping</b></p>	<p>7. <b>No Meal Service Today</b></p>
<p>10. Chicken &amp; Vegetable Soup <b>HOT:</b> Turkey Marsala Creamy Polenta; Roasted Root Vegetables; Wheat Bread <b>COLD:</b> Seafood Salad Sandwich w/Lettuce on Multigrain Bread; Cole Slaw; Pasta Salad w/Cheese <b>Pears</b></p>	<p>11. <b>Veterans Day Holiday No Meal Service Today</b></p>	<p>12. Florentine Soup <b>HOT:</b> Sweet Potato Crusted Fish w/Cream Sauce; Herbed Brown Rice; Zucchini &amp; Cauliflower; Oat Bread <b>COLD:</b> California Chicken Salad Sandwich w/Lettuce on Oat Bread; Corn Salad; Garden Salad w/Lite Italian Dressing <b>Ice Cream</b></p>	<p>13. Tomato Basil Soup <b>HOT:</b> Baked Chicken w/Chicken Gravy Butternut Squash; Peas; Rye Bread <b>COLD:</b> Vegetarian Chef's Salad (V) w/Crumbled Cheddar Cheese &amp; Lite Italian Dressing; Summer Potato Salad; Wheat Bread <b>Fresh Fruit</b></p>	<p>14. Mushroom Barley Soup <b>HOT:</b> Spinach &amp; Red Pepper Quiche (V)Green Beans; Lyonnais Potatoes; Scallion Bread <b>COLD:</b> Roast Beef Sandwich w/Provolone Cheese, Lettuce, &amp; Lite Mayo on Pumpnickel Bread; Garden Shell Pasta Salad; Cucumber, Carrot, Onion Salad <b>Peaches</b></p>
<p>17. Vegetable Soup <b>HOT:</b> Chicken w/Creamy Italian Sauce Italian Roasted Potatoes; Zucchini; Oatmeal Bread <b>COLD:</b> Tuna Salad Sandwich w/Lettuce on Wheat Bread; Macaroni Salad; Broccoli Slaw <b>Fresh Fruit</b></p>	<p>18. Seafood Chowder <b>HOT:</b> Salmon w/Dill Sauce Rice Pilaf w/Brown Orzo; Green Beans; Multigrain Bread <b>COLD:</b> Turkey Deluxe** on Bulkie Roll (Sliced Egg, Spinach, Ranch Dressing)English Pea Salad Cauli- flower-Carrot <b>Pineapple</b></p>	<p>19. Italian Garden Vegetable Soup <b>HOT:</b> Hot Dog*** on Hot Dog Roll w/Ketchup, Mustard, &amp; Relish; Baked Beans; Cole Slaw <b>COLD:</b> Egg Salad Sandwich(V) w/Lettuce on Multigrain Bread; Lo Mein Pasta Salad; Purple Cabbage Cole Slaw <b>Mixed Fruit</b></p>	<p>20. <i>Thanksgiving Special</i> Gravy over Roasted Turkey Cornbread Stuffing; Whipped Potatoes; Broccoli; Cranberry Sauce; Soft Dinner Roll Hot Apple Cider <b>Pumpkin Pie</b></p>	<p>21. <b>HOT:</b> Lentil Stew(V); Garden Salad w/Italian Dressing; Eggplant w/Tomato &amp; Basil; Pumpnickel Bread <b>COLD:</b> Chicken Pesto Caesar Salad w/CROUTONS, Parmesan Cheese, Pesto Caesar Dressing; Tri- Color Pasta Salad; Wheat Roll <b>Vanilla Pudding w/Topping</b></p>
<p>24. Tomato Basil Soup <b>HOT:</b> Meatballs w/Beef Gravy over Buttered Noo- dles; Kale; Multigrain Bread <b>COLD:</b> California Chicken Salad w/Lettuce on Rye Bread; Three Bean Salad; Carrot-Pineapple Salad <b>Pears</b></p>	<p>25. Chicken Noodle Soup <b>HOT:</b> Cranberry Chicken Baked Potato w/Sour Cream; Califor- nia Blend Vegetables; Oat Bread <b>COLD:</b> Seafood Salad Sandwich w/ Lettuce on Multigrain Bread; Italian Pasta Salad; Riviera Salad <b>Mandarin Oranges</b></p>	<p>26. Vegetable Soup <b>HOT:</b> Salmon Boat w/Lemon Pepper Sauce, Herbed Brown Rice; Mixed Vegetables; Corn Bread <b>COLD:</b> Chef Salad (Ham &amp; Cheddar Cheese)w/Lite Italian Dressing; Po- tato Salad; Dinner Roll <b>Applesauce</b></p>	<p>27. <b>Thanksgiving Holiday No Meal Service Today</b></p>	<p>28. Italian Garden Veg Soup <b>Hot:</b> Stuffed shells with meat sauce, broccoli, scallion bread <b>Cold:</b> Cottage Cheese and Fruit Plate (V), Wheat bread, Macaroni Salad <b>Apple Cinnamon Muffin</b></p>

## LUNCHEON SPECIALS FOR NOVEMBER

**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, November 18**, celebrate November birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November birthday celebrants. Be sure to let us know if you or someone in your party has an November birthday when you make your reservations.



### THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

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## FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks.

Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 29<sup>th</sup>. It is my pleasure to offer thank you's and acknowledgements:

To everyone who attended or volunteered.

You made the evening a very wonderful time.

To all of our sponsors. Thank you for caring about Brookline's seniors. This year you set a new record. With special thanks to our Diamond sponsors, Beth Israel Deaconess Medical Center and Chou Chou and Michael Merrill.

To sponsors and supporters who donated their tickets so low-income elders could enjoy the evening by attending.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources.

As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect.

Thank you to all! And best wishes for a wonderful Thanksgiving.

*Elizabeth (Betsy) Pollock*

*President, Brookline Senior Center Board*

P.S. A more complete report on the Autumn Benefit will appear next month as this edition has to go to print before it is available.

## NOVEMBER AT A GLANCE

### Monday, November 3

1:00 pm Understanding the MEDICARE Gap  
3:30 Senior Center Parking Meeting

### Tuesday, November 4

1:00pm Movie Ida

### Wednesday, November 5

1:00pm Brookline Music School Concert  
1:30pm Gallery 93 Talk with Myrna Balk  
2:00-3:00pm Blood Pressure Screening at BPHD  
6:30-8:00pm LinkedIn Beyond Basics\*\*\*

### Thursday, November 6

11:00am Ask a Nurse  
1:30 Easy Travel: Pakistani Wedding Ceremony

### Friday, November 7

9:00am-12:00pm Podiatry Clinic\*\*  
10:00-3:00pm Holiday Craft Fair  
10:00am-3:00pm Beading Expo in Marlboro\*\*\*

### Saturday, November 8

10:00-1:00pm Craft Fair

### Sunday, November 9

11:00-2:00 Flu Shots at Devotion School\*  
2:00pm Theater Club *The Rat Pack*

### Monday, November 10

1:00pm Card Design Class \*\*\*

### Tuesday, November 11

Veterans Day

### Wednesday, November 12

1:00pm Council on Aging Meeting  
1:00-2:00pm Blood Pressure Screening 50 Pleasant St.

### Thursday, November 13

1:00-3:30 Resume Workshop\*\*\*  
4:00-6:30pm The Genius of Marian\*\*\*

### Friday, November 14

### Monday, November 17

1:00pm Mazl Tov Chorus  
2:00-3:00pm Putterham Book Group *No Great Mischief*

### Tuesday, November 18

12:00 November Birthday Lunch\*\*\*  
1:00pm Movie Shawshank Redemption  
3:30-5:00 Bereavement Support Group\*\*\*

### Wednesday, November 19

1:00pm Low Vision Group  
100pm Talking with your Doctor

### Thursday, November 20

9:00-10:00am Blood Pressure Screening  
1:00pm Mass College of Pharmacy  
5:00-8:00pm First Light

### Friday, November 21

9:00am-12:00pm Podiatry Clinic\*\*\*

### Monday, November 24

1:00pm Healthy Eating in Minutes\*\*\*

### Tuesday, November 25

9:00am Public Issues Nonfiction book group  
*The Idea Factory*  
12:00 noon November Birthday Lunch  
12:00 noon Let's Go to Lunch Bunch at Carlo's Cucina  
1:00pm Movie The Lunchbox  
Bereavement Support Group\*\*\*

### Wednesday, November 26

1:00-2:00pm Blood Pressure Screening at 61 Park St.

### Thursday, November 27

Thanksgiving Senior Center Closed

### Friday, November 28

Poetry Corner will resume as space allows.  
Thank to all of our creative poets.



Happy  
Thanksgiving!

# 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  
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 Figure Drawing  
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\*\*\*  
1:00-3:00 Chess  
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

\*Not at the Senior Center

\*\* 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](http://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*  
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## 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 FIRST LIGHT FESTIVAL

The Brookline First Light festival will take place on **Thursday, November 20, from 5:00 to 8:00 pm.** First Light started 18 years ago in Washington Square when several businesses came together to spread some holiday cheer by hanging snow flakes in their storefront windows. These glowing flakes illuminated the square, signaling the holiday season is upon us. While the festival has since grown into a Town-wide event showcasing the talents of local artists, musicians and performers. First Light still serves as a reminder that the holidays have arrived. This year's festival is sure to be another memorable event.

**NOTE: The Senior Chorus will be singing in the Arcade at 5:00 pm so come early to see them.**

## MODERN BEADING BEADING WORKSHOP

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.

## SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 12.**

### SPECIAL THANK YOU

To all of you who walked and made a donation to the Alzheimer's Walk on September 28. We raised over \$500 between walkers, donations and the raffles.

### EASY TRAVEL

Join Alice Fastov, our Easy Travel coordinator, on Thursday, November 6, at 1:30 pm as she shares her experiences in attending a Pakistani wedding ceremony.

## E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund program has had a request for a portable commode that a senior can take with them easily in a smaller car to be used for travel purposes in hotel rooms, etc. The program has plenty of standard commodes available for use, but is in need for one that folds and stores easily. Please call Jamie at 617-730-2753 to donate or request one of the standard commodes for yourself or someone you know.



## 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

Gallery talk by the Artist Wednesday, 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.**

**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.*



## BROOKLINE RECREATION ADULT EXCURSIONS

### 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 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.

## 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.

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

**December 15** *The Golem and The Jinni* by Hele- ne 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, November 9, at 2:00 pm.** The Reagle Theater in Waltham

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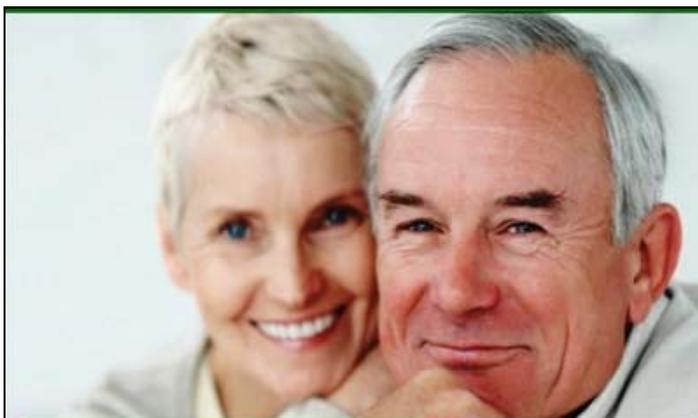


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## LET'S GO OUT TO LUNCH BUNCH



Dine with the Let's Go Out to Lunch Bunch on Tuesday, **November 25, 12:00 noon** at Carlo's Cucina. For reservations and transportation, call 617-730-2770.

## BOYLSTON PLACE INVITATION

Boylston Place would like to extend an invitation for lunch and a tour to a group of seniors in **December**. Boylston Place will provide the transportation, but we need to have a better sense of how many people would be interested in this offering. If you would be interested in attending, please call 617-730-2770 to let us know. Once we have secured a date, we will be back in touch to confirm.

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

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## 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 November. 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.

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## BROOKLINE ROTARY'S SECOND "DANCING WITH THE BROOKLINE STARS" ON NOVEMBER 8, 2014

The Brookline Rotary is sponsoring its second "Dancing with the Brookline Stars" on **Saturday, November 8, 2014 from 6:30 pm to 10:30 pm** at Our Lady of Annunciation Church in West Roxbury. The event will benefit 10 local charities.

Last year, the first "Dancing with the Brookline Stars" raised \$80,000 and benefitted the Brookline Emergency Food Pantry and other local organizations. Again this year, proceeds will be donated to local food pantries that help feed the hungry and other local charities serving youth, elderly, the environment and disadvantaged.

The Brookline Stars, notable members of the business and professional community, who will be dancing include: **Jerry Billow, dancing for the Brookline Senior Center**, R Harvey Bravman for the Brookline Teen Center, Nadia Chamblin-Foster for Steps to Success, Elaine Joseph for the Brookline Community Mental Health Center; Chief Daniel O'Leary for the Captain Francis J Hayes Foundation, Dr. Phil Sandler, for Arts-Bridge, Polly Selkoe for Brookline GreenSpace Alliance and Elaine Shannon for Kids Clothes Club.

Each dancer donates considerable time and energy for this event. They train with a professional for months prior to the event, while fund raising, and then perform a ballroom routine of their choosing on November 8, 2014. That evening judges will select two winners: one with the best dance routine and the second winner will be the top fundraiser.

Brookline Rotary donations will go to the Brookline Food Pantry, Brookline Food Co-op and Brookline High School scholarships. The need for food is great in the Town of Brookline. 13% of the population is living at or below the poverty line. Between 2009 and 2014 the food pantry experienced a dramatic 87% increase in the number of visits. In the past 3 years, the cost to purchase the necessary amount of food has increased an astounding 181%. The co-chair of the event and honoree is Elias Audy.

Sponsorship levels for Gold, Silver and Bronze are available. These levels include preferred seating and extensive media and marketing coverage for the sponsor. Enjoy an unforgettable evening while doing good for worthy Brookline causes. For the further information on tickets and donations, visit [www.brooklinerotary.org](http://www.brooklinerotary.org).



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## BEREAVEMENT SUPPORT GROUP

On Tuesdays November 18 and 25 and December 2, 9 and 16 from 1:30pm to 3:00pm. 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](mailto:dwaxman@brooklinema.gov)

**NOTE: The Tuesday November 18 meeting (first meeting only) will be held from 3:30-5:00 pm which is a different time than all other meetings. All other meetings will be held from 1:30-3:00pm**

## LINKEDIN BEYOND BASICS

**Wednesday, November 5, from 6:30 to 8:00 pm** this class will be taught by Robert Pierson and is for those who took the beginner's 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](mailto:dwaxman@brooklinema.gov))

## 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

## RESUME WORKSHOP

On Thursday, November 13, from 1:30-3:30 pm at the Senior Center Patricia Burns, Job Skills Councilor at REAP will present a Resume Workshop. Come and create or rejuvenate your resume and get some pointers on making your resume positively represent you. Learn to effectively identify your relevant experience, transferable skills and the importance of job, organization or industry specific works. Registration is required: call Deidre Waxman at 617-730-2767 or email [dwaman@brooklinema.gov](mailto:dwaman@brooklinema.gov)

**-SAVE THE DATE-**

## DANCE PARTY USA!

Back by popular demand  
**On Thursday, December 11, dance from 6:30 to 8:30 pm.** Put on your dancin' shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770. We will dance outside in the courtyard at 112 Center Street weather permitting. In case of rain we will dance at the Senior Center.



## 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, November 14**. Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening Group will meet on **Thursdays in November**. Call 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.

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The wonderful staff at the Senior Center *FROM*  
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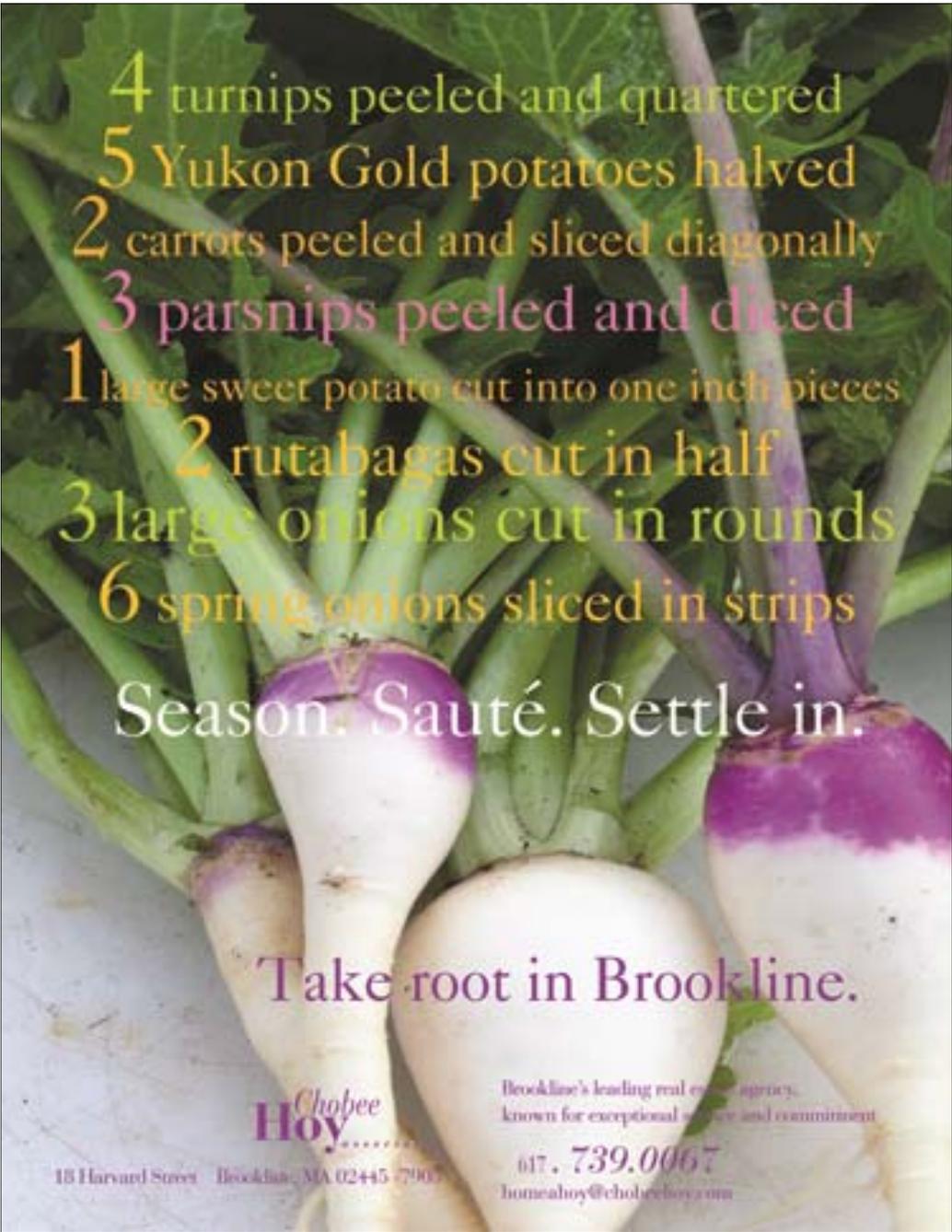
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