TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

Wednesday, April 1 Piatigorsky Foundation Concert (see p. 3).

Sunday, April 12 "MacBeth" performance (see p. 3 and 24).

Sunday, April 26 Open Studios (see p. 26)

ANNUAL ELECTION

The last day to register to VOTE in the May 5, 2015 Annual Election is **Wednesday, April 15.**

APRIL 2015

BINGO BENEFIT

Join us on **Thursday, April 2 from 4:00-6:00 pm** for Benefit Bingo. This event will be full of food, fun, and games, and a chance to win prizes! All proceeds will benefit the Theatre Club and other Senior Center activities. Prizes include gift certificates from JP Licks, Paris Creperie, Dok Bua, 16 Handles, and much more! The cost of the event is $10 if you pre-register at 617-730-2777 or $15 if you pay at the door. Admission includes Ticket includes food, 2 bingo boards per game and three raffle tickets.

VOLUNTEERS LUNCHEON

On Wednesday, **April 15 at 12:30 pm**, we will honor our volunteers at a special luncheon. Invitations will be arriving in Senior Center volunteers' mailboxes all over Brookline. RSVP to 617-730-2777 and come celebrate the spirit of volunteerism and our wonderful volunteers.

Call for nominations:

Part of the festivities is the announcement of the John and Molly Dolan Volunteer of the Year Award. If you have a candidate for this award, please contact Ruthann Dobek at 93 Winchester Street, Brookline, MA 02446 or leave a message in her mail box on the 2nd floor in the COA office. You can also e-mail her at rdobek @brooklinema.gov or call at 617-730-2756.

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

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

APRIL OBSERVANCES

It's been a hard winter—lots of snow, ice, wind, flooding, unpredictability—all the difficulty that people associate with New England winters. This year we weren't spared any of it.
But cheer up—Spring is on the way. We will see flowers, smell the freshness of gentle rain, hear the returning birds, and generally experience spring fever.
We will celebrate Patriot's Day on **Monday, April 20**. This is an official state holiday so the Senior Center will be closed. Actually, since this is also the date for the Boston Marathon, it would be impossible for everyone living south of Beacon Street in Brookline to get to the Senior Center as the route through Brookline is down Beacon Street.

MACBETH

On **Sunday April 12, at 2:00 pm New Rep Comes to You!** Brookline Senior Center presents Shakespeare's **"MACBETH"** Price: $5 *Free to BHA residents. To register call 617-730-2777

COUNCIL ON AGING MEETING

On **Wednesday, April 15 at 12:30 pm** we will celebrate our volunteers at the Annual Volunteer Luncheon followed by a short meeting.

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 Richard Dowling, pianist and violinist Qung 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 617-730-2777.

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, April 2 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, April 3 and 17 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, April 15 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, April 16, from 9:00 to 10:00 am.**

Wednesday, April 1, from 2:00-3:00pm at the BPHD building on Pierce Street.

Wednesday, April 8, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

Wednesday, April 22, 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, April 16 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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Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

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

THE HIGHS and LOWS OF BLOOD PRESSURE

Blood pressure is the measurement of the pressure of the blood inside our blood vessels as it pumps our blood from our heart to the rest of our body. It is measure by 2 numbers, a top number called the "systolic" blood pressure and a bottom number called the "diastolic" blood pressure. High blood pressure is called hypertension. While 120/80 is considered normal for younger people, newer recommendations for people over 60 Y.O. (some say 80 Y.O.) are that blood pressure does not need to be treated until it gets to 150/90.

In some societies, the blood pressure stays the same throughout life. However, in countries with plentiful food, such as the USA, blood pressure often rises as we get older, possibly because of being overweight or salt intake or other factors we just haven't discovered yet. Some drugs can increase the blood pressure, such as steroids, some cold pills containing decongestants, and meds for pain such as ibuprofen and naproxen.

We take controlling blood pressure very seriously because high blood pressure is known to predispose people to heart attacks, strokes, kidney disease, eye problems and erectile dysfunction. Yet most people don't know that they have hypertension unless they find out at the doctor's office, since there may be no outward signs.

If the doctor finds that you have hypertension, it is important to get several blood pressure measurements outside of the office, since many people have "white coat hypertension", meaning they get nervous in the doctor's office and the blood pressure becomes high. It is easy to buy a simple electronic blood pressure monitor at the pharmacy, take several different measurements at home and keep a chart.

There are many different kinds of medicines to reduce blood pressure. However, the first step is to try to manage your high blood pressure without medicines by losing weight if you are over your ideal body weight, do at least 30 minutes a day of walking or other types of exercise and cutting down on salt (most salt comes from canned and processed foods-read the label for amount of salt, which is recorded as sodium-you may be very surprised at how much there is! The recommendation is to try to take in no more than 1500-2000 mg of sodium/day.)

If these measures don't bring down the blood pressure enough, there are several different types of medicines your doctor can prescribe. It is best to start with low doses and if you need to take more than 1 of these medicines, consider taking 1 in the morning and 1 in the evening to try to avoid side effects (such as too LOW blood pressure, which can make you feel dizzy.)

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 **April 1 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.

BROOKLINE CELEBRATES NATIONAL PUBLIC HEALTH WEEK APRIL 6-14,

The Deep End, Monday, April 6, 1:00-2:00 pm Brookline Senior Center. What are your hopes and fears about care? How would your family cope if one of you became seriously ill? Kerri Hamberg, MSW, from Good Shepherd Community Care will facilitate a group discussion on end-of-life decision-making for ourselves and our loved ones. Topics will be based on the best-selling book, *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande, MD.

Free Psychological First Aid Training, Tuesday, April 7, 5:00-9:00 pm Brookline Department of Public Health, 11 Pierce St. Learn and practice how to provide psychological support in an emergency. Waheeda Saif, MHC, from Riverside Trauma Center will lead the free training **registration is required**. A light dinner will be provided. Email dsibor@brooklinema.gov to register.

Teen Sexuality: What Parents Need to Know, Tuesday, April 7, 7:00-8:30 pm, MLK Room at Brookline High School,115 Greenough St. Are you curious about current trends around teen sexuality?

Preserving Food, Wednesday, April 8, 3:30-5:00 pm, Hunneman Hall at Brookline Main Library, 361 Washington St.

Dentistry from the Heart, Saturday, April 11, 8:00 am-4:00 pm the Longwood Dental Group, 1842 Beacon St. **is** giving back to the community by offering one **free** filling, one extraction, OR a cleaning to individuals who are 18 years and older and can't get dental care elsewhere. **Registration** starts at 7:30AM; first 100 patients are guaranteed to be seen; first come, first served basis. For more information:(617)566-5445 www.longwood-dental.com

Rabies Clinic, **Saturday, April 11, 9:00 am-12:00 noon** Brookline Town Hall Lobby. All pets must be brought on a leash or in a cage by a person at least 14 years old. $10 fee.

Wellness in the Village, Saturday, April 11, 1:30-4:00 pm Brookline Town Hall, More than 20 local health, wellness, meditation, and movement practitioners and teachers in Brookline Village will be represented; offering demos, classes, talks, and giveaways. During the event, the MIX 104.1 Wellness on Wheels truck will be parked outside on Washington Street. The fair is **free** and all ages are welcome.

Walk a Mile in Her Shoes, Sunday, April 12, 1:00-3:00 pm Cypress Park (across from Brookline High School), 89 Cypress St. Come raise awareness and support the end of gender-based violence. Men and boys will walk 1 mile around Cypress Field in red high-heeled shoes to raise awareness about women's experiences and to demonstrate a commitment to ending sexualized violence. **Register** at inhershoesbrookline.weebly.com; **$15 suggested donation**. Red heels (in boys' and men's sizes) will be provided to all walkers.

Our Diet, Our Health, Our Planet, Our Future, Monday, April 13, 12-1PM, Denny Room at Brookline Department of Public Health, 11 Pierce St. Irana Hawkins, PhD, MPH, RD, will discuss the latest scientific data linking a plant-based diet and our future. The talk is **free** and lunch will be provided.

Getting the Most Out of Your Visit with Your Doctor, Tuesday, April 14, 7-8PM, Hunneman Hall at Brookline Main Library. Come meet Dennis Rosen, MD, author of "Vital Conversations: Improving Communication between Doctors and Patients"

For more information contact Lynne Karsten, 617-730-2336 lkarsten@brooklinema.gov

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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, April 10.** 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 for the computer phobic **on Tuesdays.** Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

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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** Brisk Walking Group will meet with fellow walkers in the coffee lounge or in front of the Senior Center. 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. 730-2768.

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Nancy Marks

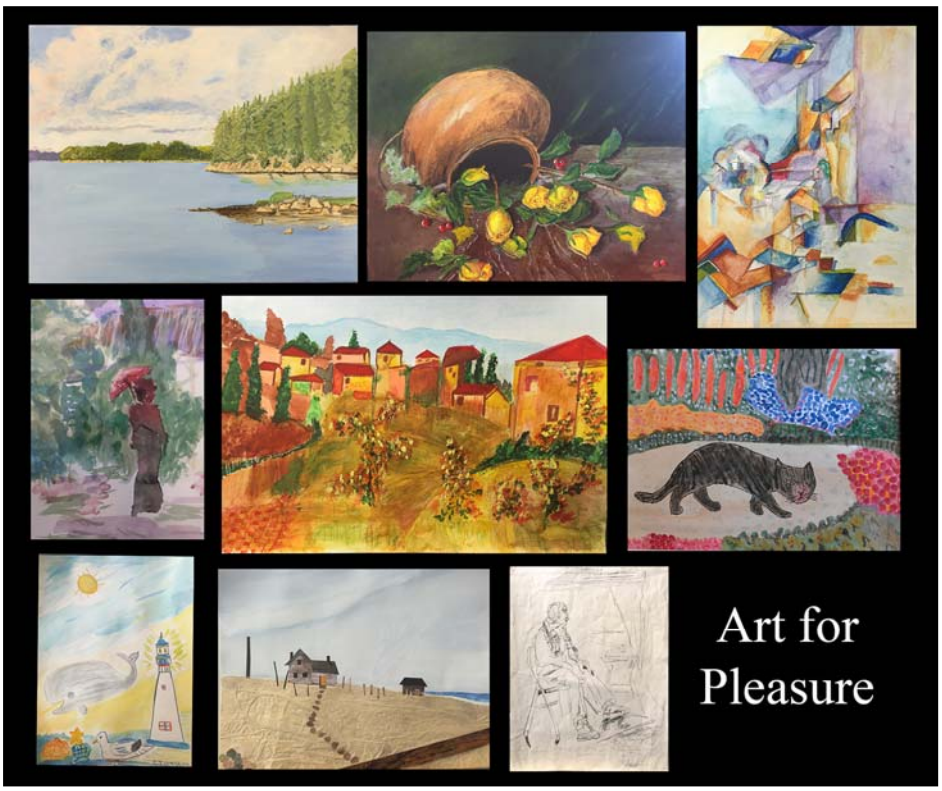
The Intimacy of Memory

A Reception for the Artist will be held on **Thursday, April 16 from 6:00-8:00 pm**

A Gallery talk with Nancy Marks will be held on **Friday, April 24 at 1:00 pm**

Gallery 93
April 1 through June 26
Hours: Monday-Friday 8:30-5:00

Running concurrently with Nancy Mark's show is an exhibit of works by her students. This show, "Art for Pleasure," will be shown on the third floor exhibit space at the Brookline Senior Center. Both shows will be shown at the same time.

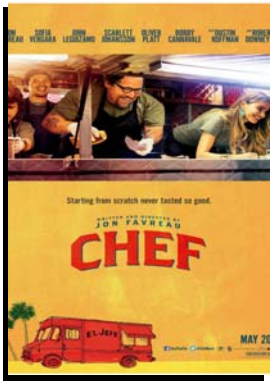


MOVIES FOR FILM LOVERS

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

Theory of Everything
Tuesday, April 7
2014
123 minutes
A look at the relationship between the famous physicist Stephen Hawking and his wife.

Still Mine (rescheduled from January 27)
Tuesday, April 21
2012
102 minutes
An elderly couple fight against local authorities in rural New Brunswick to build their final home.



Chef
Tuesday, April 14
2014
114 minutes
A chef who loses his restaurant job starts up a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.

Foxcatcher
Tuesday, April 28
2015
134 minutes
The greatest Olympic Wrestling Champion brother team joins Team Foxcatcher led by multimillionaire sponsor John E. du Pont as they train for the 1988 games in Seoul - a union that leads to unlikely circumstances.

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www.MountPleasantHome.org

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.

MODERN DANCE HAS A NEW NAME!

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of $2 per class. We'll see you there!

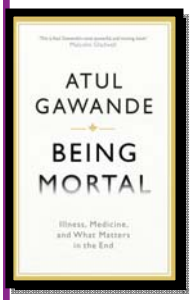
EASY TRAVEL

On **Thursday, April 2, at 1:30 pm**, join our armchair travel host, Alice Fastov as she takes us ti Israel on her most recent trip.

ZUMBA

A Combination of Latin salsa, cardio workout and interval moves. This is the hottest dance fitness craze and it is fun. Get in shape and have fun doing so in this dynamic and effective fitness system. A free introductory class will be held on **Thursday March 19, at 1:30 pm**. The Spring semester will run from **Thursday, March 26 through Thursday, May 21 from 1:30-2:30 pm**. The cost is $45 for the semester or $7 for individual classes. Free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health. *Please note that there is no class on Thursday, May 14, 2015

THE DEEP END BEING MORTAL



On Monday, April 6, from 1:00-2:00 pm. Kerri Hamberg, MSW, from Good Shepherd Community Care will facilitate a group discussion on end-of-life decision-making for ourselves and our loved ones. Topics will be based on the best-selling book, *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande, MD. A raffle for a signed copy of this book will be sponsored by the Brookline Public Health Department.

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

BROOKLINECAN ELECTION FORUM

For a Senior perspective on the upcoming Town election, come to the Livable Community Advocacy Committee's election forum on **Thursday, April 30 at the Senior Center from 4:00 to 6:00** pm. Candidates for the Board of Selectmen will introduce themselves and answer questions. Candidates for the School committee will be invited. We will also hear from speakers who favor and oppose the Override proposal.

THE MAJESTY AND MYSTERY OF "CROP CIRCLES"

John Root will be here on **Wednesday, April 29 at 2:00 pm t**o share his presentation featuring crop circle designs that have been appearing with increasing sophistication during the past three decades in farmers' fields and other locations all over the world. Layered weaving of plants in formations as well as anatomical changes observed in the plants are presented as evidence of powerful and mysterious energies at work. Effects on electronic equipment, soils, animals, and human visitors are also described. Interpretations of these intricate and exquisite formations, many of which occur near sacred sites and refer to mystical traditions, are discussed as well. To register call 617-730-2770.

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.

-Future Dates-

Friday, May 15 Mount Auburn Garden Cemetery

Friday, June 19 Habitat Nature and Wild life Sanctuary in Belmont

Friday, July 17 Allandale farm in JP

Friday, August 21 Jamaica Pond in JP

Friday, September 18 Dane Park in Brookline

Friday, October 16 Arnold Arboretum in JP

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Children's, Men's, Women's clothing
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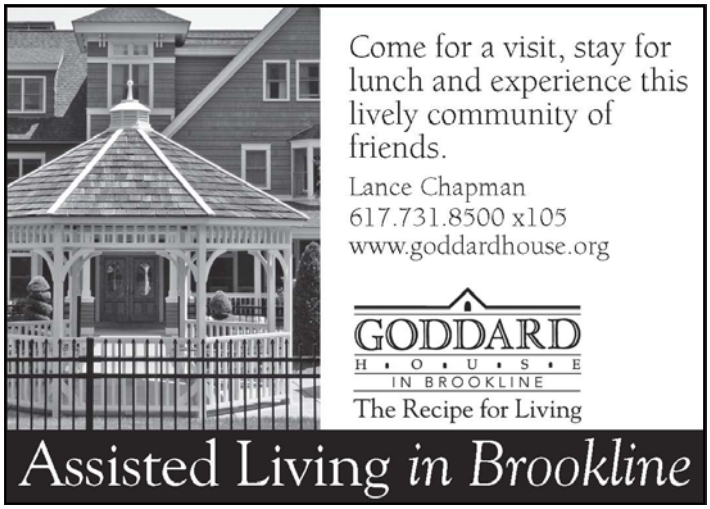
AARP INCOME TAX APPOINTMENT

AARP volunteers will be at the Senior Center on **Tuesdays, 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.



-SAVE THE DATE-

HEALTH FAIR

On **Thursday May 14 from 10:00 am-2:00 pm** join us for ***"Healthy Brain = Healthy Life" Senior Expo.*** Learn about brain health and the major role it plays in maintaining and improving overall health and wellbeing. Join with friends and neighbors to hear from brain health experts about the importance of music, meditation, diet and physical activity on your mind and body, as well as learn about how to know if memory loss is due to normal aging versus Alzheimer's disease.

The first 100 seniors to call will be registered for the morning session, including keynote speaker, presenters, workshops and lunch. There will be van transportation from some Brookline locations. Call 617-730-2770 today to register for the morning series of events/lunch. Registration is not required to attend the afternoon speakers, workshops and exhibits.

The "Healthy Brain= Healthy Life" Senior Expo is sponsored by the Town of Brookline (Council on Aging and Department of Public Health), Hebrew SeniorLife/Center Communities of Brookline and Goddard House Assisted Living. Funding for the Expo is provided by Ryan Construction.

Immediately following the Expo, there will be an afternoon Open House from 2:15-4pm at Center Communities of Brookline, hosted by Rhonda Glyman, Executive Director. All are invited to tour 100 Centre, including the Medical Practice and common areas, along with enjoying a panoramic view of the Boston skyline and refreshments in the Skyline Café from 2:15-3:00 pm.

BROOKLINE RECREATION ADULT EXCURSIONS

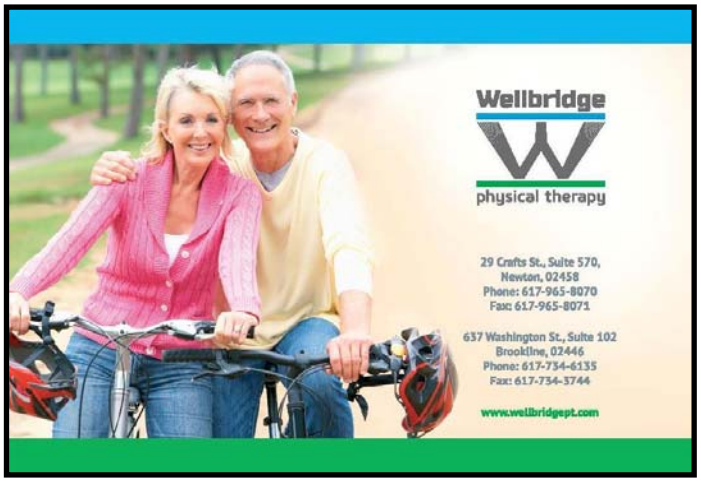
April

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 N**OTE:** Pick up and drop off at the Senior Center and the Soule recreation Center.

DEVOTION AFTER SCHOOL ENRICHMENT PROGRAM

We are happy to once again be hosting a dress rehearsal for the Devotion After-School Enrichment Program's production of Mary Poppins on **Wednesday April 8 at 3:35** pm. This is a wonderful opportunity for the children to fine tune their final performance so drop in if you can and cheer them on.



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.

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.

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.

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.

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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.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

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; 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

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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please note the days you have reserved your meals and then submit menus to the Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11:00am the day before.		1. **HOT:** Hot Dog*** on Hot Dog Roll w/ Ketchup, Mustard, & Relish; Baked Beans; Cole Slaw **COLD:** Curry Chicken Salad on Wheat Bread; Broccoli Slaw; Orzo Veg. Salad **Cotton Candy Mousse**	2. **HOT:** Lentil Stew(V); Roasted Root Vegetables; Multigrain Bread **COLD:** Roast Beef w/American Cheese & Mustard on Rye Bread; Potato Salad; Spinach & Mandarin Salad **Cinnamon Applesauce**	3.* Kale Pasta Soup **HOT:** Fish; Fiesta Corn; Spinach & Mushrooms; Oat Bread **COLD:** Egg Salad (V) on Scali Bread; Cauliflower-Carrot Salad; Macaroni Salad **Orange**
6.* Beef & Vegetable Soup **HOT:** Roasted Turkey w/ Gravy; Sweet Potatoes; Green & Wax Beans; Wheat Bread **COLD:** Tuna on Pumpernickel Bread; Potato Salad; Summer Squash Salad **Pineapple**	7.* **HOT:** Fish Florentine; Butternut Squash; Red Cabbage; Multigrain Bread **COLD:** Chicken Pesto Caesar Salad w/Caesar Dressing; Tri Color Pasta Salad w/Lite Italian Dressing; Wheat Roll **Pears**	8.* *Spring Special* **HOT:** Broccoli-Cheese Stuffed Breaded Chicken; Rice Pilaf; Candied Carrots & Parsnips; Dinner Roll **COLD:** Egg Salad (V) on Wheat Bread; English Pea Salad; Spinach & Mandarin Salad w/Lite Italian Dressing **Lemon Pudding Cake** **Diabetic: Diet Lemon Mousse**	9.* Split Pea Soup **HOT:** Italian Pot Roast; Red Bliss Potatoes; Fresh Broccoli; Wheat Roll **COLD:** Seafood Salad on Rye Bread; Broccoli Slaw; Summer Potato Salad **Fresh Orange**	10.***HOT:** Spinach & Red Pepper Frittata (V); Lyonaisse Potatoes; Rye Bread **COLD:** Roast Beef w/Swiss Cheese & Lite Mayo on Oatmeal Bread; Corn Salad; Cole Slaw **Chocolate Pudding**
13. **HOT:** Stuffed Pepper Casserole (Beef) w/Tomato Sauce; Kale; Wheat Bread **COLD:** BBQ Chicken w/ Mozzarella Cheese, Mayo & Red Onion on Oat Bread; English Pea Salad **Oatmeal Raisin Cookie**	14. **HOT:** Macaroni & Cheese***(V); Stewed Tomatoes; Oat Bread **COLD:** Roast Beef w/Cheddar & Mayo on Multigrain Bread; Lo Mein Pasta Salad; Cole Slaw **Tropical Mixed Fruit**	15. **Annual Volunteer Luncheon**	16. Clam Chowder **HOT:** Salmon Filet w/Teriyaki Sauce; Oriental Blend Vegetables; White Rice; Rye Bread **COLD:** Ham Chef Salad w/Lite Italian Dressing; Potato Salad; Wheat Bread **Fruit Flavored Yogurt**	17. Broccoli Cheese Soup **HOT:** Chicken Marsala; Rice Pilaf Browned Orzo; Zucchini & Red Pepper; Garlic Dinner Roll **COLD:** Mediterranean Tortellini Salad (V), Caesar Salad w/Caesar Dressing; Scali Bread **Pineapple**
20. **Patriots' Day Holiday** **No Meal Service**	21. Vegetable Soup **HOT:** American Chop Suey; Broccoli; Multigrain Bread **COLD:** Egg Salad (V) on Pumpernickel Bread; Cauliflower-Carrot Salad; Garden Shall Pasta Salad **Pineapple**	22. Seafood Chowder **HOT:** Krunch Lite Fish Sticks w/Lemon & Tartar Sauces; Sweet Potato Wedges; Peas & Onions; Oatmeal Bread **COLD:** Veg. Chef Salad (V)w/Lite Italian Dressing; Pasta Salad; Multigrain Bread **Tapioca Pudding**	23.**HOT:** Roast Pork w/Sweet & Sour Sauce; Brown Rice Pilaf; Cauliflower; Fortune Cookie; Dinner Roll **COLD:** Seafood Salad on Pumpernickel Bread; Balsamic Ving. Pasta; Cole Slaw **Fruited Strawberry Gelatin w/ Topp.**	24. Tomato-Basil Soup **HOT:** Veggie Burger (V) w/ Cheese on Roll; Roasted Red Potatoes; Fiesta Blend Veg. **COLD:** Turkey w/Swiss Cheese & Mayo on Wheat Bread; Broccoli Slaw; Potato Salad **Fresh Fruit**
27. Mushroom Barley Soup **HOT:** Chicken Paprika; Noodles; Broccoli & Carrots; Pumpernickel Bread **COLD:** Tuna Salad on Multigrain Bread; Tomato-Red Pepper Salad; Summer Potato Salad **Fresh Pear**	28. **HOT:** Beef Stew; Kale & Mushrooms; Wheat Dinner Roll **COLD:** Turkey & Cheese w/Mayo on Rye Bread; Garden Salad w/Lite Italian Dressing; Corn Salad **Birthday Cake**	29. Cream of Tomato Soup **HOT:** Broccoli-Mushoom Frittata (V); Red Potatoes; Squash; Multigrain Bread **COLD:** Roast Beef & Cheddar w/ Mustard on Oat Bread; Pasta-Vegetable Salad; Riviera Salad **Mandarin Oranges**	30. Chicken-Wild Rice Soup **HOT:** Roast Turkey w/LS LF Chicken Gravy; Tuscany Blend Vegetables; Whipped Potatoes **COLD:** Mediterranean Tortellini Salad (V), Caesar Salad w/Caesar Dressing; Scali Bread Chocolate	**Menu subject to change.** *****Denotes Higher Sodium** **$2.00 Suggested donation per meal** **All soups served with crackers**

LUNCHEON SPECIALS FOR APRIL

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 **Tuesday, April 21** we celebrate April birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all April 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 11:00 am. the day before by calling 617-735-7588.

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)

LET'S GO OUT TO LUNCH BUNCH

On **Tuesday April 28 at 12 noon we** will be going to Bamboo Thai on Commonwealth Ave., Brighton. This is the January lunch that we rescheduled. Anyone who registered for the trip in January will have priority for this luncheon. Space is limited so if you have not already registered call 617-730-2770.

-Save the Date -

Tuesday, May 26 Mandarin Gourmet
Tuesday, June 30 OSAKA (Japanese)
Tuesday, July 28 JoJo Tai Pei

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Laurie Israel, Esq.
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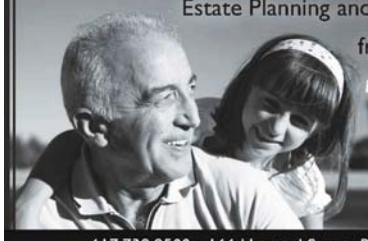

Call 888.828.1690 to learn more!

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

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

APRIL AT A GLANCE

Wednesday, April 1
9:00 am-12:00 noon Brookline Legal Assistance
1:00 pm Piatigorsky Concert ***
2:00-3:00 pm Blood Pressure Clinic*
Thursday, April 2
11:00 am Ask A Nurse
1:30 pm Easy Travel-Alice Fastov takes us to Israel
4:00-6:00 pm Bingo Benefit ***
Friday, April 3
9:00 am-12:00 noon Podiatry Clinic ***
Monday, April 6
1:00 pm The Deep End (for National Health Week)***
Tuesday, April 7
AARP Tax Appointments ***
1:00 pm Films for Movie Lovers-"Theory of Everything"
5:00-9:00 pm Free Psychological First Aid Training at DDPH *
Wednesday, April 8
1:00-2:00 pm Blood Pressure Clinic*
3:30-5:00 pm Preserving Food * Main Library
3:45 pm Dress Rehearsal for Devotion School – Mary Poppins
Thursday, April 9
Friday, April 10
Alzheimer's Caregivers Support Group Call 617 -738-1790***
Saturday, April 11
Dentistry from the Heart *
Sunday, April 12
2:00 pm MacBeth at the New Rep at Senior Center ***
Monday, April 13
9:45 am –5:00 pm Brookline Recreation Trip to Warren's Lobster House *
1:00 pm Next Generation Technologies and Treatment for Parkinson's Disease ***
2:00-3:00 pm Putterham Book Group*
Tuesday, April 14
1:00 pm Films of Movie Lovers-Chef
Wednesday, April 15
12:30 Annual Volunteer Luncheon and COA meeting ***
1:00 pm Low Vision Group
Thursday, April 16
9:00-10:00 am Blood Pressure Clinic at BSC
1:00 pm Brookline Hearing Services
2:00 pm Cake Decorating at Golden Living ***
6:00-8:00 pm Gallery 93 Reception
Friday, April 17
9:00 am It Takes a Village Walking Club *
9:00 am-12:00 noon Podiatry Clinic ***
Saturday, April 18
11:00 am –1:00 pm LBGT Out 2 Lunch Bunch *
Monday, April 20
Closed-Patriot's Day
Tuesday, April 21
12:00 noon April Birthday Lunch ***
1:00 pm Films for Movie Lovers-Still Mine
Wednesday, April 22
1:00-2:00 pm Blood Pressure Clinic*
1:00-2:30 pm League of Women Voters Override Information at BSC
Thursday, April 23
1:00 pm Volunteering-Put Your Best Foot Forward ***
Friday, April 24
1:00 pm Gallery 93 Talk with Artist Nancy Marks
Sunday , April 26
11:00-5:00 pm Open Studios-At the BSC
Monday, April 27
Tuesday, April 28
9:00 am Public Issues Book Group *
12:00 noon Out to Lunch Bunch –Bamboo Thai ***
1:00 pm Films for Movie Lovers-"Foxcatcher"
Wednesday, April 29
1:00 pm Crop Circles with John Root***
Thursday, April 30
Alzheimer's Evening Support Group Call 617-730-2754***
4:00-6:00 pm Brookline Election Forum for Seniors at BSC

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 **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg
2:00-4:00pm Open Computer Lab
2:30 Chinese Programs

Tuesday

8:30 am-4:30 pm Fitness Center Open membership required
One-to-One Computer Sessions ***(call 617- 730 -2777 for time)
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance
10:15 am Brookline Bees, Quilters
11:00-11:45 Modern Dance New Name: Tuesday Morning Dance Party
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 **
2:00-4:00pm Food Distribution
3:00-4:00pm Yoga Mat 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
10:15-11:45 Telling Your Story ***
10:30am Retired Men's Club
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30 Art for Pleasure Class ***
9:30-11:45 am Drawing for Pleasure Figure Drawing***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***

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

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

www.healthbridgemanagement.com

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FOOD DISTRIBUTION SITE

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

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

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

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

ELF: The Equipment Loan Fund's collection has recently dwindled due to a large donation that was given to a local nursing center. We are in need of donations of wheelchairs, rolling walkers, rollators, tub seats, and any other items you want to donate. If you have a donation, please contact Jamie at 617-730-2753.

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:

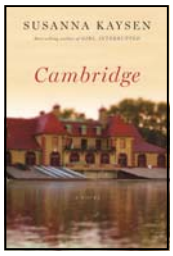
Sunday, May 16, at 2:00pm at ART, Cambridge
The Last Two People on Earth: An Apocalyptic Vaudeville
Price: $39
Starring: Mandy Patinkin and Taylor Mac

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 music theatre piece.

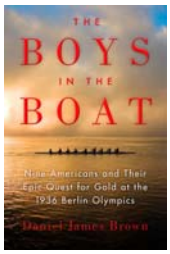
Registration for all offerings. Call 617-730-2777

PUTTERHAM BOOK DISCUSSION GROUP

Charlotte Millman and Roberta Sherman Winitzer, co-discussion leaders for the Putterham Book Discussion group, meet 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.



April 13 - Cambridge by Susaana Kaysen



May 18 – The Boys in the Boat by Daniel Brown

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

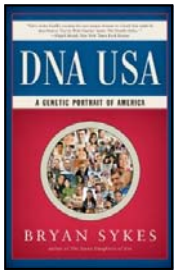
BRIDGE

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

Moving? Downsizing?
the move maven
Call Karen Zweig
for a free consultation!
617.455.1964
karen@movemaven.com

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday each month.**



Tuesday, April 28 (rescheduled from Jan. 27)
DNA-USA: A Genetic Portrait of America by Bryan Sykes (Liveright Publishers)

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

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm.** For more information or to register call Sharon Devine at 617-730-2769.

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

NEXT GENERATION TECHNOLOGIES AND TREATMENTS FOR PARKINSON'S DISEASE

Felipe Fregni, MD, PHD, MPH, Spaulding Rehabilitation Hospital and Timothy Wagner, PhD. Highland Instruments, Harvard and MIT will speak to us on **Monday, April 13 at 1:00 pm.** Parkinson Diseases is a progressive neurodegenative disease affecting over one million Americans. While the causes of Parkinson's are unknown, there are several different treatments intended to alleviate PD symptoms. Dr. Fregni and Dr. Wagner will discus treatments in development including stem cell transplantation and gene therapies. During this talk, they will review new emerging treatments, with a focus on developing NBS technologies that are currently being tested in the clinic. They will review the proposed mechanisms of these new therapies, the anticipated timeline of development, and current trials taking place in the Boston area. To Register call 617-730-2770,

MAY IS OLDER AMERICANS MONTH

May 2015 is the 50th anniversary of the Older Americans Act. This Act emphasizes older adults taking charge of their health and getting engaged in their communities.

LEAGUE OF WOMEN VOTERS OVERRIDE FORUMS

The live Override Forums will be held at the Selectmen's Hearing Room on Wednesday, April 8 from 7:00-9:00 pm. **On Wednesday April 22, from 1:00-2:30 pm a** videotaped version of the live Override Forum will be shown at the Senior Center followed by a discussion moderated by the League of Women Voters representatives.

OPEN STUDIOS WEEKEND

On **Saturday and Sunday April 25 and 26 from 11:00 am to 5:00 pm** except the Main Library hours are Saturday 10:00 am to 4:00 pm, Sunday 1:00 pm to 4:00pm. .

Brookline Artists is an artist-run, non-profit arts organization. The group encourages interaction and creative exchange between artists.

• Open Studios is an annual springtime event, held in locations all over Brookline, since 1986.

• All Brookline artists (either living or working in the town), art enthusiasts, and art patrons are welcome to attend our events.

Sponsors: Framers' Workshop in Brookline Village and FastFrame in Washington Square have generously agreed to give a 20% discount on framing to patrons who purchase art during Open Studios. Just tell them the work is an Open Studios purchase to get the discount.

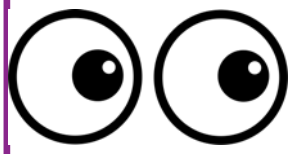
The Brookline Senior Center will feature two exhibits on Sunday, April 26 only from 11:00am-5:00pm. In Gallery 93, Nancy Marks will present her series of painting "The Intimacy of Memory," as well as other recent work. Students from her class "Painting for Pleasure" will present their work on the third floor of the Senior Center.

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.

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__ YES! I would like to ___Subscribe ___ Renew my subscription to *Senior News and Events.*

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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

FRIENDLY VISITOR

Are you tired of the cold & snow and staying inside all winter? Are you bored with watching TV? Do you feel like you have read every book in the library? Would you like to meet a new, interesting person, play cards or a game, do a puzzle, take a walk or have regular friendly visits?

The Brookline Senior Center has several well screened volunteers who would love to meet and spend some time with you in the community room and/or in your apartment. If you are interested, please call Patricia Burns, the Volunteer Coordinator at the Brookline Senior Center 617-730- 2743 or e-mail at pburns@brooklinema.gov.

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.

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.

VOLUNTEERING-PUT YOUR BEST FOOT FORWARD

In honor of National Volunteer Month **REAP** (Retirement Engagement Alternatives Program) invites you to join us in a group presentation and discussion on **Thursday, April 23 at 1:00 pm.**

If you are pursuing a lasting volunteer commitment or presently working in a dedicated volunteer capacity, join Judith Kidd, Volunteer Consultant and former Nonprofit Leader. Ms. Kidd will be facilitating a discussion about identifying your personal/professional skills, understanding how organizations can make the best use of what you have to offer, choosing the best organizational fit for you, how to build solid and satisfying relationships with your volunteer employer and considering what volunteering means to you.

This will be an interactive session and a great opportunity to bring your questions and volunteering concerns to an experienced Volunteer Consultant. Come prepared both to share your own experiences with volunteering and learn about how to maximize your time spent in this important role. This program is free but space is limited and registration is required. For more information or to register please contact Deidre Waxman: 617-730-2767 or Patricia Burns: 617-730-2743

RESERVE GREATER BOSTON

This an innovative program that matches professionals age 55+ (ReServists) with organizations that need their expertise. Non-profits and public agencies can tap into a lifetime of experience to fill crucial staffing gaps and help organizations stay on mission. ReServists can do great things for their communities while they put their professional expertise to work on part-time service projects, in exchange for a modest hourly stipend paid by the host organization. Launched in January 2013, ReServe Greater Boston is operated by Community Work Services (CWS), one of the oldest charitable organizations in the US, serving the Boston community since 1877. You are invited to attend a "First Impressions" information session on Tuesdat, April 7 from 10:30 am-12:00 pm where you can learn how to use your career's worth of skills to help a non-profit while earning a stipend. Registration is required. Call 617-910-5158 or www.reserveinc.org/greaterboston

CAKE DECORATING

Join Master Chef Michael Gauthier for exclusive cake decorating. Cookies, frosting, and supplies will be provided on **Thursday, April 16 at 2:00 pm** at the Golden Living Heathwood of Chestnut Hill. Transportation to and from the event will be provided. We will leave the Senior Center at 1:30 pm. Space is very limited, so please register at 617-730-2770.

MODERN BEADING WORKSHOP

Will Return in May

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.

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.

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.

Thank You

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honoring Chris Dippel of the Tax Preparation program
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honoring the Acupuncture Program

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens on April 13th and when we celebrate our volunteers on April 15th. The theme for this year is "Volunteers A Work of Heart". Volunteers surely give their heart and soul to the Brookline Senior Center. Your kindness always shines through and does make a difference. Please accept our thanks for all the great work that you do! Our volunteers certainly do contribute to making this a better world and we are delighted to honor them on April 15th. Please join us for the celebration at 12:30 pm.

Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to make Brookline a better community. Please send your nomination note to Ruthann Dobek by e-mail at rdobek@brooklinema.gov or by putting a nomination note in her mail box in the Director's office on the second floor of the Senior Center. I am personally moved by the nominations we have already received. Your thoughtfulness and words of appreciation are inspiring.

According to a recent study by Harvard Public Health, for every minute that you exercise, you are adding seven minutes to your life. This study recommends that you exercise at least 150 minutes per week. Physical activity has beneficial effects on many diseases—cancer, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning and mood. My personal favorite is how physical activity reduces my own stress. After a difficult day, nothing makes me feel better than taking a brisk walk.

So, dance, lift weights, walk, and do yoga—MOVE! Join our Fitness Center for a bargain price. With the nicer weather, there is no excuse as almost everyone can walk. Join the Senior Solemates or simply enjoy a stroll around Coolidge Corner. Do not delay—start today!

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

Last year, the Senior Center reached a major milestone—our endowment reached $1 million. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. It took us 11 years to reach our first million. Our new goal is to double our endowment by 2018. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society.

In April, Spring brings out everyone—to go, do, enjoy! Please consider an extra gift in support of the Van and its faithful driver who can get seniors out of the isolation of their homes and to the Senior Center.

You might even consider a legacy gift that will help the Senior Center by adding funds to its endowment and thereby helping to maintain all the programs and the physical plant.

Remember that all gifts are tax-deductible.

I, the board, and the entire Senior Center family thank you!

Elizabeth (Betsy) Pollock, President, Senior Center Board

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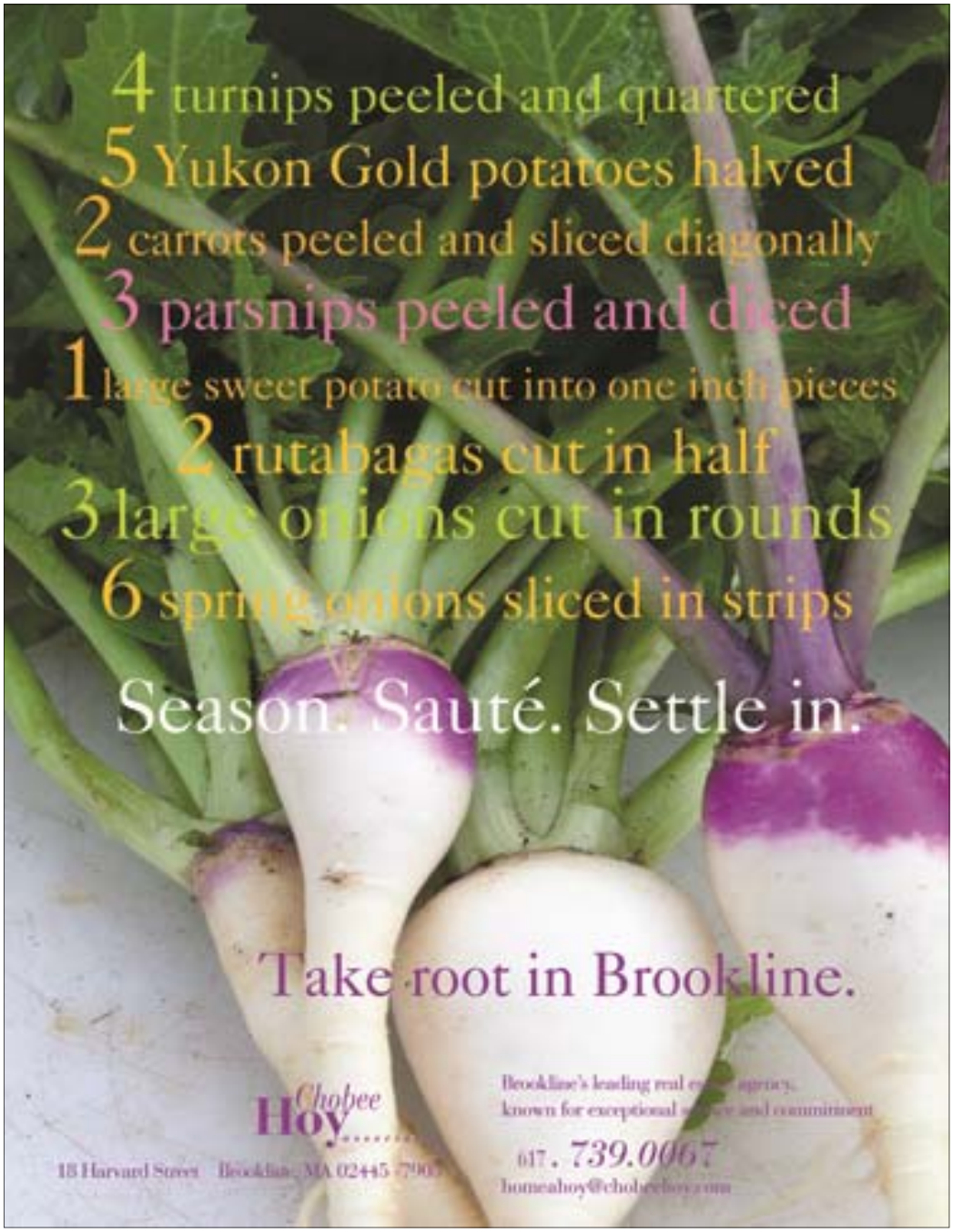
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