TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

Wednesday, December 2 Brookline Music School Concert (See P. 7).

Thursday, December 10 Vitamin D and it's role in Disease Prevention (See P. 19).

Thursday, December 17 Dance Party USA (See P. 12).

DECEMBER VAN SCHEDULE

There will be no Van service on December 7, 8, 9, and 10. The Van will run on **Friday December 11.**

DECEMBER 2015

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 5, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required so call 617-730-2770 to save your place so you can enjoy the turkey with all the trimmings dinner. In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

NEW YEAR'S OPEN HOUSE

Join us on **Wednesday, December 30 from 2:00-4:00pm** for our annual New Year's Open House. Bo Winiker, trumpet and Joe Reid, piano will entertain us with "Jazz Standards from the Great American Songbook" from 2:00-3:00 and we will follow the entertainment with light refreshments from 3:00-4:00 pm. To register, please call 617-730-2770

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

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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.*

Questions: What are the basic tests and vaccines I need to get?

As a person gets older, health care needs change. It is important to stay healthy to ensure a healthy, independent life. Here are some of the screening tests and vaccinations.

Colonoscopy: The risk of colon cancer increases with age. A colonoscopy is recommended every 10 years for men and women between the ages of 50 and 80. The procedure allows a physician to examine the large intestine for cancer or pre-cancerous polyps. But the difficulty of the procedure also increases with age. The preparation for the test as well as the sedation may be difficult for an older person. However, anyone presenting with symptoms such as bleeding, a change in the color or frequency of bowel movements should speak with your doctor, no matter what age.

Mammogram: Breast cancer also increases with age. Every woman should get a mammogram every 2 years, which is a change from the previous guidelines of every year. However, if a woman has a personal or family history of breast cancer, she should continue to get mammograms more frequently.

Pap Test: This test detects cervical cancer in women. There is now differing research on WHEN to end this test. Guidelines now stop this test at age 65 for women who had normal tests, but some believe the test should be given until age 70.

Blood Pressure: Blood pressure goes up with age. People should have their blood pressure checked every year. High blood pressure (hypertension) is associated with heart attacks and stroke, but can be controlled with medication or diet and exercise.

Bone Density: At 65, women should get a bone density test to rule out osteoporosis. A bone density test is important because as people age, their bones get thinner, putting them at a greater risk for fracture. Calcium and vitamin D are important to bone health. There are also medications that can reduce the risk of a break by 50% or more. If the test is normal, it doesn't need to be done every year. Researchers are studying whether this test should also be suggested for men.

Abdominal Aortic Aneurysm: The test for abdominal aortic aneurysm or "AAA" is for men between the ages of 65 and 70 who smoke or have smoked in the past, since people who smoke are at higher incidence for getting an aneurysm. Using ultrasound, this test takes a look at the area of the aorta, which is in the lower abdomen, to detect the possibility of an enlarged area.

Hepatitis C: A blood test can determine the presence of Hepatitis C, for people between 65 and 75. There are cures for this where there weren't before. The test is very important because without treatment, Hepatitis C could lead to big liver problems down the road.

Eye Exam: An eye exam is also recommended to everyone every year to rule out glaucoma. It is reversible, preventable, and if not treated, can lead to blindness.

Continued on P.7

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, December 3 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 McLoughlin is available at the Health Clinic at the Senior Center **on Friday, December 4 and 18 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, December 16 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, December 17 from 9:00 to 10:00 am at The Senior Center.
Wednesday, December 2 from 2:00-3:00 pm at the BPHD building on Pierce Street
Wednesday, December 9 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, December 23 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.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **December 10 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

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

DECEMBER HOLIDAYS

The Senior Center will be open every weekday in December except for Christmas Day, **Friday, December 25**. Christmas is an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We celebrate Chanukah, the festival of freedom and light from Sunday **December 6 through Monday, December 14.** The Winter Solstice (the shortest day of the year) falls on Tuesday, December 22, We will be celebrating all month with something for everyone.

If you would like more celebrating you can celebrate December 1, Worlds AIDS Day, December 7, Pearl Harbor Day, December 10 National Human Rights Day, and December 15, Bill of Rights Day.

Enjoy the end of 2015 and prepare to bring in the New Year with us on **Wednesday, December 30 from 2:00-4:00 pm.** (See P. 1).

COUNCIL ON AGING MEETING

Join us on **Wednesday, December 9 at 1:00pm at the Senior Center.** Our Guest speakers, Timothy Wagner, PhD, CSO of Highland Instruments and Felipe Fregni, MD, PhD, MPH, the Director of the Neuromodulation Center at Spaulding Rehabilitation Hospital and Associate Professor of Neurology and Physical Medicine and Rehabilitation at Harvard Medical School will discuss the **Next Generation Technologies and Treatments For Parkinson's Disease (PD).**

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 11.**

DECEMBER HOLIDAYS TOY DRIVE

For the 19th year, the Town is sponsoring a collection of holiday gifts for disadvantaged Brookline children. If you would like to donate to this worthy undertaking, leave new toys, unwrapped, in the designated box in the Council on Aging offices 2nd floor at the Senior Center by **Thursday, December 17**.

You can also leave gifts in the Mailroom/ Print Shop Hallway at Town Hall, on the first floor of the Brookline Public Health Department building, and on the first floor of the Public Safety Building (the Police Department).

For more information, call the Town Counsel's office at 617-730-2190 or Tim Sullivan at 617-730-2186.

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. **To purchase taxi tickets you must pay by cash or check only.**

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.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, December 2 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

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.

Ask A Geriatrician Continued from P. 3

Important Vaccines:
Flu: Recommended once a year.

TDAP: This vaccine prevents tetanus, diphtheria, and pertussis (better known as whooping cough). Should get it every 10 years.

Pneumonia: Pneumonia vaccine should be given once at age 65. There is now a 2nd pneumonia vaccine which should be given at least one year after first vaccine.
Shingles: This is a very painful virus and can strike anyone who had chicken pox in the past. This vaccine is recommended at age 60 to anyone who had chicken pox.

And the most important thing you can do for yourself to stay young and fit: **MOVE YOUR BODY!!!** Every day, as much as you can. This is the real fountain of youth!

BROOKLINE MUSIC SCHOOL CONCERT SERIES

On **Tuesday, December 2 at 1:00 pm** we welcome back The Rick Landwehr on drums, Joe Conley on Guitar and Tim Weiner on Bass. The Boston Jazz Trio performs jazz music from all eras with a focus on classic standards.

E.L.F. MONTHLY FEATURED ITEMS

The Equipment Loan Fund has a large amount of donations to give away to make room in storage. One donation in particular is NEW orthopedic shoes of multiple kinds. Please call Jamie at 617-730-2753 with interest in any of the following: Boots (4 small, 3 medium, 5 large, 2 XL, 1 XXL), Post-Op (3 medium, 2 large, 2 XL), Cast (3 small, 2 medium, 2 large), Ankle Support (1 extra small, 1 small, 1 XL), Shock Absorbers (4).

UKULELE GROUP

Do you have a Ukulele? Would you like to join a group to play and sing together? Our new monthly Ukulele Group with Judith Chasin will take place on **Monday, December 14 at 1:00 pm**. Just bring a ukulele, a music stand if you wish, and some songs to share. We can attempt to make beautiful music together! The Senior Center does have a ukulele to loan during class if you don't have your own, but it will be available on a first come, first served basis. To register for this fun group, please call 617-730-2770.

We Love it Here!

Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

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- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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, December 11.** For more information 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.

ACUPUNCTURE UPDATE

We are sorry to report that as of January 2016 Dr. Howard Liu, will no longer be providing acupuncture appointments at the Senior Center. This change is due to increased demands on Dr. Liu's schedule. We appreciate all the wonderful volunteer hours that he and his wife, Lydia have provided to the Senior Center since 2014 and we wish them all the best.

If you already are on our waiting list for acupuncture, we will plan to keep the list in the event that we are able to restart the program in the future.

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.

14th Annual
Autumn
Benefit
Photos Courtesy of
Mini Katz

FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much."

Erich Fromm, Psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders.

I know that many of you share this vision and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether a few dollars or a large gift all donations are appreciated and will be well utilized. To make a donation using your credit card go on line to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Hope to see you here and feel free to invite a friend.
In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced in this remarkable Town-with your help we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Nancy Daly danced at the Brookline Rotary "Dancing for the Stars" event for the Brookline Senior Center Alzheimer Respite Program. She successfully raised $12,300 for this new important program. Please watch for more details in the January Newsletter.

Ruthann Dobek
Director

Thanks Nancy!

FROM THE BOARD PRESIDENT

The holiday season is a wonderful time of year, especially as it comes right after the Center's Autumn Benefit and Thanksgiving. At our Autumn Benefit on October 28, we recognized Frank & Carol Caro, long-time Brookline advocates and activists. Thanks to our wonderful community, we raised more than ever before. A special thanks to Harold Brown who generously donated the funds to continue van service on Fridays. Also I'd like to acknowledge our Diamond sponsors, Beth Israel Deaconess Medical Center and Michael Merrill. And a thank you to all who donated to our fabulous raffle.

The holiday season is a time of year when we express our gratitude – and give to those less fortunate. Please consider including the Brookline Senior Center in your end of year giving. Your support helps our most needy elders access lifesaving benefits such as fuel assistance, the SNAP program, and emergency resources. These programs provide critical services and help our older neighbors age with dignity and respect.

Thank you to all! And best wishes for a wonderful Holiday season.

Elizabeth (Betsy) Pollock
Board President

P.S. A thank you to Mimi Katz for taking the lovely photos that you can enjoy viewing in this issue. To see them in color or make an online donation go to:
www.brooklineseniorcenter.org

REAL ESTATE TAX EXEMPTION

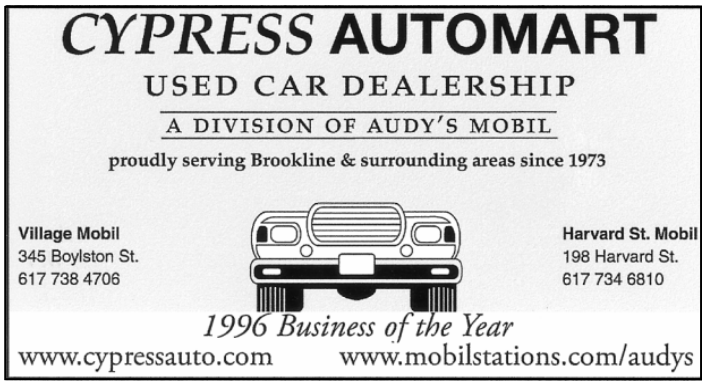
Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center the first and third Tuesdays of the month from **10:00am-12:00 noon**. In December the dates are T**uesday, December 1 and 15** and ending in March.

ABCD FUEL ASSISTANCE BROOKLINE AREA INTAKE SITES

The Brookline Senior Center located at 93 Winchester Street in Brookline is taking appointments for the ABCD Fuel Assistance Program. To schedule an appointment call 617-730-2777. The other intake site that is available to Brookline residents is located at ABCD, Inc. 178 Tremont Street 4th Floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site).

DANCE PARTY USA!

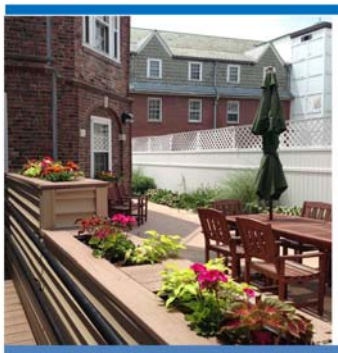
Back by popular demand **On Thursday, December 17, dance from 6:30 to 8:30 pm.** Put on your dancin' shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770. We will dance the night away at the Senior Center. Don't miss this holiday event!



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

DIABETES MANAGEMENT FOR SENIORS

Join Dr. Jennifer Rhodes-Kropf, medical director of Center Communities of Brookline on Wednesday, December 16 at 1:30pm for an informative presentation on Diabetes Management for seniors. Dr. Rhodes-Kropf is board certified in Internal Medicine, Geriatrics, Pain Management, Palliative Medicine and Hospice. Questions are welcome. To register, call 617-730-2770.



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LANDMARK SENIOR LIVING COMMUNITIES LONGWOOD

SENIOR CHORUS HOLIDAY CONCERT AND CRAFT FAIR CHECK PRESENTATION

The Brookline Senior Center will be receiving a donation from our annual Craft Fair at our Check Presentation Party on **Friday, December 11 at 10:00 am.** We will also be making special donations to HEARTH, Inc. and The Jennifer A. Lynch Committee Against Domestic Violence. Following the check presentation, join us for a wonderful holiday concert by the Senior Chorus. This group is sure to get you in the holiday spirit!

Thank you to all the crafters and volunteers whose efforts made this event possible.

THANK YOU TO THE FOLLOWING BUSINESSES AND INDIVIDUALS FOR THEIR VERY GENEROUS DONATIONS TO THIS HOLIDAY CRAFT FAIR

4A Coffee, Aborn True Value, Albert's of Brookline, Anna's Taqueria, Basil Rice, Brookline Booksmith, Brookline Grooming & Pet Supplies, Brothers Restaurant, Coolidge Corner Theater, Corrib Pub Restaurant, Courtyard by Marriott, DOK BUA, Dorado Tacos, Dunkin Donuts (Allston), Fire Opal, Hops N Scotch, JP Licks, Mattei Galleria, Michael's Deli, Mint Julep, OSAKA Japanese Sushi & Steak House, Paris Creperie, Party Favors, The Pear Tree, Shanghai Jade, Shiki Restaurant, Sichuan Gourmet, Simons Shoes, Sol Azteca, The Spa, Temptations Café, When Pigs Fly Bakery, and Zaftig's.

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; December 19 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

BROOKLINE RECREATION TRIPS

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

ESL CONVERSATION GROUP

We are pleased to welcome our new English as a second language (ESL) Conversation Group Leader, Agnes Clifford. Agnes will lead the group every **Wednesday from 3:00-4:00 pm**. If you would like to practice your English, then this supportive group is the place for you! The group discusses a wide variety of topics that includes talking to your doctor, hobbies and current news stories. We hope to see you there!

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.

AGING BACKWARDS 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.

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 next semester will begin in January. Watch for Winter dates.

AGELESS GRACE

O'Shea House community room at 61 Park Street On **Thursdays, December 3, 10, 17** from 10:30 - 11:15am. This exercise program is free and open to all Brookline seniors.

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.

WHAT IS TRIPPS

The **TRIPPS** program is currently recruiting volunteers to provide administrative support or to be trained as Transit Advisors. Anyone interested in volunteering with the TRIPPS program or in learning more about opportunities is invited to contact Volunteer Coordinator Patricia Burns at 617 730 2743. Seniors interested in learning more about transportation options can contact Kerri Ann Tester directly at 617 730 2644 or TRIPPS@brooklinema.gov.

The **TRIPPS** program is funded through a MassDOT Community Transit Grant under the auspices of the federal Department of Transportation's Enhanced Mobility of Seniors and Individuals with Disabilities Program. Grant funding was secured through a joint effort of BrooklineCAN (Community Aging Network) and the Brookline Age-Friendly City initiative under the leadership of volunteers Shirley Selhub and Frank Caro.

Erick Gehring

Heritage Trees and Scenic Vistas of the Emerald Necklace

Gallery 93
November 12 through December 30, 2015
Hours: Monday-Friday 8:30-5:00

EASY TRAVEL

On **Thursday, December 3 at 1:30pm** Arm-chair travel host Jamie Donchin will share her sunny trip to Oahu, Hawaii.

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.

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.

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.

MODERN BEADING WORKSHOP

Modern Beading with Marge Harvey will be on vacation during December. Watch the newsletter and the TAB for upcoming workshops.

MEMORY CONNECTIONS CAFÉ

The Senior Center is looking to expand its programming for people with early memory challenges and their carepartners. Although the Memory Connections Cafe has been held seasonally so far, the Center will announce monthly 2016 dates soon. Please contact Jamie at 617-730-2753 for more information about Memory Cafes and other related programs and services.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

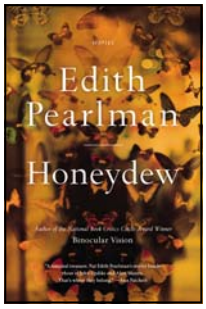
112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

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.

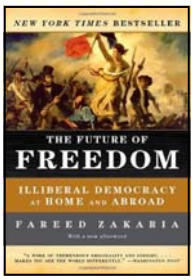


Monday, December 21
Honeydew
by Edith Pearlman
Over the past several decades, Edith Pearlman has staked her claim as one of the all-time great practitioners of the short story. Her incomparable vision, consummate skill, and bighearted spirit have earned her consistent comparisons to Anton Chekhov, John Updike, Alice Munro, Grace Paley, and Frank O'Connor. Her latest work, gathered in this stunning collection of twenty new stories, is an occasion for celebration.

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, December 29
The Future of Freedom; lLLiberal Democracy at Home and Abroad
by Fareed Zakaria

Tuesday, January 26
The Big Necessity: The Unmentionable World of Human Waste and Why it Matters
by Rose George

Tuesday, February 23
The War at the Wall Street Journal: Inside Struggle to Control an American Business Empire by Sarah Ellison

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	1. Chicken Vegetable Soup **HOT:** Turkey, Broccoli & Penne Casserole; Peas & Mushrooms; Wheat Bread **COLD:** Egg Salad on Multigrain Bread (V); Potato Salad; Riviera Salad. **Chef's Choice Dessert**	2. Mushroom Barley Soup **HOT:** Pot Roast w/Gravy; Mashed Potatoes; Beets & Onions; Wheat Dinner Roll. **COLD:** Chef Salad w/Turkey & Cheddar Cheese, Lite Italian Dressing; Macaroni Salad; Oatmeal Bread. **Clementine**	3. Cream of Butternut Squash Soup **HOT:** Chicken Picatta; Red Bliss Potatoes; Kale; Oat Bread. **COLD:** Tuna Salad on Rye Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Pesto Pasta Salad **Vanilla Pudding w/ Topping**	4. Cream of Carrot Soup **HOT:** Potato Pollock Filet on Lemon Sauce; Brown Herbed Rice; Ratatouille; Scali Bread. **COLD:** Chicken Salad on Multigrain Bread; Tossed Garden Salad w/lite Italian Dressing; Mixed Bean & Chick Pea Salad. **Cinnamon Applesauce**
7. Escarole & Bean Soup **HOT:** Roasted Turkey w/Gravy; Broccoli; Mashed Potatoes; Wheat Roll. **COLD:** Ham & Swiss on Multigrain Bread; Zucchini Salad; Pasta Vegetable Salad. **Cranberry Bread Pudding w/ Topping**	8. Vegetable Soup **HOT:** Chicken Paprika; Honey Glazed Carrots & Parsnips; Wild Rice; Wheat Bread. **COLD:** Roast Beef w/Swiss Cheese & Mustard on Rye Bread; Cole Slaw; Balsamic Vinaigrette Pasta Salad. **Orange**	9. **HOT**: Hot Dog; Baked Beans; Broccoli Slaw. **COLD:** Egg Salad(V) on Wheat Bread; Orzo Vegetable Salad; Spinach & Mandarin Salad. **Pineapple**	10. Clam Chowder **HOT:** Creole Fish; Rice & Beans; Collard Greens & Onions; Oat Bread. **COLD:** Turkey Deluxe on Bulkie Roll w/ Ranch Dressing; Carrot Pineapple Salad; English Pea Salad. **Lemon Pudding w/ Toppings**	11. **HOT:** Cheese Lasagna (V); Tossed Garden Salad w/Lite Italian Dressing; Fiesta Blend; Italian Bread. **COLD:** Garden Salad w/Chicken Breast; Potato Salad; Oat Bread. **Cinnamon Applesauce**
14. Corn Chowder **HOT:** Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Green Beans; Orange Juice; Rye Bread. **COLD:** Oriental Chicken Salad on Pita Bread; Root Vegetable Salad; Balsamic Vinaigrette Salad. **Mixed Fruit**	15. ***Holiday Special*** Beef Burgundy w/Mushrooms, Potatoes in Cream Sauce; Roasted Root Vegetables; Whole Wheat Dinner Roll. **Chocolate Trifle** **BIRTHDAY LUNCH**	16. Italian Garden Vegetable Soup **HOT:** Fish w/Broccoli Cheese Sauce; Peas & Carrots; Whipped Sweet Potatoes; Oatmeal Bread. **COLD:** Roast Beef w/Swiss & Lite Mayo on Oatmeal Bread; Potato Salad; Tossed Garden Salad w/Lite Italian Dressing. **Brownie**	17. Beef Vegetable Soup **HOT:** Chicken Ginger; Brown Rice; Spinach & Chickpeas; Multigrain Bread. **COLD:** Egg Salad on Rye Bread (V); Tri Color Pasta Salad; Carrot Pineapple Salad. **Orange**	18. **HOT:** Cheese Omelet (V); Turkey Sausage; O'Brien Potatoes; Oatmeal Bread; Orange Juice. **COLD:** Ham Chef Salad w/Lite Italian Dressing; Orzo Vegetable Salad; Wheat Roll. **Apple Cinnamon Muffin**
21. Split Pea Soup **HOT:** Chicken Marsala; Mashed Potatoes; Broccoli; Garlic Dinner Roll. **COLD:** Roast Beef w/Swiss Cheese & Lite Mayo; Pesto Pasta Salad; Riviera Salad; Pumpernickel Bread. **Pineapple**	22. Clam Chowder **HOT:** Salmon Filet w/Lemon Pepper Sauce; Roasted Potatoes; Fiesta Blend; Rye Bread. **COLD:** Chicken Pesto Caesar Salad w/ Caesar Dressing; Tri Color Pasta Salad; Wheat Roll. **Tapioca Pudding w/Topping**	23. Mushroom Barley Soup **HOT:** American Chop Suey; Italian Green Beans; Wheat Bread **COLD:** Egg Salad (V) on Multigrain Bread; Southwestern Bean Salad; Tossed Garden Salad w/Lite Italian Dressing. **Apple**	24. **HOT:** Beef Stew; Chuckwagon Corn; Tossed Salad w/Lite Italian Dressing; Oat Bread. **COLD:** Seafood Salad on Wheat Bread; English Pea Salad; Roman Blend Salad; Wheat Bread. **Banana**	25. **Christmas Day** **No Meal Service**
28. Seafood Chowder **HOT:** Krunch Lite Fish Sticks w/ Lemon Sauce; Sweet Potato Wedges; Peas & Onions w/Parsley; Rye Bread. **COLD:** Curry Chicken Salad on Wheat Bread; Potato Salad; Riviera Salad. **Pineapple**	29. Spinach & Mixed Bean Soup **HOT:** Roast Pork w/Apple Glaze; Butternut Squash; Fresh Cauliflower; Wheat Bread. **COLD:** Egg Salad (V) on Multigrain Bread; Toss Garden Salad w/Lite Italian Dressing; Garden Shell Pasta Salad. **Banana**	30. **HOT:** Macaroni & Cheese (V); Tomato Half; Oat Grain Bread. **COLD:** Turkey w/ Swiss & Lite Mayo on Multigrain Bread; 3-Bean Salad; Cole Slaw. **Pears**	31. Cream of Butternut Squash Soup **HOT:** Chicken on Honey Mustard Sauce; Mashed Potatoes; Fiesta Blend; Garlic Dinner Roll **COLD:** Tuna Salad on Oatmeal Bread; Macaroni Salad; Tossed Garden Salad w/Lite Italian Dressing. **Chocolate Pudding w/Topping**	**(V) denotes vegetarian entrée.** **All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.** .

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.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On **Tuesday, December 15** we celebrate December birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all December 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)

VITAMIN D AND ITS' ROLE IN DISEASE PREVENTION

Join Meghan Ostrander, MS RD, Springwell's Nutrition Director, on **Thursday, December 10 at 1:00pm** to learn more about Vitamin D and its' role in disease prevention. Most of us in New England don't get enough, starting right about this time of year! If you wish to join us for lunch at 12:00 noon, please call 617-730-2747 to register by 10:30 am on Thursday December 9. There is a suggested donation of $2 for the lunch.

LET'S GO TO LUNCH BUNCH

The Lunch Bunch will be on vacation during December but expect some interesting food experiences in the New Year! .

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DECEMBER AT A GLANCE

Tuesday, December 1
10:00am-12:00 noon Real Estate Tax Exemptions and Abatements Information***
1:00pm Movies for Film Lovers-The Second Best Exotic Marigold Hotel
Wednesday, December 2
9:00am-12PM BLAB
1:00pm Brookline Music School Concert
2:00-3:00pm Blood Pressure Screening BPHD *
Thursday, December 3
10:30-11:15 Ageless Grace at 61 Park Street*
11:00am Ask A Nurse
1:30pm Easy Travel with Jamie Donchin Hawaii
Friday, December 4
9:00-12:00 Podiatry Clinic***
11:00am-1:00pm Grandparent Alienation Support group***
1:00pm Foot Spa with Simmons College Nursing Students***
Saturday, December 5
1:00pm ELKS Holiday Dinner***
5:00pm Mistral Holiday Concert*
Monday, December 7
1:00-3:00pm Tax Literacy Workshop***
Tuesday, December 8
1:00pm Movies for Film Lovers-Vincent Who?
Wednesday, December 9
1:00pm COA Meeting
1:00-2:00pm Blood Pressure Screening 50 pleasant Street *
Thursday, December 10
10:30-11:15 Ageless Grace at 61 Park Street*
1:00pm Vitamin "D" Discussion
1:00-2:00pm Brookline Hearing ***Date Change since the November publication***
2:30-4:00pm REAP Year in Review***
Friday, December 11
10:00am Senior Chorus Holiday Concert and Holiday Craft Fair Check Presentation
Alzheimer Support group call for time***
Last Day to Donate to Support Local Soup Kitchen

Monday, December 14
1:00 pm Ukulele Group***
1:00pm "After Words" Screening***
Tuesday, December 15
10:00am-12:00 noon Real Estate Tax Exemptions and Abatements Information
12:00 noon Birthday lunch ***
1:00pm Movies for Film Lovers-I am Sam
Wednesday, December 16
1:00pm Low Vision Support Group
1:30pm Dr. Rhodes-Kroft Presentation***
Thursday, December 17
9:00-10:00am Blood Pressure Screening
10:30-11:15 Ageless Grace at 61 Park Street*
9:00am-6:00pm Brookline Recreation Trip-Newport RI***
6:30-8:30pm Dance Party USA***
Last day to Donate a Toy for Holidays
Friday, December 18
9:00-12:00 Podiatry Clinic***
Saturday, December 19
11:00-1:00 LGBT Out 2 Lunch Bunch*
Monday, December 21
2:00-3:00pm Book Discussion Group Putterham Library-Honeydew*
Tuesday, December 22
1:00pm Movies for Film Lovers-Mr. Holmes
Wednesday, December 23
1:00-2:00pm Blood Pressure Screening at 61 Park Street*
Friday, December 25
Closed for Christmas
Monday, December 28
Tuesday, December 29
9:00-10:00am Public Issues Nonfiction Book group-The Future of Freedom*
1:00pm Movies for Film Lovers-Far from the Madding Crowd
Wednesday, December 30
2:00-4:00pm New Year's Open House***

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
9:30-11:45 Figure Drawing ***
9:30-11:30 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
1:15-2:15 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

Brookline Health Care Center
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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:

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- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

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

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- Range of motion exercises
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- Gait training
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- Transfer training
- Prosthetics

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

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

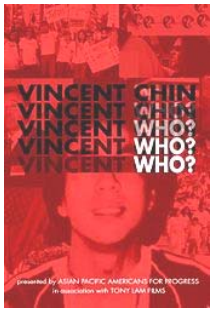
Brookline Health Care Center
A Nursing and Rehabilitation Center
99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

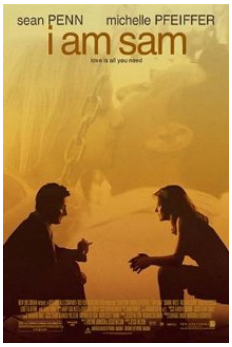
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in December 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, December 1
2015
The Second Best Exotic Marigold Hotel
122 Minutes
Now that The Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel. With plans underway, Evelyn and Douglas (Judi Dench and Bill Nighy) venture into the Jaipur workforce, wondering where their regular breakfast dates will lead.



Tuesday, December 8
2009
Vincent Who?
40 minutes
In 1982, Vincent Chin was murdered in Detroit by two white autoworkers at the height of anti-Japanese sentiments. His killers, however, got off with a $3,000 fine and no jail time. Outraged by this injustice, Asian Americans around the country united for the first time to form a pan-Asian identity and civil rights movement. This documentary, based on a series of town halls organized by Asian Pacific Americans for Progress



Tuesday December 15
2001
I am Sam
2hr. 14min.
I Am Sam" is the compelling story of Sam Dawson (Sean Penn), a mentally-challenged father raising his daughter Lucy (Dakota Fanning) with the help of a unique group of friends. As Lucy turns seven and begins to intellectually surpass her father, their close bond is threatened when their unconventional living arrangement comes to the attention of a social worker who wants Lucy placed in foster care.

Tuesday, December 22
2015
Mr. Holmes
1hr. 45 min
Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement.

Tuesday, December 29
2015
Far from the Madding Crowd
1 hr. 59 min. In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor.

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

GRANDPARENT ALIENATION SUPPORT GROUP

If you are struggling with the issue of grandparent alienation, please consider joining us on the **first Friday of every month from11:00am-1:00pm** for our Grandparent Alienation Support Group (GPAL). **PLEASE NOTE: This group has no affiliation with or connection to the national Alienated Grandparents Anonymous, Inc. (AGA).**

The goal of our group is to provide a safe, confidential environment in which members can provide emotional support to one another around this very challenging issue. Given the interest in this group and our space limitations, we will need to limit our attendance to those who live in the Greater Boston area. If you are interested in joining our support group, please email Sandy at sgk5257@gmail.com and please put GPAL in the subject line. If you would like more information about AGA, please visit their website at http://www.aga-fl.org/.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
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Don't Wait Until It's Too Late!
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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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Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

WOULD YOU BENEFIT FROM A FREE MONTHLY BAG OF GROCERIES?

The Greater Boston FOOD BANK

Call Prisca Fongum at 617-730-2777 for more information or to make an appointment to apply. Eligibility for this program is determined by age, gross monthly income and household size. Verification of identity, age, residence and income will be required upon applying.

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Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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(Mass Relay 711)

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.

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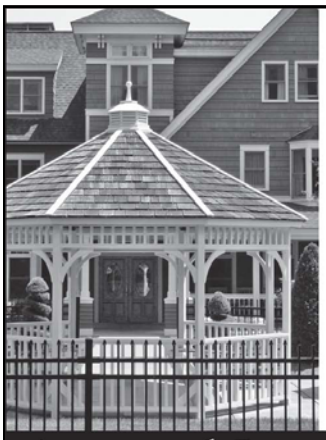

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REAP A YEAR IN REVIEW

Join us on **Thursday, December 10 from 2:30-4:00pm** at the Brookline Senior Center for our year end party. This is for REAP participants and presentation of program accomplishments in 2015 and goals for 2016. A time to share your REAP experiences and suggestions for the coming year. Refreshments will be served. To reregister call Deidre Waxman-617-730-2767 or Patricia Burns-617-730-2743 by December 8.

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.

THE IRS NEVER CALLS FOR PAST DUE AMOUNTS OR THREATENS TO ARREST YOU!

Quoting from the Merrimack Valley SHINE program… "A client in Methuen received a call that sounded like a recording. It told her to call a number because an arrest warrant had been issued and she needed to pay a sum of money. She recognized it as a scam, took down the number and hung up. She then contacted the SHINE worker and notified her local police as well. A Gloucester resident fell for the ruse and lost $35,000. So just hang up and call the police. Don't fall for a telephone line!

VOLUNTEERING: A WORK OF HEART

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 administrative assistance: help with the mailings for the Senior Center and the Town of Brookline and with filing and organizing.

If you would like to actively pursue volunteer service, please make an appointment with Patricia, the Volunteer Coordinator (617 730 2743) for an opportunity to learn more about the Center, these and other opportunities where you might best use your time and talent/skills. We are always eager to hear new ideas and keep a list of volunteers for special events.

NEW VOLUNTEER OPPORTUNITIES DATABASE

This is a simple user-friendly online tool to assist volunteer job seekers as they search for volunteer opportunities in the Brookline and Metro-Boston area. While not publicly available yet as an online tool, Alberta Lipson, the database coordinator, will be meeting with volunteer job seekers one-on-one on Mondays from 2:00-4:00 pm during the month of December. The first session will take place on **Monday, December 7**. Please email Alberta at: albertalipson@gmail.com if you'd like to schedule an appointment.

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Sigrid Kirsners from Erica Kirsners Silk and Adam J. Silk
Louis Stone from Patricia H. Dobek for the Van

In honor of:

The Tuesday Canasta Club
honoring the Tuesday Canasta Club
Jane Kaiser
honoring Deidre, Patricia, Sonia, the entire COA staff, Sara and Marla at the Recreation Dept.
Kathryn Kilpatrick
honoring Vicki Schnoes and Tom Capizzi
Anonymous
honoring Modern Dance and Brookline Music School Concerts
Joanne B. Rogers
honoring the ELF program
Anonymous
honoring "Tommy Bahama and the Dances"
Claire Yung and the Chinese Mah Jong Group
honoring the Chinese Mah Jong program
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In honor of continued:

Phyllis Young
honoring Julie Washburn and the COA staff
Ruthann Dobek
honoring Doreen Gordon's baking
Betsy Pollock *honoring* Nancy Daly
Dolores and Bernard Wax
honoring the Senior Center Staff
Renée and Neil Hecht
honoring Sonia Wong, Julie Washburn, the rest of the Senior Center staff and Volunteers

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AGING WITHOUT CHILDREN

According to the 2010 U.S. Census, over 35% of Americans are aging without children.
In American society, care for people who are aging is often assumed to be provided by family members. However, those who do not have next of kin are often left wondering what steps they can take to secure their own future care in various areas of their lives. In collaboration with social worker Deidre Waxman, social work intern Annie McGunagle will be starting a group for those who are aging without children for these individuals to gain both peer and professional support while providing resources and information. The group will be an 5-week program beginning **February 2016**. If you are interested in finding out more about this group or would like to attend, please call Annie at 617-730-2772.

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.

SHARING THE PRICE OF SOCIETY: WHAT IS A FAIR DISTRIBUTION OF TAXES?

Join Marjorie Kornhauser, Professor of Law at Tulane Law School, on **Monday, on December 7 from 1:00-3:00 pm** for an interactive discussion about fairness in the context of taxation.

All the presidential candidates have their own tax plans. How do we decide which is best? We can't just look at the revenue the plans produce because taxes are about justice not just money. Taxes reflect societal conceptions of fairness and equality. A person's tax burden depends on the particular type(s) of tax society imposes. Alice may pay more taxes than Bob under a sales tax, but Bob may pay more taxes than Amy under an income tax. Consequently, the taxes governments choose reflect society's conceptions of fairness.

Please note that this is a philosophical discussion about fairness and not a political debate. To register, please call 617-730-2770.

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AFTER WORDS

Back by popular demand on **Monday, December 14 at 1:00 pm** we will show a documentary about Aphasia (lack of language abilities as a result of stroke or other brain injury) produced by Spaulding Rehabilitation Hospital Speech Therapy Department. All are welcome - persons with Aphasia, families, caregivers and interested community members. A question & answer session will follow with the Spaulding Staff Movie Director and cast members. Refreshments will be served and registration is required by calling 617 730 2770.

MISTRAL HOLIDAY CONCERT

The Baroque Big Band will be at St. Paul's Church in Brookline on Saturday, **December 5 at 5:00pm**. This concert features selected Brandenburg Concertos, the Italian Concerto and other gems by the unmatched king of the Baroque era, Johann Sebastian Bach. A discounted senior rate of $25 for individual tickets, and a group ticket rate of $15 for 8 people or more. Mistral performances are always a little eccentric, stubbornly personal, impassioned and committed to invigorating old traditions with an ever-youthful perspective. The Mistral 2015 -16 concert season is funded in part by the Massachusetts Cultural Council.

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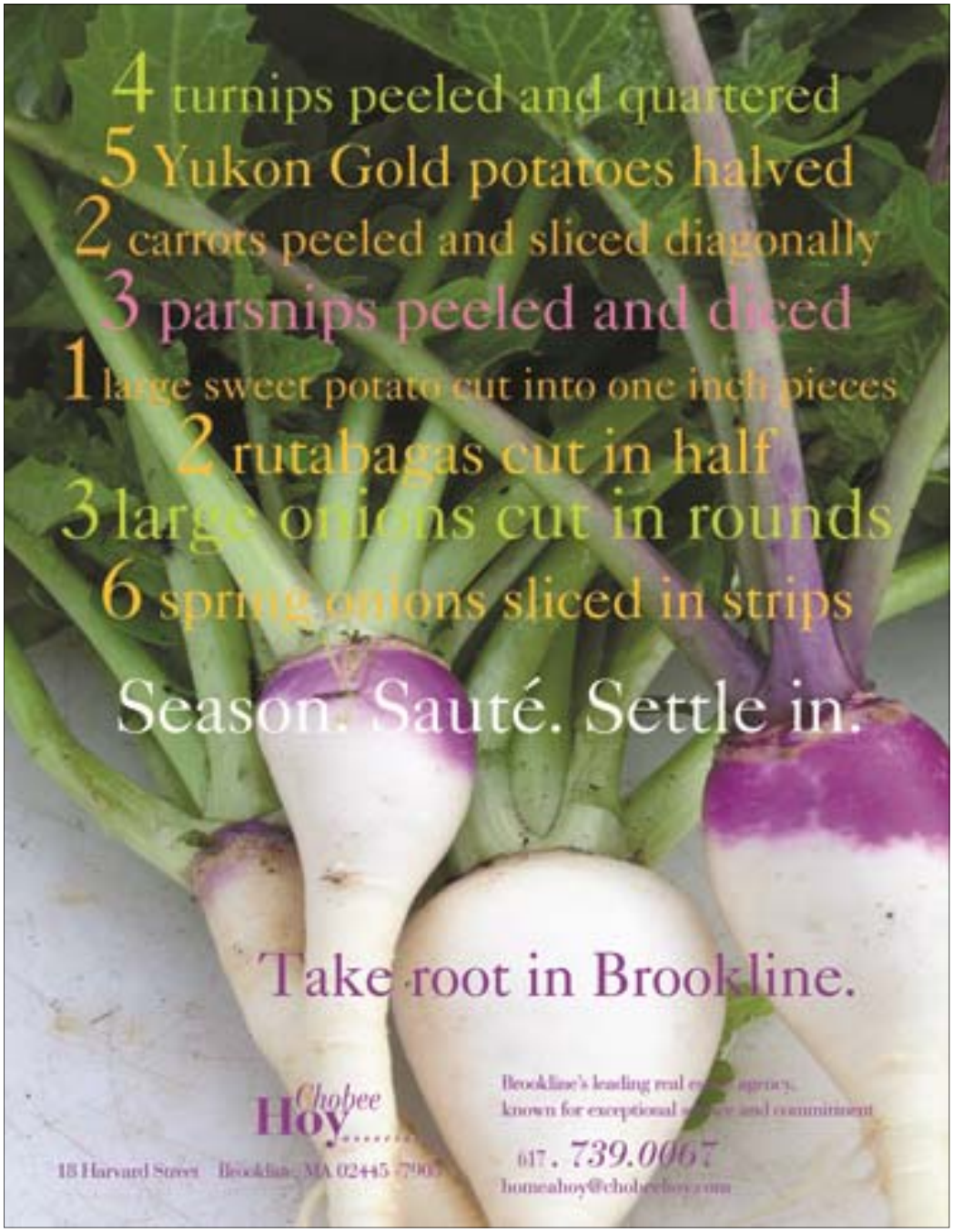
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