

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



SEPTEMBER 2011



Council on Aging Information Hotline
617 730 2777 617 730 2778
Senior Center Van
617 730 2770 617 730 2750

IT'S SENIOR CENTER MONTH

This year's theme—*It Happens at My Senior Center. My Life. My Time. My Way.*—fits what is happening in Brookline at the Senior Center. We are seeing the birth of new ways of thinking and doing—new ways of aging well. On January 1, 2011, the first of the Baby Boomers turned 65, ushering in a new world—one where “elders” will eventually become a majority of the adult population. It is a world where we will face with new ways of aging in place. No longer does “elder” and “senior” describe a weak and failing population. We live longer and are healthier than ever before. We participate in life fully.

BrooklineCAN is one way of dealing with the new reality for “over-65” adults. See more about what it is about and what it can do on p. 23.

The Senior Center has been pivotal in the formation of this new alliance of seniors and the community. Services that have been developed at the Senior Center, such as BLAB, HELP, and JOBS (see p. 6) form a significant part of what BrooklineCAN offers to the Brookline senior community, as do state and federal programs like BETS and SNAP (also see p. 6).

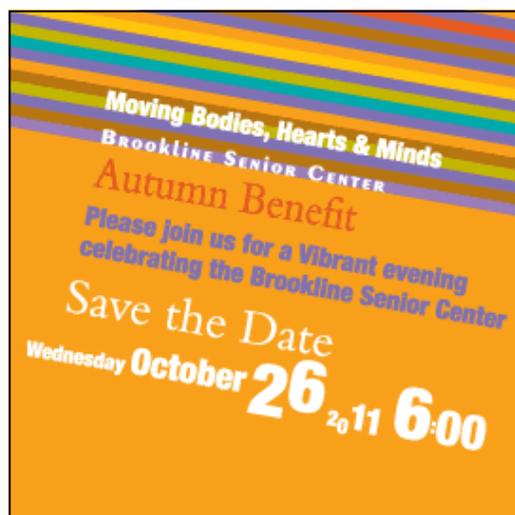
And the Senior Center's incredible staff, bolstered by a veritable army of volunteers, will continue to innovate and grow services and programs as they renovate and modernize the facilities. Look for everything the Senior Center has provided and add to that list many new services and programs in the near future. The organization and the whole Brookline senior community is on the move—growing and meeting the needs of newly arrived seniors along with continuing to serve the needs of the established senior community.

Brookline Council on Aging

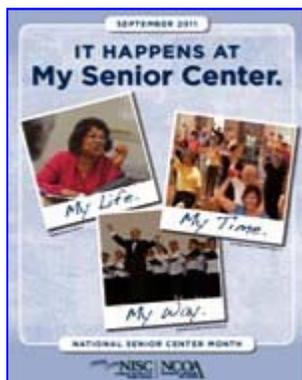
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www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



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*Enjoy the Senior Center during September
 (Senior Center Month) and year 'round. And
 spread the word about the joy of living life in
 full no matter how old (or young) you are!*

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

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SEPTEMBER HOLIDAYS

On **Monday, September 5**, the Senior Center will be closed for Labor Day. At the Senior Center, September marks an end to the relatively slow pace of summer with a new burst of energy and programs. And we always reach out to the community in September with a particularly wide distribution of the *Senior News and Events* in an attempt to increase community awareness of the scope and variety of programs and services available through the auspices of the Senior Center.

Read and enjoy! If you haven't been to the Senior Center, come for a tour and stay for a program, lunch, a movie. Have the Senior News and Events delivered to your home every month (see p. 31). And become involved in the vibrant Brookline senior community.

COUNCIL ON AGING MEETING

On **Wednesday September 14**, come to a very special meeting of the Council on Aging (COA) board. The business meeting begins **at 1:00 pm**.

At 1:30 pm, the video of Senior Scene host Betty Joel's interview of Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center (BIDMC) and the *Senior News and Events'* Ask a Geriatrician columnist. Following the running of the tape, Dr. Salamon will be on hand for a Question and Answer session. The meeting is open to everyone so bring all your general questions.

Brookline
Adult &
Community
Education

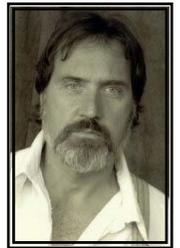
**BA
& C**

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new classes
starting soon!

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STEPHEN COLLINS RETURNS

Back by popular demand on **Wednesday, September 21, at 1:00 pm**, the Senior Center presents actor Stephen Collins with his tribute to the "Theater of the 1930s, 40s, and 50s.



The 30s through the 50s represent a great period of American theatrical history.

The influence of, and reaction to, the Great Depression is evident in the 30s work of William Saroyan.

In the 40s the talent of three great playwrights emerged. Tennessee Williams, Arthur Miller, and Eugene O'Neill dominated the theater in this period. All three examined the dysfunctional family and the American Dream gone awry.

And in 1954, N. Richard Nash's play, *The Rainmaker*, opened at the Cort Theater in New York City. The character Starbuck charmed audiences with his particular brand of con and hucksterism.

During this evening Collins will perform monologues from these and other playwrights of the three decades and may even sing a Cole Porter or George Gershwin tune or two to round off the evening.

ANTIQUES APPRAISAL



Do you have cash in your attic? Come to our Antiques Roadshow-style event on **Monday, September 26 at 1:00 pm** and find out! Peter Yvanovich, SPA, New England Inventory and Appraisal Services, will be on hand to appraise items and to provide tips on what's *hot* in today's market. Participants are invited to bring up to two (2) items to be appraised. No coins, stamps, jewelry, or firearms. Space is limited so call 617-730-2770 to reserve your place today! This exciting event is being sponsored by Home Instead Senior Care.



Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, September 12 and 19, from 9:00 am to 12:00 noon.**

There will not be a session on Monday, September 5 as the Senior Center will be closed for Labor Day. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Make one by calling 617-730-2777.



Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, September 21, at 1:00 pm** at the Senior Center.



Blood Pressure Screenings

The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center on Monday, September 19, from 1:00 to 2:00 pm.** The nurse who presides is fluent in English and several Chinese dialects.

And there will also be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department

(BPHD) on **Thursday, September 15, from 9:00 to 10:30 am.** In addition to blood pressure screenings at the Senior Center, there will be screenings with the BPHD nurse:

- On **Wednesday, September 7,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, September 14,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, September 28,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, September 26,** during the Chinese programs — **from 12:30 to 2:00 pm.**



Health clinic Note that the Podiatry Clinic and blood pressure and other screenings are now being held in our Health Clinic on the second floor as part of our space reallocations.

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



ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center (BIDMC), answers your general questions about aging and geriatric medicine in this column every month. (Editor's note: If you have questions, please e-mail them to me at jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the Senior News and Events.)

And don't miss the Council on Aging Meeting on Wednesday, September 14, when the video of Betty Joel's Senior Scene BATV interview with Dr. Salamon will be shown followed by a Question-and-Answer session with Dr. Salamon in person (see Council on Aging Meeting on p. 3).

Question: Do I need to take a vitamin pill every day?

Answer: Considering that nearly half of all Americans take vitamin pills, you would think we had a definite answer to this question. But my answer is less than definite. "It depends."

We rarely see diseases any more in this country caused by severe vitamin deficiency (for example, scurvy from Vitamin C shortage or rickets from lack of Vitamin D). Most of our vitamin and mineral needs are met by eating a healthy diet. But "healthy diet" means eating several helpings every day of fruits and vegetables, protein, whole grains, and dairy or soy products. For people who don't eat this kind of diet, a multivitamin pill is a sort of insurance policy for getting the 100% RDA (Recommended Daily Allowance) requirements for vitamins. Recently the Food and Drug Admini-

stration increased the RDA for Vitamin D in people over age 60 to 800 mg to keep bones strong.

Some people think more vitamins must be better. However, there can be too much of a good thing. For example, more than 2000 mg of Vitamin C can cause diarrhea or kidney stones. Calcium is an important mineral for strong bones, but recent studies suggest that it is better to get calcium in foods such as milk, yogurt, or soy products rather than relying solely on calcium pills. Iron is important if you are deficient, but should not be taken without your doctor's directions.

So for people over 60, eat a healthy diet, and it probably makes sense to take a multivitamin once a day, take Vitamin D at least 800mg/day. High doses of other vitamins are not needed unless recommended by your doctor.

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount (\$25.00 a month yields \$50.00 worth of cab rides as each coupon book has 10 coupons each worth \$1.00 and a book costs \$5.00).

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 want to apply for the first time, or be recertified, for the BETS program, bring your 2010 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 what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed \$45,100; a couple's, \$51,550.

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. If you want to tip a driver for good service, please use cash.

BLAB The Brookline Legal Assistance Bureau volunteer lawyers are on vacation in September but will resume on Wednesday, October 5, from 9:00 am to 12:00 noon at the Senior Center offering individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777 and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

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, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 7.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

**MEDICARE OPEN ENROLLMENT IS CHANGING!
NEW DATES: OCTOBER 15 TO DECEMBER 7**

The annual Medicare Open Enrollment period (October 15 to December 7) is the time to enroll in, or change, your Medicare coverage for next year. State-certified SHINE (Serving Health Information Needs of Elders) Medicare Counselors can help you understand your plan as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment period.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will get information in the mail about changes to your current plan. *Be sure to save this information and bring it, along with your prescription drug list and*

Medicare card, to your SHINE appointment. Remember that the Medicare Open Enrollment ends on **December 7!** Don't wait until it's too late.

Trained SHINE volunteer Counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777, and ask for a SHINE appointment. You can also 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. And for assistance from a Medicare customer service representative 24/7, call 1-800-MEDICARE.



ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

There are two sessions of this group per month—one in the afternoon and one in the evening. 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, September 9**. Call group leader Elaine

Yanowitz at 617-730-2751 for more information and for time of meeting.

The **Evening** group will meet **Thursday, September 29**. Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

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EASY TRAVEL

On **Thursday, September 1, at 1:30 pm**, we will travel into the art world rather than to a specific place. Volunteer Easy Travel Coordinator Alice Fastov will take you into the world of Dale Chihuly and his world-famous glass sculptures.



Born in 1941 in Tacoma, Washington, Chihuly was introduced to glass while he was studying interior design at the University of Washington. After graduating in 1965, he enrolled in the first glass program in the country—at the University of Wisconsin. He continued his studies at the Rhode Island School of Design where he later established its glass program and taught for over a decade.

In 1968, after receiving a Fulbright Fellowship, he went to work at the Venini glass factory in Venice. There he observed the team approach to blowing glass, which is critical to the way he works today. In 1971, Chihuly cofounded Pilchuck Glass School in Washington State University. With this international glass center, Chihuly leads in development of glass as a fine art.

His work is included in more than 200 museum collections worldwide. He has been the recipient of many awards, including ten honorary doctorates and two fellowships from the National Endowment for the Arts.



Left: *Honeysuckle Blue Seaform set with yellow lip wrap, 1990.* Right: *Gilded Emerald Sealife Putti with Blowfish, 2002.*



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*Hours: 8:30 am to 5:00 pm
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MOVIES FOR FILM LOVERS

In September, we pace ourselves a little faster than we did in the summer. And so a respite in the form of a fine film might well be welcome. Come to the Senior Center **every Tuesday in September at 1:30 pm** for a free movie. In fact, come early (at noon) for lunch then stay for the movie and make a full afternoon of it. (see lunch menus and reservation instructions on pp. 16-17.)



September 6

The Town

(2010) 125 minutes

Career bank robber Doug and his volatile partner, Jim, hit a road-block when Doug falls for bank manager Claire, whom he kidnapped during their last heist. Worse, an FBI agent is now trailing the thieves around their Charlestown, Massachusetts, territory. Affleck directed and co-wrote this smart, intricate action film that co-stars Blake Lively as Krista, Jim's sister and Doug's troubled former flame.

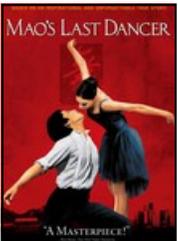


September 20

Seabiscuit

(2003) 141 minutes

A knobble-kneed colt becomes a winning thoroughbred at the hands of its owner, its unorthodox trainer, and its jockey, a half-blind ex-prize fighter, in this depression-era drama based on the true story of champion racehorse Seabiscuit. During a trying period in US history, people across the country became fascinated with the inspiring success of Seabiscuit, awarded Horse of the Year in 1938.

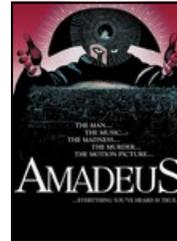


September 13

Mao's Last Dancer

(2010) 117 minutes

A delegation from Madame Mao's Beijing Dance Academy selects 11-year-old peasant villager Li Cunxin to study ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers. His efforts win him the opportunity to dance in America, opening his eyes to a new love and the possibility of a dramatic defection from China in this true story based on Cunxin's autobiography.



September 27

Amadeus

(1984) 180 minutes

F. Murray Abraham earned a Best Actor Oscar for his imperious performance as Antonio Salieri, a mediocre composer whose churlish young rival, Wolfgang Amadeus Mozart wins immortality with his musical genius. Not happy to see his talent eclipsed, Salieri dons a disguise and deviously plots revenge, obsessed with muffling Mozart's maddening laughter.

DRAWING FOR PLEASURE

The ever-popular Drawing for Pleasure class at the Senior Center resumes on **Thursday, September 15 for figure drawing from 9:30 to 11:45 am and on Thursday, September 22 for still life from 9:30 to 11:30 am**. Both sections will run for 12 weeks, and there are openings for people with some drawing experience in both sections.

Louise Weinberg will instruct the live model figure drawing and newcomer Alexandra Rozenman will instruct the still-life drawing section. Welcome Alexandra! There is a small model fee for the figure drawing section. Call 617-730-2770 for more information and to register.

BA&CE FITNESS COURSES FOR SENIORS IN SEPTEMBER

Brookline Adult and Community Education (BA&CE) has tailored some courses specifically to enhance the fitness of seniors. Most of these courses are offered at the Senior Center. Since they are designed and priced especially for seniors, the discounts that BA&CE ordinarily offers to seniors do not apply for these courses. For more information and to register, call 617-730-2700 or access BA&CE online at www.brooklineadulced.org. Courses being offered in September are:

Introduction to Tai Chi Chuan

Vincent Chu, Instructor

7 Fridays from 2:00 to 3:30 pm beginning September 23. Cost: \$72. **Course Code: W011.**



One of the original ancient Chinese martial arts, *tai chi chuan* is practiced today as a form of exercise. The slowness and evenness of its continuous movement makes it an ideal form of exercise for people of all ages. This exercise increases strength and resiliency, promotes cardiovascular and respiratory endurance, improves coordination and balance, and builds confidence. Wear comfortable clothing and soft, flat-bottomed shoes.

Ageless Grace®

Mary Stevenson, Instructor

Sec. 01: Tuesday, September 20, from 9:00 to 9:45 am. Free, but preregistration is required.

Sec. 02: 6 Tuesdays from 9:00 to 9:45 am beginning September 27. Cost: \$45 **Course Code: D211.**

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength. These simple, chair-based exercises emphasize antiaging techniques such as joint mobility, spinal flexibility, balance, confidence, and playfulness. They are easy to learn and promote the ability to respond, react, and recover efficiently and safely. Movements will be modified to accommodate physical limitations. Wear comfortable clothing to class.

Strength Training for Seniors

Sue Katz, Instructor

Cosponsored by the Council on Aging (COA) Mondays and Wednesdays (2 times a week for 9 weeks—no class Monday, October 10) at 8:45 to 10:15 am beginning September 21. Cost: \$91.

Course Code: D077.

This lively vigorous, 90-minute workout is recommended for those who have been exercising regularly. It includes stretch, rhythmic movement, and use of hand weights (or not) while sitting, doing mat work, and balance exercises.

Work out to the music of the 30s, 40s, and 50s. Wear comfortable clothes and footwear and bring a mat or towel and a set (2) of one-, two-, or three-pound weights.

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

Sue Katz, Instructor

Cosponsored by the Council on Aging (COA) Mondays and Wednesdays (2 times a week for 9 weeks—no class Monday, October 10) at 10:30 to 11:30 am beginning September 20. Cost: \$82.

Course Code: D009.

Improve your range of motion, balance, stamina, strength, even your social life. This 60-minute workout includes all the elements in Strength Training (see above) but is designed for those

who may not have been exercising regularly but who want to get into better shape. Again you will workout to the music of the 30s, 40s, and 50s. Participants will be able to move at their own pace. Wear comfortable clothes and bring a set (2) of one-, two-, or three-pound weights.



Yoga for Older Adults

Steffi Shapiro, Instructor

Sec. 01 (Chair class): 9 Tuesdays from 2:00 to 3:00 pm beginning September 27.

Sec. 02 (Mat Class): 9 Tuesdays from 3:00 to 4:00 pm beginning September 27.

Cost (for either class): \$74. **Course Code: W044.**

Yoga is well suited to older people because it combines safe, gentle, invigorating stretching exercises with relaxation and introspection, all in a noncompetitive atmosphere. Most exercises can be done on a chair or in a comfortable standing position. Wear comfortable clothes.

FITNESS CENTER

The Senior Center *Fitness Center* is open and running with exercise machines, hand and ankle weights, and bicycles—all excellent tools for cardio health and weight loss. It is open Monday and Friday from 9:30 to 11:30 am and Monday through Thursday from 1:30 to 4:30 pm.

For general and cost information, call program coordinator Sharon Devine, Fitness Facilitator, at 617-730-2741.



FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. Do not leave the coffee lounge to go down to the basement until your number is called.

There is a wide variety of food available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, you might just find some wonderful soups, specialty salads, and sandwiches. A varied and interesting group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

AS THE GARDEN EVOLVES...

The container vegetables have done well. We contributed the basil plants and some tomatoes to the Food Distribution Center. The corn, a small variety, with blue kernels, is still growing, although it will never be “as high as an elephant’s eye.” This fall, we will terrace another hill and continue adding nutrients to the soil in preparation for next season.

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AUGUST MOON FESTIVAL

The August Moon (or Mid-Autumn) Festival is one of the most celebrated Chinese holidays. It is held on the 15th day of the 8th lunar month. Chinese families celebrate the end of the harvest season with a big feast. Unlike the American Thanksgiving dinner, the Chinese have moon cakes instead of grandma's pumpkin pie. Friends and relatives also send moon cakes to each other as a way of giving thanks.

There are many stories that are told about the August Moon Festival. One concerns the origin of the moon cake tradition. During the Yuan dynasty (AD 1280-1368) China was ruled by the Mongolian people. Leaders from the preceding Sung dynasty (AD 960-1280) were unhappy at submitting to foreign rule, and set about secretly to coordinate a rebellion. The leaders of the rebellion, knowing that the Moon Festival was drawing near, ordered the making of special cakes. Baked into each moon cake was a message with the outline of the attack. On the night of the Moon Festival, the rebels successfully attacked and overthrew the government. What followed was the establishment of the Ming dynasty (AD 1368-1644). Today, moon cakes are eaten to commemorate this legend.



(Moon cake story from chinesefortunecalendar.com)

This annual event will be held (inscrutably) on **Monday, September 12, at 12:00 noon** at the Senior Center. Cosponsored by the Greater Boston Chinese Golden Age Center and the Brookline Senior Center. Tickets for the festival (including lunch and the entertainment that follows) are \$7. Reservations, which are

required, can be made starting Thursday, September 1, by calling 617-730-2770. There will be no Springwell lunch on this day.



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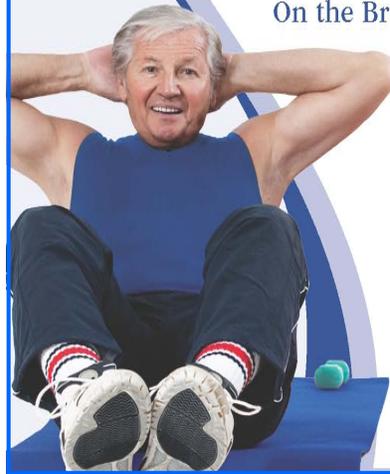
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QUILT RAFFLE



Would you like to own this spectacular hand-pieced and tied, queen-sized (96" square) quilt? It's called "On the Street Where You Live," and it was lovingly made by our own Brookline Bee quilters right here at the Senior Center. The quilt is on display in the Coffee Lounge so you can take a good look at it.

Raffle tickets are now on sale at the Senior Center. Tickets are \$1 each or 6 for \$5.

The drawing will be on April 18 at the annual Volunteer Appreciation Lunch, but you need not be present to win.

WISDOM WORKS

Interested in brushing up your job-search skills? Looking for employment and want a fresh approach? Need some ideas on how to update your résumé? If you are a job seeker residing in Brookline and are 60 years old or older, join us for an engaging four-week job search program, *Wisdom Works*, at the Brookline Senior Center on **Thursdays, September 8, 15, and 22 and October 6, from 3:00 to 5:00 pm.**

Deidre Waxman, Brookline Council on Aging (COA) JOBS Coordinator, and Anne Spangler, *Wisdom Works* facilitator, will lead the series of weekly workshops. Anne has joined the COA staff and will work with Deidre coordinating *Wisdom Works* and other job-

search workshops and will offer one-on-one sessions that she began offering as a volunteer.

Plan on attending all four sessions, as each week will build on the previously discussed topics. We'll begin with a review of your skills, values, and accomplishments and progress through résumés, cover letters, networking, online job boards, electronic job applications, telephone screens, and behavioral interviews, and give you tools to navigate the job search 2011-style. Along the way, we'll address some of the challenges and concerns that older job seekers sometimes face.

There is a materials fee of \$5.00 per person. To register or for more information, contact Deidre at 617-730-2767.

FROM THE DIRECTOR

I want to give a special welcome to people who are reading this publication for the first time. Our *Senior News and Events* is a great way to be educated about important programs and services and to stay informed about all the fabulous programs in Brookline. No senior should ever be bored with the wealth of activities that are available, and many of these activities remain free because our nonprofit wing is committed to keeping program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on p. 31) to stay abreast of all our exciting happenings!

September is Senior Center Month, and I invite everyone to attend a program this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try Zumba (p. 21), Tai Chi (p. 10), chair yoga (p.11), a literary discussion class (p. 28), or the senior chorus (p. 25). You can even offer to teach a new class yourself. For special events, do not miss our August Moon celebration (p. 12), Stephen Collins (p. 3), and Dr. Suzanne Salamon (pp. 3 and 5). And if that is not enough to keep you involved, join our Theater Club (p. 27) for some great shows this fall.

The Asian community celebrates the harvest and their gratitude for abundance in September with the August Moon Festival, and our Jewish friends celebrate Rosh Hasha-

nah (New Year) on September 29. All of us join both communities in warm good wishes. This is a great time of year. The weather is glorious, and the trees will begin to wear their fabulous fall colors. Enjoy the month.

For those who wish to make a long-term commitment to our legacy fund, a special evening event with renowned radio show Richard Rubino will be on September 14 (see Gifts That Keep on Giving on p. 30).

And last but most certainly not least, I urge you to make plans to attend our Annual Benefit next month on October 26 (see p. 1).

Ruthann Dobek, Director

Our career program this summer with Brookline High School students Jen DelVecchio, Jamie Yu, and Mint Sayabovorn was once again a great success. Their comments about the Senior Center:

“There is so much personality packed into one little coffee lounge.”

“As soon as you walk into the Brookline Senior Center you feel a sense of community and are immediately welcomed into it.”

“You think drama ends after high school, but it comes back in your old age.”



*Above: Ruthann and the summer team — Jen, Jamie, and Mint.
Right: Visiting Bracha.*



Above: The summer team and seniors watching a Tribute to Charlie Chaplin.

RED TAPE CUTTERS

The Senior Center Red Tape Cutters program is here to help seniors cut through the often complicated and confusing bureaucratic miasma to find solutions on advocacy issues. So, for example, if you have questions about what to do if your long-term care insurance is not reimbursing you for covered services, or if bank fees are being charged on your checking account, call on the Red Tape Cutters. And if you want to apply for subsidized housing or Section 8, The Ride, a handicapped placard, or other such services, again the Red Tape Cutters are here for you.

For help in seeing the light at the end of the tunnel, just call Olga Sliwa at 617-730-2768 and set up an appointment with a Red Tape Cutter.

PARKINSON DISEASE SUPPORT GROUP

This group meets on **Friday, September 2, at 1:00 pm** at the Senior Center. For more information about this month's meeting and about the group in general, contact the Americal Parkinson's Disease Association Information and Referral Center at the Boston University Medical campus at 617-638-8466.

CITIZENSHIP CLASSES

If you want to become a United States Citizen, Grace Fung of the Greater Boston Chinese Golden Age Center is offering citizenship classes at the Senior Center on **Mondays starting September 19 and continuing through December 12, from 1:00 to 2:00 pm**. Participants must be fluent in either Chinese or conversational English. Space is limited so call 617-730-2770 now to register. There is a one-time registration fee of \$5.

MBTA SENIOR ACCESS PASSES

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an expired Senior CharlieCard? If your answer is "yes" and if you were unable to attend our July event, come to the Senior Center on **Wednesday, September 7 from 1:00 to 3:00 pm**. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard form for you to fill out. We will also take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home from the MBTA in two to six weeks.



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COUPON

MONDAY	TUESDAY	WEDNESDAY
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p> <p>Soup is always served with crackers.</p> <p>Lunches are served at 12 noon unless otherwise noted on p. 17, left column.</p>		<p>For reservations on Mondays, call the previous Friday by 11:00 am.</p> <p>For reservations on Tuesdays through Fridays, call the previous day by 11:00 am.</p>
<p>5)</p> <p>LABOR DAY HOLIDAY</p>  <p>Senior Center closed. NO MEALS SERVED</p>	<p>6)</p> <p>Baked Chicken Paprika, Baked Potato & Sour Cream, Mixed Vegetables, Rye Bread</p> <p>OR</p> <p>Egg Salad, Lettuce Leaf, Harvard Beet Salad, English Pea Salad, Dark Rye Bread</p> <p>Chocolate Pudding w/ Whipped Topping</p>	<p>7) Cream of Tomato Soup Meatless Chili Mac, Spinach, Wheat Dinner Roll</p> <p>OR</p> <p>Roast Beef w/ American Cheese, Mayo, Lettuce Leaf, Couscous & Vegetables, Broccoli Tomato Salad, Wheat Bread</p> <p>Mandarin Oranges</p>
<p>12)</p> <p><u>August Moon Festival</u></p>  <p>No Springwell lunch today.</p>	<p>13)</p> <p>Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Wheat Dinner Roll</p> <p>OR</p> <p>California Chicken Salad, Lettuce Leaf, Riviera Salad, Pasta Salad w/ Cheese, Oatnut Bread</p> <p>Fresh Fruit</p>	<p>14) Lentil Spinach Soup Meatball Sub, Pasta w/Tomato Sauce, Parmesan Cheese, Zucchini, Sub Roll</p> <p>OR</p> <p>Cottage Cheese Fruit Plate, Lentil Pilaf, Pita Pocket Bread</p> <p>Peaches</p>
<p>19) Mushroom Barley Soup Pot Roast w/ Onion & Mushroom Gravy, Diced Au Gratin Potatoes, Sliced Beets, Rye Bread</p> <p>OR</p> <p>Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Caribbean Salad, Wheat Bread</p> <p>Pineapple</p>	<p>20) <u>BirthDay Lunch</u> ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/Relish, Hot Dog Roll</p> <p>OR</p> <p>Egg Salad on Lettuce Leaf, Fruity Rice Salad, Riviera Salad, Oatnut Bread</p> <p>Vanilla Cake w/Frosting & Sprinkles</p>	<p>21) Oriental Vegetable Soup Breaded Fish w/ Lemon Pepper Sauce, Chickpea and Spinach, Couscous w/ Vegetables, Oatnut Bread</p> <p>OR</p> <p>Roast Beef w/ Swiss Cheese, Lite Mayo, English Pea Salad, Tomato Pepper Salad, Rye Bread</p> <p>Baked Cinnamon Apple Slices w/Whipped Topping</p>
<p>26)</p> <p>Chicken Lo Mein, Carrots, Multigrain Bread</p> <p>OR</p> <p>Seafood Salad on a Lettuce Leaf, Fiesta Corn & Black Bean Salad, Roman Blend Salad, Multigrain Bread</p> <p>Chocolate Pudding w/ Topping</p>	<p>27)</p> <p>Beef Stew, Brussels Sprouts, Rye Bread</p> <p>OR</p> <p>Tuna Salad w/ Lettuce Leaf, Summer Potato Salad, Riviera Salad, Wheat Bread</p> <p>Chef's Choice Dessert</p>	<p>28) Mixed Bean Soup Vegetable Lasagna, Tossed Garden Salad w/Lite Italian Dressing, Zucchini, Whole Wheat Dinner Roll</p> <p>OR</p> <p>Roast Beef w/ Provolone Cheese Lite Mayo, Potato Salad, Tomato Cucumber Salad, Oatnut Bread</p> <p>Fresh Fruit</p>

LUNCHEON SPECIALS FOR SEPTEMBER

THURSDAY	FRIDAY
1) ***Labor Day Special Beef Burrito Spanish Rice Fiesta Corn & Black Bean Salad Soft Shell Burrito Sour Cream Corn Bread Loaf	2) Minestrone Salmon Boat w/Lemon Dill Sauce, Peas & Onions, Red Bliss Potatoes, Multigrain Bread <p style="text-align: center;">OR</p> Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Bulkie Roll, Purple Cabbage Cole Slaw, Three Bean Salad Fresh Fruit
8) Vegetable Rice Soup Turkey w/ Gravy, Butternut Squash, Stuffing, Oatnut Bread, Cranberry Sauce <p style="text-align: center;">OR</p> BBQ Roast Pork w/ Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Slaw, Hamburger Roll Fresh Fruit	9) Oriental Vegetable Soup Beef Stir Fry w/ Vegetables, Brown Rice, Multigrain Bread <p style="text-align: center;">OR</p> Turkey w/ Swiss Cheese, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, Corn Salad, Oatnut Bread Pineapple
15) Garden Vegetable Soup Cinnamon Apple Glazed Roast Pork, Mashed Potatoes, Peas & Onions, Oatnut Bread <p style="text-align: center;">OR</p> Turkey w/ Swiss Cheese, Lettuce Leaf, Lite Mayo, Lo Mein Pasta Salad, Tossed Garden Salad, Lite Italian Dressing, Multigrain Bread Carnival Cookie	16) Breaded Potato Crunch Fish, Tartar Sauce Red Bliss Potatoes, French Style Green Beans, Rye Bread <p style="text-align: center;">OR</p> ***Chef Salad w/ Ham, Cheese, Boiled Egg, Lite Italian Dressing, Couscous & Vegetables, Whole Wheat Roll Tropical Mixed Fruit
22) Vegetable Noodle Soup Chicken Parmesan, Creamy Parmesan Polenta, Broccoli & Cauliflower, Multigrain Bread <p style="text-align: center;">OR</p> ***Ham w/ American Cheese, Mustard, Sliced Tomato, Carrot Raisin Salad, Potato Salad, Wheat Bread Tapioca Pudding w/ Topping	23) Vegetarian Lentil Stew, Buttered Dill Carrots, Tossed Garden Salad w/Lite Italian Dressing, Corn Bread Loaf <p style="text-align: center;">OR</p> Chicken Salad on Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Orzo Vegetable Salad, Multigrain Bread Fresh Fruit
29) Minestrone Soup w/ Crackers Cheese Burger, Hot Potato Salad, 3 Bean Medley, Hamburger Roll <p style="text-align: center;">OR</p> Boneless Breaded Chicken Breast, Lite Mayo, Lettuce Leaf, Cole Slaw, Corn Salad, Hamburger Roll Mandarin Oranges	30) Tomato Soup w/ Crackers Fish Sticks, Tartar Sauce, Sweet Potato Wedges Vegetable Blend, Rye Bread <p style="text-align: center;">OR</p> Sliced Turkey w/ American Cheese, Lite Mayo, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad w/ Lite Italian Dressing, Rye Bread Peaches

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, please call the previous Friday by 11:00 am. Call 617-730-2770 for reservations.

On **Thursday, September 1**, celebrate at the **Springwell Labor Day Special** lunch featuring a Southwestern theme.

On **Monday, September 12**, come to the **August Moon Festival**—with yummy Chinese food and exciting entertainment—see p. 12 for details. Reservations will start being accepted on Thursday, September 1. Fee: \$7.

On **Tuesday, September 20**, come to the **Birthday Lunch**. Remember to tell us if you or someone in your party has a September birthday when you call to make reservations.

The **Let's Go Out to Lunch** group will meet at the Golden Temple at 1651 Beacon Street at **12:00 noon** on **Tuesday, September 27** to enjoy the restaurant's large selection of both Southern and Northern Chinese food. Call 617-730-2770 to tell volunteer coordinator Corrine Long you would like to come.

SEPTEMBER AT A GLANCE

Thursday, September 1

Tickets go on sale for the August Moon Festival
12 noon Springwell Labor Day Special lunch
1:30 pm Easy Travel's volunteer coordinator Alice Fastov takes you on a tour of Dale Chihuly's sculptures

3-3:45 Zumba—free session

Friday, September 2

1 pm Parkinson Disease Support Group

Monday, September 5

LABOR DAY. The Senior Center is closed.

Tuesday, September 6

1:30 pm Movie for Film Lovers—"The Town"

Wednesday, September 7

1-3 pm MBTA Senior Access Passes

2-3 pm Blood Pressure Screening at Brookline Public Health Department (BPHD) building

Thursday, September 8

3-3:45 Zumba—\$45 for full session, \$7/per session

3-5 pm Wisdom Works begins

Friday, September 9

12:15 pm Van pickup for Brookline Recreation excursion to the Museum of Fine Arts

Afternoon Alzheimer's Caregivers Group meeting—call for time

3:30 pm Modern Dance and Movement begins

Sunday, September 11

Theater Club goes to "Candide"—call for transportation information

Monday, September 12

8:30 am-5 pm New Gallery exhibit—paintings by Catherine Zimmerman—opens

9 am-12 noon Podiatry Clinic—appointments needed

12 noon August Moon Festival

1-3 Crafty Holiday Group

2:30 pm Swing Band

4-7 pm Shred Day

Tuesday, September 13

1:30 pm Movie for Film Lovers—"Mao's Last Dance"

Wednesday, September 14

1 pm Council on Aging (COA) Meeting—business meeting

1:30 pm Screening of Senior Scene interview of Dr. Suzanne Salamon (after COA business meeting) with Q&A with Dr. Salamon following the screening

1-2 pm Blood Pressure Screening at Sussman House

6 pm Planned Giving seminar

Thursday, September 15

9-10:30 am Blood Pressure Screening with BPHD nurse

9:30-11:45 am Drawing for Pleasure figure drawing section begins

3-3:45 Zumba—\$7/session

3-5 pm Wisdom Works

Friday, September 16

3:30 pm Modern Dance and Movement

Monday, September 19

9 am-12 noon Podiatry Clinic—appointments needed

1-2 pm Blood Pressure Screening with a nurse from the Brookline Health Care Center

1-2 pm Citizenship Class begins

1-3 pm Crafty Holiday Group

Tuesday, September 20

12 pm September Birthday lunch

1:30 pm Movie for Film Lovers—"Seabiscuit"

2 pm Putterham Book Discussion Group at Putterham branch of Brookline Public Library

Wednesday September 21

8:45-10:15 am Strength Training for Seniors**

9:30-11:30 e-Mail Workshop for Seniors begins**

10:15-11:45 Telling Your Story: Senior Seminar in Autobiography begins**

10:30-11:30 am Senior S-T-R-E-T-C-H**

1 pm Stephen Collins in Concert—Theater of the 1930s, 40s, and 50s

1 pm Low Vision Group

Thursday, September 22

9:30-11:30 am Introduction to Computer Basics for Seniors Section 1 begins**

9:30-11:30 am Drawing for Pleasure still life section begins

9:30-11:45 am Drawing for Pleasure figure drawing section

3-3:45 Zumba—\$7/session

3-5 pm Wisdom Works

Friday, September 23

9:30-11:30 am Intermediate Computer Basics for Seniors begins**

11 am Holiday Craft Fair planning meeting

12:15 pm Van pickup for Brookline Recreation excursion to Hoar's Sanctuary

2-3 pm Introduction to Tai Chi Chuan**

2-4 pm Gallery Watercolor Demonstration and Reception with the artist—Catherine Zimmerman

3:30 pm Modern Dance and Movement

Monday, September 26

8:45-10:15 am Strength Training for Seniors**

10 am-12:30 pm Introduction to Watercolor**

10:30-11:30 am Senior S-T-R-E-T-C-H**

12:30-2 pm Blood Pressure Screening with Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center

1 pm Antiques Appraisal, an "Antiques Roadshow"-style event

1-2 pm Citizenship Class

1-3 pm Women in the Old Testament**

2:30 pm Swing Band

Tuesday, September 27

9-9:45 am Ageless Grace® **

9-10 Public Issues Nonfiction Book Discussion Group

10:30-12:30 Literary Discussion: Fall begins**

12 noon Let's Go Out to Lunch group meets at the Golden Temple at 1651 Beacon Street

1:30 pm Movie for Film Lovers—"Amadeus"

2-3 pm Yoga for Older Adults (chair class)**

3-4 pm Yoga for Older Adults (mat class)**

Wednesday, September 28

8:45-10:15 am Strength Training for Seniors**

9:30-11:30 am e-Mail Workshop for Seniors**

10:15-11:45 Telling Your Story: Senior Seminar in Autobiography**

10:30-11:30 am Senior S-T-R-E-T-C-H**

1-2 pm Blood Pressure Screening at O'Shea House

Thursday, September 29

9:30-11:30 am Introduction to Computer Basics for Seniors**

9:30-11:30 am Drawing for Pleasure still life section

9:30-11:45 am Drawing for Pleasure figure drawing section

3-3:45 pm Zumba—\$7/session

Evening Alzheimer's Caregivers Group meeting—call for time

Friday, September 30

9:30-11:30 am Intermediate Computer Basics for Seniors**

2-3 pm Introduction to Tai Chi Chuan**

3:30 pm Modern Dance and Movement

* All events are at the Senior Center unless otherwise noted above.

** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.

ONGOING SENIOR CENTER EVENTS

MONDAY

9:30-11:30 Fitness Center open

12 noon-4 pm BETS

12:30 pm Chinese programs

1 pm Mah jongg/Scrabble

1-2 pm Line dancing \$2.00/session

1:30-4:30 Fitness Center open

2-4 pm Open computer lab

TUESDAY

One-on-one Computer Sessions—appointment necessary
10 am Flexibility, Resistance Training, and Balance Exercise

10:15 am Brookline Bees, Quilters

12 noon-4 pm BETS

12:30 pm French Conversation

1 pm Bingo

1-3:30 pm Food distribution (hours are approximate)

1:30 pm Movies for Film Lovers

1:30-4:30 Fitness Center open

3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY

9-10 am Living Our Values

9:30 am Bowling at Ron's 20th Century Bowling Alley in Hyde Park

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

1:30-4:30 Fitness Center open

2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet

1-1:45 pm Beginning Spanish Classes

1:30 pm Knit and Crochet

1:30 pm Russian Tea Room—for more information, call Rita Kropp at 617-730-2106

1:30-4:30 Fitness Center open

1:30 pm-dusk Brookline Farmers' Market at Centre Street West Parking Lot

1:45-2:30 pm Advanced Spanish Classes

3-3:45 pm Zumba—\$7/session

FRIDAY

9 am Bridge

9:30-11:30 Fitness Center open

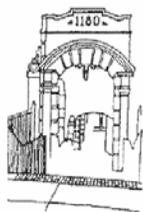
10 am Solemates, Walking Group

10 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

1:30-4:30 Fitness Center open



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ONE-ON-ONE COMPUTER SESSIONS

Computer phobic but eager to overcome it? Call Olga at 617-730-2768 and make an appointment for a one-on-one session with a trained Red Tape Cutter at the Senior Center. Get help with basic computer skills, looking up and applying for benefits online, and job applications.

Preregistration is required. Sessions will be held on **Tuesdays, throughout September**. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. Note also that all sessions are on PCs, not MACs.

FRENCH CONVERSATION

Join this group every **Tuesday in September at 12:30 pm** at the Senior Center and improve your French conversational skills.

THE FARMERS' MARKET



The Brookline Farmer's Market is once again open at the Centre Street West Parking lot, rain or shine, on **Thursdays from 1:30 pm until dusk through October 27**.

Shop here for local farm and other goods—vegetables, fruits, cheese, ice cream, plants, herbs, flowers, breads, preserves, pies, maple syrup, eggs, beef, lamb, pork, turkey, and fish. Feast on local berries (straw, blue, and rasp), plums, cherries, peaches, nectarines, apples, and honey—each in their season. It may cost a few pennies more than the produce at the supermarket—but if you like your fruit and vegetables fresh and as healthy as possible, it will be worth the price.

For more information, access the internet at www.brooklinema.gov/farmersmarket/ or call Arlene Flowers, Market Master, at 617-566-8005.

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MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will be on vacation in September but will resume its regularly scheduled monthly sessions at the Senior Center on Wednesday, October 19 at 1:30 pm.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. The workshop is free, and no registration is required.

ZUMBA

Alicia Ebrat, certified Zumba instructor is leading seniors at the Senior Center in another series of Zumba classes that are a combination of Latin salsa, cardio workout, and interval moves.

Classes are on **Thursdays from 3:00 to 3:45 pm**. There will be a **free introductory class on September 1**, and a **full set of classes will start September 8 and run through October 27**. The rate for a full set of sessions is \$45. However, drop-ins are always welcome. The per session rate is \$7. For more information, call the Senior Center at 617-730-2770.

Zumba is a hot fitness craze and a really fun workout program. Get in shape with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in.

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SOLEMATES



Walking is a wonderful way of keeping fit. It gets you out in the fresh air. You can observe first-hand the comedy and drama of everyday life. And it doesn't cost a thing. The Solemates walking group meets regularly **on Friday mornings at 10:00 am** at the Senior Center. For more information, call Julie at 617-730-2760.

SWING BAND

If you like playing the pop music of the 20s, 30s, 40s, and 50s and can read music or play by ear, join James Demicco and his band of musicians on **Mondays, September 12 and 26, at 2:30 pm** at the Senior Center. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

HOLIDAY CRAFT FAIR PLANNING

Planning is under way for the 27th Annual Holiday Craft Fair. Our next planning meeting will be on **Friday, September 23, at 11:00 am**. The last planning meeting will be on Friday, October 28, at 1:00 pm.

If you want to participate in the planning for the Holiday Craft Fair or to help out during the fair itself, come to the meetings. Bring your ideas and your enthusiasm.

The craft fair itself will take place on Friday, November 4, and Saturday, November 5 (**SAVE THESE DATES**).

CRAFTY HOLIDAY GROUP

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group usually meets the first two Mondays of each month **from 1:00 to 3:00 pm**. In September, however, the group will meet on **Mondays, September 12 and 19**, and *not* on the first Monday in September, which is Labor Day.

BOWLING

Bowling is a year-round activity. The Senior Center bowlers meet **at 9:30 am on Wednesday mornings** at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is \$7.00 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for group volunteer coordinator Nancy Johnson. She will get back to you.

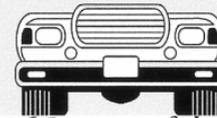
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BrooklineCAN



Too good to be true? Not at all... BrooklineCAN *exists*—and it's a bargain! Imagine a member-driven organization whose members receive:

- Discounts at nearly 50 local merchants.
- Access to a directory of top-notch repair people, plumbers, electricians, etc.
- A guide to the livability of apartment buildings.
- The location of available toilet facilities.

And imagine that joining this organization costs only \$25 a year.

Such an organization is not a figment of anyone's imagination. It is a real functioning entity, and it's called the Brookline Community Aging Network (BrooklineCAN). And these are by no means the only advantages of joining.

In little more than a year, nearly 250 residents of the town have joined. BrooklineCAN's purpose is threefold:

- To help older residents remain in their homes and fully engaged in the life of the community.
- To build intergenerational networks.
- To make our town an even better place for all.

To help realize these goals, the network has sponsored a series of educational forums on such topics as remodeling homes, housing options, and getting legal papers organized. In addition, BrooklineCAN has successfully advocated for a reduction in property tax rates for low-income older homeowners through a joint initiative with the Council on Aging (COA) and the Town Assessor. Currently being prepared are the guides to public toilets and to apartment living (including amenities such as elevators).

The organization's web site, at www.brooklinecan.org, and regular e-newsletters provide members with valuable information about available services as well as upcoming cultural, recreational, and educational events.

Thus far, BrooklineCAN has four community partners: Brookline Senior Center, Goddard House in Brookline, Jewish Family & Children's Services, and Center Communities of Brookline-Hebrew SeniorLife.

Membership in BrooklineCAN is open to people of all ages and geographic locations. To join or receive the e-newsletter, access www.BrooklineCAN.org, e-mail info@BrooklineCAN.org, or telephone 617-730-2777.

SPANISH IMMERSION

Spanish Immersion in Brookline offers three very different kinds of immersion in Latino language and culture—all at the Senior Center.

There are one-on-one Spanish conversations with seniors from Latin American countries.

Also offered are Spanish language classes on **Thursday afternoons (from 1:00 to 1:45 pm for beginners and from 1:45 to 2:30 pm for more advanced students)**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. Emphasis is on conversational skills.

And you can immerse yourself in Latino instrumental and vocal music on **Tuesday after-**

noons from 3:00 to 4:30 pm with instructor Eduardo Rojas.

For more information and to register, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

SENIOR CHORUS

Sing out. Make a joyful noise every Friday morning at 10:30 am at the Senior Center with the Senior Chorus. No auditions! No stress. Just good fun and good companionship.

Restoring your life one step at a time.

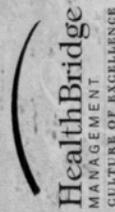
Brookline Health Care Center's Stroke Recovery Program is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

Our program features

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Brookline
Health Care Center

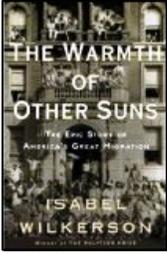


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PUTTERHAM BOOK DISCUSSION GROUP



Come to the **September 19** meeting of the group **from 2:00 to 3:00 pm** at the Putterham branch of the Brookline Public Library to discuss *The Warmth of Other Suns* by Isabel Wilkerson. The group discussion leaders are Jean Kramer and Charlotte Millman.

Three actual families are followed in their migration from the South to the North during the first half of the 20th Century. You are there with them through all the living drama as their lives are played out—Jim Crow injustice that became insufferable, ventures of faith and desperation, new beginnings in urban America.... At the same time understanding and empathy emerges for what must have been a roller coaster ride for untold [numbers of] families. ... Epic indeed! (from a review by Bruce Laverman of *Phoenix, Arizona*, on amazon.com)

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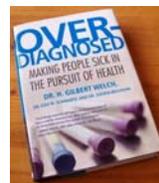
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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Challenge your thinking with this book discussion group. Come to the Senior Center **on the fourth Tuesday of every month from 9:00 to 10:00 am** to participate in this group centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates.

The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed.



September 27

Overdiagnosed: Making People Sick in the Pursuit of Health by Dr. H. Gilbert Welch (Beacon Press)

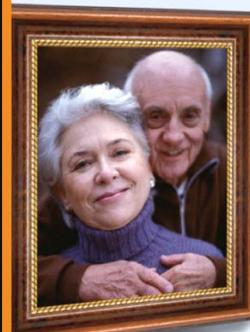
October 25

The Last Lecture by Randy Pausch with Jeffrey Zaslow (Hyperion Books)

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SENIOR SCENE

You can still enjoy host Betty Joel's interview with Ask a Geriatrician Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at BIDMC, on Senior Scene on BATV. (See also COA Meeting on p. 3.)

And in mid-September, look to Senior Scene for an interview with BrooklineCAN spokespeople.

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

EQUIPMENT LOAN FUND

Are you in need of a walker, raised toilet seat, or sock donner? Or do you have medical equipment gathering dust in your home? If you are in need of medical equipment or looking for a place to donate items you have no use for, keep the Equipment Loan Fund (ELF) in mind! Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF is not able to accept all items, so please call ahead and speak with Karin before dropping items off.

MODERN DANCE AND MOVEMENT

Brookline High School Dance Instructor Lynn Modell is on board at the Senior Center with another of her popular workshops designed to help you limber up, improve flexibility, and promote general good health. Workshops will be at **3:30 pm on Fridays, September 9, 16, 23, and 30.** There is a small fee of \$2 per session.

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THEATER CLUB

The Brookline Senior Center Theater Club has big, and very musical, plans. It is proud to present the line-up here. Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash, no credit cards please.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation at the Senior Center (and possibly from other Brookline locations) to and from each performance. The transportation is included in the overall price of the tickets.



Sunday, September 11

Candide

*at the Huntington Theatre
in Boston*

\$25

Featuring Leonard Bernstein's soaring score and lyrics from some of the wittiest writers of all time, this outrageous musical satire tells the story of the naïve Candide. Banished from romancing the Baron's daughter, Candide is plagued by a series of absurd hardships that challenge his optimistic outlook on life and love.

And in December, make reservations for:

Sunday, December 4

Big

*at the Turtle Lane Playhouse
in Newton*

\$30

Wednesday, December 21

Three Pianos

*at the American Repertory Theatre
in Cambridge*

\$28

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While the ads in this newsletter do not constitute an endorsement from the COA or the Senior Center, we want to thank all the advertisers for helping support this newsletter.

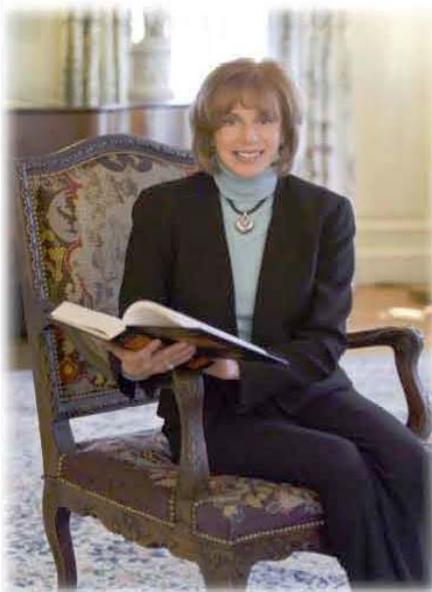
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JOIN THE COMPUTER GENERATION

A group of computer classes are starting in the fall. They are specifically geared for seniors and are at the Senior Center' Computer Lab. These courses are offered by Brookline Adult and Community Education (BA&CE) in cooperation with the Brookline Council on Aging (COA). Interested individuals who are unsure of which classes to enroll in, should call BA&CE at 617-730-2700 or talk with Bob Roll in the Senior Center Computer Lab. The fee for each course is \$72. Each of these courses is limited to six students. Senior discounts do not apply. Register for these courses by calling BA&CE at 617-730-2700 or online at www.brooklineadulted.org. For further information on all BA&CE classes, including computer, consult the BA&CE Fall 2011 catalog.

Introduction to Computer Basics for Seniors

Instructor: Bob Roll (Course code: C116)

- Section 1: 4 Thursdays from 9:30 to 11:30 am beginning September 22.
- Section 2: 4 Thursdays from 9:30 to 11:30 am beginning October 27

Intermediate Computer Basics for Seniors

Instructor: Bob Roll (Course code: C157)

- 4 Fridays from 9:30 to 11:30 am beginning September 23.
- 4 Fridays from 9:30 to 11:30 am beginning October 21.

Basic Computer Maintenance for Seniors

Instructor: Phyllis Mays (Course code: C220)

- 4 Mondays from 11:45 am to 1:45 pm beginning November 7

e-Mail Workshop for Seniors Instructor: Bob Roll (Course code: C171)

- 4 Wednesdays from 9:30 to 11:30 am beginning September 21.

Getting to Know Your Digital Camera Instructor: Phyllis Mays (Course code: C174)

- 4 Wednesdays from 9:30 to 11:30 beginning November 7.

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. Join in and be enlightened. Hone your values in this age of conflict and controversy!

OTHER BA&CE CLASSES

Literary Discussion: Fall

Instructor: Susan Gorman Grey (Course code: HU85) Fee: \$120.

9 Tuesdays from 10:30 am to 12:30 pm beginning September 27.

All books for the course are available at Brookline Booksmith.

Telling Your Story: Senior Seminar in Autobiographical Writing

Instructors: Jean Kramer and Irving Schwartz (co-sponsored by the COA)

(Course code: H065) Fee \$75.

8 Wednesdays from 10:15 to 11:45 am beginning September 21.

Women in the Old Testament

Instructor: Judy Weiss (Course code: HU87) Fee: \$111.

6 Mondays from 1:00 to 3:00 pm beginning September 26

Introduction to Watercolor

Instructor: Anthony Riccardi (Course code: A002) Fee: \$154.

9 Mondays from 10:00 am to 12:30 pm beginning September 26.

September 11, 2001

Ten years ago!

There will be a memorial ceremony at 9:00 am on Sunday, September 11, at the Babcock Street Fire Station.

SHRED DAY

Identity theft is an ever-growing problem in our society and though most people believe that the internet is the leading cause for the theft of personal information, “dumpster diving” actually accounts for nearly 70% of all reported cases.

Century Bank, the Senior Center, and BrooklineCAN are pleased to host a shredding and document destruction day for the residents of Brookline and BCAN members on **Monday, September 12 from 4:00 to 7:00 pm** at the Senior Center. There will be popcorn and light refreshments.

Protecting you and your family from identity theft is essential. Paper will be shredded on-site, immediately. And what should you shred?

- Credit card statements
- Bank statements
- Medical records
- Anything with your social security, bank account, or credit card numbers on it.
- Junk mail
- Corporate documentation such as human resources, insurance and payroll

NOTE: *In conjunction with this event, there will be a BrooklineCAN orientation session at the Senior Center at 5:30 pm, giving another chance for new and prospective members, to get more information about BrooklineCAN's services and programs and to learn about ways to get more involved with this organization.*

BROOKLINE RECREATION

—IT'S WHAT WE DO!

Friday, September 9—Museum of Fine Arts

Join this self-guided tour in one of the most comprehensive art museums in the world. The Museum of Fine Arts houses a collection that encompasses nearly 450,000 works of art.

Van pickups: Soule Recreation Center, 652 Hammond Street, at 12:00 noon and the Senior Center at 12:15 pm. Van return will be at approximately 4:00 pm.

Fee: \$20 for Brookline residents, \$27 for nonresidents. Fee includes admission to the museum and round trip transportation.

Friday, September 23—Hoar's Sanctuary

Did you know that there are three wildlife sanctuaries in Brookline? Spend an afternoon visiting one of Brookline's sanctuaries—the D. Blakely Hoar Sanctuary—with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found there. Wear sturdy walking shoes.

Van pickups: Soule Recreation Center, 652 Hammond Street, at 12:00 noon and the Senior Center at 12:15 pm. Van return will be at approximately 3:00 pm.

Fee: \$8 for Brookline residents, \$11 for nonresidents. Fee includes round trip transportation.

CELL PHONES, IPODS, GLASSES

Do you have old cell phones and/or iPods cluttering the house? If so, put them to work by donating them to the Senior Center. We give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Club Eyeglass Recycling Program. There is a box for glasses next to the reception desk at the Senior Center.

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To the Senior Strength Training Class for their gift in honor of Iko & Pad Burns

To Claire Yung & the Chinese Mah Jongg Group for their gift in honor of the Chinese Mah Jongg Program

To Eleanor Kaplan for her gift in honor of the special birthday of Ruth Helman

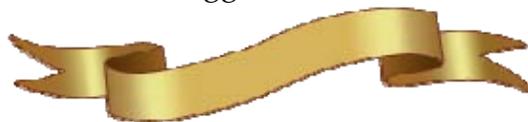
To Margaret Walker for her gift in honor of Olga Sliwa

To Aline Lalanne for her gift in memory of Polly Shakespeare

To Kathryn Kilpatrick (supporting the Van Fund), Cippy MacDougall, Lucille Tawa, and Sonia & William Wong for their gifts in memory of James Fullerton

To Evelyn & Bob Roll for their gift in memory of Marvin Feinman

To Lorraine Tobin (supporting the Van Fund) for her gift with sincere condolences to Carol & Phil Fullerton



GIFTS THAT KEEP ON GIVING

Richard Rubino, noted estate planning attorney and Brookline resident, is offering a seminar on Planned Giving at the Senior Center on **Wednesday, September 14, at 6:00 pm**. The seminar will explore the nuts-and-bolts of planned giving through the use of wills and/or annuities, life insurance, trusts, and so forth.

Planned Giving can be used by everyone, from those with very modest means to those who enjoy great wealth. And it provides a way to carry the work of the Senior Center into the future. Planned gifts to the Senior Center will be added to the its Legacy Fund, an endowment that this year alone has contributed over \$40,000 to supporting the programs and services that the Senior Center offers.

Light refreshments will be served. For additional information, please contact Ruthann Dobek, Director, at 617-730-2756 or ruthanndobek@brooklineseniorcenter.org

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to our nonprofit arm and reminds our readers that these donations are 100% tax deductible to the giver. I want to express a special thank you to those who already responded to our annual appeal letter. The funds from the appeal are needed to support the van, replace worn chairs, and renovate the Fitness Center.

Don't forget to mark your calendars for our Annual Benefit on Wednesday, October 26. This gala event kicks off a new season of giving that we hope will find exceptional generosity the norm in these dark economic times.

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years.

*Thank you, Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board*

WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?

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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 assistance or special accommodations, contact the Council on Aging (COA) at 617-730-2777.

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