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
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

DECEMBER 2014

Holiday time at the Senior Center is especially festive. Come and celebrate your favorite holiday activity. Our holiday events include concerts (see p. 7 & 10), the Annual Elks dinner (see p. 3), movies (see p. 9), book discussions (see p. 23), Senior Theater (see p.26) and the New Year's Open House (see p. 3). And there are other programs that are equally festive—the Gallery show (see p. 22), Dance Party (see p. 3) Easy Travel (see p. 21), and on and on. As you read through the pages in the *Senior News and Events,* you will find something for everyone.

The Council on Aging and the Senior Center are always working to promote a healthy, active, and enlightened agenda for the Brookline Senior community. And we would like to thank you all—seniors and volunteers, contributors, and the community at large and to wish everyone a peaceful, healthy, and happy holiday season.

HIGHLIGHTS

Memorial for Jean Kramer Jean's family invites her friends to a Memory Party at the Senior Center **Saturday, December 13, from 3:00-6:00 pm.** (see p. 14).

DECEMBER VAN & BUS SCHEDULE

The bus will not be available on December 26, 29, 30, 31 and January 2. Jason will be taking some vacation time so please call the voicemail 617-730-2750 for the van before making plans.

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

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DECEMBER HOLIDAYS

The Senior Center will be open every weekday in December except for Christmas Day, **Thursday, December 25**. Christmas is an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We celebrate Chanukah, the festival of freedom and light from **Wednesday December 17 through Wednesday, December 24.** The Winter Solstice (the shortest day of the year) falls on Sunday, December 21, Kwanzaa begins on Thursday, December 26. We will be celebrating all month with something for everyone.

If you would like more celebrating you can celebrate December 7, Pearl Harbor Day, December 10 National Human Rights Day, and December 15, Bill of Rights Day.

Enjoy the end of 2014 and prepare to bring in the New Year on **Monday, December 29 from 2:00-4:00 pm.**

NEW YEAR'S OPEN HOUSE

On **Monday, December 29 from 2:00 to 4:00 pm. Our friend Arlene Bailey Lucas will entertain us from 2:00-3:00pm.** After the performance we will enjoy refreshments to celebrate the arrival of the New Year!

Join Arlene, the talented international Singer/Pianist. Arlene studied and trained at the New England Conservatory of Music. She combines the sultry sounds of Jazz, Rhythm & Blues and Pop that delivers a distinctly smooth and soulful sound which appeals to all audiences. To register, call 617-730-2770

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. Call 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!

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 the night away at the Senior Center. Don't miss this holiday event!

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, December 4 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

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

Low Vision Group This peer-led support group for individuals with limited eyesight meet son **Wednesday, December 17 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, December 18, from 9:00 to 10:00 am.
Wednesday, December 3, from 2:00-3:00pm at the BPHD building on Pierce Street.
Wednesday, December 10, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.
O'Shea House, 61 Park Street (cancelled for this month).

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.

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.** For more information or to register call Sharon Devine at 617-730-2769.

FLU SHOT

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 or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Questions: What are the basic tests and vaccines I need to get?

As a person gets older, health care needs change. It is important to stay healthy to ensure a healthy, independent life. Here are some of the screening tests and vaccinations.

Colonoscopy: The risk of colon cancer increases with age. A colonoscopy is recommended every 10 years for men and women between the ages of 50 and 80. The procedure allows a physician to examine the large intestine for cancer or pre-cancerous polyps. But the difficulty of the procedure also increases with age. The preparation for the test as well as the sedation may be difficult for an older person. However, anyone presenting with symptoms such as bleeding, a change in the color or frequency of bowel movements should speak with your doctor, no matter what age.

Mammogram: Breast cancer also increases with age. Every woman should get a mammogram every 2 years, which is a change from the previous guidelines of every year. However, if a woman has a personal or family history of breast cancer, she should continue to get mammograms more frequently.

Pap Test: This test detects cervical cancer in women. There is now differing research on WHEN to end this test. Guidelines now stop this test at age 65 for women who had normal tests, but some believe the test should be given until age 70.

Blood Pressure: Blood pressure goes up with age. People should have their blood pressure checked every year. High blood pressure (hypertension) is associated with heart attacks and stroke, but can be controlled with medication or diet and exercise.

Bone Density: At 65, women should get a bone density test to rule out osteoporosis. A bone density test is important because as people age, their bones get thinner, putting them at a greater risk for fracture. Calcium and vitamin D are important to bone health. There are also medications that can reduce the risk of a break by 50% or more. If the test is normal, it doesn't need to be done every year. Researchers are studying whether this test should also be suggested for men.

Abdominal Aortic Aneurysm: The test for abdominal aortic aneurysm or "AAA" is for men between the ages of 65 and 70 who smoke or have smoked in the past, since people who smoke are at higher incident for getting an aneurysm. Using ultrasound, this test takes a look at the area of the aorta, which is in the lower abdomen, to detect the possibility of an enlarged area.

Hepatitis C: A blood test can determine the presence of Hepatitis C, for people between 65 and 75. There are cures for this where there weren't before. The test is very important because without treatment, Hepatitis C could lead to big liver problems down the road.

Eye Exam: An eye exam is also recommended to everyone every year to rule out glaucoma. It is reversible, preventable, and if not treated, can lead to blindness.

Continued on page 7.

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 , December 3 from 9:00-12:00 t**o 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 Brenner, 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.)

CHECK PRESENTATION PARTY AND SENIOR CHORUS CONCERT

The Brookline Senior Center will be receiving a donation from our annual Craft Fair. The Check. Presentation Party on **Friday, December 19 at 10:00 am.** Following the check presentation, join us for a wonderful holiday concert by the Senior Chorus. This group is sure to get you in the holiday spirit!

Thank you to all the crafters and volunteers whose efforts made this event possible. And thank you to the individuals and businesses who made generous donations to this year's Craft Fair.

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.**

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 subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

ALICE IN WONDERLAND

Alice comes to the Senior Center on Monday, **December 8, from 3:30-4:30pm.** Join us for a special presentation of Alice in Wonderland the Musical with lots of singing and dancing presented by the Devotion School Extended Day Program. To register, call 617-730-2770.

Continued from page 5 Ask A Geriatrician

Important Vaccines:

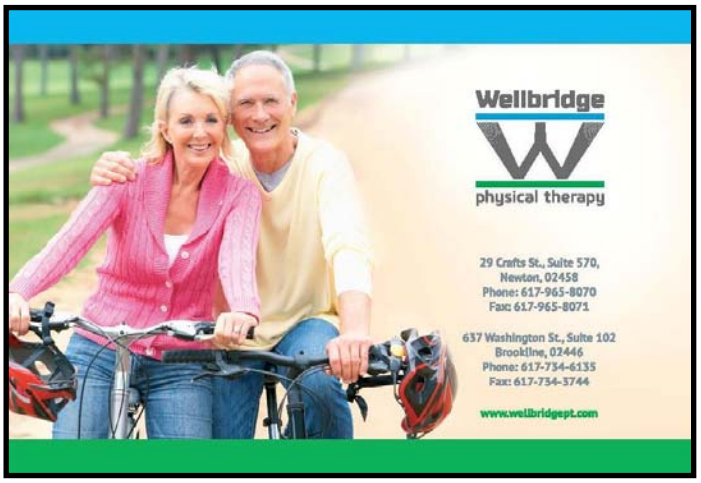
-Flu: Recommended once a year.

-TDAP: This vaccine prevents tetanus, diphtheria, and pertussis (better known as whooping cough). Should get it every 10 years.

-Pneumonia: Pneumonia vaccine should be given once at age 65. There is now a 2nd pneumonia vaccine which should be given after a year of the 1st vaccine.

-Shingles: This is a very painful virus and can strike anyone who had chicken pox in the past. This vaccine is recommended at age 60 to anyone who had chicken pox.

And the most important thing you can do for yourself to stay young and fit: MOVE YOUR BODY!!! Every day, as much as you can. This is the real fountain of youth!



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

BROOKLINECAN PROFESSIONAL SERVICE PROVIDERS GROUP

BrooklineCAN (Brookline Community Aging Network) recently launched the Professional Service Providers' Group. BrooklineCAN is a town-wide initiative designed to advocate for older residents and to help them remain living in their homes as they age and to stay fully engaged in the life of the community.

The Professional Service Providers' Group, formed in the spring of 2012, offers a networking opportunity to professionals, businesses, nonprofit organizations and individuals who meet two criteria. Members must be based in Brookline and must focus on serving the needs of older adults.

The group meets regularly -- often over breakfast -- to discuss multi-disciplinary strategies for addressing the complex needs of older people; share timely information about new developments; form trusted relationships; and identify opportunities to collaborate.

Karen Zweig, Chair of BrooklineCAN Professional Service Providers' Group and founder of The Move Maven, adds, "Members have the opportunity to present information about their organization at the Group's meetings and will be listed on the BrooklineCAN website at www.BrooklineCAN.org.

Current members of the Professional Service Providers' Group include: geriatric care managers, elder law attorneys, real estate specialists with the SRES designation, senior housing providers, skilled nursing facilities, home health providers, geriatric health care providers, and mental health professionals who specialize in elder care.

Annual dues for membership in the BrooklineCAN Professional Service Providers' Group is $100, with a $50 fee for additional members from a single business or organization. Dues include membership in BrooklineCAN. Anyone is welcome to attend one meeting at no cost. For more information, or to find out the date, time and location of our next gathering, contact Karen Zweig, who may be reached by email at karen@movemaven.com or phone 617-455-1964.

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 617-730-2760.

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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, December 2
127 minutes
Sabrina (1995)
An ugly duckling having undergone a remarkable change, still harbors feelings for her crush: a carefree playboy, but not before his business-focused brother has something to say about it.

Tuesday, December 9
125 minutes
Séraphine (2008)
Based on the life of French painter Séraphine de Senlis.

Tuesday, Dec 16
96 minutes
Up (2009)
To avoid being taken away to a nursing home, an old widower tries to fly his home to Paradise Falls, South America, along with a boy scout who accidently lifted off with him.

Tuesday, December 23
115 minutes
Gigi (1958)
Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship, but it may not stay platonic for long.

Tuesday, December 30
150 minutes
The Pianist (2002)
A Polish Jewish musician struggles to survive the destruction of the Warsaw ghetto of World War II.

FROM THE BOARD PRESIDENT

Exciting News: Our 12 year old creaky van will soon be replaced! Jerry Billow, a Brookline resident, chose the Brookline Senior Center as his charity for Brookline Rotary's Dancing with the Brookline Stars, held November 8th. Jerry won both the fundraising contest and the dance contest! Thanks to Jerry, his wife Barbara Kellman, their friends and your support, the Senior Center will be purchasing a new van this spring.

Having a new van is wonderful. But our van service is much more than the van. The driver, gasoline and van maintenance, so critical to bringing seniors to the Center and to activities in the community, are also paid for entirely through philanthropy – part of the Senior Center's long-standing public-private partnership. Each year we must raise more than $30,000 for these. Last year, through a generous challenge by Harold Brown, we were able to expand our van service from four to five days a week. **Our goal for 2015 is to continue our van service five days a week.** With the help of our community, we will. As winter sets in, our van service becomes even more vital for Brookline's homebound seniors. At this holiday season**, please keep our vulnerable seniors in mind as you plan your end of year giving.**

Best wishes for a wonderful holiday season.
Betsy Pollock, President, Brookline Senior Center

RUSSIAN TEA ROOM CONCERT

Join us on **Wednesday, December 10 at 4:00pm** for "Songs I Love to Sing" with Soprano, Rebecca Hayden and Pianist, Tanya Shrago is just that---a collection of Rebecca's personal favorites. Ranging from parlor songs to African American spirituals to the incomparable songs of George Gershwin, this program shows the delightful variety and range of the American song book. A sneak preview of some of the songs: Waltz Me Around Again, Willie, By the Light of the Silvery Moon, Toyland, Round About the Mountain, The Man I Love, Little David and Dear Friend. This concert is cosponsored by the Russian Tea Room and all are welcome!

WOMEN'S BAR FOUNDATION ELDER LAW PROJECT

The Women's Bar Foundation's Elder Law Project will be back at the Senior Center on **Monday, December 15 at 1:00pm** with a presentation on the importance of end-of-life documents such as a simple will, a Health Care Proxy, a Durable Power of Attorney, and a Homestead Declaration. This informative program is not to be missed!

Please note that subsequent FREE preparation of these documents may be available for low-income seniors that qualify. If you would like to know more about this service, please call the Women's Bar ELP at 617-651-2ELP or 617-651 2357.

LET'S GO OUT TO LUNCH BUNCH

The Lunch Bunch will be on vacation during December but expect some interesting food experiences in the New Year! .

BROOKLINE MUSIC SCHOOL CONCERT

On Wednesday, December 3 at 1:00pm we welcome Anthea Kechley on the flute accompanied by Andrei Boumann on piano.

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Judy Moses

Past President

Women's Council of Realtors

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PathwayHome.com

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.

FUEL ASSISTANCE

The **Recertification Fuel Program** process is underway. Last year's participants are currently being mailed their recertification application. And even those who were not eligible last year will receive an application in the mail.

The recertification package includes a preprinted application, instructions for completion and a prepaid reply envelope to use to return the application and the updated income documentation. For help filling out the applications call the Senior Center at **617-730-2777** for an appointment.

COOLIDGE CORNER COMMUNITY CHORUS

The CCCC is a non-audition choral group that aims to create a sense of community through the joy and beauty of singing together.

If you are interested weekly rehearsals are now held at the Brookline Senior Center on Wednesdays. For further information about CCCC or to sing with us next season, visit the website at www.cccchorus.org

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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.

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.

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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.

BOYLSTON PLACE INVITATION

Boylston Place would like to extend an invitation for lunch and a tour to a group of seniors in **December**. 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.

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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 will resume on **January 22, through Thursday, March 12 from 1:30-2:30pm. One free introductory class for Brookline Housing residents is on Thursday January 15 at 1:30pm.** The winter semester will be $45 and as always, drop-ins are always welcome at $7 per individual session.

Classes at the Morse Apts. community room, 90 Longwood Ave. Zumba Gold, **Wednesdays, January 14 through March 4 from 10:00 to 11:00am** and Ageless Grace on **Wednesdays from 2:00-2:45pm.**

All classes at Morse Apartments are free and open. You do not have to be a resident to attend. Brought to you by the Brookline Housing Authority, the Friends of Brookline Public Health, and the Brookline Senior Center

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OSD OPERATIONAL SERVICES DIVISION

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 through the SHINE program. Unfortunately, all SHINE appointments at the Brookline Senior Center, for the open enrollment period are filled.

If you are in need of a SHINE open enrollment 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

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. (See P. 31 for raffle and fundraiser information)

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.

FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much."

Erich Fromm Psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders.

I know that many of you share this vision and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether a few dollars or a large gift all donations are appreciated and will be well utilized. To make a donation using your credit card go on line to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Hope to see you here and feel free to invite a friend. In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced in this remarkable Town-with your help we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek
Director

P.S. With a heavy heart, I share with you the death of our beloved colleague Jean Kramer. We are mourning her loss and wish her family our support and sympathy. In the 1970's, the first newsletter of the Council on Aging was published. The editor, writer and designer was Jean Kramer. Over the next 32 years – 12 issues each year – she never missed producing a single issue of our newsletter. She chronicled the fight for a Senior Center and ultimately the opening and success of our wonderful building.

Every program and service provided by the Council on Aging for Brookline elders has been advertised by Jean lovingly over three decades. With graciousness, dignity and unending devotion to our town's history and people Jean Kramer was a loyal employee. Most of all she was a great friend to elders and the liberal arts. Jean's family invites her friends to a **Memory Party at the Senior Center Saturday, December 13, from 3-6 pm.**

COUNCIL ON AGING MEETING

Join us for our monthly Council on Aging Meeting on **Wednesday, December 10, at 1:00 pm** at the Senior Center. Guest speakers will tell us about some service swe may not already know about.

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.

Thank You

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Broccoli & Cheese Soup **HOT:** Chicken Marsala Rice Pilaf w/Browned Orzo; Zucchini & Red Pepper; Garlic Dinner Roll **COLD:** Tuna Salad Sandwich w/Lettuce on Oat Bread; Rice, Broccoli, Cheese Salad; Beet Salad; Oat Bread **Chocolate Pudding w/Topping**	2. Corn Chowder **HOT:** Meatloaf w/LS LF Beef Gravy Green Beans; Whipped Sweet Potatoes; Rye Bread **COLD:** Mediterranean Tortellini Salad (V) Caesar Salad w/Caesar Dressing; Scali Bread **Tropical Mixed Fruit**	3. **HOT:** Macaroni & Cheese (V)*** Tomato Half; Wheat Roll **COLD:** Roast Beef Sandwich w/American Cheese, Lettuce & Mustard on Rye Bread; Tomato Red Pepper Salad **Fresh Fruit**	4. Chicken Rice Soup **HOT:** Baked Fish w/Butter Crumb Topping & Lemon Sauce; Mashed Potatoes Roasted Root Vegetables; Oat Bread **COLD:** Chicken Salad Sandwich w/Lettuce on Wheat Bread; Orzo-Veggie Salad; Cole Slaw **Mandarin Oranges**	5. Vegetable Soup **HOT:** Broccoli-Mushroom Quiche (V) Lyonnais Potatoes; Garden Salad w/ Lite Italian Dressing; Multigrain Bread **COLD:** Turkey Deluxe*** Sandwich (Spinach, Sliced Egg, Ranch Dressing) on Bulkie Roll; Carrot-Pineapple Salad; English Pea Salad **Chocolate Chip Cookie**
8. Minestrone Soup **HOT:** Turkey Tetrazzini Country Blend Veggies; Wheat Bread **COLD:** Egg Salad Sandwich (V) w/Lettuce on Pumpernickel Bread; Greek Pasta Salad; Summer Squash Salad **Pineapple**	9. Beef Barley Soup **HOT:** Chicken Paprika; Red Roasted Potatoes; Broccoli; Pumpernickel Bread **COLD:** Roast Beef Sandwich w/American Cheese, Lettuce & Mustard on Wheat Bread; Rice, Broccoli & Cheese Salad; Spinach & Mandarin Salad, Italian Dressing **Fresh Fruit**	10. Vegetable Soup **HOT:** Sweet Potato Pollock Filet w/Cream Sauce; Whipped Sweet Potatoes; Green & Wax Beans; Multigrain Bread **COLD:** Chicken Pesto Caesar Salad; Tri-Color Pasta Salad; Wheat Roll **Birthday Cupcake**	11. Split Pea Soup **HOT:** Pot Roast w/LS Beef Gravy; Potatoes w/Cream Sauce; Roasted Turnips & Winter Squash; Wheat Roll **COLD:** Seafood Salad Sandwich w/Lettuce on Rye Bread; Garden Salad, Lite Italian Dressing; Summer Potato Salad **Vanilla Pudding w/Topping**	12. Italian Garden Vegetable Soup **HOT:** Tortellini w/Marinara Sauce (V) Garden Salad w/Lite Italian Dressing; Peas & Carrots; Scali Bead **COLD:** Turkey & Swiss Cheese Sandwich w/Lite Mayo & Lettuce on Oatmeal Bread; Corn Salad; Broccoli Slaw **Pears**
15. Beef Vegetable Soup **HOT:** Stuffed Pepper w/Tomato Sauce Creamy Parmesan Polenta; Kale; Wheat Bread **COLD:** Mediterranean Tortellini Salad (V); Caesar Salad w/Caesar Dressing, Croutons, Parmesan Cheese; Scali Bread **Peaches**	16. ***Holiday Special*** **HOT:** Almond Divine Chicken Garlic Mashed Potatoes; Roasted Root Vegetables; Snowflake Dinner Roll **Chocolate Trifle** 	17. Escarole & Bean Soup **HOT:** Meatball Sub; Corn **COLD:** Egg Salad Sandwich (V) w/Lettuce on Pumpernickel Bread; Macaroni Salad; Summer Squash Salad **Fresh Fruit**	18. Corn 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 **Pineapple**	19. **HOT:** Lentil Stew (V); Spinach & Mushrooms; Garden Salad w/Lite Italian; Wheat Roll **COLD:** BBQ Chicken Sandwich w/Mozzarella Cheese, Red Onion, & Mayo on Oat Bread; English Pea Salad; Roman Blend Salad **Brownie**
22. Vegetable Soup **HOT:** Chicken Creole Herbed Brown Rice; Collard Greens; Onions; Dinner Roll **COLD:** Tuna Salad Sandwich w/Lettuce on Italian Bread; Cauliflower-Carrot Salad; Garden Shell Pasta Salad **Fresh Fruit**	23. Italian Garden Vegetable Soup **HOT:** Veggie Burger w/American Cheese (V), Ketchup on Bun; Roasted Red Potatoes **COLD:** Turkey & Swiss Cheese Sandwich w/Lite Mayo & Lettuce on Wheat Bread; Broccoli Slaw; Rice Salad w/Tomatoes & Black Olives **Pears**	24. **HOT:** American Chop Suey Italian Green Beans; Wheat Bread **COLD:** Seafood Salad Sandwich w/Lettuce on Pumpernickel Bread; Balsamic Vinaigrette Pasta; Cole Slaw **Pumpkin Chocolate Chip Bread Pudding**	25. **No Meal Service Today**	26. Seafood Chowder **HOT:** Krunch Lite Fish Sticks w/ Lemon Sauce Sweet Potato Wedges; Tartar Sauce; Spinach; Oatmeal Bread **COLD:** Breaded Chicken Patty Sandwich w/Lettuce & Mayo on Hamburger Roll; Cucumber Dill Salad; Pasta Salad w/ Cheese **Tapioca Pudding w/Topping**
29. **HOT:** Hot Dog*** on Hot Dog Roll w/Ketchup, Mustard, Relish; Baked Beans; Cole Slaw **COLD:** Egg Salad Sandwich (V)w/Lettuce on Multigrain Bread; Tomato-Red Pepper Salad; Summer Potato Salad **Mixed Fruit**	30. Cream of Butternut Soup **HOT:** Roast Pork w/Honey Mustard Sauce Baked Potato w/Sour Cream; Fresh Broccoli; Dinner Roll **COLD:** Turkey & American Cheese Sandwich w/Lite Mayo & Lettuce on Rye Bread; Garden Salad w/Lite Italian Dressing; Corn Salad **Chocolate Pudding w/Topping**	31. Oriental Vegetable Soup **HOT:** Tangerine Diced Chicken Brown Rice; Oriental Blend Vegetables; Dinner Roll; Fortune Cookie **COLD:** Roast Beef Sandwich w/ Cheddar Cheese, Mustard, & Lettuce on Oat Bread; Pasta Vegetable Salad; Riviera Salad **Pineapple**	*****Denotes Higher Sodium** **(V) denotes vegetarian entree** **$2.00 Suggested donation per meal** **All soups served with crackers, and have beef, veal, or shellfish bases and are not vegetarian.** **Menu is subject to change**	

LUNCHEON SPECIALS FOR DECEMBER

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

Israel, Van Kooy & Days, LLC

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

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PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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BRAIN FOOD NUTRITION TALK

Join Springwell Dietitian, Meghan Ostrander, after lunch **on Wednesday, December 17, at 1:00** to learn about how nutrition helps your brain stay healthy! If you would like to join us for lunch at noon, **please reserve your meal by 11:30am on December 16th** by calling 617-730-2747. Suggested donation of $2 for lunch, the talk is free.

ELF

The Equipment Loan Fund (E.L.F.) Program is happy to announce that it now has its own section on the Council on Aging's website, including a link to a list of current available equipment and a link to the Senior Center Facebook page featuring pictures of available items. Please visit http://brooklinema.gov/Council-on-Aging and click on the 'Equipment Exchange' button.

COOKIE DECORATING

On Monday, December 8, at 1:00pm, Golden Living Heathwood of Chestnut Hill will sponsor a Cookie Decorating class. Join Master Chef Michael Gauthier for exclusive cookie decorating. Cookies, frosting, and supplies will be provided. Space is very limited, so please register at 617-730-2770.

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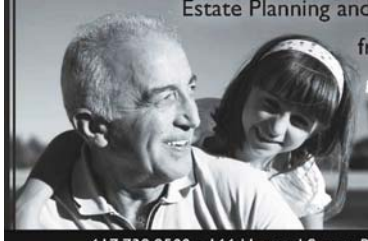

Call 888.828.1690 to learn more!
*B.O.C. Life Solutions and Bank of Canton are not legal or tax advisors.
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DECEMBER AT A GLANCE

Tuesday, December 2
10:00am-12:00noon Tax Exemption Information
1:00pm Movies for Film Lovers-Sabrina
1:30-3:00pm Bereavement Group***
3:30-5:00 pm LinkedIn Basics Workshop***
Wednesday, December 3
9:00am-12:00pm Brookline Legal Assistance Bureau
1:00pm Brookline Music School Concert
2:00-3:00pm Blood Pressure Check at BPHD
6:00-7:30pm Goddard House Event -*My Time: Making the Most of the Bonus Decades After Fifty* *
Thursday, December 4
11:00am Ask a Nurse
1:30 Easy Travel-Westcliffe Colorado
$:00-6:00pm Flu Shots at the Brookline Pubic Health Dept.
Friday, December 5
9:00am-12:00pm Podiatry ***
Saturday, December 6
1:00pm ELKS Holiday Dinner***
Sunday, December 7
2:00pm Theater Club-Awake and Sing!***
Last Day of Medicare Open Enrollment
Monday, December 8
1:00pm Safe Food Handling Training for Brookline Food Distribution Volunteers
1:00pm Cookie Decorating Workshop***
3:30-4:30pm Devotion Extended Day Program Performance *Alice in Wonderland****
Tuesday, December 9
1:00pm Movies for Film Lovers-Seraphine
1:30-3:00pm Bereavement Group***
Wednesday, December 10
1:00pm COA Meeting
1:00-2:00pm Blood Pressure Check at Pleasant St.
4:00pm Russian Tea Room Concert
Thursday, December 11
10:00am-12:00noon Meet Me at the Coolidge and make Memories
1:30-3:30pm Resume Writing One on One***
6:30-8:30pm Dance Party USA***
Friday, December 12
11:00am-4:00pm Brookline Recreation Trip Ikea and Christmas Tree Shop**
Last Day to donate to the Food Pantry
Saturday, December 13
3:00-6:00pm Jean Kramer Memorial
Monday, December 15
1:00pm Elder Law Project and End of Life Documents
2:00-3:00pm Putterham Book Discussion Group -The Golem and The Jinni
3:00-4:30 Bridges Training***
Tuesday, December 16
9:00-10:00am Public Issues Non-Fiction Discussion Group-*Stop Depression Now*
12:00pm December Birthday Lunch***
1:00pm Movies for Film Lovers-*UP*
1:30-3:00pm Bereavement Group***
Wednesday, December 17
1:00pm "Brain Food" Nutrition Talk with Meghan Ostrander, Springwell
1:00pm Low Vision Support Group
1:30pm Beading Workshop
Thursday, December 18
9:00-10:00am Blood Pressure
Friday, December 19
9:00am-12:00noon Podiatry***
10:00am Senior Chorus Holiday Concert and the Craft Fair Check presentation
Last day of the Toy Drive
Monday, December 22
Tuesday, December 23
1:00pm Movies for Film Lovers– Gigi
Thursday, December 25
Closed for Christmas
Friday, December 26
Monday, December 29
2:00-4:00pm Annual New Year's Open House***
Tuesday, December 30
1:00pm Movies for Film Lovers-The Pianist

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open membership required
10:00-11:30 am Poetry Workshop ***
10:00-10:45 Neighborhood Walking Group
2:00-4;00pm Open Computer
2:30 Chinese Programs

Tuesday

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
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
2:00-4:00 pm Food Distribution Site (hours approximate)

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required
9:00-10:00 am Living Our Values
10:30 am Retired Men's Club
12:00 noon Springwell Lunch ***
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

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 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 ***
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 to register
*** Registration Required

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

99 Park Street, Brookline, MA 02446 • 617-731-1050

www.healthbridgemanagement.com

416172

FOOD DISTRIBUTION SITE

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

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

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

EASY TRAVEL

Visit Westcliffe, Colorado with our armchair travel host and photographer extraordinaire, Mimi Katz. **On Thursday, December 4 at 1:30pm.** Westcliffe is set in a valley at 8,000 feet at the foot of the Sangre de Cristo mountain range and is located about 3 hours south of Denver. The views are spectacular so don't miss this adventure!

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, December 17, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop, you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores. The workshop is free. No registration is required.

TOY DRIVE

For the 19th year, the Town is sponsoring a collection of holiday gifts for disadvantaged Brookline children. If you would like to donate to this worthy undertaking, leave new toys, unwrapped, in the designated box under the holiday tree at the Senior Center by **Thursday, December 19**.

You can also leave gifts in the Mailroom/Print Shop Hallway at Town Hall, on the first floor of the Brookline Public Health Department building, and on the first floor of the Public Safety Building (the Police Department).

For more information, call the Town Counsel's office at 617-730-2190 or Tim Sullivan at 617-730-2186.

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 of 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.

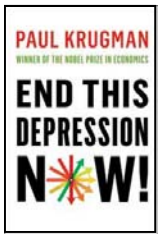
At this time, we actually may have more students than Seniors. If you would like a student shopper call 617-730-2756. and leave a message.

Myrna Balk
Sequence Fiber Art

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

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.**



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.

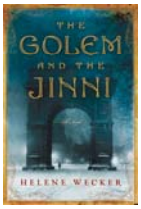
BROOKLINE RECREATION ADULT EXCURSIONS

Christmas Tree Shops/IKEA
Join us on Friday, December 12 from 11:00am to 4:00pm if you love a bargain! Join us for a pre-holiday shopping trip to the Christmas Tree Shop and IKEA in Avon, MA. We will spend equal time at both places and lunch will be available at the IKEA cafe.
Location: Christmas Tree Shop/IKEA
Fee: Residents $10 Nonresidents $14

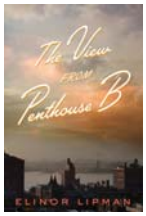
Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call the Recreation Dept. at 617-730-2069, or you can register and pay on the second floor of the Senior Center.

PUTTERHAM BOOK DISCUSSION GROUP

Charlotte Millman, discussion leader for the Putterham Book Discussion group, meets 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.



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

MISTRAL'S 18TH SEASON

Will perform Viva Vivaldi on **Saturday, December 6, at 5:00pm,** St. Paul's Episcopal Church Brookline. Tickets $30/$25 Seniors. securely online at www.mistralmusic.org or call 978-474-6222.

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

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ALZHEIMER'S/DEMENTIA CARE

CARE FOR THE LGBT COMMUNITY

ADVOCACY

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, December 12 .** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

For the Evening Group call Susan Kanian-Andriole at 617-730-2754 for the 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

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

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617.455.1964

karen@movemaven.com

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 sounds 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 December. 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!

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SENIOR CENTER THEATER CLUB

Sunday, December 7, at 2:00pm at Huntington Theater, Boston
Awake and Sing!
Price: $25

In a cramped Bronx apartment, a working-class Jewish family dreams of a brighter future. Matriarch Bessie Berger's fierce determination keeps her family afloat, whatever the cost. Gritty, passionate, funny, and heartbreaking, Odets' 1935 masterpiece beautifully captures both the hopes and the struggles of an unforgettable American family.

Sunday, February 15, at 3:00pm at Jordan Hall
Mozart and Beethoven
Price: $60

Hear these titans of the Classical era as young composers. Composed by the master at the tender age of 13, **Mozart's *Waisenhaus Mass*** receives a rare performance from conductor Richard Egarr, the Period Instrument Orchestra, and soloists from H+H's own Chorus. You also won't want to miss Egarr conduct one of his favorite works, **Beethoven's Charismatic Symphony No. 1.**

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.

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RETIREMENT ENGAGEMENT ALTERNATIVES PROGRAM (REAP)

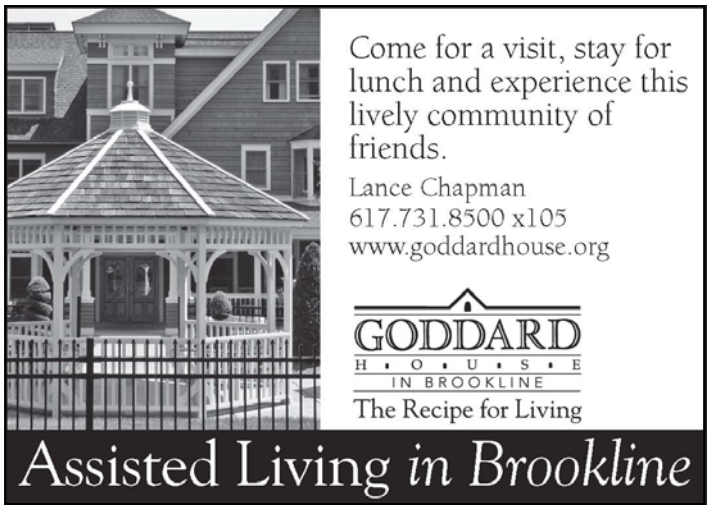
LINKEDIN BASICS WORKSHOP

LinkedIn is an important job search tool! LinkedIn is an online platform to connect professionals allowing them to share their professional identities, find career opportunities, exchange knowledge and professional insights, post and view relevant content.

The Brookline Senior Center will be providing a LinkedIn Basics workshop for seniors wishing to begin using LinkedIn and those wishing to improve their LinkedIn profile for their job search. The objectives of the **Tuesday, December 2 workshop, which will be held from 3:30-5:00pm,** are: understanding the use and importance of LinkedIn as a job search tool, building a LinkedIn profile, identifying contacts to invite, choosing, getting involved in and using groups and deciding when or if to upgrade LinkedIn services. The workshop will be facilitated by Patricia Burns, Job Skills Counselor at REAP. Registration Required: call Deidre Waxman 617 730 2767

REAL ESTATE TAX EXEMPTION

Information will be offered on Real Estate Tax Exemption from **10:00am-12:00pm on December 2 and 16** and on January 6 and 20 in the 2nd floor gallery of the Senior Center.



JOB SEARCH 1 – ON – 1 HELP

Create or rejuvenate your resume, cover letters and LinkedIn profile 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. **Join us on Thursday, December 11, 1:30-3:30 pm at the Brookline Senior Center.** Register for a 1 – on – 1 sessions (45 minutes) with Patricia Burns, Job Skills Counselor at REAP, who has numerous years of experience working with clients of all ages, stages of careers, career transitions and fields of employment.
Registration Required: call (617 730 2767) or e-mail (dwaxman@brooklinema.gov) Deidre Waxman.

MEET ME AT THE COOLIDGE & MAKE MEMORIES

On December 11, from 10:00am-12:00noon. This is a one-of-a-kind film experience, designed specifically for persons with dementia and their care partners. Short clips from classic films are shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a form of treatment for some of the symptoms associated with memory loss, Alzheimer's disease and related dementia. The cinema has the power to connect us with our deep-rooted emotional memories - the kind that never leave us. RSVP 781-879-7237 or Brenner@imstillhere.org
The ARTZ Film Series is made possible through the generosity of the following sponsors: Massachusetts Cultural Council, The Llewelleyn Foundation, I'm Still Here Foundation, Cummings Foundation, Coolidge Corner Theatre Foundation, and The Brookline Community Foundation.

VOLUNTEERS NEEDED FOR NEW INTERGENERATIONAL PROGRAM

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," 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 bringing it to Brookline. Once a week for ten weeks after school at the Teen Center starting in 2015, a volunteer educator will facilitate small group work between senior volunteers and students (specifically middle schoolers). 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. We have a number of interested volunteers for the senior volunteer roles, as well as the educator role, but if these roles meet your interest, we would be happy to talk with you. We are also looking for interested middle school students who wish to work with and learn from seniors and interested parents of middle school students who can advocate for their children and their peers to be a part of the program. For more information on "Bridges Together," visit the website at BridgesTogether.org. Contact Jamie at 617-730-2753 or jdonchin@brooklinema.gov.

TRAINING FOR BRIDGES TOGETHER'

Senior Volunteers will meet on **Monday, December 15 from 3:00-4:30pm.** Contact Jamie at 617-730-2753 or jdonchin@brooklinema.gov to confirm your interest."

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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.

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.

Thrifty Threads

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STAFF AND VOLUNTEER NEWS

We welcome India McConnico, Interim Site Manager for the Springwell lunch program. And Ruth Brenner, our file of life coordinator.

MBTA SENIOR ACCESS PASS

If you need a first-time card, go to the MBTA CharlieCard Store. You are eligible to get a Senior Access CharlieCard if you are 65 or will be 65 within two months. You will need to bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200, and choose option 3 to renew.

If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

SPANISH IMMERSION FUNDRAISER

¡A cantar y a celebrar la Naviddad!

Join us from 4:30-7:00pm at the Farnsworth House 90 South Street Jamaica Plain. Tickets: $4 for members and $5 for nonmembers. For more information call 617-953-7016.

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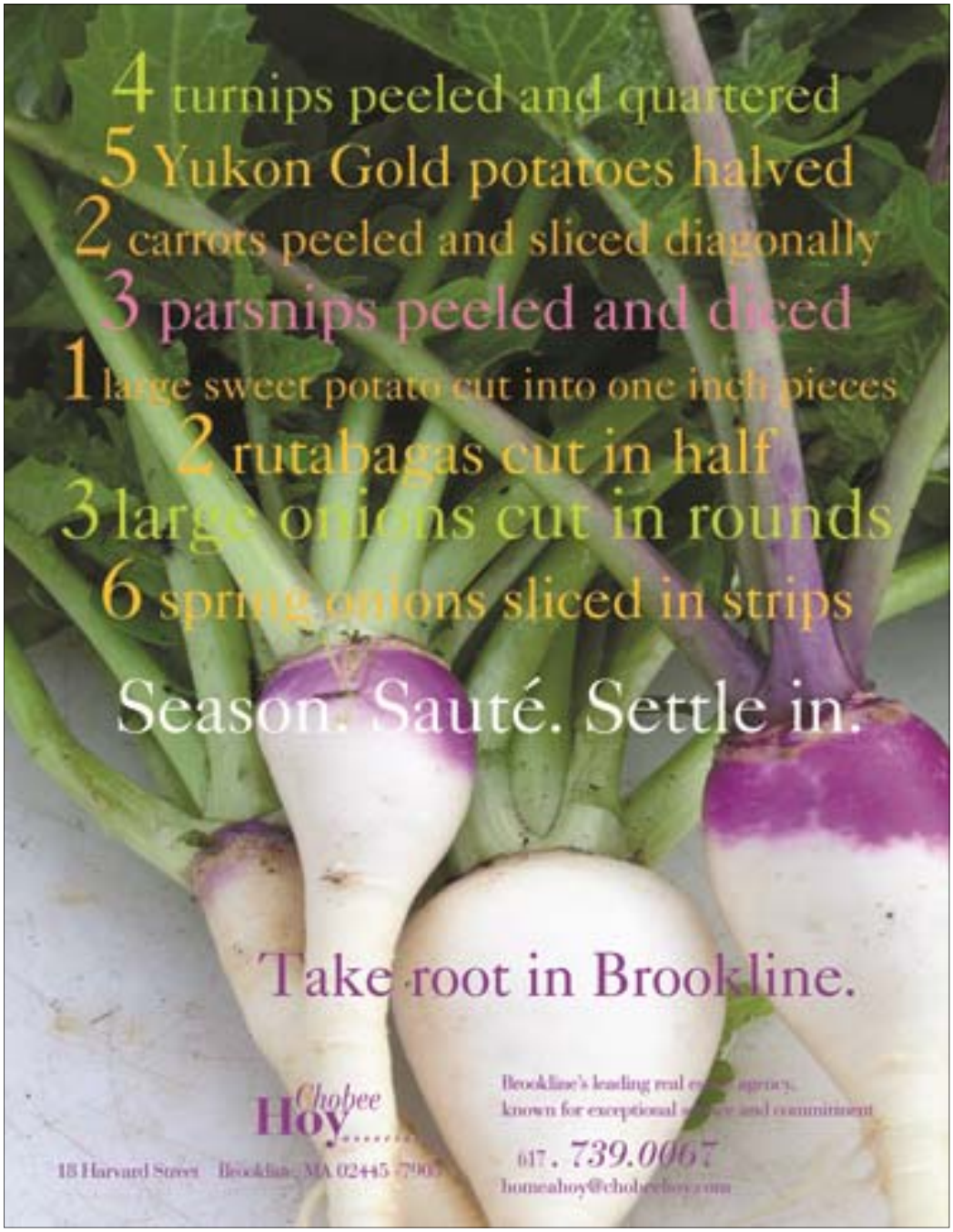
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