

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

Wednesday, February 4 Brookline
Music School Concert (see p. 8).

Monday, February 9 Chinese New
Year Celebration (See p. 3).

Wednesday, February 11 Memory Ca-
fé (See p 28).

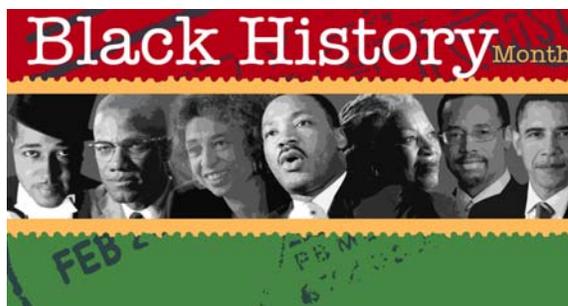
Sunday, February 15 Theater Club
(See p. 22).

Wednesday, February 25 Silver Leaf
Gospel Singers (See p. 3).



FEBRUARY 2015

BLACK HISTORY MONTH



Since 1976, every US president has officially designated the month of February as Black History Month. An annual celebration of achievements by

black Americans and a time for recognizing the central role of African Americans in US history.

The theme for Black History Month in 2015 is: "A Century of Black Life, History and Culture" chronicling the important milestones by African-Americans and others over the past century. African American life, history, and culture have become major forces in the United States and the world. In 1915, few could have imagined that African Americans would be so prominent in music, art, and literature and that they would become appreciated by the global community.

Fewer still could have predicted the prominence achieved by African Americans, as well as other people of African descent, in shaping world politics, war, and diplomacy. Today a century later, few can deny the centrality of African Americans in the making of American history.

This transformation is the result of effort, not chance. Confident that their struggles mattered in human history, black scholars, artists, athletes, and leaders self-consciously used their talents to change how the world viewed African Americans.

(from History.com)

INDEX

<p>AARP Tax Appointments.....12</p> <p>Adult Excursions, Brookline Recreation13</p> <p>Alzheimer’s Caregivers Support Group.....25</p> <p>At a Glance, February18</p> <p>Balance, Matter of.....12</p> <p>Beading Workshop, Modern.....7</p> <p>Board President, From the31</p> <p>Book Discussion Group, Public Issues Nonfiction.....23</p> <p>Book Discussion Group, Putterham.....23</p> <p>Bridge.....17</p> <p>BrooklineCan8</p> <p>Brookline Hearing.....10</p> <p>Cake Decorating.....29</p> <p>Chess.....21</p> <p>Chinese's New Year Celebration.....3</p> <p>Climate Week.....15</p> <p>Computer, One-on-one.....25</p> <p>Council on Aging Meeting.....3</p> <p>Director, From the.....14</p> <p>Donut Hole Information.....29</p> <p>Cost of Medication.....29</p> <p>ELF.....21</p> <p>ESL.....12</p> <p>Hearing-Strategies.....14</p> <p>IMPROV class.....8</p> <p>Medicare Part D-donut hole.....13</p> <p>ELF.....21</p> <p>Emergency, Stay informed.....26</p> <p>ESL Conversation.....13</p> <p>Exercises for Health and Rejuvenation.....10</p> <p>Fitness Center.....10</p> <p>Food Distribution Site, Senior Center.....21</p> <p>Fuel Assistance.....11</p> <p>Gallery 93.....7</p> <p>Geriatrician, Ask a.....5</p> <p>Handicapped Access.....11</p> <p>Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screen- ing, Flu Clinic, Eating Well)4</p> <p>LBGT Brunch.....29</p> <p>Let’s Go To Lunch.....7</p> <p>Living Our Values.....12</p> <p>Lunch Menu.....16</p>	<p>Luncheon Specials for February.....17</p> <p>Medicare.....15</p> <p>Memory Café.....28</p> <p>MBTA Senior Pass.....17</p> <p>Movies for Film Lovers.....9</p> <p>Music, Brookline Music School Concert.....3</p> <p>Neighborhood Walking Group.....25</p> <p>Observances, February.....3</p> <p>Ongoing Senior Center Events.....19</p> <p>Pharmacy, Mass College.....11</p> <p>Ping Pong.....26</p> <p>REAP News.....28</p> <p>Reiki Therapy.....26</p> <p>Senior Cinema.....9</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Securi- ty).....6</p> <p>Share Your Sight.....25</p> <p>SHINE.....13</p> <p>Solemates.....29</p> <p>Spanish Immersion.....21</p> <p>Springwell Nutrition Program (menus).....16</p> <p>Thank You.....30-31</p> <p>Theater Club, Senior Center.....23</p> <p>Tour the Senior Center.....11</p> <p>Volunteer News.....28</p> <p>Travel, Easy.....8</p> <p>Zumba Gold.....12</p>
--	---

<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Maureen Cosgrove-Deery <i>Newsletter Editor</i></p>

The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

FEBRUARY HOLIDAYS



The Senior Center will be closed on Monday, February 16, for President's Day—the day on which we remember the birthdays of Presidents George Washington and

Abraham Lincoln. And, of course, there is Valentine's Day on Friday, Saturday 14.

February is Black History Month, American Heart Month and Canned Food month. This may be a nice time to make a donation to your local food pantry. The winter months after the holidays are difficult for food pantries to stay open because they do not receive enough food. Some items you might like to donate include: canned tuna and chicken, soups, pasta sauce, jelly and peanut butter.

COUNCIL ON AGING MEETING

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. There will not be a COA board meeting this month.

That being said, everyone (new board members, old board members, and interested members of the public) is invited to an orientation meeting for new board members that will take place on **Wednesday, February 11 at 1:00 pm**. Come and learn about the COA board's mission and the working of the group.

-SAVE THE DATE-

HEALTHY BRAIN FOR A HEALTHY LIFE

Back by popular demand the Health Fair will return on **Thursday, May 14 from 9:00am – 2:00pm**.

SILVER LEAF GOSPEL SINGERS



On **Wednesday, February 25 at 1:00 pm**, the Silver Leaf Gospel Singers will perform at the Senior Center. Deacon Randy Green has led the Silver Leaf Gos-

pel Singers for over 60 years, and he's still stirring audiences to their feet with his old-time, toe-tapping, heart-lifting sound. The group of men, all in their 70s and 80s, perform a form of *a cappella* singing called "jubilee," full of call and response. Don't miss these Boston treasures. Their motto testifies to the strength of the groups commitment. "Coming together means progress. Keeping together means success."



CHINESE NEW YEAR CELEBRATION

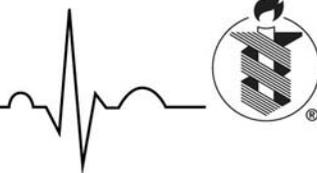


We will celebrate the Chinese New Year on **Monday, February 9, at 12:30 pm**. The festivities are always colorful and the food is plentiful and delicious.

Tickets are \$7 Call 617-730-2777 to make your reservation.

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

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



Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, February 5 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, February 6 and 20 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, February 19, from 9:00 to 10:00 am.**

Wednesday, February 4, from 2:00-3:00pm at the BPHD building on Pierce Street.

Wednesday, February 11, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

Wednesday, February 18, from 1:00-2:00pm at O'Shea House, 61 Park Street.

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.

Benefits of Eating Well

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

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

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

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  Joslin Clinic

A research partner of
 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.*

I received some questions about our upcoming winter:

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

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

What are the biggest cold weather problems you see?

One of the most dangerous winter problems is hypothermia, which means internally, our bodies get too cold. Hypothermia is dangerous because as we get older, we may not be aware that it is happening. The outside temperature does not have to be that cold—even prolonged exposure to mild cold can cause it.

Some signs that a person may be becoming hypothermic:

- Muscles in neck, arms or legs get stiffer than normal
- Shivering is a sign that the body is having trouble keeping warm. The shivering response is frequently diminished or absent in older adults, and, in fact if an older person is NOT shivering in a cold environment, this does not guarantee that the person is not cold.
- Some other signs may be confusion or irritability.

How can we protect ourselves during the winter months?

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

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



Researchers recently discovered that in cold weather, covering the nose with a scarf to keep your nose warmer

may help prevent colds. They believe that breathing in cold air may lower the immune system, making it harder to fight off the virus that causes colds.

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 2014 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 **February 4 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: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.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders. We meet at the Senior Center on **Wednesday, February 18,, 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.

LET'S GO OUT TO LUNCH BUNCH

On Tuesday, February 24 at 12:00 noon the Let's Go Out to Lunch Bunch is going to Bertucci's 533 Commonwealth Ave Boston Call 617-730-2770 for reservations and transportation.



BJ COMERFORD "Feathered Friends"

Gallery 93 January 5-March 27, 2015 8:30-5:00



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.

-SAVE THE DATE-

EMBRACING SEXUALITY AS WE AGE: KEYS TO VITALITY

On Monday, March 23, BrooklineCan is sponsoring this event with Anita P. Hoffer, MS, PhD, EdD from 6:00-8:00pm at Hunneman Hall, Brookline Public Library, To reserve a seat call 617-730-2770.

EASY TRAVEL



Join armchair travel host Julie Washburn on **Thursday, February 5 at 1:30 pm**. Julie will take you on a trip to Disney

World. Preregister for this trip by calling 617-730- 2770. Refreshments co-sponsored by The Greater Medford VNA.

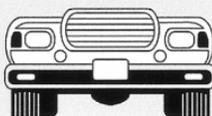
CYPRESS AUTOMART

USED CAR DEALERSHIP

A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil
345 Boylston St.
617 738 4706



Harvard St. Mobil
198 Harvard St.
617 734 6810

1996 Business of the Year

www.cypressauto.com

www.mobilstations.com/audys

BROOKLINE MUSIC SCHOOL CONCERT



On **Wednesday, February 4, at 1:00 pm** the Brookline Music School performance will be Stephanie Fong, viola with a pianist. Stephanie Fong will present selections from the Baroque, Classical, and Romantic periods for viola and piano. Enjoy the rich sounds of the unsung hero of the string family!

NEW AT THE SENIOR CENTER IMPROV PLAYERS

Join us for a New Improv group on **Mondays, February 23 through Monday, March 30, from 3:00-4:30 pm**. This 6-week program is based around guided improv exercises and active participation.

- ◆ The benefits of improv are:
- ◆ exercise of the brain
- ◆ increase of self-confidence
- ◆ improved short and long-term memory
- ◆ FUN!

One member of an Improv group said, "When it was over, we didn't want to stop, so we continued playing on our own for hours!"

It is our hope you will attend all six sessions and while participation is highly encouraged, our highest priority is that you feel comfortable. Please note we will require a minimum of 5 people to run this group and a maximum of 10. Register at (617) 730-2770 before spots run out! Direct any questions to Abbey Arwady at (617) 730-2772.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in February 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, February 3

152 minutes

Ray (2004)

The story of the life and career of the legendary rhythm and blues musician Ray Charles, from his humble beginnings in

the South, where he went blind at age seven, to his meteoric rise to stardom during the 1950s and 1960s. Stars: Jamie Foxx, Regina King, and Kerry Washington.



Tuesday, February 10

78 minutes

Alive Inside: A Story of Music and Memory

Dan Cohen, founder of the non-profit organization Music & Memory, fights against a broken healthcare system to

demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.



Tuesday, February 17

122 minutes

The Hundred Foot Journey

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

Stars: Helen Mirren, Om Puri, Manish Dayal



Tuesday, February 24

128 minutes

The Terminal

An eastern immigrant finds himself stranded in JFK airport, and must take up temporary residence there.

Director: Steven Spielberg

Stars: Tom Hanks, Catherine Zeta-Jones, Chi McBride.

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.

Always Best Care Senior Services

Proudly serving the Greater Boston and Brookline communities

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

(617)489-9000 (24/7)

Call anytime for a complimentary consultation

**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

BrooklineBank

BrooklineBank.com

Member FDIC

BROOKLINE HEARING SERVICES



The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, February 19 from 1:00-2:00 pm.** 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.

MATTER OF BALANCE



This class at the Senior Center will help with **Managing Concerns about Falls.** Join us on **Thursdays February**

19 through April 9, from 9:30 to 11:30am. We will examine fear of falling and how it affects our activities, fall risks, and internal factors, at home, and in the neighborhood. Beginning **Thursday March 5,** the class will incorporate a 45 minutes of exercises. For more information and to register call Sharon Devine at 617-730-2769. This class is free of charge but you must register.

MOUNT PLEASANT HOME



WORRIED ABOUT A SENIOR LIVING ALONE?

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

**All-inclusive & affordable!
Near the Brookline Border**



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

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.



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.



Where yours is the **ONLY** move that matters.

**An independently owned
Real Estate Company with
26 years serving Brookline,
built by referral,
one satisfied client at a time.**

**Contact us for a private
consultation.**



Judy Moses

Past President

Women's Council of Realtors

617.969.6188

JudyMoses@JudyMoses.com

PathwayHome.com

FUEL ASSISTANCE

If you would like to apply for Fuel Assistance or if you participated in the program last year and need help with recertification call the Senior Center. If you received the recertification package with the preprinted application and the updated income documentation plan to bring it with you. For help either filling out the application or starting an application call the Senior Center at 617-730-2777 for an appointment.

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.

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!

Chestnut Hill Ride/ Chestnut Hill Errands & More

Friendly, Reliable, Affordable
**Errands &
Transportation Services**

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



617 - 874 - 0487
www.chestnuthillerrands.com

MASS COLLEGE OF PHARMACY VITAMINS & SUPPLEMENTS



Do you take a daily multi-vitamin? Do you know what it is and what it does? Do you know what Over the Counter supplements do? Should you be taking one? **On Thursday, February 12**

at 1:00 pm the Massachusetts College of Pharmacy students and faculty will be giving a presentation on Vitamins and Supplements and will be on-hand to answer your questions.



SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Zohra Shaw.



TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday.

Get A Grip On Bath Safety!
We Make Homes Safer & Accessible
www.MakeltSafeBoston.com

Grab bars, handrails & safety modifications
to help seniors remain safe
and independent at home.

Call **Stacy Greenspan**
Certified Aging-In-Place Specialist
617-678-2087



MA CS License: 043676 HIC Reg: 171424

AARP INCOME TAX APPOINTMENT

AARP volunteers will be at the Senior Center from **Tuesday, February 10 through Tuesday April 7**. To make an appointment call 617-730-2777 and request an intake review sheet. The completed intake is REQUIRED and must be provided to the tax preparer at the time of your appointment. All appointments will take place in the computer lab and will be e-filed.

Remember to bring:

- A copy of last year's return and any paperwork related to the current year (W-2's and 1099 interest statements etc.)
- A photo ID and your Social Security or Medicare Card.
- If you are unable to come in to the Center for your appointment and you are sending a representative on your behalf, the representative must present their own photo ID and a photo ID of you, the individual for whom they are filing taxes.

ZUMBA GOLD



Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold the Senior Center on **Thursdays, February 5, through Thursday, March 12 from 1:30-**

2:30pm. 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 through March 4 from 10:00 to 11:00pm** and Ageless Grace on **Wednesdays from 2:00 – 2:45pm**.

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.

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.

Home Is Still The Best Place



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

Call for a free, no-obligation appointment or brochure:
Waltham 781-314-0153

Home Instead
SENIOR CARE

With a little help from a friend.

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



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org

GODDARD
H • O • U • S • E
IN BROOKLINE

The Recipe for Living

Assisted Living in Brookline

BROOKLINE RECREATION – ADULT EXCURSIONS

February

Taza Chocolate Tour

Tuesday February 10, 11:00 am to 2:00 pm

At the Taza Chocolate Factory in Somerville, Mass, they craft stone ground chocolate from bean to bar. You will learn how Taza makes 100% Stone Ground, Mexican-style organic dark chocolate, sample delicious Stone Ground Dark Chocolate and see the vintage chocolate making machines.

Cost: Residents \$12, Nonresidents \$16.



March

Boston Flower & Garden Show

Tuesday, March 12, 11:30 am to 4:00 pm

Spend the afternoon at the Boston Flower & Garden



Show, Boston's biggest horticultural event at the Seaport World Trade Center. Admission to the Flower Show and round trip transportation are included.

Cost: Residents \$28 Nonresidents \$38

Wrentham Outlets

Tuesday, March 31, 11:00 am to 4:00 pm

Wrentham Village Premium Outlets is more than just a great collection of the finest designer labels and brands, it's New England's largest outlet center with 170 different stores!

Cost: Residents \$10 Nonresidents \$14

To register call 617-730-2069 or go to the website at www.brooklinerec.com **NOTE:** Pick up and drop off at the Senior Center

April

Warren's Lobster House

Monday, April 13, 9:45 am to 5:00 pm

Join us for a trip to Warren's Lobster House for a delicious lunch followed by shopping at the outlets in Kittery, Maine.

Cost: Residents \$34 Nonresidents \$46
(Additional \$6 for the lobster roll)

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.

FROM THE DIRECTOR

What we do matters... Whether we are hosting someone's 100th birthday or helping someone find housing or receiving a gift from someone's estate, we are proud to be a vital part of the community. We provide not only a safe haven for our elders but also a vibrant community center. I wanted to take a moment and recognize the importance of our work. I thank this incredible community of people who enrich Brookline's elder's lives.

February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. One of my favorite programs that will be sure to help you beat the blues happens this month as we welcome back the famous gospel group the Silver Leaf Singers February 25th join us!

I am always inspired by our elders who bundle up and refuse to let the weather get them down. Your hearty disposition warms us all! So much is happening at the senior center that will keep your blood pumping. For example, check out the fitness center and Zumba or Modern

In addition, our theatre club offers weekend programs.

I am concerned about the freezing temperatures of February. If you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills to apply for a fuel assistance. We are also helping with food stamp applications now called SNAP. In addition, for frugal living always, come to the Center for a nutritious hot meal and visit our food program on Tuesdays.

Finally, I want to wish a warm welcome to Patricia Burns our new volunteer coordinator we are fortunate to have her as part of our team. Please stop by her office to welcome her.

A wonderful reminder that the days are getting longer as the light returns this month. On January 1 – the sunset was at 4:22, on February 1 5:12 and by February 28 5:44 – giving us more sunlight each day even though we are in the midst of winter.

Ruthann Dobek-Director

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street 100 Centre Street 112 Centre Street

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



BROOKLINE CLIMATE WEEK

3R Depot: Pitch In to Reduce, Reuse, Recycle

Come to Climate Week's hub on Saturday, February 7 from 10am-2:00pm for climate education, action, and fun. Visit a tiny Solar House in the parking lot, donate and drop off eyeglasses, cell phones, chargers, Styrofoam, packing peanuts (collected separately) and bicycles even if they need repair. Bring papers to be shredded (\$5 fee per box) grab some sustainable fare at the Depot Food Court, and information about cutting home energy costs, composting, pay-as-you-throw recycling, gardening in containers and more. Visit 3R Depot Stations inside and outside Town Hall.

The Senior Center will have a table and we will be collecting eyeglasses and cell phones. Stop by and say hello.

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?

DOES MEDICARE COVER FITNESS PROGRAMS

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. 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.



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

WADE HOROWITZ

LaPOINTE LLC

1309 Beacon Street, 2. Fl.

Brookline, MA 02446

617-738-1919

www.wadehorowitz.com

\$100 Discount!
Applies to Will package
or to Initial Conference

COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Minestrone Soup HOT: Turkey w/Gravy; Sweet Potatoes; Green & Wax Beans; Wheat Bread COLD: Egg Salad (V), Lettuce, Pumpermickel; Summer Squash Salad; Greek Pasta Salad Pineapples	3. Beef Barley Soup HOT: Chicken Paprika; Red Roasted Potatoes; Broccoli; Pumpermickel Bread COLD: Roast Beef, Cheese, Mushroom, Wheat Bread; English Pea Salad; Spinach-Mandarin Salad w/ Lite Italian Dressing Fresh Fruit	4. Vegetable Soup HOT: Sweet Potato Pollock Filet w/Cream Sauce; Potatoes w/ Cream Sauce; Country Blend Veg.; Multigrain COLD: Chicken Pesto Salad w/ Lite Italian Dressing; Pasta Salad; Wheat Roll Birthdays Cake	5. Split Pea Soup HOT: Pot Roast w/LS Beef Gravy; Garlic Mashed Potatoes; Candied Carrots; Parsnips; Wheat Roll COLD: Seafood Salad w/Lettuce on Rye Bread; Garden Salad w/ Lite Italian Butterscotch Pudding w/Topping	6. Italian Garden Vegetable Soup HOT: Tortellini w/Marinara Sauce (V); Peas & Mushrooms; Scallion Bread COLD: Turkey, Swiss, Mayo, Lettuce on Oatmeal Bread; Corn Salad; Broccoli Slaw Pears
9. Chinese New Year Celebration Lunch	10. Macaroni & Cheese(V); Stewed Tomatoes; Oat Bread COLD: Roast Beef, Cheddar, Lettuce, Lite Mayo on Multigrain Bread; Lo Mein Pasta Salad; Cole Slaw Tropical Mixed Fruit	11. Escarole & Bean Soup HOT: Cheese Lasagna w/Meat Sauce; Green Beans & Red Peppers; Oat Bread COLD: Egg Salad(V) w/Lettuce on Multigrain Bread; Macaroni Salad; Summer Squash Salad Fresh Fruit	12. Corn Chowder HOT: Salmon Filet w/Teriyaki Sauce; Oriental Blend Vegetables; White Rice; Rye Bread COLD: BBQ Chicken, Mozzarella, Red Onion, Lettuce on Hamburger Roll Peaches	13. <i>February Special</i> Mushroom-Barley Soup Chicken Bruschetta Red Potatoes Broccoli & Carrots Cinnamon Dinner Roll Boston Cream Cup
16. Presidents' Day Holiday  No Meal Service	17. Vegetable Soup HOT: Chicken Creole; Rice & Beans; Collard Greens & Onions; Corn Bread COLD: Egg Salad (V), Lettuce on Italian Bread; Cauliflower/Carrots; Pasta Salad Apple Bread Pudding w/Topping	18. Seafood Chowder HOT: Fish Sticks w/Lemon Sauce, Tartar Sauce; Sweet Potato Wedges; Peas & Onions w/Parsley; Oatmeal Bread COLD: Vegetarian Chef Salad (V), Lite Italian Dressing; Pasta Salad; Multigrain Bread Tapioca Pudding	19. Oriental Vegetable Soup HOT: Pork w/Sweet & Sour Sauce; Brown Rice; Oriental Blend Veg; Dinner Roll; Fortune Cookie COLD: Turkey, Swiss, Mayo, Wheat Bread; Broccoli Slaw; Potato Salad Pineapples	20. Tomato Basil Soup HOT: Veggie Burger (V), Cheese, Roll; Roasted Potatoes; Fiesta Blend Veg COLD: Seafood Salad, Lettuce, Pumpermickel Bread; Balsamic Vinaigrette Pasta Salad; Cole Slaw Fresh Fruit
23. HOT: Hot Dog*** (Ketchup, Mustard, Relish on Roll); Baked Beans; Cole Slaw COLD: Tuna Salad, Lettuce on Multigrain Bread; Tomato-Red Pepper Salad; Summer Potato Salad Mixed Fruit	24. Beef Stew; Spinach & Mushrooms; Garden Salad w/ Lite Italian Dressing; Wheat Roll COLD: Turkey, Cheese, Mushroom, Lettuce on Rye Bread; Garden Salad, Lite Italian Dressing; Corn Salad Brownie	25. Cream of Tomato Soup HOT: Broccoli-Mushroom Quiche (V); Red Potatoes; Butternut Squash; Multigrain Bread COLD: Roast Beef, Cheddar, Mayo, Lettuce, Oat Bread; Pasta Veg Salad; Riviera Salad Mandarin Oranges	26. Chicken Vegetable Soup HOT: Tortellini w/Marinara Sauce (V); Green Bean & Red Pepper; Pumpermickel Bread COLD: Chicken Caesar Salad, Lite Italian/Caesar Dressing; Tri Color Pasta Salad; Wheat Roll Ambrosia Pudding w/Topping	27. Italian Garden Vegetable Soup HOT: Salmon Boat w/Dill Sauce; Rice Pilaf; California Blend Veg; Oat Bread COLD: Egg Salad(V), Lettuce, Wheat Bread; Spinach-Mandarin Salad, Lite Italian Dressing; Tri Color Pasta Salad; Wheat Bread Fresh Fruit

LUNCHEON SPECIALS FOR FEBRUARY

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 **Monday, February 9** we will have the Chinese New Year lunch. Tickets are available for this popular lunch by call 617-730-2770. **Tuesday, February 17** we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February 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.

Lunch is also served at noon in the community room at Morse Apartments, 90 Longwood Ave. Please reserve by 11 a.m. the day before by calling 617-735-7588.

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.

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.

Israel, Van Kooy & Days, LLC



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

Wills • Probate • Trusts • Estates

It's *Your* Legacy. **B.O.C. LIFE SOLUTIONS, LLC**
ESTATE PLANNING • ASSET PROTECTION

We're here to help you protect it.

Introducing B.O.C. Life Solutions® –
Estate Planning and Asset Protection expertise
from the people that you trust,
new from Bank of Canton!

Call 888.828.1690
to learn more!

*B.O.C. Life Solutions and Bank of Canton are not legal or tax advisors.

617.739.9500 • 166 Harvard Street, Brookline • www.ibankcanton.com

FEBRUARY AT A GLANCE

Monday, February 2

Tuesday, February 3

1:00pm Movies for Movie Lovers-**Ray**

Wednesday, February 4

9:00-12:00 BLAB

1:00pm Brookline Music School Concert

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

Thursday, February 5

11:00am Ask A Nurse

1:30 Easy Travel-Disney***

Friday, February 6

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

Monday, February 9

12:30 Chinese New Year Celebration***

2:00-3:00pm Putterham Book Discussion Group
*-I know why the Caged Bird Sings**

Tuesday, February 10

1:00pm Movies for Movie Lovers-**Alive Inside**

1:00-3:00pm File of Life information table

2:00pm Taza Chocolate Tour ***

Wednesday, February 11

1:00 Council on Aging Board Mission Working Group

1:30-3:00 Memory Café***

1:00-2:00pm Blood Pressure Screening at 50 Pleasant Street

Thursday, February 12

1:00pm Mass College of Pharmacy Vitamins and Supplements

2:00pm Cake Decorating at Golden Living Healthwood ***

Friday, February 13

Sunday, February 15

Theatre Club Mozart and Beethoven ***

Monday, February 16

Presidents Day Closed

Tuesday, February 17

12:00 noon Birthday Lunch

1:00pm Movies for Movie Lovers-**The Hundred Foot Journey**

2:00-3:30 Job/Volunteer Search Support ***

Wednesday, February 18

1:00-4:00pm Setting Your Compass**

1:00-2:00pm Blood Pressure Screening at O'Shea 61 Park Street *

Thursday, February 19

9:00-10:00am Blood Pressure Screening at BSC

9:30-11:30am Matter of Balance***

1:00-2:00pm Brookline Hearing Services

Friday, February 20

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

Saturday, February 21

11:00am-1:00pm LBGT Out to Lunch Group*

Monday February 23

BSC IMPROV Players***

Tuesday February 24

9:00am Public Issues Nonfiction Book Club –
*The Pleasure of Finding Things Out**

12:00 noon Let's Go to Lunch Bunch***

1:00pm Movies for Movie Lovers-**The Terminal**

Wednesday, February 25

1:00pm Silver Leaf Gospel Singers

Thursday, February 26

9:30-11:30am Matter of Balance***

ONGOING SENIOR CENTER EVENTS

Monday

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

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

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 **

10:30-11:30 Senior STRETCH **

12:00noon Springwell Lunch

1:00-3:00pm Appreciating Jazz ***

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 20th Century Women Writers**

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 **

9:00-10:00 am Living Our Values

10:00-11:00am Computer Basics **

10:15-11:45 Telling Your Story ***

10:30am Retired Men's Club

10:30am Senior STRETCH **

12:00 noon Springwell Lunch ***

1:00-3:00pm Book of Joshua **

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 ***

12:30-2:00 pm Basic Computer Class in Spanish ***

1:00-2:00pm Bootcamp for Seniors **

2:00-3:00pm Tai Chi **

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

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.



E.L.F. MONTHLY FEATURED ITEMS AND NEWS



The Equipment Loan Fund program has a large collection of commodes available. The program is also seeking donations of wheelchairs. Please

call Jamie at 617-730-2753 with your interest in pursuing either of these.

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.

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.

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 617-730-2777

Wellbridge
physical therapy

29 Crafts St., Suite 570,
Newton, 02458
Phone: 617-965-8070
Fax: 617-965-8071

637 Washington St., Suite 102
Brookline, 02446
Phone: 617-734-6135
Fax: 617-734-3744
www.wellbridgept.com

Moving? Downsizing?

the move
maven 

Call Karen Zweig
for a free consultation!

617.455.1964

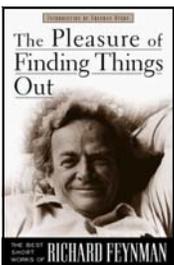
karen@movemaven.com



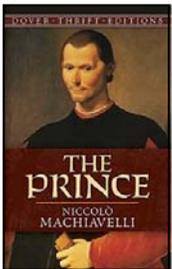
**PUBLIC ISSUES NONFICTION
BOOK DISCUSSION GROUP**

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.**



February 24 *The Pleasure of Finding Things Out: The Best Short Works of Richard P. Feynman* by Richard P. Feynman and Jeffrey Robbins (Helix Books Basic Books)



March 24 *The Prince* by Niccolò Machiavelli (Penguin Classics)

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

Brookline
Adult &
Community
Education

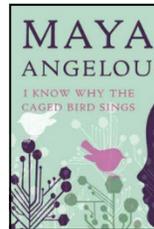


Join us,
new classes
starting soon!

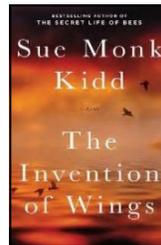
www.brooklineadulted.org
617-730-2700

**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.



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



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

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)



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

Research conducted at Boston College

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

We Love it Here!



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

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

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

SERVICES & AMENITIES

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



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

Providence House
Senior Living Community



Managed by Welch Healthcare & Retirement Group



ELDERACHIEVERS
IN HOME CARE AND ASSISTANCE

We deliver the extra support and assistance you or your loved ones need to continue an independent lifestyle.



111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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, February 13**. 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.

Good News! The Alzheimer's Caregiver's Evening Support Group has re-opened and is accepting new members! This group is primarily comprised of adult children caregiving for parents but spouses are welcome. This group meets on the last Thursday of each month in the evenings. Please call group facilitator, Susan Kanian-Andriole at 617-730-2754 for more information and if you are interested in joining the group.

SHARE YOUR SIGHT

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

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

THE 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 **in February**. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

Transition to your new phase of life!



Lisa Berger, SRES
William Raveis Real Estate



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

617-388-5751

www.HSM-Move.com

STAY INFORMED DURING EMERGENCIES!

The Town of Brookline has an all-new system to keep citizens informed during emergencies – it's called "**Alert Brookline**". In addition to the traditional "Reverse-911" call, you can now receive emergency notifications as an email, a text message to your cell phone, or a phone call to your cell phone. This is great for those times when you are not home to receive the call or for those who do not have traditional telephone land lines.

You can also include your adult family members' contact information so that they, too, are aware of emergencies that might affect you or your home. In order to customize how the Town of Brookline contacts you, you can fill out the sign-up form located at the second floor Information and Referral desk at the Senior Center or you can sign up online at brookline.bbcportal.com (if you already have an email address). If you have questions about Alert Brookline, contact the Information and Referral desk at the Senior Center 617-730-2777 or contact Stephanie Orsini at the Town of Brookline at 617-730-2004 or sorsini@brookline.gov.

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.

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.

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. 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.

SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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

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

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

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

***NEWS & EVENTS* – Subscription Form - \$10/year**

YES! I would like to Subscribe Renew my subscription to *Senior News and Events*.

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

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

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



SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at

www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization.

Your gift is tax-deductible to the full extent of the law.

Brookline Municipal Credit Union

334 Washington Street

Brookline, MA 02447-0776

Tel: 617-232-9410

Fax: 617-232-1462

www.brooklinecu.com

Experience the Credit Union Difference...

Great Rates, Great Service!

See Us For Your Financial Needs

NCUA



1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 appointments to assist with essential job search tools, resume writing or updating` job-specific cover letters and LinkedIn profile development. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.

JOB/VOLUNTEER SEARCH SUPPORT TEAM MEETINGS

The REAP program will be holding a series of four meetings beginning **Tuesday, February, 17 from 2:00-3:30 pm** at the Brookline Senior Center for four consecutive Tuesdays through March 10th.

These networking support meetings are open to all job and volunteer opportunities seekers. The group is free with the goal of facilitating the job search through communication and resource sharing with others. Registration is required. For further information or to register contact: Deidre Waxman at: 617-730-2767 or dwaxman@brooklinema.gov or Patricia Burns at: 617-730-2743 or pburns@brooklinema.gov.

VOLUNTEER NEWS AND EVENTS

In February we are performing our annual update of Emergency Contacts for all volunteers. This means we will be updating addresses and getting missing information. We are also requesting that you fill out a simple one-page survey. If you have not received this mailing in the last two weeks, please contact Patricia, the new Volunteer Coordinator at 617 730 2743.

Patricia is anxious to update and complete the files and to hear your ideas.

Start the New Year by volunteering and making a difference. Volunteer openings we are spotlighting this month include: organizing storage in the 3rd floor kitchen, updating the Brookline Senior Center web page and blog, sorting donated goods, coordinating chess 2 hours/week, receptionist on Monday and Wednesday afternoons and acting as a theater chaperone. There are many other interesting opportunities to choose from as well. Please contact Patricia at 617 730 2743 to talk about how you can help and to share your ideas.

MEMORY CAFÉ

The first Memory Cafe Brookline, cosponsored by the Senior Center and Congregation Kehilath Israel, was a big success. Join us for the next event on **Wednesday, February 11, from 1:30-3:00pm** at the Senior Center. We will enjoy music, refreshments, exercise, and conversations with peers facing similar challenges. Individuals living with early to moderate memory loss and their care partners attend together to connect with others in a supportive environment. Please RSVP at 617-730-2770 or email at memorycafebrookline@gmail.com.

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain

(508) 231-6378

www.trainwithshain.net

trainwithshain@gmail.com

ACSM certified cpt/hfi

CPR/AED certified

Fully Insured

CAKE DECORATING



On Thursday, February 12 at 2:00pm, Golden Living Heathwood of Chestnut Hill will sponsor a cake decorating class with Chef Michael Gauthier.

Cookies, frosting, and supplies will be provided. Transportation to the event will be provided from the Senior Center at 1:30pm. space is very limited, so please register at 617-730-2770.



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 you 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 mon-*

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.

NEW LGBT OUT TO BRUNCH

The Brookline Council on Aging, Ethos, Goddard House Assisted Living and the LGBT Aging Project are partnering to present the **LGBT Out to Brunch Bunch**. The Brunch will be hosted at Goddard House on the **third Saturday of each month, beginning on Saturday, February 21 from 11:00 am-1:00 pm** at 165 Chestnut Street, Brookline. Parking is available. RSVP to Zoraida at 617-522-6700 x306 or meals@ethocare.org

THANK YOU

Annual Appeal Donors:

Gary Altman and Judy Ferber,
Mary Ames,
Anonymous,
Meredith Arnold,
Joan Arnott
Mineko Avery,
Doris Toby Axelrod,
Joan T. Batchelor,
Anne Turner and Harry Bohrs,
Esther Bullitt,
Judith G. Chasin.
Nancy Daly and Kevin Cavanaugh,
Nancy and Frank Davis,
Ellen Feingold,
John Freeman,
Richard and Penny Garver,
Rhoda and Herbert Goodwin,
Rosine Green,
Richard Grossman,
Susan Guiraudet,
Julia Herskowitz,
Katherine Hope,
John and Anita Jamieson,
Eileen Kaminsky,
Faith Kanter,
Elinor Kaplan,
Beverly Kargir,
Pauline Katz,
Barbara and Laurence Koff,
Sylvia Lanza,
Karin Kahn and Jay Lebed,
Ann Lees,
Patricia Meaney,
Jamie and Jesse Moore,
Edmund Mroz
Robert E. Moran,
Robert M. O'Brien,
Gabriel E. Padawer,
Judy Meyers and Mark Pasternack,
Jennifer Pieszak and Barry Shiel,
Joel Shoner
Mary B. Comstock

Stephen Senturia,
Pam Goodman and Michael Shwartz,
Diane Sokal,
Brenda Soyer,
Stanley Spiegel,
Miriam Goldman and Maurice Stiefel,
Cornelia Brown and Henry Warren,
Leonard A. Weiss,
Waneta Louise West,
Sidney Verba,
Cornelia van der Ziel,
Donald Weitzman and Harriet Goldberg,
Mildred Siegel

BrooklineCAN Donors:

Ken and Marthajoy Aft, Helena Anzivino,
Alan Balsam, Ruth Camm, Sidney C. Gelb
Nancy Bernheimer -Nancy B's Paper Manage-
ment, C. Anthony Broh and Jennifer L.
Hochschild, Ellen Bruce and Richard Segan
Alice d'Entremont, Ruthann Dobek, Ruth Geller,
Dan Fraenkel in memory of Jean Kramer,
Neil and Susan Gore, Shael and Helen Herman
Rhona Hirschowitz, Ingrid Johansson, Bruce and
Georgia Johnson, Mary and Haskell Kassler
Pauline Katz, Judith Kidd, Mary M. Klatt,
Judith Steinbergh and Robert Kroin, Mary
Mahlmann, Nettie Lesser, Alberta and Roger
Lipson, Mary and Michael McConnell,
Cecily and Alan Morse, Helen Munzer, Linda
and Henry Okun, Margarita Orengo, Gabriel
Padawer, Nancy Peabody, Geraldine Phillips,
Anne Robertson, Nancy Cirillo Ruggiero, Diana
and Stanley Spiegel, Robert Sloane, Thomas
Vitolo , Shaari S. Mittel, Peggy Ann Morrison,
Mary McShane, Barbara Merrifield, Janet Selcer
Carol Deanow, BCAN Membership gifted to Na-
omi Cotter from Karen Zweig.

In Honor Of:

Ruthann Dobek *from* Rich Boghosian
Julie Washburn *from* Marjorie Harvey
Carol Malinowski *from* V. Celia Lascarides
Joan McCabe *from* Ginny Mazur
The Chinese Mah Jong program *from* Claire
Yung and the Chinese Mah Jong group
ELF from Kathryn Kilpatrick
Ilse's class and all the wonderful people in her
class from Marena Morrison,

In Memory of:

David Small from: Louise Fireman, Ruth Geller, Shirle Goldstone, Eileen Kaminsky, Carol and Marty Loria, Betty Latner, Marcia and Len Ross, Lorraine Tobin, Ruth Werksman, Myrna Seidner, Lorraine and Harvey Moskowitz .

Jean Kramer from: Joan Kramer Holt, Harriet B. McGraw, Charlotte Millman

In Memory of:

Salvatore and Esther Arancio *from* Dotty Bell
Deborah Brass *from* Alvin Brass
Mildred Adelson *from* Jonatha Ceely
Angela Markert *from* George Chin
Mark Leipman *from* Carolyn & Ted Colton
Cristina I. Cann *from* Carolyn & Ted Colton
Nadine L. Weiger *from* Carolyn & Ted Colton
Chou Chou Merrill *from* Ruthann Dobek
Alice Gyongyi *from* Livia Frank
Mildred Lehman *from* Ann Lehman Katz
My grandparents *from* Bharti Khurana
Margaret A. Williams *from* Margaret H.
McKinney
Betsey Sharlack *from* Fran Pechenick
Muriel Miller *from* Tuesday 1:00 Bridge Group

VAN Fund Donors:

Bay State Federal Savings Charitable
Foundation, Morgan A. Daly, Goddard House
in Brookline, Sherry Lee, Anne Power and
Yolanda Santo.

FROM THE BOARD PRESIDENT

Dear Friends,

It's hard to believe it's already February – a short month, but a significant one: Groundhog Day (I'm hoping that spring comes soon!) Presidents' Day, and my favorite - Valentine's Day, I am a big fan of chocolate and flowers. If there's someone in your life you'd like to remember, consider making a gift to the Brookline Senior Center in their honor.

Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well. I care deeply about the future of the Brookline Senior Center – and as a result, have included the Senior Center in my estate planning.

Perhaps you'd like to do that as well. It's relatively easy to do. See the box for suggested bequest language. Or consider making the Brookline Senior Center a beneficiary of your Life Insurance Policy, IRA or 401K. By planning ahead now, you can help insure a vital Senior Center for years to come. Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and include you in our Ambassador Club.

Warmly,
Betsy Pollock

Suggested Bequest Language

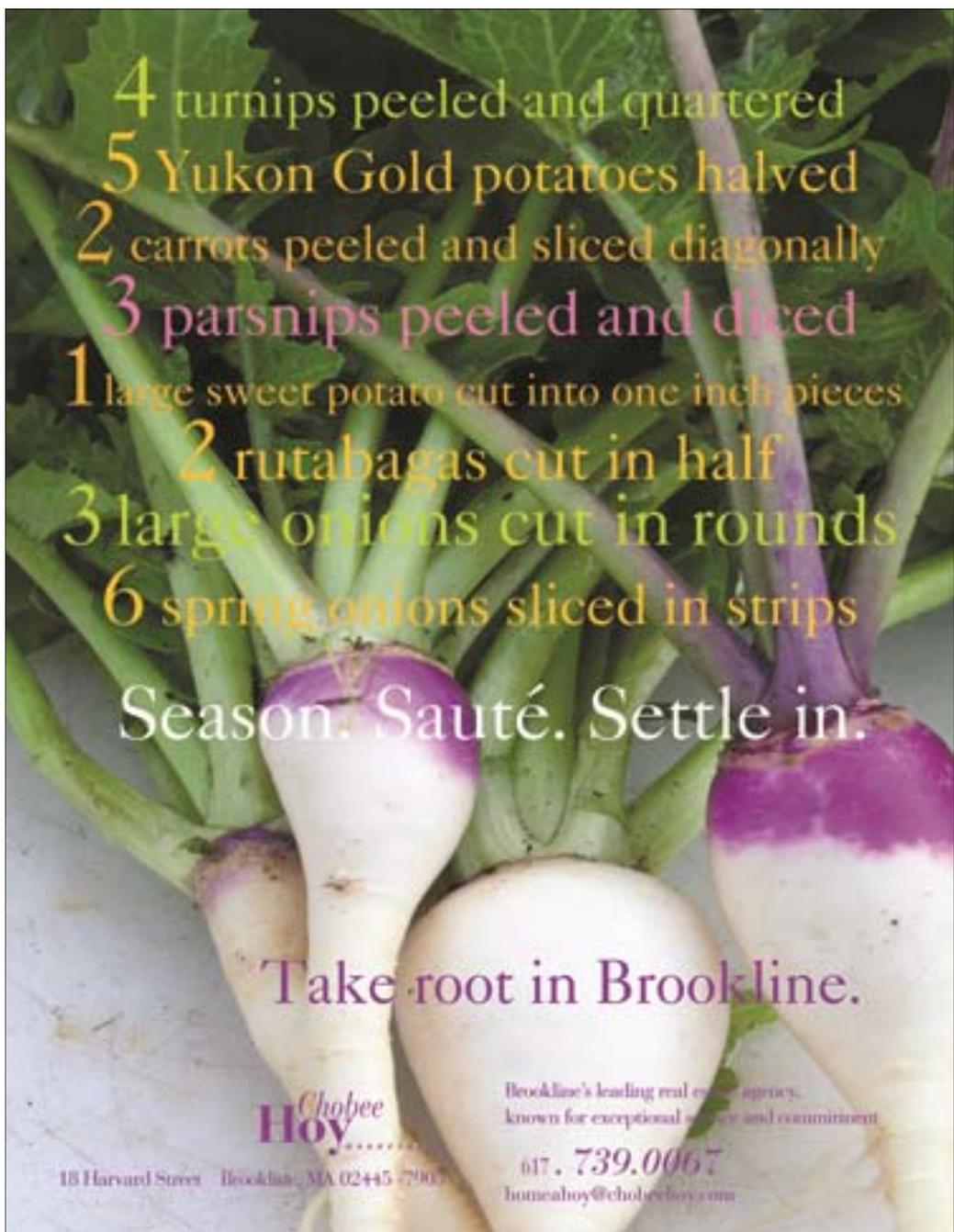
(Please consult with your lawyer or financial advisor)

"I give \$_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT



4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

Season. Sauté. Settle in.

Take root in Brookline.

**Chobee
Hoy**.....
18 Harvard Street Brookline, MA 02445 (790) 739-0067

Brookline's leading real estate agency,
known for exceptional service and commitment

017. 739.0067
tomeahoy@chobeehoy.com