

# 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



MAY 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](http://www.brooklinema.gov)

[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

## Brookline Community Aging Network

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



**Wednesday, May 6** the last Brookline Music School Concert for the season (see p. 16).

**Monday, May 11** The Red Sox Road Show (see p. 7).

**Wednesday, May 27** Memory Café (see p. 5).

## 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.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

Since 1963, Brookline has joined with communities across the nation to celebrate Older Americans Month—a proud tradition that demonstrates our nation's commitment to recognizing the contributions and achievements of older Americans.

The Senior Center will celebrate with a *"Healthy Brain = Healthy Life"* Senior Expo Health Fair on Thursday May 14 from 10:00 am-2:00 pm. Learn about brain health and the major role it plays in maintaining and improving overall health and wellbeing. (Continued on page 3.)

## REMEMBER TO VOTE



In the Annual Election  
on Tuesday, May 5



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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.



## MAY OBSERVANCES

On **Monday, May 25**, we celebrate Memorial Day and the Senior Center will be closed. However, May has many other significant days: Cinco de Mayo on **Tuesday, May 5** has become a celebration of Mexican culture and heritage. The National Day of Prayer is on **Thursday, May 7**, Mother's Day is on **Sunday, May 10** and Armed Forces Day, on **Saturday, May 16** in honor of our armed forces.

## -SAVE THE DATE- BASIC DRAWING

Learn to draw on **Thursdays, June 18 through July 30 from 9:30-11:30 am**. This class is open to people with little or no drawing experience and to those who want to refresh their drawing skills. Instructor Louise Weinberg developed this course on the premise that drawing can be learned. Each session builds on the previous one therefore it is helpful to attend all sessions. Materials will be provided for a fee of \$15. Space is limited for this very popular class so register earlier by calling 617-730-2770.

## TELLING YOUR STORY

Come to the Senior Center on Wednesday, **May 27 at 10:15 am** for the annual public reading of memoirs by members of the BA&CE autobiographical writing group, *Telling Your Story*. Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories that reaffirm the richness of resources that older writers offer us all. This event is free and open to everyone. Bring your friends to this magical event.

## HEALTH FAIR CONTINUED FROM P.1

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.

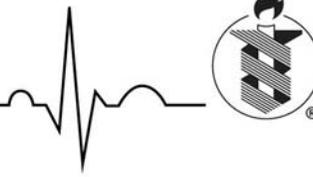
The first 100 seniors to call will be registered for the morning session, including keynote speaker, presenters, workshops and lunch. There will be van transportation from some Brookline locations. Call 617-730-2770 today to register for the morning series of events/lunch. Registration is not required 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 2:15-4:00 pm 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.

## COUNCIL ON AGING MEETING

On **Wednesday, May 13 at 1:00 pm** Ruth Beckerman-Rodau, Springwell CEO will tell us "What They Have To Offer Brookline" We are always welcoming new members so come to a meeting or call Ruthann Dobek, Director at 617-730-2756.



**Ask a Nurse**, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, May 7 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, May 1, 15 and 29 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, May 20 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, May 21 from 9:00 to 10:00 am**.

**Wednesday, May 6 from 2:00-3:00 pm** at the BPHD building on Pierce Street.

**Wednesday, May 13 from 1:00 to 2:00 pm** at Sussman House, 50 Pleasant Street.

Due to the holiday there will not be a screening this month 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, May 21 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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## 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](mailto: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: With summer coming up, how can we be sure we don't get dehydrated (or dried out)?**

**Answer:** Our bodies are like flowers-without the right amount of water, we wilt and don't do well. In normal, everyday life, we are constantly losing fluids, through sweat and simply breathing-with every breath, we lose a little water. Generally, we can replace these fluids that we lose with drinking normal amounts of liquid and eating foods that contain a lot of water, such as fruits and vegetables.

Sometimes, however, we lose more fluid than usual. For instance, heavy exercise, a hot day, diarrhea, vomiting or fever can cause excessive loss of water and therefore the need to take in more fluids. Some medicines, such as diuretics, also can contribute to dehydration.

Problems can occur when we don't feel like drinking because we feel sick or have no appetite to eat or drink. These are the times when we can become dangerously dehydrated.

Dehydration can sneak up on us. Some symptoms can be a dry mouth, feeling more tired than usual, decreased urination, headache, lightheadedness or constipation. The urine may become dark yellow as the body tries to preserve water.

The most important thing is to try to prevent dehydration in the first place by drinking fluids every day. While we most likely don't need a full 8 glasses, it probably makes sense to drink at least 4 glasses of some form of liquid daily. It can be water, juice, coffee, tea, soup, Jello, fruit smoothies, or any other liquid that goes down easily. Also, be aware if it is hotter than usual or if you don't feel well that you most likely will need an extra glass or 2 of liquid every day.

So enjoy the beautiful weather, and stay watered!!

### **MEMORY CAFE**

The Senior Center is now offering a Memory Cafe for individuals and families living with memory changes. It will be held seasonally. Join us on **Wednesday, May 27 from 1:30-3:00 pm**. Events include music, refreshments, and conversation with peers facing similar challenges. Individuals with early to moderate memory loss and their carepartners will attend together to connect with others in a supportive environment. Other activities may include light exercise, art therapy, and sing-alongs. RSVP to Jamie at 617-730-2753.



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## SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered 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 **May 6, from 9:00-12:00** to consult on legal matters of law. This service is offered free of charge, and no appointment is needed. **Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

**REAP** The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:[dwxman@brooklinema.gov](mailto:dwxman@brooklinema.gov)

**SNAP** The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

**SHINE** counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

## ANNUAL TOWN MEETING



The Board of Selectmen set **Tuesday, May 26, 2015** as the date for the Annual Town Meeting. All Town Meeting files, along with the Warrant and the article explanations submitted by the petitioners are available on the Town Meeting Files webpage. Town Meeting is held at the Brookline High School Auditorium, 115 Greenough St., Brookline MA. It begins at **7:00pm on Tuesday, May 26**. Although only elected Town Meeting members may vote and propose motions, the public is invited to attend; the sessions are broadcast live via Brookline Interactive Group.



## RED SOX TRAVELING ROAD SHOW



The Red Sox will bring the Fenway Park experience to the Brookline Senior Center with a "Red Sox Road Show" on **Monday, May 11 at 1:30pm**. The Red Sox Road Show will feature discussion with a Red Sox legends, photos with Wally the Green Monster, the opportunity to touch and feel historic memorabilia, and the festive environment of Fenway Park on a game day. To register call 617-730-2770.

### EASY TRAVEL

Join armchair travel host Lourdes Alvarez on Thursday, May 7 at 1:30 pm . Lourdes will take you on a trip to the Churches of Spain. Stps will include the cathedrals in Madrid, Avila, Seville, Granada and Toledo.

# THANK YOU

## BENEFIT BINGO EVENT

Thank you to the following for your kind contribution to make our Benefit Bingo Event a success!

Massage Envy, Osaka Japanese Sushi & Steak House, Dok Bua, Paris Creperie, The Abbey, 16 Handles, J.P. Licks, Lineage, The Pear Tree. Pomodoro. Chef Chow's House, Starbucks, When Pig's Fly, Anna's Taqueria, Lynn Schuster on behalf of, the Greater Medford VNA Cheryl Ann's, Goddard House & Patrica Burns



## ELDER LAW SEMINAR

On **Monday, May 18 at 1:00 pm** Attorney Denise McCarthy will be presenting an overview of elder law issues with a spotlight focus on basic estate planning. This program is sponsored by the Massachusetts Bar Association and the Massachusetts Chapter of Elder Law Attorneys.

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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.

## 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.

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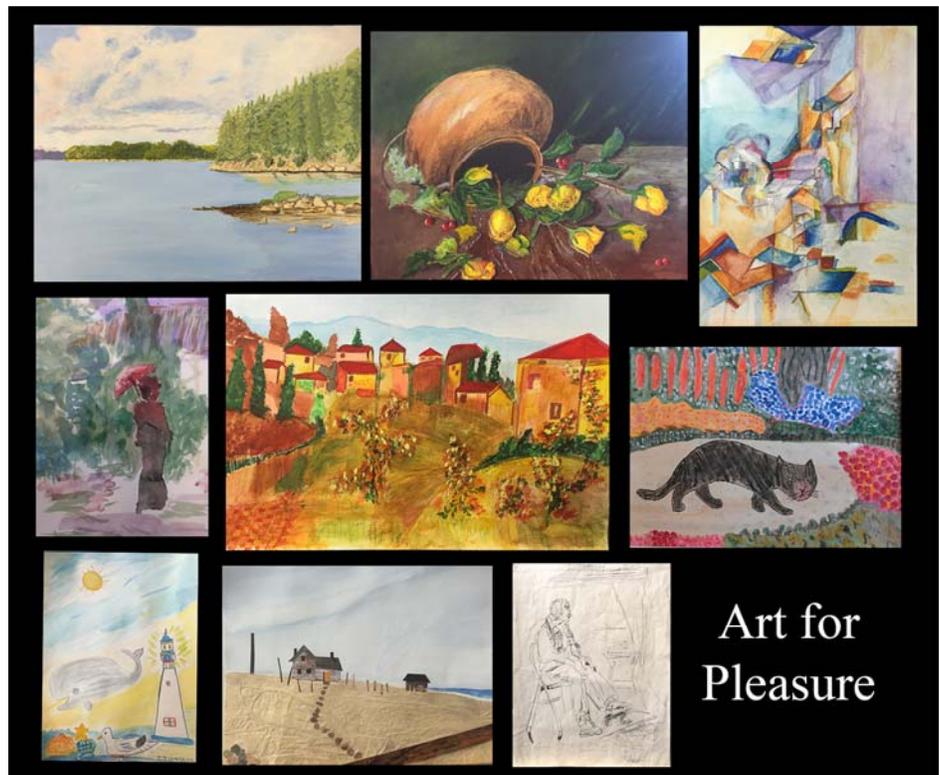
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*Nancy Marks*  
*The Intimacy of Memory*



**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.



**Art for**  
**Pleasure**

## MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in May 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, May 5**

119 Min.

**Birdman** 2014

A washed-up actor, who once played an iconic superhero, battles his ego and attempts to recover his family, his career and himself in the days leading up to the opening of his Broadway play. Stars: Michael Keaton, Zach Galifianakis, Edward Norton



**Tuesday, May 12**

125 Min.

**Into the Woods** 2014

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree. Stars: Anna Kendrick, and Meryl Streep



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**Tuesday, May 19**

106 Min.

**Big Eyes** 2014

A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.



**Tuesday, May 26**

107 Min.

**Whiplash** 2014

A promising young drummer enrolls at a cut-throat music conservatory where his dreams of greatness are mentored by an instructor who will stop at nothing to realize a student's potential.

## SPECIAL EVENT

### FRIDAY FAMILY FLICK



**Friday, May 29 at 4:00 pm**

98 Min.

**Despicable Me 2**

When Gru, the world's most super-bad turned super-dad has been recruited by a team of officials to stop lethal muscle and a host of Gru's. He has to fight back with new gadgetry, cars, and more minion madness.

If you thought 'Despicable Me' was funny, you will love the sequel! All are welcome to bring the young people in their lives to enjoy this family event. Registration for this movie will be at 617-730-2770.

## 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.

## ASSISTANCE IN BECOMING A UNITED STATES CITIZEN?



The Jewish Family & Children's Service is pleased to offer: eligibility screenings, English classes, civics classes, application pro-

cess assistance, interview preparation and advocacy.

The program is funded by the US Department of Homeland Security. To register call Lana Stepanskaia at 781-795-6240. This program is offered in collaboration with the Brookline Council on Aging.

## 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. The Spring semester will run **though Thursday, May 21 from 1:30-2:30 pm**. Note there is no class on Thursday, May 14. The cost is \$7 for individual classes and free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health. \*

## TUESDAY MORNING DANCE PARTY

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.

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**Brookline Community Aging Network – BrooklineCAN** – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information

for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit [www.BrooklineCAN.org](http://www.BrooklineCAN.org).

### SPOTLIGHT ON (BROOKLINECAN) COMMITTEES

One of the favorite attractions on the BrooklineCAN website [www.brooklinecan.org/contractors.html](http://www.brooklinecan.org/contractors.html) is the **Service Referral link** for homeowners. Current listings include plumbers, handypersons, contractors, electricians and others who have been vetted by the committee. Now the committee is re-organizing and is looking for a few volunteers to continue its work. Volunteers will have the opportunity to enlarge the list by contacting and vetting additional service providers who have been recommended. They will also have a chance to help plan two educational events a year involving some of the listed services, as well as collect feedback from users of the services. The Committee will meet quarterly or as needed. Volunteers will work from home and will be in touch with each other over phone and e-mail. Contact Chair Jamie Donchin at 617-730-2753 or e-mail [jdonchin@brooklinema.gov](mailto:jdonchin@brooklinema.gov).

### HAVE YOU HAD THE CONVERSATION?

BrooklineCAN can help you get started on **Tuesday, May 19, from 5:30 – 7:00 pm**. Ninety percent of people say that talking with loved ones about end-of-life care is important; 27 percent have done so.



Brookline Community Aging Network – BrooklineCAN – can help. We are sponsoring a talk by Jerry Goldberg, PhD, a trained volunteer with The Conversation Project, an organization founded by Brookline’s own Ellen Goodman. Dr. Goldberg will share his own story of conversations with his family and lead us through “starter packets” – which will be given to each attendee –to help us get ready for our own conversations. This event is free but space is limited. Call 617-730-2770 to reserve a place. Light refreshments will be provided.



### -SAVE THE DATE-

### DISRUPTIVE DEMOGRAPHICS

Join us on Thursday, **June 18 at 2:00 pm**. To hear speaker Dr. Lisa D’Ambrosio who is currently working on research with Dr. Joe Coughlin at MIT AgeLab on the social aspects of aging.

Their questions focus on what our aging population will need to enhance and improve the quality of life and independence. This focus is on not what products and services will be technologically feasible over the coming decades, but rather on what will be socially and personally acceptable to this population, with its changing demands for transportation, need for re-design of physical spaces (including the home and workplace), and power in the consumer and employment markets. Open to all at no cost. Register, call (617) 730-2770.

Sponsored by the founding members of the Brookline Community Aging Network; the Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline and Jewish Family and Children’s Service .

## 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.

## 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.



## COMPUTER SEMINAR

**Norfolk County Registry of Deeds  
William P. O'Donnell**

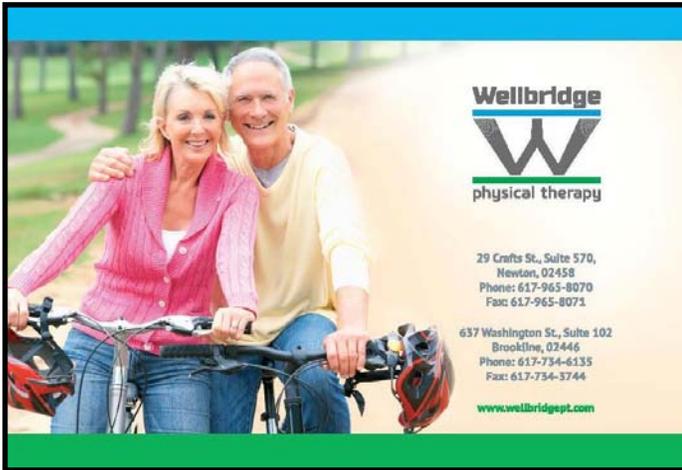
Will conduct a Computer Seminar on **Wednesday, May 6 from 4:30 to 5:30 pm.** The Register will host an informational seminar on computer assisted land records research at the Registry. The program will include a brief presentation, written reference materials and hands-on exercises. Registration is required by calling Alicia Gardner 781-461-6104 or emailing her at [agardner@norfolkdeeds.org](mailto:agardner@norfolkdeeds.org). **This event will be held at Norfolk County Registry of Deeds in Dedham.**



## MASSACHUSETTS PATIENT ADVOCACY ALLIANCE

The Massachusetts Patient Advocacy Alliance will be hosting a community forum to discuss the medical marijuana program, the process, and what it means to be a patient in the State of Massachusetts on **Wednesday, May 20 at 4:00 pm.** at the Brookline Senior Center.

The Massachusetts Patient Advocacy Alliance works with medical marijuana patients, their family members, medical professionals, and other public health groups to support safe access to medical marijuana for patients who have a doctor's recommendation. For more information call Nichole Snow, Deputy Director 781-248-5792



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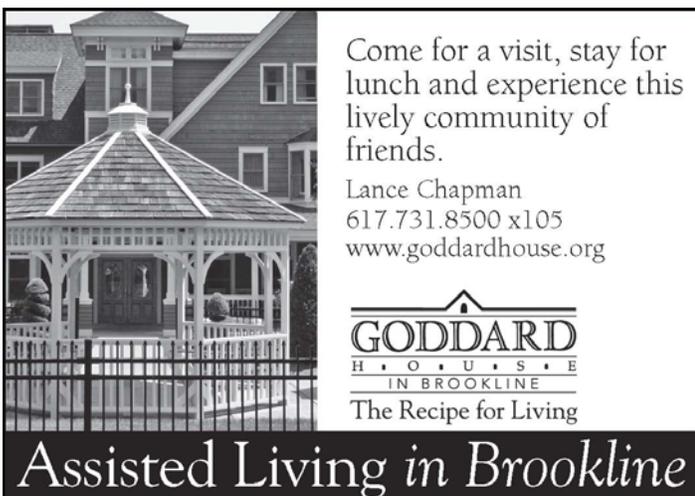
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## Assisted Living in Brookline

## BROOKLINE ADULT & COMMUNITY EDUCATION SPRING OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Spring term is no exception. For more information about these courses, consult the BA&CE Spring 2014 catalog available widely in Brookline or online at [brooklineadulted.org](http://brooklineadulted.org). To register for these courses, call BA&CE at 617-730-2700 or access it online at [brooklineadulted.org](http://brooklineadulted.org).

### Getting to Know Your Digital Camera

*Noah Booshu, Instructor*

This course will introduce you to the settings on your camera, how and when to change them. Please bring your camera, cable, and manual to the first class. Senior discount does not apply. Limited to six.

4 classes beginning on Tuesday, June 9 from 9:30 -11:30 am. Cost \$72.

### Photo Editing with Picasa

*Noah Booshu, Instructor*

Learn to edit your own photos with Picasa, a free application that allows you to organize and modify images. In this course, students should have completed Computer Basics for Seniors (Introduction), or its equivalent. Senior discount does not apply. Limited to six.

4 classes beginning on Tuesday, June 9 from 11:45 am-1:45 pm. Cost \$72.

### Online Auctions: Successful Selling on eBay

*Larry Gold, Instructor*

This class will introduce you to the ins and outs of eBay. The class requires basic PC, Internet, and email skills. Senior discount does not apply. Limited to six. 2 classes beginning on Monday, June 15 from 11:45 am-1:45 pm. Cost \$50.

### Tai Chi for Seniors

*Vincent Chu, Instructor*

One of the original ancient Chinese martial arts, *tai chi* is practiced today as a form of exercise. Senior discount does not apply.

7 classes beginning on Friday, June 5 from 2:00-3:30 pm. Cost \$74.

### Yoga for Older Adults

*Steffi Shapiro, Instructor*

Yoga is well suited to older people because it combines safe, gentle, invigorating stretching

exercises with relaxation and introspection.

Please bring a yoga mat. Senior discount does not apply.

**Chair Class** 8 classes beginning on Tuesday, June 9 from 2:00-3:00 pm. Cost 67.

**Floor Class** 8 classes beginning on Tuesday, June 9 from 3:00-4:00 pm. Cost \$67.

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

*Steve Shain, Instructor*

*Co-sponsored by the Council on Aging*

This class is for those who want to stretch out gently and safely and work on maintaining strength and balance. Senior discount does not apply. 16 classes on Monday and Wednesday beginning on June 8 from 10:30-11:30 am. \$80.

### Strength Training for Seniors

*Steve Shain, Instructor*

*Co-sponsored by the Council on Aging*

This course is for those who have been exercising regularly, and who wish to increase their strength, balance, stamina, and physical flexibility. Please bring a mat or towel and a set (2) of one, two, or three pound hand weights to class. Senior discount does not apply.

16 classes on Monday and Wednesday beginning on June 8 from 8:45-10:15 am. Cost \$90.

### Boot camp for Seniors: Balance and Strength Training

*Steve Shain, Instructor*

This boot camp class incorporates the best of balance and strength training. Please bring a set (2) of two to three pound hand weights to class. Senior discount does not apply. 8 classes beginning on Friday, June 12 from 1:00-2:00 pm. \$62.

## 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.

## BROOKLINE

### MUSIC SCHOOL CONCERT

Flutists Emma Shubin, Weronika Balewski, and Maria Mandico invite you to join them on **Wednesday, May 6, at 1:00** for a unique opportunity to dive more deeply into some of the most wonderful and iconic pieces ever written for solo flute and two, and three flutes. Combining live performance with interactive audience participation this unique event will allow audience members not only to observe the performance process but also contribute to it. No prior musical experience is necessary. By following the questions we (musicians and audience) are most curious about, we will listen to the music more deeply and develop our ideas about how to make it a more meaningful performance.

### SENIOR CINEMA

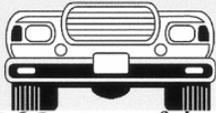
The Coolidge Corner Library offers wonderful movies on **Thursdays at 1:30 pm**. Check the TAB and the Library Website for current showings.

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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 [scarlens@hrca.harvard.edu](mailto:scarlens@hrca.harvard.edu)



## 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; 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](mailto: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.

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**COUPON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOUR NAME:</b> _____</p> <p>Please note the days you have reserved your meals &amp; then submit menus to Springswell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.</p> <p><a href="#">(V) = Vegetarian</a>   <a href="#">All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</a></p> <p>*** denotes High Sodium   \$2 donation suggested per meal.</p>				
<p>4. <b>SOUP:</b> Beef-Vegetable   <b>HOT:</b> Cheese Lasagna w/Tomato Sauce (V) &amp; Meatball; Spinach; Multigrain Bread   <b>COLD:</b> Breaded Chicken Patty w/Lite Mayo on Roll; Cucumber Dill Salad   <b>DESSERT:</b> Applesauce</p>	<p>5. <b>HOT:</b> Mild Beef &amp; Bean Chili***; Kale; Carrots; Corn Bread; Nachos   <b>COLD:</b> Tuna Salad w/ Lettuce on Multigrain Bread; English Pea Salad; Cauliflower &amp; Carrot   <b>DESSERT:</b> Lime Mousse w/Top.</p>	<p>6. <b>SOUP:</b> Orzo Vegetable   <b>HOT:</b> Greek Chicken; Roast Potatoes; Fresh Zucchini; Wheat Dinner Roll; Fresh Fruit   <b>COLD:</b> Turkey, Swiss, Lettuce, Lite Mayo on Rye; Corn/Tomato-Red Pepper Salad   <b>DESSERT:</b> Fresh Fruit</p>	<p>7. <i>Mothers' Day Brunch</i> <b>HOT ONLY:</b> Fresh Fruit Cup; Cheese Omelet w/Cream Sauce; Turkey Breakfast Sausage; Croissant <b>DESSERT:</b> Chocolate/Banana Bread Pudding w/Topping</p>	<p>8. <b>SOUP:</b> Tomato Soup   <b>HOT:</b> Sweet Potato Pollock Filet w/Cream Sauce; Broccoli; Rice w/Orzo &amp; Peas; Rye Bread   <b>COLD:</b> Vegetarian Chef Salad (V); Potato Salad; Pumpernickel Bread   <b>DESSERT:</b> Pears</p>
<p>11. <b>SOUP:</b> Beef Consomme-Vegetable   <b>HOT:</b> Ravioli w/ Meat Sauce; Zucchini; Garlic Dinner Roll   <b>COLD:</b> Turkey &amp; Cheese, Lt. Mayo, Lettuce on Oat Bread; Balsamic Vin. Pasta/Spinach-Mandarin Salad   <b>DESSERT:</b> Mixed Fruit</p>	<p>12. <b>HOT:</b> Fish w/ Florentine Sauce; Corn; Spinach-Mandarin Salad w/Lt. Italian Dressing; Oat Bread   <b>COLD:</b> Curry Chicken Salad on Wheat Bread; Potato Salad; Carrot-Pineapple Salad   <b>DESSERT:</b> Vanilla Wafers</p>	<p>13. <b>SOUP:</b> Beef Barley   <b>HOT:</b> Spinach &amp; Red Pepper Frittata (V); Green Beans; Potatoes; Scali Bread   <b>COLD:</b> Roast Beef, Provolone, Mayo, on Pumpernickel; Cauliflower-Carrot/Garden Pasta Salad; <b>DESSERT:</b> Applesauce</p>	<p>14. <b>No Springswell Lunch Health Fair (pre-registration required)</b></p>	<p>15. <b>HOT:</b> Hot Dog***, Ketchup, Mustard, on Roll; Baked Beans; Cole Slaw   <b>COLD:</b> Seafood Salad on Multigrain Bread; Broccoli-Tomato/Pasta Salad (w/Cheese)   <b>DESSERT:</b> Grapes</p>
<p>18. <b>SOUP:</b> Minestrone   <b>HOT:</b> Chicken w/Creamy Italian Sauce; Roasted Potatoes; Cauliflower; Oatmeal Bread   <b>COLD:</b> Egg Salad (V) on Wheat Bread; Macaroni Salad; Broccoli Slaw   <b>DESSERT:</b> Fresh Fruit</p>	<p>19. <b>HOT:</b> Lentil Stew (V); Broccoli; Garden Salad w/ Lite Italian Dressing; Whole Wheat Dinner Roll <b>COLD:</b> Chef Salad (Turkey &amp; Cheddar) w/ Lite Italian Dressing   <b>DESSERT:</b> Butterscotch Pudding w/Top.</p>	<p>20. <b>SOUP:</b> Split Pea   <b>HOT:</b> Sweet Potato Pollock Filet w/Lemon Sauce; Brown Rice; Kale; Wheat Bread   <b>COLD:</b> BBQ Chicken w/ Mozzarella &amp; Red Onion on Bulkie Roll; English Pea/Roman Blend Salad   <b>DESSERT:</b> Chef's Choice</p>	<p>21. <b>HOT:</b> Macaroni &amp; Cheese*** (V); Baked Tomato Half; Oat Bread   <b>COLD:</b> Seafood Salad on Rye Bread; Greek Pasta/Carrot-Pineapple Salad   <b>DESSERT:</b> Tropical Mixed Fruit</p>	<p>22. <b>SOUP:</b> Chicken Rice   <b>HOT:</b> Sloppy Joe on Sub Roll; Sweet Potato Wedges   <b>COLD:</b> Ham &amp; Swiss w/ Mustard on Multigrain Bread; Lo Mein Pasta/Summer Squash Salad   <b>DESSERT:</b> Mandarin Oranges</p>
<p>25. <b>Memorial Day Holiday</b>  <b>No Meal Service</b></p>	<p>26. <b>HOT:</b> Cranberry Chicken; Whipped Sweet Potatoes; Kale; Oat Bread   <b>COLD:</b> Egg Salad (V) on Multigrain Bread; Pesto Pasta/Zucchini &amp; Tomato Salad; <b>DESSERT:</b> Butterscotch Pudding w/Top.</p>	<p>27. <b>HOT:</b> Turkey Divan; Buttered Noodles; Tuscan Blend Veg.; Wheat Bread   <b>COLD:</b> Roast Beef &amp; Swiss w/Mayo on Pumpernickel Bread; Orzo-Vegetable Salad; Cole Slaw   <b>DESSERT:</b> Mandarin Oranges</p>	<p>28. <b>SOUP:</b> Minestrone   <b>HOT:</b> Buttercrumb Baked Fish w/Lemon Sauce; Rice; Ratatouille; Multigrain Bread   <b>COLD:</b> Oriental Chicken Salad on Rye Bread; Potato/Carrot-Pineapple Salad   <b>DESSERT:</b> Applesauce</p>	<p>29. <b>SOUP:</b> Italian Garden Vegetable   <b>HOT:</b> Stuffed Shells w/Tomato Sauce (V); Mixed Veg.; Scali Bread   <b>COLD:</b> Chef Salad (Ham &amp; Cheddar) w/Lite Italian Dressing; Wheat Bread   <b>DESSERT:</b> Birthday Cake</p>

## LUNCHEON SPECIALS FOR MAY

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, May 19** we celebrate May birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all May 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, May 26 at 12 noon** we will be going to Mandarin Gourmet. Call 617-730-2770 for reservations and transportation.

**-Save the Date -**

**Tuesday, June 30 OSAKA (Japanese)**

**Tuesday, July 28 JoJo Tai Pei**

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## MAY AT A GLANCE

### Friday, May 1

9:00 am –12 noon Podiatry Clinic \*\*\*

### Tuesday, May 5

1:00 pm Movies for Film Lovers-Birdman

### Wednesday, May 6

1:00 pm Brookline Music School Concert (last of the season)

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

4:30-5:30 Computer Seminar-Land Research with Registry of Deeds at the Dedham office.\*\*\*

### Thursday, May 7

11:00 am Ask a Nurse

1:30 pm Easy Travel to The Churches of Spain \*\*\*

### Friday, May 8

11:00 am –5:00 pm Brookline Adult Excursions - Beading Expo \*\*\*

### Monday, May 11

1:30 pm Red Sox Road Show\*\*\*

### Tuesday, May 12

1:00 pm Movies for Film Lovers-Into the Woods

### Wednesday, May 13

1:00 pm Council On Aging Meeting

1:00-2:00 pm Blood Pressure—Pleasant Street

5:00 pm Boomers Shifting Gears \*\*\*

### Thursday, May 14

10:00-2:00 pm Health Fair\*\*\*

### Friday, May 15

9:00 am –12 noon Podiatry Clinic \*\*\*

9:30 am It takes a Village Walking Club to Mount Auburn Garden Cemetery \*\*\*

### Saturday, May 16

2:00pm at ART, Cambridge- The Last Two People on Earth: An Apocalyptic Vaudeville \*\*\*

### Monday, May 18

1:00 pm Elder Law Seminar

2:00-3:00 pm Putterham Book Group-Boys in the Boat

### Tuesday, May 19

12:00 noon May Birthday Lunch \*\*\*

1:00 pm Movies for Film Lovers-Big Eyes

5:30-7:00pm Continue the Conversation \*\*\*

### Wednesday, May 20

1:00 pm Low Vision Support Group

4:00 pm Medical Marijuana Program \*\*\*

### Thursday, May 21

9:00-10:00 am Blood Pressure at the Senior Center

10:30 am –5:30 pm Brookline Adult Excursion-Harvard Museums \*\*\*

1:00 pm Brookline Hearing Services

### Friday, May 22

### Monday, May 25

Memorial Day -Closed

### Tuesday, May 26

9:00-10:00 am Public Issues Nonfiction Book Group

12 noon Go Out to Lunch Bunch \*\*\*

1:00 pm Movies for Film Lovers-Whiplash

7:00 pm Annual Town Meeting \*

### Wednesday, May 27

10:15 am Annual Telling Your Story-Autobiographical Reading

1:30 pm Memory Café \*\*\*

### Thursday, May 28

### Friday, May 29

9:00 am –12 noon Podiatry Clinic \*\*\*

4:00 pm Friday Night Flicks-Despicable Me\*\*\*

## 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 \*\*\*

## ONGOING SENIOR CENTER EVENTS

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 appointment) \*\*\*  
 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 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 \*\*  
 2:00-4:00 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 \*\*\*  
 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](http://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](http://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



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 wheel-

chairs, 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



**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.

To register for all offerings call 617-730-2777

### **-SAVE THE DATE-**

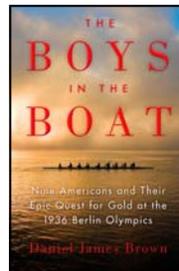
The Senior Center's poetry group *Seasoned Voices* will have their annual reading of original works at Brookline Booksmith, 279 Harvard Street on **Wednesday, June 3 at 7:00 pm**. This is always a special evening as the poets prove once again that poetry, like life, only gets better with age.



## 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 **Monday from 2:00-3:00 pm**. Books are available at the Putterham Branch Library and new members are always welcome.



**May 18 – The Boys in the Boat** by Daniel Brown

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

### 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.

## Moving? Downsizing?

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for a free consultation!

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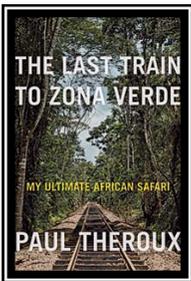
karen@movemaven.com



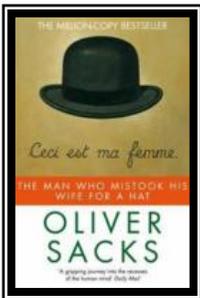
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday each month.**



**Tuesday, May 26** The Last Train to Zona Verde: My Ultimate African Safari by Paul Theroux (Houghton Mifflin Harcourt)



**Tuesday, June 23** The Man Who Mistook His Wife for a Hat and Other Clinical Tales by Oliver Sacks (Summit Books)

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

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## PRESCRIPTION ADVANTAGE

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit!*

### Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple. You may also join... if you are 65 years or older and **not eligible for Medicare.**

**There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

For further assistance with any Medicare issue, contact the SHINE Program. 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.

## BROOKLINE ADULT EXCURSIONS

### May Bead Expo

This show is a fabulous jewelry exhibition that hundreds of companies, designers and manufacturers come together to offer customers high quality jewelry section at low prices. The show features one of kind creations, exotic gems, beads, pearls and exquisite fine jewelry, estate collections and more.

Marlborough Ma

**Friday, May 8 from 11:00 am-5:00 pm**

Residents \$10-Nonresidents \$14

### May Harvard Art Museum

You will visit the Harvard Museums including the Fogg Museum, Busch-Reisinger Museum and the Arthur M. Sackler Museum. The museums have played a leading role in the development of art history, Conservation science and the evolution of the art museum as an institution. Mark Rothko's Murals will be on site.

**Thursday, May 21 from 10:30 am-5:30 pm**

Residents \$22-Nonresidents \$30

### June Hall's Pond Walking Tour

We will walk Halls Pond with the Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found on site. Please wear walking shoes.

**Tuesday, June 9 from 1:00-3:00 pm**

Residents \$8-Nonresidents \$11

**June Rockport** We will explore the seaport town with its many art galleries and specialty shops. Some local attractions include a salt water taffy factory, The Paper House, and motif Number 1. The beaches and natural forest parks are beautiful. Rockport's Hidden Gardens additional fee.

**Friday, June 26 from 10:00 am-5:00 pm**

Residents \$15-Nonresidents \$20

Registration: [www.brooklinerec.com](http://www.brooklinerec.com) 617-730-2069. **Pick up locations: Brookline Senior Center Soule Recreation 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.



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***Thrifty Threads***

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Children's, Men's, Women's clothing  
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## 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  
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#### **SUPPORT THE BROOKLINE SENIOR CENTER**

*Help BROOKLINE's SENIORS age with dignity and respect*

Use the form above. OR Donate Online via PayPal at

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

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## VOLUNTEERING

There are many interesting volunteer opportunities to choose from at the Senior Center. Please contact Patricia at 617-730-2743 to talk about how you can help and to share your ideas.

## 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.



### Always Best Care Senior Services

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*Call anytime for a complimentary consultation*

## REAP

### BOOMER'S SHIFTING GEARS

On **Wednesday, May 13 from 5:00-6:30 pm** join us for an educational and interactive presentation focusing on opportunities and options, a broadening awareness of yourself and your potential and an increased understanding of your strengths and what you bring to new opportunities. We will develop an action plan to help you move forward

Mia Louik, an experienced trainer and facilitator will focus on transitions in the Boomer generation and has presented on a variety of topics of interest to this generation at the Brookline Senior Center in the past. There will be ample time for discussion and networking during this workshop. Light refreshments will be served and the workshop is free and open to the public. Registration is required contact: Deidre Waxman at 617-730-2767 or email [dwaxman@brooklinema.gov](mailto:dwaxman@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](mailto:pburns@brooklinema.gov) for an appointment.

### HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

## IT TAKES A VILLAGE BROOKLINE WALKING CLUB

Nature Explorations in Our Own Backyard. On **Friday, May 15** Walk in Mount Auburn Garden Cemetery, 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 more information or to request transportation contact Dee Brenner at [Brenner@imstillhere.org](mailto:Brenner@imstillhere.org) 781-879-7237.

### -Future Dates-

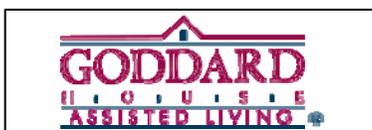
**Friday, June 19** Habitat Nature and Wild life Sanctuary in Belmont

**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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617-552-6949 or e-mail [canlab@bc.edu](mailto:canlab@bc.edu).

## MODERN BEADING WORKSHOP

The Beading Expo in Marlborough Ma. **Friday, May 8 from 11:00 am-5:00 pm**  
Residents \$10-Nonresidents \$14. The show features one of kind creations, exotic gems, beads, pearls and exquisite fine jewelry, estate collections and more.



## SHINE

### Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include: Colorectal cancer screening, mammograms, Pap tests and pelvic exams, Prostate cancer screening, Bone mass measurements, Cardiovascular screening, Flu and pneumonia shots, alcohol misuse screening and counseling, depression screening, obesity screening and counseling.

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor. For further assistance with any Medicare issue, contact the SHINE Program.

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.

## Thank You

### *Annual Appeal Donors:*

Anonymous supporting Modern Dance and the Van

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Reva Katz

Kenneth Aft

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Warren Toon

*from* Kathryn Kilpatrick, Ruthann Dobek, Sonia & William Wong, Leonard & Phylis Brown

Inge Gallimore

*from* John, Judy & Joanna Gallimore

Amy June Meister

*from* Shirley and Berol Robinson

Rachel Buckman

*from* Ruth Werksman

Jean Kramer

*from* Mary Jane Higgins

### *In Honor of:*

Mark Murstein

honoring the Tax Preparation program

Julie Washburn

honoring the staff & volunteers for their help at the Chinese Luncheon

Arlene Strowman

honoring the tax preparers

Anonymous

honoring George Chin

Eleanor Small

honoring Doris Cohen

Jane Kaiser

honoring Deidre Waxman, Sonia Wong and Sarah Nelson

Claire Yung and the Chinese Mah Jong Group honoring the Chinese Mah Jong program  
Brookline Council on Aging staff honoring Dotty Bell

### *B-CAN Donors:*

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Joyce Wolf

## FROM THE DIRECTOR

As Mother's Day approaches, I think fondly of the special women in my life – such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. She lived downstairs, and often took care of me when my parents worked. I cherish some of my earliest memories of her; being in her garden, her holding me close, and sharing her fragrant lilacs. She was a true role model for aging-in-place.

In honor of Mother's Day, I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek who is a generous benefactor of the Brookline Senior Center and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so. Please make a donation in honor of or in memory of the special women in your life.

The Senior Center is hosting a treasure trove of fabulous events in May. We are proud to celebrate older American's month. I urge you to attend one of those events that interest you and invite a friend as well. Whether it is our Health Fair on Brain Health which will be May 14<sup>th</sup> or Telling Your Story May 27 or one of the other special events. You can't go wrong by attending the Senior Center activities.

May is also the time to say goodbye to our excellent students Blair Smith, Abigail Arwady, Rebecca Abelman, and Suji Kim. They all contributed much to our community and we wish them well in their future careers.

Again, Happy Mothers Day! This is the 110th year we celebrate Mother's Day. Our celebration will be a Springwell brunch on May 7. For those of you who are mothers, a special thank you for all the hard work, love and sacrifice you do for your families and for everyone else. Sons and daughters, honor you mothers by doing something kind for someone this month.

*Ruthann Dobek-Director*

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## FROM THE BOARD PRESIDENT

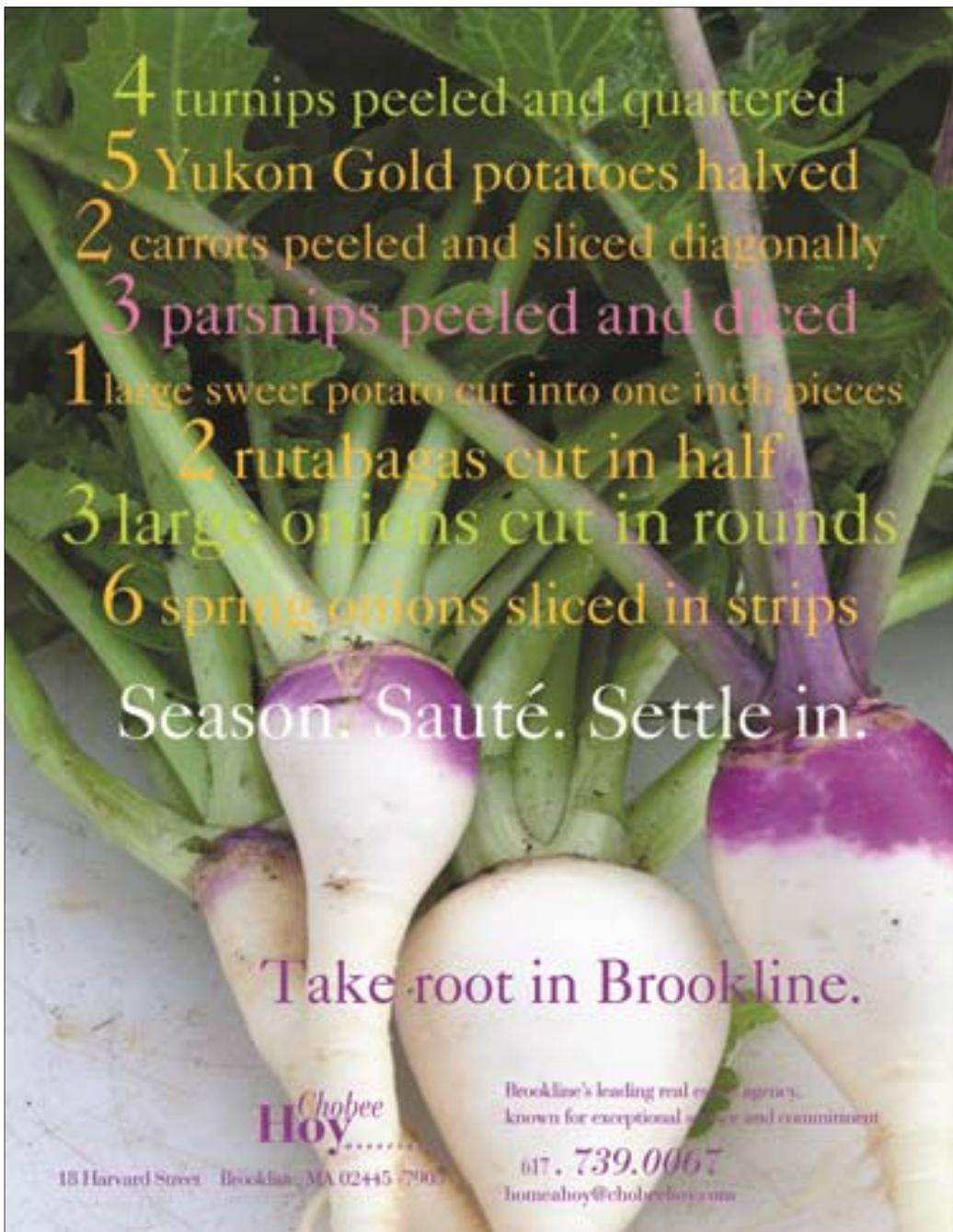
May is such a special month at the Brookline Senior Center. Spring is in full bloom. We have some of the most comfortable and beautiful days and nights. And we honor the women in our lives. May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their memory. If you would like to create a tribute gift in their memory, contact Ruthann Dobek at [rdobek@brooklinema.gov](mailto:rdobek@brooklinema.gov) or 617-730-2756.

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

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