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

October 20, Flu Clinic at the Senior Center (see p. 1)

Purchase Raffle tickets to support Alzheimer's Caregivers (see p. 7)

Brookline Reads Book (see p. 10 and 17)

October 26, CharlieCard Event (see p. 16)

October 29, Your Age Advantage Workshop (see p. 28)

November 13 and 14 Annual Craft Fair! (see p. 15)

OCTOBER 2015

14TH ANNUAL AUTUMN BENEFIT

Plan to attend the **14th Annual Autumn Benefit** at the Senior Center on **Wednesday, October 28, starting at 6:00 pm**, It is a GALA event and one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget.

This year we are honoring **Frank and Carol Caro**, long-time supporters of the Senior Center, and much-loved community benefactors.

The top floor of the Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior).

Look for your invitation in the mail, at the Senior Center, or at the Senior Center website, brooklineseniorcenter.org. **RSVP by Wednesday, October 22 to ensure your space at this special event.** If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org See sponsorship information on (P.14).

THE PIATIGORSKY FOUNDATION CONCERT

Once again we are pleased to invite everyone to our Annual Piatigorsky Foundation Concert on **Wednesday, October 7 at 1:00 pm** at the Senior Center.

The featured artist this year is Igor Begelman, on the clarinet. Mr. Begelman has appeared as soloist with major orchestras in the United States and abroad.

Continued on (P. 3).

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

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

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

OCTOBER HOLIDAYS

On **Monday, October 12**, the Senior Center will be closed in observance of Columbus Day, a celebration of Italian-American heritage.

Columbus Day celebrations often include parades and street fairs featuring colorful costumes, music, and Italian food.

Some cities and towns use the day to honor indigenous peoples; activities include pow-wows, traditional dance, and lessons about Native American culture.

United Nations Day is on October 19,and Halloween is on October 31.

Remember to set your clocks back at bedtime on **Sunday, November 1,** because at 2:00 am on November 2, daylight savings time ends.

Piatigorsky Concert continued from page 1

His recital appearances have included engagements throughout Europe, Canada, Mexico, Japan and Israel, as well as recitals in such distinguished venues as Philadelphia's Kimmel Center, Boston's Faneuil Hall, New York's Weill Recital Hall at Carnegie and Lincoln Center.

The Piatigorsky Foundation is a non-profit organization whose mission is to make live classical music part of the fabric of everyday life for communities throughout the United States. To register call 617-730-2770.

EMERGENCY PREPAREDNESS BUDDY PROGRAM

Join us for a presentation by Cheryl Snyder, Coordinator of the Emergency Preparedness Buddy Program **on Thursday, October 8 at 11:00 am**.

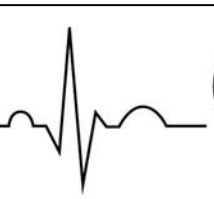
The Emergency Preparedness Buddy Program was developed to support Brookline residents who may require assistance preparing for and responding to emergency situations. The program matches trained Brookline Medical Reserve Corps (MRC) and Community Emergency Response Team (CERT) volunteers with Brookline residents to assist in identifying preparedness needs, setting up communication plans, and preparing supplies for potential evacuations or sheltering in place.

Brookline residents eligible to participate in the program include residents over the age of 65 and adults with disabilities; the program is focused on those who live alone and have little or no family support. There is no charge for this program. To register for this information session, please call 617-730-2770.

ESTATE PLANNING AND ASSET PROTECTION SEMINAR

Join Bank of Canton for a free seminar on estate planning and asset protection at the Brookline Senior Center on **Monday, October 19, at 1:00 pm.** Hosts Peter J. Fredericksen, Director of Estate Planning, and attorney Matthew J. Marcus, Esq., will discuss how you and your family can protect your estate from nursing home costs, appoint a Health Care Proxy to assist with medical decisions, minimize estate taxes, and how to avoid the uncertainty, costs and delays of probate court. Please reserve your seat by calling Brookline Branch Manager, Elaine Joseph, at 617.739.9500 extension 6550.

THE HEALTH PAGE



Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, October 1 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, October 2, 16 and 30 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, October 21 at 1:00 pm.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Thursday, October 22 from 9:00 to 10:00 am at The Senior Center.
Wednesday, October 14 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, October 28 from 1:00 to 2:00 pm at O'Shea House, 61 Park Street.

Health Coach Ilse Leeser, a registered nurse practitioner and the leader of our Arthritis Exercise class is now offering "Health Coach" appointments on Wednesdays. Ilse will be available to support you around maintaining a healthy diet and exercise plan to help combat diabetes, high blood pressure, or weight issues. She can also help you understand your medications and test results. Ilse will be offering 30 minute, 1-on-1 appointment sessions on Wednesday afternoons. Frequency and duration of coaching sessions will be determined at your first visit. Please call 617-730-2777 to schedule an appointment.

FLU CLINIC

The Brookline Health Department will hold the annual Flu Clinic on the following dates:

- **Tuesday, October 20, from 11:00 am-1:00 pm at the** Brookline Senior Center
- **Tuesday October 27, from 5:30-7:30 pm at the Baker School**
- **Sunday, November 15, from 11 am-2:00pm at the Devotion School**

There is no charge for the vaccine. All persons (6 months and older) should receive the vaccine each year. Please remember to bring all health insurance cards. Wear loose-sleeved clothing. For more information call 617-730-2336

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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ASK A GERIATRICIAN

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

QUESTION: I am confused about the difference between the many housing options for older people. Can you explain the difference between independent, assisted living and long term care?

Answer: There are several options for people who wish to move out of their homes and into a new home which may be smaller without the responsibilities of doing their own upkeep. Some of the main differences are as follows:

INDEPENDENT LIVING.
These are for people who are quite independent with few medical problems. Often they are for people who want to "downsize" and be a part of a community to make new friends and have structured activities on site. Although it can be very hard to leave a home you have been in for decades, people often report great satisfaction after they make the move. They are also known as retirement communities, 55+ communities or CCRC (continuing care retirement communities). They are usually private pay. Some offer meal plans. Most have activities such as exercise classes, lectures, movies and trips. Many offer limited transportation to doctors' visits, shopping and social outings.

ASSISTED LIVING.
These are private apartments for people who need help, often with taking medicines, bathing and are not safe to live completely on their own. Meals are provided in a communal dining room. Staff is often available for those who need extra help, although there is often an extra charge for this. Activities are an important part of assisted living communities and limited transportation is often provided. These are private pay. Some assisted living communities have transition areas where they can move if they need nursing home care.

NURSING HOME.
These are also called skilled nursing centers or long term care facilities. These are for people who need a high level of medical care and assistance 24 hours/day. People usually share a room. Meals are eaten together in the dining room. There are structured activities. These are often private pay, although Medicare will pay for some rehab and Medicaid will pay after someone is on Medicaid. Some nursing homes also have short-term rehabilitation units for people recovering from an illness or surgery.

1. ***Why do we get dehydrated easier as we get older***?
Often as we get older, we lose the sense of thirst, so we don't get our body's reminders to drink. Many people cut down on drinking so they don't have to get up at night to go to the bathroom. Some people lose their sense of smell and taste, so food and liquids are less appealing.
It's important to remember that we can stay hydrated by eating foods full of water, such as fruits (watermelon, melons) and drinking beverages we like (tea, coffee, juice, lemonade, etc.

2. ***I am looking for a Geriatrician in Newton do you know of one?*** We see many people from Newton in our Boston office in the Longwood Medical area.

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 $48,000; a couple's, $55,800.

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 at the Senior center on Wednesday, October 7 from 9:00am-12:00pm to consult on legal matters of law. **This service is offered for Brookline residents only and is 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.

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.

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.

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.

AGING BACKWARDS AT THE FITNESS CENTER AS SEEN ON WGBH

On **Wednesdays, from 2:00-3:00 pm** in the Fitness Center (on the 2nd Floor of the Senior Center). Come practice the exercise routines designed by Miranda Esmonde-White from the Aging Backwards series presented on WGBH Public Television. For more information, call Sharon Devine at 617 730 2769.

ALZHEIMER'S CAREGIVERS SUPPORT RAFFLE

Purchase your tickets at the Brookline Senior Center for the Alzheimer's Support Fund which provides respite for caregivers.
This event is cosponsored by The Brookline Senior Center and the Brookline ELKS.

Ticket prices are as follows:

1 ticket $3.00
2 tickets $5.00
5 tickets $10.00

Prizes:

$300 Gas Card or Service from Audi Mobil
$200 Cash Prize from an anonymous donor
$100 Cash Prize from the Brookline Elks
$100 Gift card to LiNEaGe Restaurant
$60 Gift card to the Fireplace-Chat Tasting
$25 Gift card from the Corrib Restaurant

The drawing for the raffle will be held during the Brookline Council on Aging Annual Benefit on **Wednesday, October 28 at 7:00pm.**

Winner does not need to be present at the event

For more information call 617-730-2777

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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, October 9.** Please note: the afternoon support group is currently full. If you would like to be put on the waiting list 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.

MODERN BEADING WORKSHOP

There will be no Modern Beading class in October or November. Instead, please join Marge at the Beadesigner International 37th Bead Affaire on **Saturday, October 17** from 10:00am -5:00pm. Admission fee - $6.00
Location: Armenian Cultural and Educational Center 47 Nichols Avenue, Watertown, MA
For more information, call 978-772-1767
or www.beadesignerintl.org/

And in November join Marge on the Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 6, from 10:00 am-3:00 pm.**
For more information on the Gem Show (see p. 15).

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.**

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.

"A Simple Gesture" Life Drawings by Marcia Hnatowich, Marie Claire Kamin, Diane Pansen, Diane Schodlatz, Marcia Shanbaum, Suzanne Teich, Margo Volterra, and Norman Wilson.

Gallery 93
through **Friday October 30**

COUGH, COLD, AND FLU

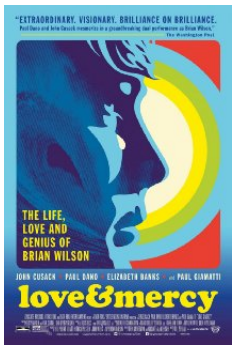
Winter is right around the corner and with that comes the cold and flu season! Join the Mass College of Pharmacy and Health Sciences students on **Thursday, October 29 at 11 am** for a discussion on coughs, colds and the flu with information on what causes them, what symptoms to expect, when to seek medical advice, and how to help get over them. Come prepared to learn, participate and ask questions.

COUNCIL ON AGING MEETING

Wednesday, October 14 at 1:00pm Kempland C. Walley, a Biomedical Engineer and Clinical Research Associate at BIDMC, will discuss bone density and a study that is being conducted regarding women's bone health. The study seeks to determine whether a new, minimally-invasive test of bone strength can identify women at risk for bone fractures.

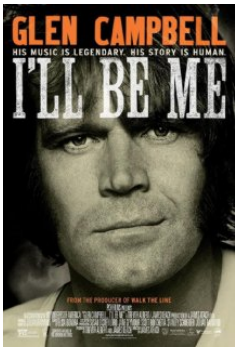
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in October 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, October 6
Love & Mercy
2015
121 min.

In the 1960s, Beach Boys leader Brian Wilson struggles with emerging psychosis as he attempts to craft his avant-garde pop masterpiece. In the 1980s, he is a broken, confused man under the 24-hour watch of shady therapist Dr. Eugene Landy.



Tuesday, October 13
Glen Campbell: I'll Be Me
2014
116 min.
As he struggles with Alzheimer's disease, country-music legend Glen Campbell embarks on his farewell tour in the U.S., Australia, and Europe.

On Tuesday, October 20 there will not be a movie due to the Flu Clinic.

-SAVE THE DATE-

BROOKLINE MUSIC SCHOOL

Our monthly Brookline Music School Concerts will return beginning on **Wednesday, November 4 at 1:00 pm.**

Tuesday, October 27
Divine Secrets of the Ya-Ya Sisterhood
2002
116 min.
After years of mother-daughter tension, Siddalee receives a scrapbook detailing the wild adventures of the "Ya-Yas", her mother's girlhood friends.

Taken from IMDb http://www.imdb.com/title

BROOKLINE READS

Celeste Ng's exquisite novel about a Chinese American family living in 1970's small town, Ohio is the 2015 Brookline Reads selection.

On Tuesday, 27 at 7:00pm attend an Evening with Celeste Ng at the Pierce School Auditorium.

SENIOR CINEMA EVENT

Eat Drink Man Woman, directed by Ang Lee and co-sponsored by the Brookline Senior Center and the Coolidge Corner Library on **Thursday, October 15.** Following the film join Charlotte Millman and Roberta Winitzer for a discussion around the common theme of food and memories that is woven throughout "Everything I Never Told You" and "Eat Drink Man Woman."

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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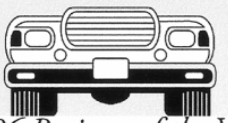

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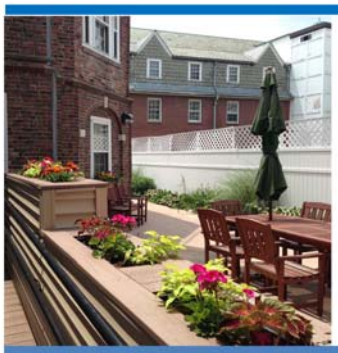
ZUMBA

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 Fall semester **at the Senior Center will run on Thursdays, through November 12 from 1:30-2:30 pm**. $7 for individual classes. Free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health.

SOUTH BROOKLINE SOCIAL

The South Brookline Senior Social will meet at the Putterham Branch Library in the Community Room at **10:30 am on Friday, October 2, 9 and 16.** Contact Regina Millette Frawley for reservations and information 617-469-0052. Tea and coffee are provided by the senior center and kosher pastries by Cheryl Ann's.



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LANDMARK SENIOR LIVING COMMUNITIES LONGWOOD

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.

SPOTLIGHT ON BROOKLINECAN COMMITTEES

One of the favorite attractions on the BrooklineCAN website 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 Jamie Donchin, Chair at 617-730-2753 or e-mail jdonchin@brooklinema.gov.

THE MIND BODY CONNECTION TOOLS FOR SUCCESSFUL AGING

On Monday, October 19 at 6:30pm Ann Webster, PhD will present on the Mind-Body Connection and the important role it plays in successful aging. She will also discuss ways that seniors can reduce stress, enhance health and quality of life and reduce negative thinking. Learn about the tools you need to age with wisdom, health, humor, and gratitude.

Dr. Webster is the Director, Mind Body Program for Cancer and the Mind Body Program for Successful Aging, Staff Psychologist, Mass General Hospital, Benson-Henry Institute for Mind Body Medicine and a health psychologist, researcher, and clinical/corporate trainer for BHI.

With the BHI since 1987, she earned her PhD degree in health psychology at Albert Einstein School of Medicine/Yeshiva University. She is an Instructor in Medicine, Harvard Medical School, an Associate Psychologist in Psychiatry at MGH, and an Instructor at the Albert Einstein School of Medicine. She also sits on the boards of The Medical Foundation, the Community Research Initiative, and the Institute for Body, Mind, and Spirituality at Lesley University. To register for this event call, 617-730-2770.

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.

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; October 17 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

TASTE OF POETRY

On **Thursday, October 1 from 12:00-1:30 pm** bring your lunch and enjoy the poetry of Amy Lowell in the Main Library Conference Room.

Amy Lowell (1874-1925) An American poet of the imagist school from Brookline, Massachusetts, who posthumously won the Pulitzer Prize for Poetry in 1926. Though she sometimes wrote sonnets, Lowell was an early adherent to the "free verse" and was one of the major champions of this method. In the post-World War I years, Lowell was largely forgotten, but the women's movement in the 1970s brought her back to light. Her poems cover topics varying from lesbianism to peace during wartime.

CONSIDER BECOMING A SENIOR CENTER SPONSOR

Continued from page 1

and be acknowledged in the Program Book, on our website, and in the November News & Events. Sponsorship levels and benefits:

Diamond: $2,500 includes 8 tickets, acknowledgement in the invitation and a full page ad, in the program book.

Ruby: $1,000-2,499 includes 6 tickets, acknowledgement in the invitation and a full page ad in the program book

Sapphire: $750-$999 includes 4 tickets acknowledgement in the invitation and a half page ad in the program book

Emerald: $500-$749 includes 2 tickets acknowledgement in the invitation and a and a half page ad in the program book.

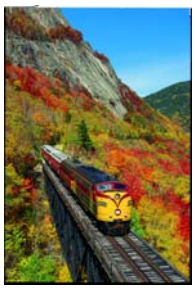
Topaz: $300-$499 includes 2 tickets acknowledgement in the invitation and a business card size ad in the Program Book

For more information, call Ruthann at 617-730-2756 or e-mail at rdobek@brooklinema.gov.

SUPPORT GROUP FOR PEOPLE WITH PHYSICAL DISABILITIES

Are you interested in joining a small and confidential support group for people with physical disabilities? We will be sharing life challenges and resources with others in order to learn and support one another. This group will meet on **Tuesday, October 6, 13, 20, and 27 from 2:00-3:30 pm.** Our group will be facilitated by two experienced leaders with personal knowledge about physical disabilities. Recourses and current thinking about interventions and helpful modalities will be presented. For more information and to register call Deidre Waxman, LICSW 617-730-2767 or email: dwaxman@brooklinema.gov

BROOKLINE RECREATION TRIPS



October Fall Foliage Trip
Wednesday, October 14
All aboard for a 15 mile, 80 minute, round trip train excursion to view the spectacular foliage in Meredith, NH. You will feast on a delicious turkey dinner catered by Hart's Turkey farm. The trip fee includes transportation, Train ride and lunch.
9:00 am -6:00 pm
Cost: $50 resident's $68 nonresidents

November Bead Expo
Friday, November 6
Marge Harvey encourages her students to attend this event. It is a wonderful jewelry exhibition that brings hundreds of companies, designers and manufacturers together to provide our customers with the best high-quality jewelry selection at the lowest prices. The show features one of kind jewelry creations. You will explore exotic gems, beads, pearls ,exquisite fine jewelry, estate collections and much more. The trip fee includes transportation
11:00 am-4: 00 pm
Cost: $10 resident's $14 nonresidents

November Prudential Center and Copley Place
Monday, November 16
Trip fee includes transportation.
10:00 am-4:00 pm
Cost: $10 resident's $14 nonresidents

Register by calling 617-730-2069
online at www.brooklinerec.com

Bus pick up/Drop off Locations
Brookline Senior Center 93 Winchester Street
Soule recreation Center 652 Hammond Street

December Holidays at Newport, RI Mansions
Thursday, December 17
9:00 am – 6:00 pm
Cost: $33 resident's $45 nonresidents

THE CRAFT FAIR IS ALMOST HERE!

Once again we have begun the planning for our 30th Annual Holiday Craft Fair, which will be held at the Senior Center on **Friday, November 13, from 10:00 am to 3:00 pm and Saturday, November 14, from 10:00 am to 1:00 pm.** The proceeds benefit programs and services provided by the Brookline Senior Center. Handmade crafts, holiday gift items, baked goods, raffles, children's items, and white elephant items will be for sale. You will be sure to find something for everyone on your list at the Fair! Admission is free and the Senior Center is handicapped accessible.

Planning meetings are already underway. However, there is still time for you to join the meetings and take part in the planning and execution of this popular annual event. Join us on **Monday, November 2 at 1:00pm.**

A special preview will be held at the Town Hall on Thursday, November 5 from 10:00am –12:00 noon.

LET'S PLAY SOME PING PONG!

We are pleased to introduce Lin Sasman, our new volunteer Ping Pong Coordinator, who will be here on **Friday afternoons from 1:00-5:00 pm.** If you want to drop in for a quick game, Lin will be available to help you connect with players of similar abilities. All are welcome, beginner and seasoned player.

EASY TRAVEL

Join Patricia Burns, our armchair travel host and the Senior Center Volunteer Coordinator, on **Thursday, October 1 at 1:30 pm.** as we travel to Ethiopia. Patricia lived in Ethiopia for a period of time. So we will enjoy a unique perspective of her time there.

ESL CONVERSATION GROUP

We are sad to announce that our wonderful ESL Conversation Group Leader, Janet Kleiner, is relocating to Maryland. We will miss her and we wish her all best in her new adventures! We are looking for another volunteer facilitator for the group, but members are welcome to continue to gather on **Wednesdays at 3:00 pm** in the interim.

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.

CHARLIE CARD EVENT

On **Monday, October 26, from 1:00 to 3:00 pm,** there will be a **Senior Charlie-Card** event at the Senior Center. Bring a picture ID as proof that you are 65 or older. We will have a form for you to fill out, and we will take your picture and send it to the MBTA. The MBTA will mail the CharlieCard directly to you. The MBTA will mail your reduced fare Senior Card in 2-6 weeks If you cannot wait you can always go to the CharlieCard store in Downtown Crossing in Boston.

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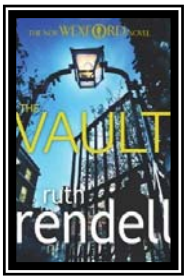
Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior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

Center Communities of Brookline
Hebrew SeniorLife

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our meetings are on Mondays from 2:00–3:00 pm. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.

October 19 –***Everything I Never Told You*** by Celeste Ng (This is the Brookline Reads selection. Putterham Branch Library Supervisor, Kelly Unsworth will lead the discussion).

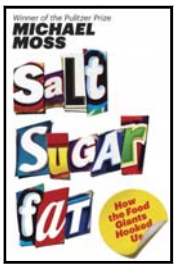


November 16 – ***The Vault*** an Inspector Wexford mystery by Ruth Rendell
The impossible has happened. Chief Inspector Reg Wexford has retired from the crime force. He and his wife, Dora, now divide their time between Kings Markham and a coach house in Hampstead, belonging to their actress daughter, Sheila.

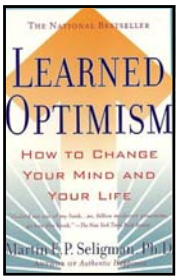
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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 of each month.**



Tuesday, October 27-*Sugar Salt Fat: How the Food Giants Hooked* Us by Michael Moss



Tuesday, November 24 ***Learned Optimism: How to Change Your Mind and Your Life*** by Martin E.P. Seligman

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

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COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUR NAME: _____ **Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.** (V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.			1. Italian Garden Vegetable Soup **HOT:** Stuffed Shells w Tomato Sauce (V); Italian Green Beans; Tossed Salad; Wheat Dinner Roll **COLD:** Chef Salad w/ Ham; Macaroni Salad, Oatmeal Bread **Mixed Fruit**	2. Cream of Carrot Soup **HOT:** Potato Pollock Filet; Ratatouille; Brown Rice; Multi Grain Bread **COLD:** Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Mixed Bean Salad **Applesauce**
5. Oriental Vegetable Soup **HOT:** Chicken Lo Mein; Oriental Vegetable Blend; White Roll **COLD:** Turkey and Swiss on Multigrain Bread; Orzo Vegetable Salad; Zucchini Salad **Pear**	6. Autumn Harvest Special Vegetable Soup Broccoli and Cheese stuffed Chicken Breast, Honey Glazed Carrots and Parsnips, Wild Rice, Cranberry Bread Pudding	7. **HOT:** Hot Dog, Baked beans, Broccoli Slaw*** **COLD:** Egg Salad on Wheat Bread (V); Spinach and Mandarin Orange Salad; Orzo Vegetable Salad **Pineapples**	8. Cream of Mushroom Soup **HOT:** Creole Fish; Rice & Beans; Collard Greens and Onions; Oatmeal Bread **COLD:** Turkey Deluxe Sandwich (w/ spinach, boiled eggs, ranch dressing); Carrot Pineapple Salad; English Pea Salad **Lemon Pudding**	9. Mushroom Barley Soup **HOT:** Lentil Stew (V); Brown Rice, Roasted Root Vegetables; Garden Salad **COLD:** Chicken Breast over Garden Salad; Potato Salad; Oatmeal Bread **Cinnamon Applesauce**
12. **Columbus Day** **No Meal Service Today**	13. **HOT:** Spinach and Red Pepper Frittata (V); Red Bliss Potatoes; Green beans; Orange Juice **COLD:** Roast Beef w Cheese on Oat Bread; Root Veg. Salad, Shell Pasta Salad Apple Cinnamon Muffin **October Birthday's Lunch**	14. Chicken and Wild Rice Soup **HOT:** Meatloaf w gravy; Cauliflower; Whipped Sweet Potatoes, Oatmeal Bread **COLD:** Oriental Chicken Salad on Pita Bread, Potato Salad, Garden Salad **Chocolate Pudding**	15. Corn Chowder **HOT:** Ginger Chicken; Brown Rice; Spinach and Chickpeas; Multigrain Bread **COLD:** Seafood Salad w/ Lettuce on Scali Bread; Cole Slaw, Corn Salad **Pears**	16. Beef Vegetable Soup **HOT:** Tortellini with Marinara Sauce (V); Broccoli; Wheat Roll **COLD:** Chicken Salad on wheat; Orzo Vegetable Salad; Broccoli Slaw **Banana**
19. Mushroom Barley Soup **HOT:** American Chop Suey; Fresh Cauliflower; Wheat Bread **COLD:** Egg Salad (V) on Pumpernickel Bread; Mixed Bean Salad, Summer Squash Salad **Apple**	20. **COLD BOX LUNCH** **DUE TO FLU CLINIC**	21. **HOT:** Lasagna w Tomato Sauce and Meatball; Italian Green Beans; Garden Salad; Scali Bread **COLD:** Seafood Salad on Wheat Bread; English Pea Salad; Roman Blend Salad **Tropical Mixed Fruit**	22. **HOT:** White Bean and Kale Stew (V); Herbed Brown Rice; Garden Salad; Oatmeal Bread **COLD:** Roast Beef w/ Cheddar Cheese on Multigrain Bread; Pesto Pasta Salad, Riviera Salad **Birthday Cake**	23. Split Pea Soup **HOT:** Chicken Marsala; Mashed Potatoes; Broccoli. Garlic Roll **COLD:** Mediterranean Tortellini Salad (V); Cauliflower Carrot Salad; Scali Bread **Pineapples**
26. Spinach & Mixed Bean Soup **HOT:** Roast Pork w Apple Glaze; Cauliflower; Winter Squash; Oat Bread **COLD:** Egg (V) Salad on Scali Bread; Roman Blend Salad; Garden Shell Pasta Salad **Butterscotch Pudding**	27.**HOT:** Macaroni and Cheese (V); Fresh Broccoli; Wheat Bread **COLD:** Curry Chicken Salad on Multigrain Bread; Potato Salad; Cauliflower Carrot Salad **Banana**	28. Seafood Chowder **HOT:** Fish Sticks; Sweet Potato Wedges; Peas and Onions w Parsley; Rye Bread **COLD:** Turkey w Swiss Cheese on Wheat Bread***; Three bean Salad; Cole Slaw **Pineapples**	29. Broccoli and Cheese Soup **HOT:** Honey Mustard Chicken; Mashed Potatoes; Fiesta Blend Veg; Garlic Roll **COLD:** Vegetarian Chef Salad (V); Macaroni Salad; Multigrain Bread **Pears**	30. **HOT:** Broccoli & Mushroom Quiche (V); Red Bliss Potatoes; Italian Green Beans, Multigrain Bread **COLD:** Roast Beef w Swiss Cheese on Oatmeal Bread; Balsamic Vinaigrette Pasta Salad; Broccoli Slaw **Pumpkin Cake**

LUNCHEON SPECIALS

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, October 13 (date change due to flu clinic)** we will celebrate October Birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all October 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.

LET'S GO TO LUNCH BUNCH

On Tuesday, October 27 at 12:00 noon we will dine at Shanghai Jade 1374 Beacon Street Brookline. For reservations and transportation, call 617-730-2770.

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Coolidge Corner

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OCTOBER AT A GLANCE

Thursday, October 1
11:00 am Ask A Nurse
1:30pm Easy Travel-to Ethiopia
Friday, October 2
9:00am-12:00 noon Podiatry Clinic ***
11:00am-1:00pm Grandparent Alienation support Group***
Monday, October 5
Tuesday, October 6
1:00pm Movies for film lovers-Love and Mercy
2:00-3:00pm Physical Disabilities Support Group***
Wednesday, October 7
1:00pm Piatigorsky Concert***
Thursday, October 8
11:00 am Emergency Preparedness Program***
Monday, October 12
Holiday Brookline Senior Center Closed
Tuesday, October 13
12:00 noon October Birthday Luncheon***
1:00pm Movies for film lovers-Glen Campbell-I'll Be Me
2:00-3:00pm Physical Disabilities Support Group***
Wednesday, October 14
9:00am-6:00pm Foliage Trip Recreation Department ***
1:00pm COA Meeting
1:00-2:00pm Blood Pressure Clinic at Sussman House*
Thursday, October 15
1:00pm Brookline Reads Event at Coolidge Corner Library-Eat Drink Man Woman*
Friday, October 16
9:00am-12:00 noon Podiatry Clinic ***
Monday, October 19
1:00pm Bank of Canton Financial Presentation***
2:00-3:00pm Book Discussion Group at Putterham Library*
6:30-8:00pm BrooklineCan Event-Ann Webster***

Tuesday, October 20
11:00am-1:00pm Flu Clinic-No Movie
12:00 noon Springwell Cold **Box Lunch** ***
Wednesday, October 21
1:00 pm Low Vision Support Group
Thursday, October 22
9:00-10:00am Blood Pressure Clinic
1:00pm Library Presentation-Hoopla and Overdrive***
Friday, October 23
Monday, October 26
1:00-3:00pm CharlieCard Event
Tuesday, October 27
9:00am Public Issues Nonfiction Book group at Coolidge Corner Library*
12:00 noon Let's Go To Lunch Bunch ***
1:00pm Movies for film lovers-Divine Secrets of the Ya-Ya Sisterhood
2:00-3:00pm Physical Disabilities Support Group***
5:30-7:30pm Flu Clinic at Baker School*
Wednesday, October 28
1:00-2:00pm Blood Pressure Clinic-Park Street*
6:00pm Autumn Benefit ***
Thursday, October 29
11:00am Mass College of Pharmacy –Cold and Flu Season Workshop
2:00-4:00pm Your Age Advantage***
Friday, October 30
9:00am-12:00 noon Podiatry Clinic ***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open—Membership required
8:45-10:15 Strength training **
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/Scrabble
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
10:15-11:45am Telling Your Story**
10:30am Retired Men's Club
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
2:00-3:00 pm Aging Backwards***
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 Figure Drawing ***
9:30 Art for Pleasure Class ***
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***
12:30-3:30 Mah Jongg/ Scrabble
1:00-3:00 Chess
1:00 pm-dusk Farmers Market*
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 **
1:00-5:00 pm Ping Pong
2:00-3:30pm 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

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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.

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- 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

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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 please contact Patricia Burns our volunteer coordinator 617-730-2743.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund (ELF) has a few unique items available. If you or anyone you know has any interest in a wireless router, hearing aid batteries, monitor system with camera, or a shower commode please call Jamie at 617-730-2753.

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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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GRANDPARENT ALIENATION SUPPORT GROUP

Are you experiencing the heartbreak of grandparent alienation? If so, please join us for a support group of approximately 10 people which will meet at the Senior Center **on the first Friday of each month from 11:00am-1:00 pm. The next meeting will be held on Friday, October 2.** We are part of a national organization called Alienated Grandparents Anonymous. E-mail Sandy: sgk5257@gmail.com if you are interested and put GPAL in the subject line.

BOOKBIKE

The Bookbike will make its monthly visit to the Senior Center in October. Watch the TAB for date and time. Come meet the Roving Librarian and find out what the BookBike has to offer you! Weather Permitting

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THE MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH!

Don't Wait Until It's Too Late! Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

If there are no more appointments available at your center before December 7, there are additional appointments in Framingham (508-532-5980, then press 0) and Needham (781-455-7555). Please call between 9AM and 4PM and ask the receptionist at the front desk for a SHINE appointment.

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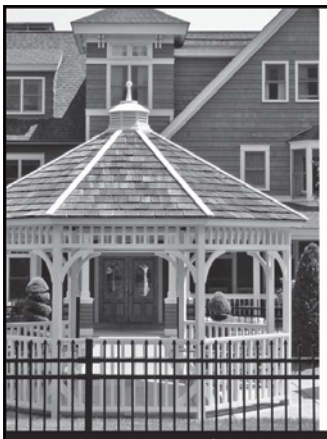
2015 SENIOR CITIZENS ART EXHIBIT WINNERS

Congratulations to our Art for Pleasure students for their well-deserved recognition in the 2015 Senior Citizen Art Exhibit, sponsored by Secretary of the Commonwealth William Francis Galvin.

Vjollca Kaso, Renee Marshall, Lyudmila Rudyakov, Kea van der Ziel, Nancy van Zandt, Florence Warren, and Claire Weston all received award recognition for their beautiful work! We would like to extend congratulations to our other Senior Center participants, Margo Volterra and Elinor "Fuzzy" Downs who received award recognition as well. The exhibit was on display at the Commonwealth Museum throughout September and the Art for Pleasure students attended an award ceremony with their instructor, Nancy Marks on September 28.

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.



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

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YOUR AGE ADVANTAGE WORKSHOP

Come explore the advantages that YOU and your age have in the workplace. We will discuss how you can capitalize on these advantages during your job search on Thursday, **October 29 from 2:00-4:00pm** at the Brookline Senior Center. Registration is required. Please call Deidre Waxman 617-730-2767 or Patricia Burns 617-730-2743.

-SAVE THE DATE-

SO YOU WANT TO BE AN ENTREPRENEUR?

The BSC will hold a first time workshop on **November 4th 5:30-7:00pm f**or those individuals 60 and over who are considering starting their own business. If you have an idea, passion or special interest and wonder how to turn it into a post retirement business venture, come to the Senior Center and meet our panel of successful entrepreneurs. Listen to their inspirational stories and learn how you too can create a business based on your own interests and lifelong passions and ideas. This is a free workshop and space is limited.

1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

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

VOLUNTEERING: A WORK OF HEART

The Brookline Council on Aging and the Brookline Senior Center are always happy to enlist new volunteers who can share their talents and program ideas.

Opportunities we are spotlighting this month are all about our food programs: help with the Food Commodity (one Wednesday morning each month), Food Distribution (Tuesdays) and lunch help (Monday Friday)

If you would like to actively pursue volunteer service, please make an appointment with Patricia, the Volunteer Coordinator for an opportunity to learn more about the Center, these and other opportunities where you might best use your time and talent/skills (617-730-2743).

THE SHOP PROGRAM

SHOP is a volunteer opportunity for seniors and high school students to share experiences and some time with each other. Seniors volunteer to help Brookline High School students earn their community service credits by allowing the students to shop for them and the students volunteer to do grocery shopping for seniors. A real Win-Win!

While Brookline High School will start offering this community service opportunity to students soon, the Brookline Senior Center would like to hear from seniors who would like to have a student do their grocery shopping for them. If you would like a student shopper call 617-730-2743 and leave your name and number.

October Thank You's as of September 15th
Donations made after the 15th will be listed in November

Annual Appeal Donors:
Lester and Esfira Annenberg
Maria and Franklin Ferguson
Frank Olney
Irene J. Laffey
Jane and Van Christo
Phyllis and Murray Marcus
Rosamond Rabinowitz
Lois Melville
Carole Barksdale
Arsen Tashjian
Sharon Devine
Anonymous – supporting the coffee stand
Georgia Haramis
Judith Kidd
Fran Miller
Eleanor Small and the Wednesday Bridge Group
Joan Yesner

In memory of:
Betty Singer from Elizabeth A. Sands
Joseph Jurich *from* Marilyn Jurich
Cippy MacDougall *from* Beverly Gleason
Yu-chen Ting *from* Jovina Ting
Max Kaminsky and Stanley Goldstein from Paula Goldstein

In honor of:
Marie-Louise Gabbe *honoring* our seniors
Lorraine Stevens *honoring* Isabella Callanan
Alice Fastov *honoring* Julie Washburn
Kathryn Kilpatrick *honoring* Nick Aldin
Hanson S. Reynolds *honoring* SHINE program and Ping Pong program
Anonymous *honoring* Lynn Modell
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Lila Sesholtz *honoring* Aging Backwards – Sharon Devine

B-CAN Donors:
Sally Abrahms
Ida Davidson
Judith Mabel
Phyllis and Murray Marcus
Beth Stroup
Rosemary Green
Wendie Wallis
Linda Cheren
Marga Dieter
Joan and Paul McCabe
Susan Quinn and Daniel Jacobs
A. Joseph Ross
Dorothy Bell
Drucila Dailey

WHAT'S ALL THE HOOPLA ABOUT HOOPLA AND OVERDRIVE?

A Reference Librarian from the Public Library of Brookline will be at the Senior Center on **Thursday, October 22 at 1:00pm** to give a presentation for people with a computer, tablet, or smartphone who are interested in using two free digital services: Hoopla and Overdrive. Hoopla is for people who want to borrow free digital movies, TV episodes, music albums, and audiobooks. Overdrive is for people who want to borrow free eBooks and audiobooks. The librarian's presentation will help you get started using these services. Did you know that the Main Library also offers 30-minute 1-on-1 technology appointments, scheduled in advance? Call the Reference Desk to schedule an appointment with a Reference Librarian to help you with these services, or other technology questions.

2015 Autumn Benefit Sponsors as of September 15th.
Donations received after the 15th will be listed in November

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Beth Israel Deaconess Medical Center
Michael Merrill

Ruby

Bay State Federal Savings Charitable Foundation
Goddard House Assisted Living
The Hamilton Company - Harold and Maura Brown
Chobee Hoy
Shulamit Kahn and Kevin Lang
Betsy Pollock
Suzanne Salamon and Alan Einhorn
Carol and Morry Sapoznik

Sapphire

Patricia H. Dobek
Ruthann Dobek and Glenn Boghosian

Emerald

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Marilyn and André Danesh
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Arlene Stern
Peter and Jean Stringham
Ellen and Matthew Weiss
Roberta Winitzer

FROM THE DIRECTOR

I personally invite the entire community to attend and support the Annual Benefit on October 28TH (see P.1). This year we will be honoring Frank and Carol Caro for their loyal support of community activities. Delicious food, good company, and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to afford the full ticket price, please consider donating any amount. Each dollar will help us reach our fundraising goal of $50,000 for the year. We will need every penny to keep the van running on Friday, and to support all our programs and services. A special thanks to our lead business sponsors: Beth Israel Deaconess Medical Center, Goddard House, Michael Merrill, Harold Brown, and Chobee Hoy.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins. In addition, remember to wish the indomitable Agnes Rogers a Happy Birthday!

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for our senior center.

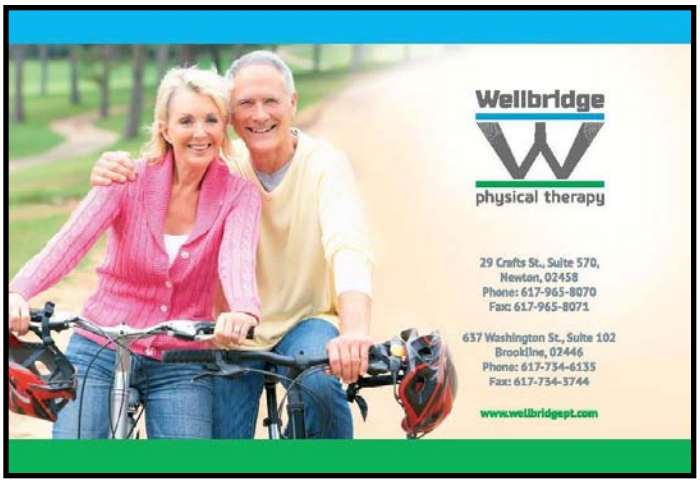
This month as we celebrate our **14th** Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center Family and I thank you!

Betsy Pollock, President, Brookline Senior Center

THE SENIOR CENTER HAS PUBLISHED A BOOKLET

From Interns to Social Workers and Beyond

The publication chronicles memoirs of former social work and Careers in Aging students about their Senior Center experiences and current accomplishments. Copies will be distributed at various events. If you would like to see a copy or get a copy for yourself, please call Jamie at 617-730-2753.



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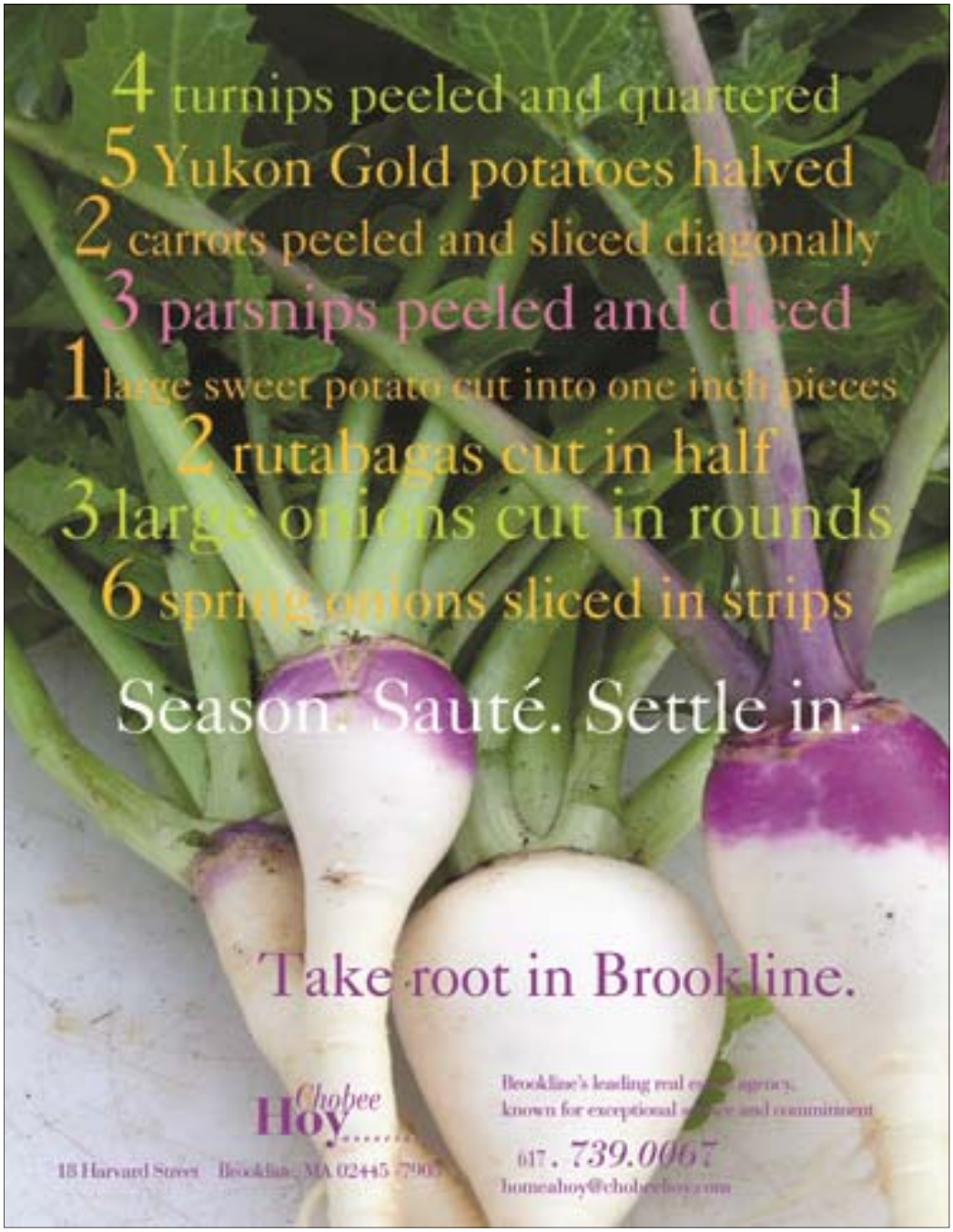
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