

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



MARCH 2015



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



Wednesday, March 4 Brookline Music School Concert (see p.13)

Monday, March 9 Irish Voices with Stephen Collins (see p. 5)

Monday, March 23 Embracing Sexuality (see p. 8)

Thursday, March 26 Glen Campbell Documentary at the Coolidge Corner Theatre (see P.23)



SPRING INTO SPRING DANCE PARTY USA!



On Friday, **March 20 Dance from 6:30 to 8:30 pm.** - Put on your dancin' shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama, spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is

cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

EMBRACING SEXUALITY AS WE AGE: KEYS TO VITALITY

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

INDEX

<p>AARP Tax Appointments.....12</p> <p>Abundant Home Presentation.....26</p> <p>Adult Excursions, Brookline Recreation13</p> <p>Alzheimer’s Caregivers Support Group.....8</p> <p>At a Glance, February18</p> <p>Balance, Matter of.....12</p> <p>Beading Workshop, Modern.....29</p> <p>BINGO Save the Date.....13</p> <p>Board President, From the31</p> <p>Book Discussion Group, Public Issues Nonfiction.....25</p> <p>Book Discussion Group, Putterham.....24</p> <p>Bridge.....16</p> <p>BrooklineCan8</p> <p>Brookline Hearing.....10</p> <p>Chess.....23</p> <p>Chorus, Coolidge Corner Community.....3</p> <p>Chorus, Senior.....26</p> <p>Chinese's New Year Lunch.....17</p> <p>CharlieCard Event.....15</p> <p>Computer, One-on-one.....8</p> <p>Council on Aging Meeting.....3</p> <p>Director, From the.....14</p> <p>Donut Hole Information.....29</p> <p>ELF.....23</p> <p>ESL Conversation.....12</p> <p>Exercises for Health and Rejuvenation.....12</p> <p>Fitness Center.....12</p> <p>Food Distribution Site, Senior Center.....23</p> <p>Fuel Assistance.....13</p> <p>Gallery 93.....7</p> <p>Geriatrician, Ask a.....5</p> <p>Glen Campbell Event.....25</p> <p>Handicapped Access.....13</p> <p>Healthy Benefits of Whole Grains.....17</p> <p>Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screen- ing, Flu Clinic, Eating Well)4</p> <p>Hearing Strategies.....4</p> <p>History, Women’s Movement.....3</p> <p>IMPROV class.....29</p> <p>Irish Voices.....7</p> <p>Japanese Harp Performance.....14</p> <p>LGBT Brunch.....14</p> <p>Let’s Go To Lunch.....17</p>	<p>Living Our Values12</p> <p>Lunch Menu.....16</p> <p>Luncheon Specials for February.....17</p> <p>Medicare.....15</p> <p>Movies for Film Lovers.....11</p> <p>Music, Brookline Music School Concert.....13</p> <p>Neighborhood Walking Group.....8</p> <p>Observances, March.....3</p> <p>Ongoing Senior Center Events.....19</p> <p>Piatigorsky Concert5</p> <p>Pharmacy, Mass College.....13</p> <p>Project Bread, for seniors.....28</p> <p>Reiki Therapy.....26</p> <p>Senior Cinema.....7</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security).....6</p> <p>Sexuality, Embracing.....10</p> <p>Share Your Sight.....26</p> <p>SHINE.....31</p> <p>Solemates.....8</p> <p>Songs from the American West.....3</p> <p>Spanish Immersion.....23</p> <p>Springwell Nutrition Program (menus).....16</p> <p>Thank You.....31</p> <p>Theater Cub, Senior Center.....24</p> <p>Tour the Senior Center.....26</p> <p>Volunteer News.....28</p> <p>Travel, Easy.....13</p> <p>Zumba Gold.....12</p>
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The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

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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.

MARCH OBSERVANCES

The Senior Center is open all month and programs can be enjoyed Monday through Friday.

This month we celebrate



Social Workers, and Women's History. And on March 5 Purim, March 8 Daylight Saving, March 17 St. Patrick's Day and Evacuation Day, and on March 20 the first day of Spring.



COOLIDGE CORNER COMMUNITY CHORUS



On **Saturday March 28 at 2:00 pm** The Coolidge Corner Community Chorus, Directed by Lee Colby Wilson, will sing music from all

periods. Some of the wonderful selections are from Verdi, Vecchi, Whitacre, Weatherly Lange and Brahms.

COUNCIL ON AGING MEETING

On **Wednesday, March 11 at 1:00 pm** Stephanie Orsini, IT Manager for the Town of Brookline will discuss the revised 911 calls for public safety.

DECLUTTER PRESENTATION

Chis Jenkins from Home Instead will join us on **Wednesday, March 25 at 1:00pm** to offer tips on De-cluttering your life.



SHORT SKIRTS OH MY? THE EVOLUTION OF THE WOMEN'S MOVEMENT



In honor of Women's History Month, the Brookline Public Library welcomes *A Brief History-Historical Presentations by Anne Barrett*. On **Saturday March 7. at 2:00pm** at

the Main Library Hunneman Hall.

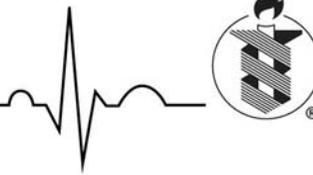
In 1910, woman's skirts and hair were long. Little more than a decade later, skirts were reaching unseemly lengths, bobbed hair was all the rage and women had finally won the right to vote. This program will follow the evolution from Abigail Adams advising John to "remember the ladies" during the struggle for women's suffrage to the 1920's.

For more information call 617-730-2370.

OTHER LIBRARY HAPPENINGS

On **Saturday, March 21 from 3:00-4:00pm** Marc Berger will perform songs of the American West with Joe Flood on the mandolin/fiddle. This event will be held at the public Library of Brookline Main Library Hunneman Hall For more information call 617-730-2370.





Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, March 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, March 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 will meet on Wednesday, **March 18 at 1:00pm**.

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, March 19, from 9:00 to 10:00 am**.

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

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

Wednesday, March 25, 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.

BROOKLINE HEARING SERVICES

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, March 26 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.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

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 DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
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ASK A GERIATRICIAN

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

Question: Do I need a vaccine to prevent pneumonia?

Answer: Yes.

In fact, there are now 2 pneumonia vaccines that people older than 65 should get. Each vaccine helps prevent pneumonia caused by different "serotypes" of pneumonia (sort of like "23 Shades of Pneumonia"). The older Pneumovax 23 has been shown to be 50-85 % effective in preventing pneumonia caused by those 23 particular variations of the pneumonia bacteria.

More recently, in 2011, a new pneumonia vaccine called PVC 13 was released to help prevent 13 additional types of pneumonia. It is about 50-75% effective against those 13 types.

People over 65 should get both vaccines, but not at the same time. It is better to wait a year between vaccines. If you have not had any pneumonia vaccine, start with the PVC 13, then wait 1 year to get the Pneumovax 23. If you have had the 23 vaccine then wait 1 year and get the PVC 13. Each vaccine should be effective for a lifetime, so you do not need to repeat them.

This is different from the influenza ("flu") vaccine. The flu viruses are very clever about changing themselves to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others. This year, unfortunately, the flu vaccine is only about 23% effective, and as a consequence, we have been seeing a lot of people who have gotten the flu.

PIATIGORSKY FOUNDATION CONCERT

Once again we are pleased to invite everyone to an Annual Piatigorsky Foundation concert on **Wednesday, April 1 at 1:00 pm** at the Senior Center. The Piatigorsky Foundation is dedicated to making live classical music an integral part of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organization is named, believed that music is not a luxury for an elite few, but a necessity of life for all.

The featured artists are , cellist, and Richard Dowling, pianist and violinist Quing Li.

Richard Dowling appears regularly across the United States in solo recitals, at chamber music and jazz/ragtime festivals, and as a guest soloist in concerto performances with orchestras. He has been acclaimed by audiences for his elegant and exciting style of playing which earns him frequent return engagements.



Qing Li brings great warmth, poise, and insight to her music making. In 2012, Ms. Li was the guest Concertmaster at the Iceland Symphony in Reykjavik. She has been a recitalist and chamber musician in halls throughout the great cities of America, South America, Europe, and Asia. Radio and television broadcasts of her work as soloist and chamber musician have been aired on National Public Radio's Baltimore affiliate station WYPR, and were featured on the Voice of America. Registration required 617-7302777.

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 **March 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.**

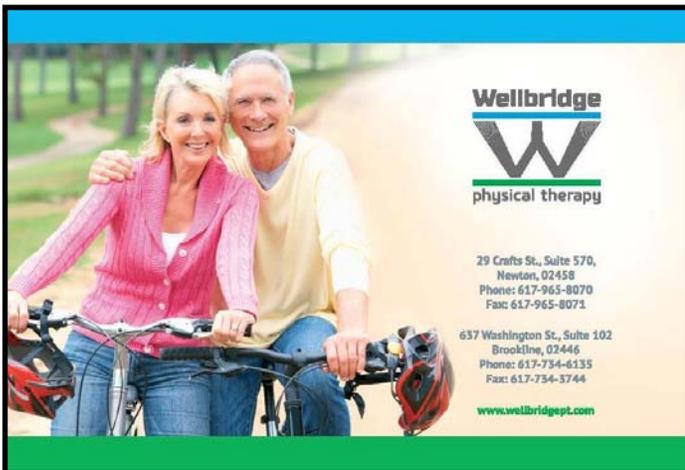
A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. 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.



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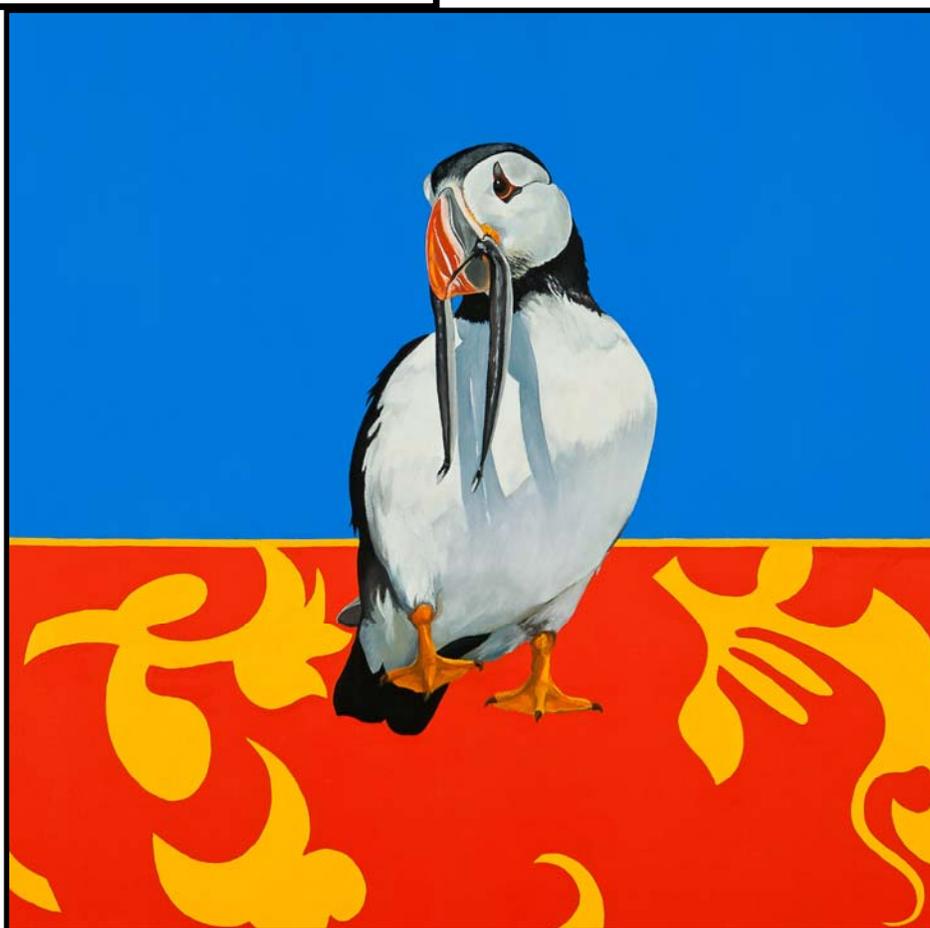
637 Washington St., Suite 102
 Brookline, 02446
 Phone: 617-734-6135
 Fax: 617-734-3744
www.wellbridgept.com

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.

IRISH VOICES

Our old friend, Stephen Collins returns to us on **Monday, March 9 at 1:00pm** in celebration of St. Patrick's Day. In this dramatic offering, Stephen will represent the voices of Yeats, Joyce, Heaney, McCourt, and other prominent Irish writers. A great deal of Irish literature deals with the land, the past, the church, and the changing political landscape. Don't miss this performance. To register call 617-730-2770.



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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon Group will meet on **Friday, March 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.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions with Jacob for the computer phobic **in March on Thursday mornings**. 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.

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 at 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. 730-2768.

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**Embracing Sexuality as We Age: Keys to Vitality With
Dr. Anita Hoffer, MS, PhD, EdD**

Monday, March 23, from 6:30-8:00PM



Hunneman Hall, Brookline Public Library, 361 Washington Street Reception prior to program from 6:00-6:30PM Free of Charge. To register, please call 617-730-2770.

Dr. Anita Hoffer explores the theme of healthy sexuality in mid and later life and examines what gets in the way of our ability to embrace, celebrate and experience our sexuality as a means of authentic self-expression.

A common misconception in our youth-obsessed culture is that once a man or woman reaches 50, s/he loses interest in, or cannot enjoy, intimate relationships. Many older adults had little or no sex education in school, and are especially inclined to believe this fiction. The taboo in our culture on talking openly about sex has left many of us ignorant of the behavior of our peers, as well as self-conscious and even ashamed. Sometimes it even feels awkward to discuss these topics with our healthcare providers!

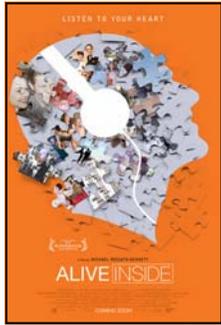
In this informative presentation, discover the secrets to a satisfying sex life as you age, the surprising statistic about the number of older women and men who enjoy sex, unique and little understood features of female anatomy, medically-documented facts about sexual intercourse and intercourse, the many benefits of maintaining sexual health in mid-and later life....and the price of ignorance. Questions for discussion may be submitted anonymously for confidentiality. Adults of all ages (singles and couples) and all questions are welcome.

Bio: Anita P. Hoffer, MS, PhD, EdD worked at Harvard Medical School for over 25 years, where she served as Associate Professor and also Director of Research in Urology at the Brigham and Women's Hospital. She subsequently worked in the bio-pharmaceutical industry on women's health projects before obtaining a second doctorate in sexology and human sexuality. Since then she has focused on adult sexuality education, sexual counseling, and writing. She also maintains a local independent practice in sexual counseling of women and men of all ages, and couples.

Founding members of the Brookline Community Aging Network; the Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline and Jewish Family & Children's Service

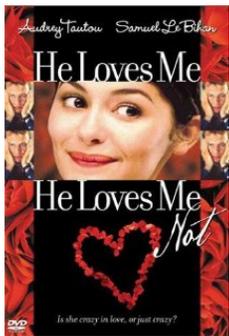
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in March 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 March 3
78 minutes
Alive Inside: A Story of Music and Memory

Dan Cohen, founder of the nonprofit 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.



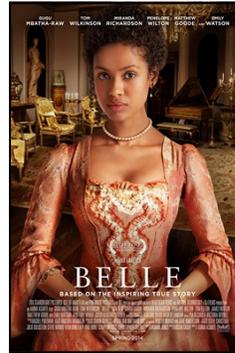
Tuesday, March 10
92 minutes
He Loves Me, He Loves Me Not

A young woman who is in love with a married doctor becomes dangerous when her attempts to persuade him to leave his wife are unsuccessful. However, when things are seen from his point of view, the real situation becomes clear.



Tuesday, March 17
128 minutes
Torn Curtain
An American scientist publicly defects to East Germany as part of a cloak and dagger mission to find the solution for a formula resin and then figuring out a plan to escape back to the West.

Director: Alfred Hitchcock
Stars: Paul Newman, & Julie Andrews



Tuesday, March 24
104 minutes
Belle
The mixed race daughter of a Royal Navy Admiral is raised by her aristocratic great-uncle in 18th century England.



Tuesday, March 31
141 minutes
The Judge
Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

Director: David Dobkin
Stars: Robert Downey Jr., Robert Duvall, Vera Farmiga

Thank You!



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MODERN DANCE & MOVEMENT



Join Lynn Modell at the Senior Center on Tuesdays from 11:00-11:45am for her wonderful workshops! Dancing is a great way to exercise and have fun at the same time. All this for just \$2.00 per session.

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.



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EXERCISES FOR HEALTH AND REJUVENATION

In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine — tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

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**-SAVE THE DATE-
BINGO BENEFIT**

Join us on **Thursday, April 2 from 4:00-6:00pm** for some Bingo. This event will be full of food, fun, and games, and a chance to win prizes while helping funding for the theater club. The cost of the event is \$10 if you pre-register at 617-730-2777 or \$15 if you pay at the door.

MASS COLLEGE OF PHARMACY



Are you or someone you know living with diabetes? Do you know there are different types of diabetes? Are you looking for ways to help improve your lifestyle and better manage your diabetes? **On Thursday, March 19 at 1:00 pm** the Massachusetts College of Pharmacy students and faculty will be giving a presentation regarding diabetes management and will be on hand to answer your questions.

-SAVE THE DATE-

It Takes a Village Brookline Walking Club

Nature Explorations in Our Own Backyard. On Friday April 17 Walk in Griggs Park, Brookline, followed by lunch at Goddard House. This inclusive program welcomes people with dementia and their care partners. Each guided nature walk includes information about the area and a chance to share stories. Van transportation is available or you can meet us at the site. We leave Goddard House at 10:15 a.m. Complimentary lunch follows the walk at Goddard House around noon. New this year we now have van pick-ups upon request at the Brookline Senior Center and 100 Centre St. at 9:30 am for those who wish to join us as well as a return trip there after lunch. For more information or to request transportation contact Dee Brenner at Brenner@imstillhere.org 781-879-7237. This program is sponsored in partnership by:



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AARP INCOME TAX APPOINTMENT

AARP volunteers will be at the Senior Center on **Tuesdays, March 3 through 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, your Social Security, and 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.

Home Is Still The Best Place



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

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www.goddardhouse.org

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ZUMBA GOLD



Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold the Senior Center on **Thursdays through Thursday, March 12 from 1:30-2:30pm**. Drop-ins are

welcome at \$7 per individual session and 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 at 10:00 am** 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.

BROOKLINE RECREATION ADULT EXCURSIONS

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

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

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 and the Soule recreation Center.

**-SAVE THE DATE-
HEALTH FAIR**

Thursday, May 14 from 9:00am –2:00pm.

BROOKLINE MUSIC SCHOOL CONCERT



Valerie Ross

On Wednesday, March 4, at 1:00 pm the Brookline Music School performer will be Valerie Ross, pianist. Ms. Ross will entertain us with her performance Darkness and Light music for solo piano. Featuring works by German and

French composers and showcasing the wide range of color and emotion music can evoke. Repertoire ranges from Schubert's sparse, emotionally dark writing to Debussy's and Messiaen's impressions of light, color, and mist. Schubert: Sonata in A minor, D 784. Selections from Debussy's Preludes and Messiaen's Preludes.

EASY TRAVEL



Join armchair travel host Julie Washburn on **Thursday, March 5 at 1:30 pm.** Julie will continue with **part two** of

Disney World. Preregister for this trip by calling 617-730- 2770.

Please Note: Our program announced for March with Lourdes has been cancelled.

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.

JAPANESE HARP PERFORMANCE

Akino Watanabe, a sophomore at the Commonwealth School in Boston and a kotoist and Yoshino Watanabe Akino's younger sister, a kotoist and a third-grader at the Lincoln School in Brookline will perform on Monday, **March 16 at 1:00pm**. The Watanabe sisters will transport you to another time and place with their emotionally stirring recital on the four seasons. The striking sound of the centuries old instruments conveys intensity, mirrored on the faces of these young musicians whose mastery of the art has led them to perform at the Harvard University Kennedy School, Tufts University, Smith College and the Cancer Center at Massachusetts General Hospital.

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.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, announces the start of the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; March 21, April 18, May 16, June 20 and July 18 from 11:00- 1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

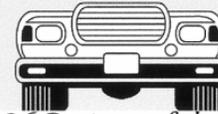
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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently,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



SENIOR CHARLIECARD EVENT



We will be holding another senior CharlieCard event on **Monday, March 30 at 1:00 pm.** If you

are 65 or older bring a picture ID with proof of age. You will be asked to fill out an application, have your photo taken and then we will send it off to the MBTA. You will receive your CharlieCard in the mail within 2-8 weeks.

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 so you should check that the pharmacy you currently use is still a preferred pharmacy.

BRIDGE



Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp.** Give the revolving bridge game a try.

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COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Beef Consomme //Vegetable Soup HOT: Cheese Lasagna w/Meatball; Spinach; Multigrain Bread COLD: Breaded Chicken Patty w/Mayo on Roll; Cucumber Dill Salad; Roasted Root Veggie Salad Applesauce</p>	<p>3. Cream of Butternut Squash HOT: Roast Pork w/Apricot Glaze; Roasted Potatoes; Cauliflower; Oat Grain Bread COLD: Tuna Salad on Wheat Bread; English Pea Salad; Cauliflower & Carrots Peaches</p>	<p>4. Orzo-Vegetable Soup HOT: Chicken Creole; Collard Greens & Onions; Red Beans & Rice; Dinner Roll COLD: Ham & Swiss Cheese w/Mustard on Rye Bread; Corn Salad; Tomato-Red Pepper Salad Apple Bread Pudding</p>	<p>5. Chicken Noodle Soup HOT: Beef Stroganoff; Buttered Noodles; Italian Green Beans; Wheat Dinner Roll COLD: Turkey & Swiss Cheese /Mayo on Multigrain Bread; Spinach & Mandarin Salad; Orzo-vegetable Salad Pineapple</p>	<p>6. Tomato Soup HOT: Sweet Potato Pollock Filet w/ Cream Sauce; Broccoli; Rice w/Orzo & Peas; Rye Bread COLD: Vegetarian Chef Salad (V); Potato Salad; Pumpernickel Bread Chocolate Chip Cookie</p>
<p>9. Beef Barley Soup HOT: Spinach & Red Pepper Frittata (V); Green Beans; Lyonnaise Potatoes; Scali Bread COLD: Roast Beef w/Provolone & Mayo on Pumpernickel Bread; Garden Shell Pasta Salad; Tomato-Broccoli Salad Applesauce</p>	<p>10. HOT: Lentil Stew (V); Fresh Broccoli Florets; Salad w/Lite Italian Dressing; Oat Bread COLD: Curry Chicken Salad on Pita Bread; Potato Salad; Carrot-Pineapple Salad Fruit Loaf</p>	<p>11. Cream of Mushroom Soup HOT: American Chop Suey; Spinach; Garlic Dinner Roll COLD: Seafood Salad w/Lettuce on Oat Bread; Balsamic in-agrette Pasta Salad; Spinach & Mandarin Orange Salad w/Lite Italian Dressing Tropical Fruit</p>	<p>12. Tomato-Basil Soup HOT: Baked Chicken w/Gravy; Butternut Squash; Collard Greens & Onions; Rye Bread COLD: Mediterranean ortellini Salad (V); Zucchini Salad w/Lite Italian Dressing; Wheat Bread Ice Cream</p>	<p>13. Corn Chowder HOT: Salmon Filet w/Dill Sauce; Herbed Brown Rice; Candied Carrots; Parsnips; Oat Bread COLD: Egg Salad (V) on Multigrain Bread; Cole Slaw; Pasta Salad w/ Cheese Fresh Fruit</p>
<p>16. Minestrone Soup HOT: Chicken w/Italian Cream Sauce; Roasted Potatoes; Zucchini; Oatmeal Bread COLD: Ham*** & Swiss Cheese w/Mustard on Wheat Bread; Macaroni Salad; Broccoli Slaw Fresh Fruit</p>	<p>17. <i>March Special</i> Corned Beef Stew*** w/Cabbage, Turnips, Sliced Carrots & Onions; Boiled Potatoes w/Parsley; Golden Biscuit; Mint Green Pudding w/Topping COLD: Turkey and Cheese on oat bread, spinach mandarin salad, pasta salad</p>	<p>18. Split Pea Soup HOT: Sweet Potato Pollock Filet w/Lemon Sauce; Brown Rice; Kale; Wheat Bread COLD: BBQ Chicken w/Mozzarella Cheese & Red Onion on Bulkie Roll; English Pea Salad; Roman Blend Salad Chef's Choice Dessert</p>	<p>19. Chicken & Rice Soup HOT: Chicken Meatball Sub (on Sub Roll); Sweet Potato Wedges COLD: Egg Salad (V) on Multigrain Bread; Lo Mein Pasta Salad; Zucchini & Tomato Salad Mandarin Oranges</p>	<p>20. HOT: Macaroni & Cheese(V)***; Stewed Tomatoes; Oat Bread COLD: Seafood Salad on Rye Bread; Greek Pasta Salad; Carrot-Pineapple Salad Tropical Mixed Fruit</p>
<p>23. Cream/ Sweet Potato Soup HOT: Stuffed Pepper Casserole (Beef); Dill Carrots; Wheat Roll COLD: Turkey Deluxe*** (Sliced Egg, Spinach, Ranch Dressing) on Bulkie Roll; Potato Salad; Riviera Salad Yogurt</p>	<p>24. Minestrone Soup HOT: Cranberry Chicken; Whipped Sweet Potatoes; Kale; Oat Bread COLD: Roast Beef w/American Cheese & Mustard on Oatmeal Bread; Pesto Pasta Salad; Zucchini & Tomato Salad Apple</p>	<p>25. Chicken & Wild Rice Soup HOT: Roast Turkey w/LS LF Chicken Gravy; Mashed potatoes; Tuscan Blend Vegetables; Wheat Bread COLD: Ham Chef Salad w/Lite Italian Dressing; Macaroni Salad; Wheat Bread Mandarin Oranges</p>	<p>26. Vegetable Soup HOT: Seafood Alfred over Bowtie Pasta; Fresh Zucchini; Rye Bread COLD: California Chicken Salad on Rye Bread; Three Bean Salad; Carrot Pineapple Salad Applesauce</p>	<p>27. Italian Garden Vegetable Soup HOT: Stuffed Shells (V) w/Tomato Sauce; Broccoli; Scallion Bread COLD: Tuna Salad on Pumpernickel Bread; Cole Slaw; Orzo Vegetable Salad Birthdays Cake</p>
<p>30. Oriental Vegetable Soup HOT: Chicken Lo Mein; Oriental Blend Veg.; Roll; Fortune Cookie COLD: Seafood Salad on Oat Bread; Rice, Broccoli & Cheese Salad; Beet Salad Fruit Loaf</p>	<p>31. Chicken & Wild Rice Soup HOT: Meatloaf w/LS LF Beef Gravy; Green Beans; Sweet Potatoes; Rye Bread COLD: Turkey Deluxe*** on Bulkie Roll; Carrot-Pineapple Salad; English Pea Salad Tropical Mixed Fruit</p>	<p>Springwell Nutrition Program: MARCH 2015 617-730-2770 93 Winchester Street, Brookline MA</p>		

LUNCHEON SPECIALS FOR MARCH

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.

On **Monday, March 23** we will have the **Chinese New Year lunch** which was rescheduled due to snow. There will be no entertainment. Therefore, if you have already paid and want a refund, please see Sonia. If you have not previously signed up for this event you must register.

March 17 we celebrate March birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all March birthday celebrants.

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.



JP SEAFOOD CAFE

LET'S GO OUT TO LUNCH BUNCH

On **Tuesday, March 31** at 12:00 noon the Let's Go Out to Lunch Bunch is going to J.P Seafood 730 Center Street in Jamaica Plain Call 617-730-2770 for reservations and transportation.

HEALTHY BENEFITS OF WHOLE GRAINS

Join Aneta Braan, RD to discuss the health benefits of whole grains and ways to add them to your diet on Thursday, March 12. at 1:00pm. If you would like to join us for lunch, please reserve by **Wednesday, March 11 at 10:30 am.** This program is sponsored by Springwell

Israel, Van Kooy & Days, LLC



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MARCH AT A GLANCE

Monday, March 2

3:00-4:30pm Improv Players***

Tuesday, March 3

1:00pm Movies for Film Lovers *Alive Inside*

6:00-7:00pm *Abundant Home Health Care presentation* ***

Wednesday, March 4

9:00-12:00 Brookline Legal Assistance

1:00pm Brookline Music School Concert***

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

Thursday March 5

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

11:00am Ask a Nurse

1:30pm Easy Travel *Part 2 Disney*

1:30 Zumba Gold

Friday, March 6

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

Saturday, March 7

2:00pm Hunneman Hall Main Library *Short Skirts Oh My**

Sunday, March 8

Daylight Saving Spring Forward

Monday, March 9

1:00pm Irish Voices with Stephen Collins***

3:00-4:30pm Improv Players***

Tuesday, March 10

1:00pm Movies for Film Lovers *He Loves Me. He Loves Me Not*

Wednesday, March 11

1:00pm COA Meeting

1:00-2:00pm Blood Pressure Screening

Sussman 50 Pleasant St. *

Thursday March 12

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

11:30-4:00 Flower Show Brookline Recreation*

Friday, March 13

1:00pm Healthy Benefits of Whole Grains

Alzheimer Support Group *** call 617-738-1790

Monday, March 16

1:00pm Japanese Harp Performance

2:00-3:00pm Putterham Book Discussion Group
-The Invention of Wings

3:00-4:30pm Improv Players***

20

Tuesday, March 17

12:00 noon March Birthday Lunch

1:00pm Movies for Film Lovers *Torn Curtain*

Wednesday, March 18

1:00pm Vision Group

Thursday March 19

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

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

1:00pm Mass College of Pharmacy *Diabetes*

Friday, March 20

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

6:30-8:30 Spring Dance***

Saturday, March 21

3:00pm Hunneman Hall Main Library *Marc Berger Songs of American West**

11:00-1:00 LGBT Out to Lunch Bunch*

Monday, March 23

3:00-4:30pm Improv Players***

6:00-8:00pm Embracing Sexuality As We Age***

Tuesday, March 24

9:00am Public Issues Nonfiction Book Discussion Group-*The Prince*

1:00pm Movies for Film Lovers *Belle*

Wednesday, March 25

1:00-2:00pm Blood Pressure Screening O'Shea
61 Park St.*

1:00pm DeCluttering Presentation

Thursday March 26

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

1:00-2:00pm Brookline Hearing Services

7:00pm I'll Be Me: Glen Campbell*

Friday, March 27

Saturday, March 28

2:00pm Coolidge Corner Community Chorus
Concert

Monday, March 30

1:00pm CharleCard Event

3:00-4:30 Improv Players***

Tuesday, March 31

11:00-4:00 Wrentham Outlets Brookline Recreation Excursion *

12:00 noon Let's Go To Lunch Bunch *JP Seafood Cafe* ***

1:00pm Movies for Film Lovers *The Judge*

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open Membership required
8:45-10:15 Strength training **
9:30am Neighborhood Walking Group
10:00-11:30 am Poetry Workshop ***
10:00-12:30 Intro to Watercolor **
10:30-11:30 Senior STRETCH **
12:00noon Springwell Lunch
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 Thursdays until April***(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
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

10:15-11:45 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.brooklineadulted.org to register

*** Registration Required

Brookline Health Care Center

A HealthBridge Management Company

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

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

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

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

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

Physical Therapy

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

Occupational Therapy

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

Speech Therapy

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



Brookline Health Care Center
A Nursing and Rehabilitation Center

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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 (ELF) program has a large amount of Crutches available. These pairs of crutches (and singular ones too) are useful

for anyone of any age or size who has a recent injury and needs a little extra "boost!" Please contact Jamie at 617-730-2753 with your interest or if you have any items to donate.

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.

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 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.*

NOTE: Date Change:

Sunday, May 16, 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 mu-

Registration is Required for all offerings. Call
617-730-2777

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.

Good news! Roberta Sherman Winitzer has agreed to co-lead our Putterham Library book group. She is an educator who loves reading, books, and the library. As a Brookline Library Trustee, Roberta developed and coordinated the very successful "Brookline Reads" town wide reading program. She continues to be a member of the Brookline Library Foundation.

Please join us in welcoming her at our next meeting on **Monday, March 16 from 2:00-3:00pm** at the Putterham Branch Library. Our meetings are held in the community room and new members are always welcome.

March 16 – The Invention of Wings by Sue Monk Kidd

April 13 - Cambridge by Susaana Kayse

May 18 – The Boys in the Boat by Daniel Brown

June - Vacation month. Book club will resume in July.

Moving? Downsizing?



Call Karen Zweig
for a free consultation!

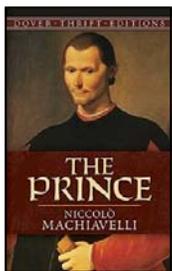
617.455.1964
karen@movemaven.com



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 the fourth Tuesday each month.**



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.

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)



I'LL BE ME: GLEN CAMPBELL DOCUMENTARY

Join us at the Coolidge Corner Theatre for a this one time screening on **Thursday, March 26 at 7:00pm.** Tickets are free while they last and you can register goddardhouse.org/movie.html or call 617-734-2501.

In 2011, music legend Glen Campbell set out on an unprecedented tour across America. They thought it would last 5 weeks instead it went for 151 spectacular sold out shows over a triumphant year and a half.

What made this tour extraordinary was that Glen had recently been diagnosed with Alzheimer's disease. He was told to hang up his guitar and prepare for the inevitable. Instead, Glen and his wife went public with his diagnosis and announced that he and his family would set out on a "Goodbye Tour."

The film documents this amazing journey as he and his family attempt to navigate the wildly unpredictable nature of Glen's progressing disease using love, laughter and music as their medicine of choice. Special appearances include Bruce Springsteen, The Edge, Paul McCartney, Blake Shelton, Sheryl Crow, Keith Urban, Brad Paisley, Taylor Swift, Steve Martin, Chad Smith and Bill Clinton among many others. Sponsored by: Goddard House, Brookline Council on Aging, BrooklineCan and Sherrill House.

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Community
Education



*Join us,
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www.brooklineadulted.org

617-730-2700

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.

ABUNDANT HOME HEALTH CARE PRESENTATION

Breaking Through Parent's Denial regarding their need for In-home Services on **Tuesday March 3 from 6:00 PM - 7:00pm.**

If you have tried to convince your parents/relative that they need help in their home with daily living activities only to hear: "I am fine," "I can manage very well on my own," "I don't want strangers in my house," "I am still able to drive," or "I don't want to move"

Come join the evening dedicated to helping Adult Children cope and hopefully convince their Aging Parents that accepting help in the home promotes independence, provides companionship and contributes to an overall sense of security and well-being in their life. Ceci Murphy, Director of Abundant Home Health Care, Newton MA, will share her experiences working with people in similar situations and will be sharing a variety of approaches and recommendations that have produced positive results. To register call 617-730-2770

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 Joe Reid.

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

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.

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.

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.

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VOLUNTEER CORNER NEWS AND EVENTS

Our annual update of Emergency Contacts for all volunteers, updating addresses and getting missing information is ongoing. We are also requesting that you fill out a simple one-page survey. If you have not received this mailing or have misplaced the forms, please contact Patricia, the new Volunteer Coordinator at 617 730 2743 and we will be happy to confirm your correct address and send you another packet. Patricia is anxious to update and complete our files and to hear your ideas.

Start the New Year by volunteering and making a difference. Volunteer openings we are spotlighting this month include:

- A receptionist on Monday and Wednesday afternoons
- Occasional dropping off excess white elephant donations @ GoodWill
- Occasional delivering and picking up ELF equipment
- Occasional purchasing candy from BJ's or COSTCO
- Updating the BSC web page and blog
- Coordinating chess 2 hours/week
- 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.

1-ON-1 JOB SEARCH SKILLS

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.



PROJECT BREAD'S FOODSOURCE HOTLINE FOR SENIORS

To better serve our seniors, the FoodSource Hotline has created a dedicated "Senior Line" for seniors interested in SNAP/Food Stamps or who have general questions about resources. Seniors can call our statewide, toll-free hotline 1-800-645-8333 and press 2 to be immediately connected with one of our counselors, avoiding any extended wait times. Counselors can screen callers for SNAP eligibility and start the application over the phone. A counselor will also follow-up throughout the process to answer any questions or concerns. Counselors are also available to answer questions from current recipients and help to ensure they are receiving the maximum benefit. To further provide assistance, during the months of February, March, and April the FoodSource Hotline has ensured extra staff during Mondays and Wednesdays from 2:00 pm to 7:00 pm to respond to Senior Line callers.

MODERN BEADING WORKSHOP

Will Return in April

This workshop is for beginners and experienced beaders. We meet at the Senior Center 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.

-SAVE THE DATE- BINGO BENEFIT



On Thursday, April 2 from 4:00-6:00pm come and play some BINGO. This event will be full of fun, food, games and you

can win prizes. All this and you will be helping fund our theater club. The cost of the event is \$10 if you pre-register at 617-730-2777 or \$15 if you pay at the door.

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.

FROM THE BOARD PRESIDENT

A special thank you to all of you who made an end of the year donation to the Senior Center. Due to the generosity of the community, we have been able to schedule some weekend events.

Please keep sending your donations so we can continue to have more events on the weekend. Watch the Tab and the March News and Events for more information.

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

SOCIAL WORK MONTH 2015 SOCIAL WORK PAVES THE WAY FOR CHANGE



2015 marks a special year for the social work community. The nation will commemorate National Social Work Month in March and the National Association of Social Workers will celebrate its 60th anniversary in 2015.

NASW's goal during Social Work Month and throughout 2015 will be to educate the public about how social workers and the association have brought about major positive social changes, improved the lives of individuals and families, and will continue to do so in the future. Thank A Social Worker this month.

FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. **Henry Van Dyke (1852–1933)**

We survived! February 2015 will go down in history as having some of the worst weather. We broke records for the snowfall and cold. Many of us became distressed at the announcement of yet another snow storm. We are hopeful that March will bring an end to this horrible winter. 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. Certainly, coming through our doors is the perfect antidote to snow, gray days and the wind. Stop by today.

In this agency, we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place. March is Social Work Month and this year's theme is "Helping People Help Themselves". I want to acknowledge the important work of our social workers. We have our social work interns, professional staff and retired social worker volunteers; each one contributes to Brookline's strong sense of community. When you see one of our social work staff please thank them.

I personally want to thank everyone who has so far responded to our Annual Appeal and generously sent in a check to us. Everyone needs to be aware that donations support the van, equipment, and our food expenses. This year we also made a special appeal to expand our weekend and evening hours. Please continue to send in your donations. I am proud to announce that due to your generosity we have been able to schedule some exciting weekend and evening offers. Browse through this newsletter for the offerings. Please join us on Saturday March 28th when the Senior Center will be open, the Coolidge Corner Chorus will be performing and we will be serving tasty treats.

Save the date for April 2nd for a special Thursday of early evening Benefit Bingo. In addition to great prizes we will be serving delicious food and providing fun entertainment. Seats are limited, so sign up today for early registration and a requested donation of \$10.00.

Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please remember to bring a donation to the Food Pantry when you visit this month.

Ruthann Dobek-Director

STUDENT REUNION

The Senior Center is looking forward to welcoming back many of its former Social Work Student Interns for a Reunion in honor of Social Work Month! Students from the last decade were contacted to attend a special event with their peers, school professionals, and Senior Center staff on **March 26**. These former students will come together to share about the jobs they are currently in and their favorite Senior Center memories. Many of these students' stories will be featured in an upcoming publication honoring their achievements and the contributions they've given to the Senior Center.

Annual Appeal Donors:

Fran Pechenick
Joanne Womboldt
Robert Housman
Donna Taube
Colbourne Crescent Poker Club
Christine McArdle

In Honor of:

Anita Garlick

honoring Jason Kobayashi

Sonia & William Wong

honoring Chinese New Year

Gertrude Crowley

honoring the Tax Preparation Program

Lourdes Iletto

honoring Jacob Knable

In Memory of:

David Small *from* Elin Schultz

Mary Perdikes *from* Dotty Bell

Mary Perdikes *from* Laurie Leibowitz

Ingie Gallimore *from* Ruthann Dobek

B-CAN Donors:

Deborah Goodman

Julie Krasker

Cynthia Nuzzo

Phyllis Podren

Monique Richardson

Linda Swerling

Ildiko Szabo

Livia Frank

Loretta DeSesa

Rachael Wurtman

Alexander and Bette Mandl

Sue Reamer

Ruth Nemzoff

Patricia Dobek

Anita Garlick

Ann Moriarty

Alice and Philip Shabecoff

Ellen Bick

Jewel and David Chin

Doris and Saul Feldman

SHINE

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.

DENTISTRY FROM THE HEART

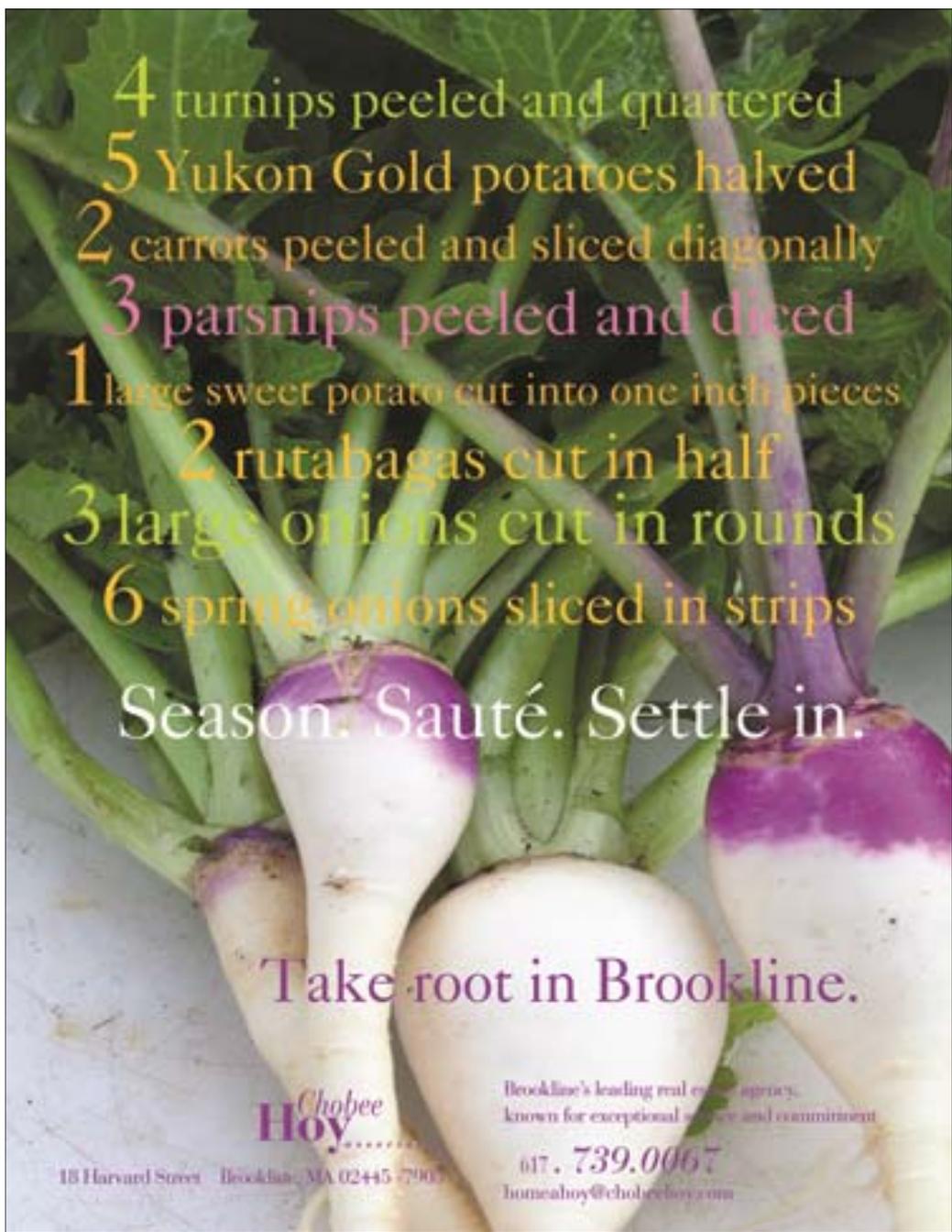
Longwood Dental Group will offer FREE Dental Care on **Saturday April 11. Registration will begin at 7:30 am and the event hours are 8:00am-4:00pm**

This Annual Event is for people 18 years or older without access to dental care. You may choose a filling, extraction or cleaning. For more information contact Longwood Dental group at 617-566-5445 1842 Beacon Street Brookline.

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Brookline, Massachusetts 02446

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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.

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