

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



HIGHLIGHTS

Council On Aging Meeting
Wednesday, January 14 (See p. 3)

Brookline Music School Concert
Wednesday, January 7 (See p. 3)

Gallery 93 Reception
Thursday, January 15 (See p. 7)

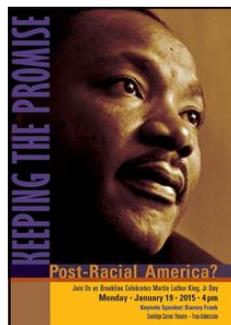
Pain Management
Wednesday, January 29 (See p. 10)

Maximize Your Hearing
Friday, January 9 (See p. 14)



JANUARY 2015

KEEPING THE PROMISE



Brookline's Celebration of Dr. Martin Luther King, Jr. All are invited to Brookline's 2015 Dr. Martin Luther King, Jr. Holiday celebration. Join your community and remember the man and the promise of the civil rights movement **on January 19, at 4:00 pm**. In 2015, we explore the phrase "Post-Racial America?" as a most timely topic, and include: retired Congressman Barney Frank as keynote speaker; a short film about race, courtesy of Brookline Interactive Group and our community; and Dr. Lloyd Gellineau as Master of Ceremonies. Sponsored by the Town of Brookline Martin Luther King, Jr. Committee. Admission is free.

RED SOX TRAVELING ROAD SHOW



The Red Sox will bring the Fenway Park experience to the Brookline Senior Center with a "Red Sox Road Show" on **Wednesday, January 28 at 1:00pm**. The Red Sox Road Show will feature discussion with a Red Sox legends, photos with Wally the Green Monster, the opportunity to touch and feel historic memorabilia, and the festive environment of Fenway Park on a game day. To register call 617-730-2770.

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Happy New Year 2015

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

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Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

JANUARY HOLIDAYS

The Senior Center will be closed on **Thursday, January 1 (New Year's Day) and on Monday, January 19 (Martin Luther King, Jr., Day).**

January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better—albeit to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2015.

FILE OF LIFE DROP IN

Drop in to meet our new File of Life Coordinator, Ruth Brenner **from 1:00-3:00pm on Tuesday, January 13 and on Tuesday January 20** and learn why it is important for everyone to have a File of Life card. Ruth is happy to answer any questions and to assist you with completing the forms as well.

BROOKLINE RECREATION COFFEE HOUR

Come and meet our new Brookline Recreation Leader, Sara Nelson on **Tuesday, January 13 at 10:00 am.** Sara will be available to take registrations for their winter trips, hear your suggestions, and to answer any questions that you may have about Recreation programs.

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 from 8:30 am to 4:30 pm.**

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

BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, January 7, at 1:00 pm,** our old friends the Justin Meyer Trio will give a concert at the Senior Center, sponsored by the Brookline Music School and the Senior Center.

The trio leader—Justin Meyer—is on the faculty of the Brookline Music School. The Trio plays the American popular music of the 1920's through the 1940's including Jazz, Swing and Dixieland.

TAX UPDATE PROGRAM

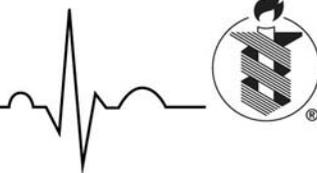
On **Monday, January 12 at 2:00pm,** Christopher Jenkins, Certified Public Accountant and owner of Home Instead Senior Care will provide an overview of the 2014 tax law changes. He will also highlight tax savings and credits available to seniors. Participants are encouraged to come with any 2014 tax questions. To register, please call 617-730-2770

COUNCIL ON AGING MEETING

Join us for our monthly Council on Aging Meeting on **Wednesday, January 14, at 1:00 pm** at the Senior Center. Our guest this month is Stephen Matthews of Metro West Legal Services.

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.



Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, January 8 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, January 2, 16, and 30 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 meets at the Senior Center. **The group is on vacation until March.**

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, January 15, from 9:00 to 10:00 am.

Wednesday, January 7, from 2:00-3:00pm at the BPHD building on Pierce Street.

Wednesday, January 14, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

Wednesday, January 21, from 1:00-2:00pm at O'Shea House, 61 Park Street

The JF&CS Visiting Nurses will offer a Blood Sugar Screening on **Thursday, January 15 at 11:00 am**

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.

BROOKLINE HEARING SERVICES

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center monthly beginning **Thursday, January 22 at 1:00pm**. They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  Joslin Clinic

A research partner of
 DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

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

This month, instead of a question, I would like to share with you an article by a Wall Street Journal reporter Anne Tergesen, about misconceptions commonly held about growing older. Here are 6 myths about aging.

MYTH #1 DEPRESSION IS MORE PREVALENT IN OLD AGE

-People assume that old age is a depressing time of life, but studies show the opposite. Emotional well-being improves until the 70's, when it levels off, even among centenarians. Depression was reported in 5.5% of people age>50, 7.6% in ages 26-49 and 9% in people 18-25. Older adults tend to be happier, less anxious, less angry and tend to adapt well to their circumstances.

MYTH #2 COGNITIVE DECLINE IS INEVITABLE.

-At around age 30, scores on tests of abstract reasoning and problem-solving begin to decline. But recent discoveries also indicate that—barring dementia—older adults perform better in the real world than they do on cognitive tests. In addition, certain activities appear to enhance cognitive function and perhaps slow age-related cognitive declines. Adults ages 60 to 90, who spent about 16 hours a week over three months learning new skills, including how to quilt, use an iPad and take digital photographs showed greater improvements in memory than people who did word puzzles or other activities that required no new skills.

MYTH # 3 OLDER WORKERS ARE LESS PRODUCTIVE

-Workers 55 or older make up 22% of the U.S.

labor force, up from 12% in 1992. Despite stereotypes of older workers, the vast majority of academic studies shows virtually no relationship between age and job performance. In fact, in jobs that require experience, older adults may have a performance edge.

MYTH #4 LONELINESS IS MORE LIKELY

-Several studies indicate that friendships tend to improve with age. Older adults typically report better marriages, more supportive friendships, less conflict with children and siblings and closer ties with members of their social networks than younger adults.

MYTH #5 CREATIVITY DECLINES WITH AGE

Creative genius clusters into two categories: those who tend to do their best work in their 20s and 30s, and those who often need a few more decades to reach full potential. Mark Twain, Paul Cézanne, Frank Lloyd Wright, Robert Frost and Virginia Woolf are just a few of the artists who did their greatest work in their 40s, 50s and 60s. These artists rely on wisdom, which increases with age.

MYTH # 6 MORE EXERCISE IS BETTER

-When it comes to improving health and longevity, exercise is key. But a growing number of studies show that more exercise may not always be better. You don't need to run a marathon, but 30 minutes of vigorous exercise daily greatly improves health.

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, January 7 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 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: dwxman@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.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders. We meet at the Senior Center on **Wednesday, January 21, 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. 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. Marge is hoping to create an exhibit featuring the work of Modern Beading participants at the library in the coming months. If you have

handmade pieces that you would like to be considered, please bring them to the January meeting.



Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

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

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

BJ COMERFORD "FEATHERED FRIENDS"

Gallery 93

January 5-March 27, 2015

Hours: Monday-Friday
8:30-5:00

Reception with the
Artist on Thursday,
January 15, 2015
6:00-8:00pm





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.

BROOKLINE SELECTED TO INTERNATIONAL NETWORK OF AGE-FRIENDLY CITIES

Brookline, Massachusetts, has been accepted as a member of the World Health Organization’s (WHO) network of Age-Friendly Cities and Communities. The WHO network includes over 100 cities in 18 countries. To date, only eight other cities in the United States have joined the network. Participating U.S. cities include Portland (Oregon), Philadelphia, New York, and Chicago. Brookline is the first municipality in New England invited to join.

Participating municipalities aim to encourage full involvement of people in community activities regardless of age. Age-friendly communities strengthen opportunities for participation through attention to barriers in diverse sectors such as housing, transportation, and health.

Brookline’s application reflects collaboration between the Board of Selectmen, the Council on Aging, and BrooklineCAN (Brookline Community Aging Network). Brookline’s plan emphasizes the Town’s many existing age-friendly features, including its housing stock, transportation, municipal services, health and social

services, educational and cultural resources, opportunities for residents to participate in community life, and its well educated population.

Betsy DeWitt, Chair of Brookline’s Board of Selectmen, commented “We are excited to be recognized by the World Health Organization. Brookline is a great place to live for people of all ages. The Town welcomes this chance to highlight what it offers to older residents and to look for ways to serve our older population even more effectively.”

Brookline’s action plan emphasizes the expansion of more effective communication to residents about its resources and currently available opportunities. The initiative also will examine the potential need for improvements in such areas as sidewalks and street crossing safety, stronger specialized transportation for those who do not drive, expanded supply of senior-friendly housing, parks that are more attractive to seniors, and elimination of barriers in public buildings for elders with low vision.

Brookline’s plan was prepared by a committee chaired by Selectman Nancy Daly, Council on Aging Director Ruthann Dobek, and BrooklineCAN representative Frank Caro.

BrooklineCAN is a member-driven, volunteer organization primarily for older Brookline residents that advocates and promotes services and activities to enable independent living and improved quality of life. Its principal purpose is to ensure that older Brookline residents remain a vital part of the town's social, cultural, and civic life. BrooklineCAN works with town departments, businesses, and other organizations to make the town a better place to live for all Brookline residents. Other age-friendly cities in the United States: Bowling Green, OH, Chicago, IL, Des Moines, IA, Los Altos, CA, New York City Philadelphia, PA, Portland, OR, Town of Los Altos Hills, CA.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in January 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.

FRIDAY AFTERNOON FLICK

Join us for a fun, family movie to ring in the New Year on **Friday, January 2, 2015** at 1:00pm. If the grandkids are still on school vacation, feel free to bring them along! We'll have popcorn and some other treats. Please call 617-730-2770 to register.

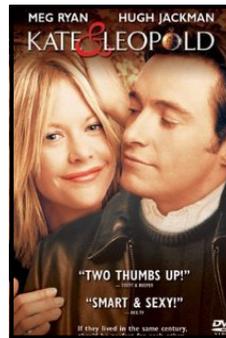


Friday, January 2

95 Minutes

Despicable Me (2010)

When a criminal mastermind uses a trio of orphan girls as pawns for a grand scheme, he finds their love is profoundly changing him for the better.

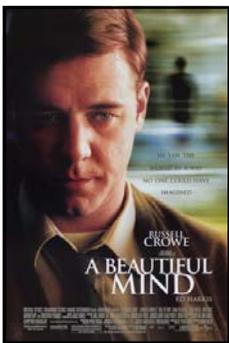


Tuesday, January 20:

118 minutes

Kate and Leopold (2001)

Kate and her actor brother live in N.Y. in the 21st Century. Her ex-boyfriend, Stuart, lives above her apartment. Stuart finds a space near the Brooklyn Bridge where there is a gap in time. He goes back to the 19th Century and takes pictures of the place. Leopold -- a man living in the 1870s -- is puzzled by Stuart's tiny camera, follows him back through the gap, and they both ended up in the present day. Leopold is clueless about his new surroundings. He gets help and insight from Charlie who thinks that Leopold is an actor who is always in character. Leopold is a highly intelligent man and tries his best to learn and even improve the modern conveniences that he encounters.



Tuesday, January 6

135 minutes

A Beautiful Mind (2001)

After a brilliant but asocial mathematician accepts secret work in cryptography, his life takes a turn for the nightmarish.

Director: Ron Howard

Stars: Russell Crowe, Ed Harris,

and Jennifer Connelly



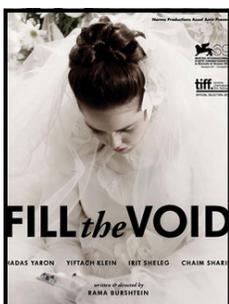
Tuesday, January 27

102 minutes

Still Mine (2012)

An elderly couple fight against local authorities in rural New Brunswick to build their final home.

Tuesday, January 13



90 minutes

Fill the Void (2012)

A young Hasidic Jewish woman is pressured into an arranged levirate marriage to an older widower.

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Brookline
Climate
Week 2015



BROOKLINE CLIMATE WEEK

Brookline's 5th Annual Climate Week from **February 2-10** reaches across town from Coolidge Corner to Larz Anderson Park and offers leadership for climate action. Climate Week events and displays focus on ways we can impact our lives and future now by diving in and working together. What speaks to you? How might you contribute to building a better future?

START SAVING YOUR STUFF start saving now to donate and drop off the following: eyeglasses, cell phones, chargers, Styrofoam, packing peanuts (collected separately) and bicycles even if they need repair for the 3rd annual 3R Depot. Reduce, Reuse, Recycle. Saturday February 7th 10:00am – 2:00pm Brookline Town Hall, 333 Washington Street. Also save for drop off clean and wearable children's clothing, ages 0-5, for the Commission for Women's 6th annual children's clothing drive, Friday, Feb. 6, 8am-7pm and Sat, Feb. 7, 8-11am. 350 Washington St. just across from Town Hall.

All events and displays are free and open to the public unless noted.

Participate in Brookline's 5th Annual Climate Week is a collaboration of Climate Action Brookline and a wide range of community partners, organizers and volunteers. We are working together to engage and grow a town wide climate movement. To become involved or for questions contact:

info@climateactionbrookline.org

or visit www.climateactionbrookline.org

THE NUTS AND BOLTS OF PAIN MANAGEMENT FOR SENIORS

Dr. Rhodes-Kropf, Medical Director of Center Communities of Brookline is board certified in Internal Medicine, Geriatrics, Pain Management, Palliative Medicine and Hospice. She will be at the Senior Center on **Wednesday, January 29 at 1:30pm.**

Dr. Rhodes-Kropf will discuss with us the assessment of the etiology of pain, the World Health Organization Step Ladder for Prescribing Pain Medication and side effects of pain medication. She will also discuss the principles for safe prescribing of medication for Seniors and other important concerns in pain management. Bring your questions and register early for this informative event at 617-730-2770.



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HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need 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.

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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www.MountPleasantHome.org

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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and independent at home.

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Certified Aging-In-Place Specialist
617-678-2087



MA CS License: 043676 HIC Reg: 171424

-SAVE THE DATE-

CHINESE NEW YEAR CELEBRATION

Happy New Year
2015



We will celebrate the Chinese New Year on **Monday, February 9, at 12:30 pm**. The festivities are always colorful and the food is

plentiful and delicious. Tickets are \$7 and go on sale on Monday, January 26. Call 617-730-2770 to make your reservation.

Chinese New Year 2015 will be the year of the goat. For people born in the year of the goat (1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003), 2015 is considered an auspicious year.

"Goats" are said to like to be in groups. They are honest, intimate, and can be easily moved by the misfortune of others.

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.



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

Lance Chapman
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www.goddardhouse.org

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ZUMBA GOLD



Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold will resume at the Senior Center will resume on **Thursday, January 22, through Thursday,**

March 12 from 1:30-2:30pm. There will also be a free introductory class on **Thursday, January 15 at 1:30pm**. The cost for the 8 week winter session is \$45, but drop-ins are welcome at \$7 per individual session. Classes are free to residents of Brookline Housing Authority thanks to a generous grant from the Friends of Brookline Public Health

The free classes held at the Morse Apts. community room, 90 Longwood Ave are open to all seniors: Zumba Gold, **Wednesdays, January 14 through March 4 from 1:30 to 2:30pm** and Ageless Grace on **Wednesdays from 2:00-2:45pm**.

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WERE YOU IN THE “DONUT HOLE” LAST YEAR?



If so... chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!

This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.”

To find out how to lower your drug costs, call Prescription Advantage 1-800-243-4636 or TTY at 1-877-610-0241 for the deaf and hard of hearing. You can also visit our web-site:

WWW.PRESCRIPTIONADVANTAGEMA.ORG. *The money you save can be your own!*

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.

CAN I STILL CHANGE MY MEDICARE PLAN?

The 2014 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans. For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

STRATEGIES TO MAXIMIZE YOUR HEARING?



On **Friday, January 9 from 9:00-12:00** you will have the opportunity to drop in and learn how to maximize your hearing, learn about hearing aid maintenance and how to make the most

of your environment to best hear.

Learn the different types of listening aids and devices and available resources to help with your hearing difficulties and some helpful strategies for those who are hard of hearing.

SENIOR CINEMA

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

MEMORY CAFÉ

First ever “Memory Café Brookline” will be held on Wednesday, **January 14 from 1:30-3:00pm** at Congregation Kehillath Israel (384 Harvard Street, Brookline, MA 02446). The Brookline community now has its own Memory Café for individuals and families living with memory changes. Please join for this first event that will include music, refreshments, and conversation with peers facing similar challenges. Individuals with early to moderate memory loss and their care partners attend together to connect with others in a supportive environment. Café’s to be held ongoing at various Brookline locations. Donations are appreciated. Please register by email at memorycafebrookline@gmail.com or with the Brookline Senior Center at 617-730-2770. Sponsored by the Brookline Senior Center and Congregation Kehillath Israel. All are welcome!

Center Communities of Brookline

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100 Centre Street



112 Centre Street

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



CERTIFIED SHINE VOLUNTEER COUNSELORS NEEDED!!

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people?

The SHINE program may be just what you are looking for! The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors. Knowledge of computers is required.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin in April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (781) 455-7555, Ext. 202. Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging, Aging Services Access Points and other local agencies.

DRAWING FOR PLEASURE FIGURE DRAWING

This ever popular series, taught by Louise Weinberg, will resume on Thursdays, **January 29 through March 26 from 9:30-11:45 am.** This class uses a live model and is recommended for people with some drawing experience. Please note that there will be a small model fee of no more than \$5 per session. Space is limited, so call 617-730-2770 to register.



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COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>			<p>1. <i>New Year's Day</i> No Meal Service Today</p>	<p>2. Chicken-Rice Soup HOT: Beef Stroganoff; Buttered Noodles; Italian Green Beans; Wheat Dinner Roll COLD: Chicken Salad w/Lettuce on Multigrain Bread; Orzo Vegetable Salad; Spinach & Mandarin Salad Chocolate Chip Cookie</p>
<p>5. Clam Chowder HOT: Sweet Potato Crusted Fish w/Cream Sauce; Herbed Brown Rice; Dill Carrots; Oat Bread COLD: Egg Salad w/Lettuce on Multigrain Bread; Cole Slaw; Pasta Salad Fresh Fruit</p>	<p>6. HOT: Macaroni & Cheese; Stewed Tomatoes; Oat Bread COLD: Seafood Salad w/Lettuce on Scali Bread; Potato Salad; Carrot-Pineapple Salad Tropical Mixed Fruit</p>	<p>7. <i>Winter Special</i> Vegetable Soup HOT: Italian Pot Roast; Cheddar Mashed Potatoes; Broccoli; Garlic Dinner Roll Cherry Strudel</p>	<p>8. Tomato Basil Soup HOT: Baked Chicken w/Chicken Gravy; Butternut Squash; Peas; Rye Bread COLD: Vegetarian Chef's Salad w/Lite Italian Dressing; Summer Potato Salad; Wheat Bread Ice Cream</p>	<p>9. Mushroom Barley Soup HOT: Spinach-Red Pepper Quiche; Green Beans; Lyonnaise Potatoes; Scali Bread COLD: Roast Beef w/Provolone, Lettuce & Mayo on Pumpnickel Bread; Garden Shell Pasta Salad; Tomato-Broccoli Salad Peaches</p>
<p>12. Vegetable Soup HOT: Chicken w/Creamy Italian Sauce; Italian Roasted Potatoes; Zucchini; Oatmeal Bread COLD: Ham, Swiss & Mustard on Wheat Bread; Macaroni Salad; Broccoli Slaw Fresh Fruit</p>	<p>13. Seafood Chowder HOT: Salmon w/Dill Sauce; Rice Pilaf; Green Beans; Multigrain Bread COLD: Turkey Deluxe*** Sandwich on Bulkie Roll; English Pea Salad; Cauliflower-Carrot Salad Birthdays Cake</p>	<p>14. HOT: Hot Dog*** on Roll w/Ketchup, Mustard, Relish; Baked Beans; Cole Slaw COLD: Egg Salad Sandwich w/Lettuce on Multigrain Bread, Lo Mein Pasta Salad, Zucchini and Tomato Salad Mixed Fruit</p>	<p>15. Meatball Sub on Sub Roll; Caesar Salad w/Caesar Dressing; Corn COLD: Tuna Salad w/Lettuce on Bulkie Roll; Spinach-Mandarin Salad; Pasta Veg Salad Tropical Mixed Fruit</p>	<p>16. Split Pea Soup HOT: Turkey Tetrazzini; Broccoli & Cauliflower; Pumpkin Bread COLD: Chicken Pesto Caesar Salad; Tri Color Pasta Salad; Wheat Roll Vanilla Pudding w/Topping</p>
<p>19. <i>Martin Luther King Day</i> No Meal Service Today</p>	<p>20. Minestrone Soup HOT: Cranberry Chicken; Mashed Potatoes; Spinach & Mushrooms; Oat Bread COLD: Seafood Salad on Multigrain Bread; Riviera Salad; Lo Mein Pasta Salad Peaches</p>	<p>21. Chicken Noodle HOT: Roast Pork w/Apricot Sauce; Baked Potato; Tuscan Blend Veg; Wheat Bread COLD: California Chicken Salad w/Lettuce on Rye Bread; Three Bean Salad; Carrot-Pineapple Salad Vanilla Waters</p>	<p>22. Vegetable Soup HOT: Seafood Alfredo over Bowtie Pasta; Zucchini & Carrots; Rye Bread COLD: Roast Beef w/American Cheese & Mustard on Oatmeal Bread; Potato Salad Zucchini & Tomato Salad Fresh Fruit</p>	<p>23. Italian Garden Vegetable Soup HOT: Stuffed Shells w/Tomato-Meat Sauce & Parmesan Cheese; Fresh Broccoli; Scallion Bread COLD: Chef Salad w/Lite Italian Dressing; Wheat Bread Applesauce</p>
<p>26. Broccoli Cheese Soup HOT: Chicken Marsala Rice Pilaf; Zucchini & Red Pepper; Garlic Roll COLD: Tuna Salad w/Lettuce on Oat Bread; Rice, Broccoli & Cheese Salad; Beet Salad Fresh Fruit</p>	<p>27. Meatloaf w/LS LF Beef Gravy; Green Beans; Sweet Potatoes; Rye Bread COLD: Egg Salad w/Lettuce on Scali Bread; Caesar Salad w/Caesar Dressing; Macaroni Salad Tropical Mixed Fruit</p>	<p>28. Lentil Stew; Garden Salad w/Lite Italian Dressing; Spinach & Mushrooms; Wheat Bread COLD: Roast Beef w/Cheese & Mustard on Rye; Potato Salad; Tomato-Pepper Salad Chocolate Pudding w/Topping</p>	<p>29. Chicken & Rice Soup HOT: Baked Fish w/Butter Crumb Topping & Lemon Sauce; Mashed Potatoes; Roasted Root Veg; Oat Bread COLD: Curry Chicken Salad w/Lettuce on Wheat; Orzo Veg Salad; Cole Slaw Mandarin Oranges</p>	<p>30. Vegetable Soup HOT: American Chop Suey; Broccoli & Cauliflower; Garden Salad w/Lite Italian Dressing; Multigrain Bread COLD: Turkey Deluxe*** on Bulkie Roll; Carrot-Pineapple Salad; English Pea Salad Strawberry Gelatin w/Topping</p>

LUNCHEON SPECIALS FOR

JANUARY

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, January 20**, celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January birthday celebrants.

MONTHLY BIRTHDAY CELEBRATIONS

Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

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.

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JANUARY AT A GLANCE

Thursday, January 1

Closed New Years Day

Friday, January 2

9:00-12:00 Podiatry Clinic ***

1:00pm Friday Afternoon Flick-Despicable Me ***

Monday, January 5

Tuesday, January 6

10:00-12:00 Real Estate Tax Exemption Support

1:00pm Films for Movies Lovers-A Beautiful Mind

Wednesday, January 7

9:00-12:00 Legal Services BLAB

1:00pm Brookline Music School-Justin Meyer Trio

2:00-3:00pm Blood Pressure at BPHD. *

Thursday, January 8

11:00am Ask A Nurse

1:00-3:00pm Reap New Year Party ***

1:30pm Easy Travel -England and Scotland

Friday, January 9

9:00-12:00 Hearing Workshop

Monday, January 12

2:00pm Tax Update with Chris Jenkins ***

2:00-3:00pm Putterham Book Discussion Group

Tuesday, January 13

10:00am Meet Sara Nelson, Brookline Recreation Leader

1:00-3:00pm File of life Information Table

1:00pm Films for Movies Lovers-Fill the Void

Wednesday January 14

1:00pm COA Meeting

1:00-2:00pm Blood Pressure at 50 Pleasant St.

1:30-3:00 Memory Cafe*

2:00-2:45 Zumba -90 Longwood *

Thursday, January 15

9:00am Blood Pressure Screening

11:00am Blood Sugar Screening

6:00-8:00pm Artist Reception

Friday, January 16

9:00-12:00 Podiatry Clinic ***

Monday, January 19

Senior Center Closed

4:00pm Coolidge Corner Theater MLK - Keeping the promise

Tuesday, January 20

10:00-12:00 Real Estate tax Exemption Support

12:00 Birthday Lunch***

1:00-3:00pm File of life Information Table

1:00-3:00 Job Search 1-1***

1:00pm Films for Movies Lovers-Kate & Leopold

Wednesday, January 21

10:00-12:00 Elf Giveaway

1:30 Modern Beading

1:00-2:00pm Blood Pressure at Park Street *

Thursday, January 22

1:00pm Brookline Hearing Services

Friday, January 23

Monday, January 26

Tuesday, January 27

9:00am Public Issues Book Discussion

12:00 Let's Go Out to Lunch-Bamboo***

1:00pm Films for Movies Lovers-Still Mine

Wednesday, January 28

1:00pm Red Sox Traveling Road Show ***

Thursday, January 29

9:30am Drawing for Pleasure ***

1:30pm Pain Management with Dr. Rhodes-Kropf ***

Friday, January 30

9:00-12:00 Podiatry Clinic ***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open membership required

8:45-10:15 Strength training Begins Jan12 **

9:30am Neighborhood Walking Group

9:30-11:30 iPhone and Ipad Begins Jan. 12 **

10:00-11:30 am Poetry Workshop ***

10:00-12:30 Into to Watercolor Begins Jan.12 **

10:30-11:30 Senior STRETCH **

1:00-3:00pm Appreciating Jazz begins Jan 12 ***

2:00-4:00pm Open Computer

2:30 Chinese Programs

Tuesday

8:30 am-4:30 pm Fitness Center Open membership required

8:30-9:30am Stretch and Tone begins Jan 13**

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 20th Century Women Writers Begins Jan.13**

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 BINGO

1:00 pm Movies for Movie Lovers

2:00-3:00 pm Exercise for Health & Rejuvenation

2:00-3:00pm Yoga Chair Class **

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

3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required

8:45-10:15 Strength training Begins Jan12 **

9:00-10:00 am Living Our Values

10:00-11:00am Computer Basics Begins Jan 12 **

10:15-11:45 Telling Your Story Begins Jan. 14 ***

10:30am Retired Men's Club

10:30am Senior STRETCH **

12:00 noon Springwell Lunch ***

1:00-3:00pm Book of Joshua Begins Jan 28 **

1:00-3:00pm Reflection on Aging through Writing **

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 ***

10:00-12:00 Facebook for Seniors Begins Jan. 16 ***

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 ***

1:00-2:00pm Bootcamp for Seniors begins Jan. 13 ***

2:00-3:00pm Tai Chi Begins Jan 16 ***

3:00 pm Latino Instrumental and Vocal ***

*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.brooklineadulthood.org to register

*** Registration Required

Brookline Health Care Center

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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.

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- 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



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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.



E.L.F. MONTHLY FEATURED ITEMS AND NEWS



The E.L.F. Equipment Loan Fund program is having a Giveaway Day on **Wednesday, January 21 from 10:00-12:00.** Durable medical equipment of all kinds will be available, with a full list available in advance on the Council on Aging webpage. Donations of equipment will also be accepted, especially in regards to wheelchairs and rollator walkers.

REAL ESTATE TAX EXEMPTION

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

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.

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch at **12:00 noon on Tuesday, January 27**, at the Bamboo Restaurant (Thai) 1616 Commonwealth Ave. Brighton. For reservations and transportation, a call 617-730-2770.

EASY TRAVEL

Visit England and Scotland with our armchair travel host Jamie Donchin on Thursday, January 8 at 1:30pm.

LET'S PLAY SOME PING PONG!

We are pleased to introduce Jimmy White, our new volunteer Ping Pong Coordinator, who will be here on Friday afternoons from 1:00-3:00 pm. If you want to drop in for a quick game, Jimmy will be available during that time or he can help to connect you with other players of similar abilities. Jimmy will also be working towards arranging a "friendly" tournament in the coming weeks. If you would like to speak with Jimmy directly, please call 617-730-2770 and leave a message for him or you can email him at Jimmy@Gymit.com.

SENIOR CENTER THEATER CLUB



**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.**

Sunday April 12, 2015, at 2:00 pm New Rep Comes to You! Brookline Senior Center presents Shakespeare's "**MACBETH**"

Price: \$5 *Free to BHA residents

In Shakespeare's visceral, psychological tragedy of ambition, conspiracy, and violence, three witches' prophecy claims Macbeth will become king of Scotland. When the reigning King Duncan visits, Macbeth must choose whether or not to take his alleged destiny into his own hands. *This wonderful performance is offered at this exceptional price thanks to a generous grant from the Brookline Community Foundation.*

Sunday, May 24, 2015 at 2:00pm at ART, Cambridge

The Last Two People on Earth: An Apocalyptic Vaudeville

Price: \$39

Starring: Mandy Patinkin and Taylor Mac
It's the end of the world as we know it. A flood of biblical proportions leaves us with only two people on Earth, who discover their common language is song and dance. Together they chronicle the rise and fall and hopeful rise again of humankind, through music that runs the gamut from **Rodgers and Hammerstein** to

Sondheim, R.E.M. and Queen. Join us for this fully-staged workshop presentation of **THE LAST TWO PEOPLE ON EARTH: AN APOCALYPTIC VAUDEVILLE** and become a part of the discovery process as these stellar artists continue to fine tune this remarkable new music theatre piece.

**Registration is Required for all offerings call
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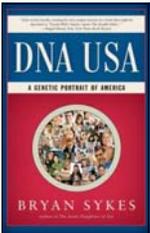
karen@movemaven.com



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.**



January 27 *DNA-USA: A Genetic Portrait of America* (2012) by Bryan Sykes

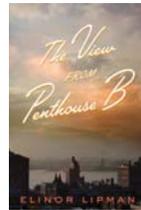
Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

<p>Healthy adults, 18-85, Needed for noninvasive study of Emotion and Memory.</p>
<p>Research conducted at Boston College</p>
<p>Complete pen-and-paper and computerized tasks. Receive \$10/hr. For information, call Sarah Scott at 617-552-6949 or e-mail canlab@bc.edu.</p>

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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.



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

BRIDGES TOGETHER

This intergenerational program at the Brookline Teen Center, is looking for 7th and 8th grade students for its pilot session in early 2015. If you or anyone you know has grandchildren or others who would be interested in getting to know people their age and people in a different generation, this program is for them! Each Monday after school the students will work in small groups with older adults to do fun activities that help them learn about themselves and how smart they are, and how to use those smarts at school or in a job and how to enjoy helping people in the community!

Sessions will be held on Mondays for ten weeks from 3-4:30pm from January 26 through April 6. Cost: \$15 Teen Center Members \$20 Non-Members. For more information or to register, please contact Matt (617) 396-8349 or at info@brooklineteencenter.org

Sponsored by the Brookline Teen Center, the Brookline Senior Center, and the Brookline Community Foundation.

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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, January 9.**

Our long time co-leader, Elaine Yanowitz retired in December. We want to say a big thank you to Elaine for many years of service and we wish her well in her retirement! We also want to welcome our new co-leader, Deborah Rosenkrantz, who will be joining Helen Kass in January. Both Deborah and Helen are Association trained group facilitators who have worked together with the Alzheimer Association to co-lead groups in the Boston area. In addition to having her own private practice as a psychotherapist, Ms. Rosenkrantz was the major caregiver for her mother who lived many years with dementia.

Please note: the afternoon support group is currently accepting new members. If you are interested in joining, please contact Helen Kass directly at 617-738-1790.

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)



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 9:30 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. Monday Brisk Walking Group will meet with fellow walkers in the coffee lounge or in front of the Senior Center.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on **Tuesdays in January.** 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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Charlotte Sokoloff *from* Jodi and Rob Sokoloff-
Tatelman Family Foundation,
Eleanor Small
from Karen Small,
The Chinese Mah-Jong program
from Claire Yung and the Chinese Mah-Jong
Group,
Dorothy Wolfson for her sense of humor, digni-
ty and most of all her friendship
from Kathryn Kilpatrick

Sonia Wong

from Renée and Neil Hecht,
Claire Yung for her excellent knitting

from Patricia H. Dobek

(See more on p. 30)

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)

REAP IS HAVING A PARTY!

Please join us for some fun and relaxation to welcome in the New Year on **Thursday, January 8 from 1:00-3:00 pm** at the Brookline Senior Center. We will enjoy refreshments, games and the other REAP participants at this first time REAP 2015 party event.

Bring your questions and ideas for future direction for the REAP program. We will introduce you to what's in store for you as a program participant in 2015 including:

* **Workshops**

* **One-on-One job search tool development sessions**

* **Networking and other job search support group activities**

This event is free but registration is required. To register or for more information call: 617-730-2767 or email dwaxman@brooklinema.gov. The hosts for the event are Deidre Waxman and Patricia Burns. We look forward to seeing you there.

JANUARY 1-ON-1 JOB SEARCH TOOL DEVELOPMENT SESSIONS

On **Tuesday January 20, from 1:00-3:00pm** at the Brookline Senior Center create or rejuvenate your resume, cover letters and LinkedIn profile. You will get pointers on making your resume and cover letter job posting specific. Learn how to effectively identify your transferrable skills and the importance of job, organization and industry specific key words. Registration Required: call 617 730 2767 or e-mail Deidre Waxman(dwaxman@brooklinema.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.

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.

WIDEN YOUR HORIZONS WITH BA&CE

Telling Your Story: Senior Seminar in Autobiographical writing

Irving Schwartz, Instructor

Wednesdays, 10:15-11:45 am

Beginning January 14 Cost: \$72

Co-sponsored by the Brookline Senior Center

Setting Your Compass: A Workshop for

Baby Boomers

Carolyn A. Dragon and Peggy Kim Meill

Saturday 10:00am -1:00pm

Wednesday, February 18 from 1:00-4:00pm Senior

Center Cost: \$30

Seniors Sing! Ensemble Singing

Lee R. Soto, Instructor

4 Tuesdays, 10:30 am-12:30 pm.

Begins February 24 Cost \$50.

Appreciating Jazz

Raymond Chow, Instructor

5 Mondays, 1:00-3:00 pm. Begins

Begins January 12 Cost: \$106

Computer Basics for Seniors

Michael Toon, Instructor

(Introduction): 4 Wednesdays, 10:00

am-12:00 noon. January 14 Cost: \$72

Yoga for Older Adults

Steffi Shapiro, Instructor Sec. 01 (chair class): 8

Tuesdays, 2:00-3:00

Begins January 13 Cost: \$67

Sec. 02 (mat class): 8 Tuesdays, 3:00-4:00

Begins January 13 Cost: \$67

Tai Chi for Seniors

Vincent Chu, Instructor

Sec. 01: 7 Fridays, 2:00-3:30 pm.

Begins January 16 Cost: \$74

Senior S-T-R-E-T-C-H

Steve Shain, Instructor

Co-sponsored by the Council on Aging

Sec. 01: Mondays and Wednesdays for 8 weeks)

10:30-11:30 Begins January 12 Cost: \$80

Introduction to Watercolor

Ariana Berns and Anthony Riccardi, Instructors

Sec. 01: 7 Mondays, 10:00 am-12:30 pm.

Begins January 12 Cost: \$134.

20th Century Women Writers

Rosalie Davis, Instructor

5 Tuesdays, 10:30 am-12:30 pm.

Begins January 13 Cost: \$106

Reading the Bible: the Book of Joshua

Judy Weiss, Instructor

5 Wednesdays, 1:00-3:00 pm.

Begins January 28 Cost: \$106

Reflections on Aging through Writing

Claire Willis, Instructor

3 Wednesdays, 1:00-3:00 pm.

Begins January 7 Cost: \$70

Mastering Your iPhone or iPad

Marjorie Wein, Instructor

(iPhone): 2 Mondays, 9:30-11:30

Begins January 26 Cost: \$50

Getting to Know Your Digital Camera

TBA, Instructor

4 Thursdays, 9:30-11:30 am.

Begins January 22 Cost: \$72.

Facebook for Seniors

Michael Toon, Instructor

3 Fridays, 10:00 am-12:00 noon.

Begins January 16 Cost: \$60

Strength Training for Seniors

Steve Shain, Instructor

Co-sponsored by the Council on Aging

Sec. 01: Mondays and Wednesdays (meets

2 times per week for 8 weeks), 8:45-10:15

Begins January 12 Cost: \$90.

Stretch, Tone and Move for Seniors

Nancy Murphy, Instructor

Sec. 01: 8 Tuesdays, 8:30-9:30 am.

Begins January 13 Cost: \$62

Bootcamp for Seniors: Balance and

Strength Training

Steve Shain, Instructor

Sec. 01: 8 Fridays, 1:00-2:00 pm

Begins January 16 Cost: \$62

To register for these classes call 617-730-2700.

THANK YOU

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Thank you to everyone at the Senior Center, especially Deidre Waxman and Sonia Wong from Jane Kaiser

In Memory of:

Chou Chou Merrill
from Laura Baber and Lee Greenblatt,
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from Eric Brass
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from Sonia and William Wong,
Jean Kramer *from* Susan Quinn and Dan Jacobs



FROM THE BOARD PRESIDENT FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your resolutions whether it is exercising, volunteering, learning something new or staying healthy.

Whatever your interest- please consider getting to know the Senior Center as one of your personal goals this year. Resolve to donate your time and talents that will make us the best senior center around.

Thanks to you our van will be able to run 5 days a week. We will be able to extend our hours and purchase needed supplies.

I am especially grateful for those who included kind words with their holiday wishes. Here are some of my favorites: Thanks to your Senior Stretch Class and Exercise Program, our parents have made new friends and reached their 180th birthdays in good health both mentally and physically.

Thanks to all of you for making Jean's party such a success. Was she there? We suspect so. And quietly grateful for all the tributes raised to her.

We, her family, are in turn, grateful to each of you for your friendship to her over the years. Friendships which she treasured.....

Many, many thanks, Bob, Margaret and Willie Kramer

Thank you for all you continue to add to thousands of living here in Brookline! The Center is ever more brilliant and offers so many programs.

There are hopeful signs that the economy is slowly improving. We remind all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a mere donation. Our concerts and movies are free and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, food stamps, income taxes and more.

I wish each one of you a happy, healthy and prosperous 2015. Remember to resolve to be kind and welcoming to all.

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

Happy New Year!

Thank you for thinking of the Brookline Senior Center in your end-of-year contributions.

With the chill, ice and snow of winter, many seniors become more home-bound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services.

Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long – including Fridays. This is especially important to our most economically vulnerable and frail elders. If you would like to make a contribution, please go to www.brooklineseniorcenter.org and click on the "donate" button. Or mail a check to the Center.

Wishing you and your family a healthy and warm 2015.

I, the board, and the entire Senior Center family thank you! Elizabeth (Betsy) Pollock—President, Brookline Senior Center Board

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