TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

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Brookline, Massachusetts 02446

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Enjoy the Justin Meyer Trio Concert on January 2. See p. 5.

Attend the 6-week Senior Citizen Police Academy starting January 4. See p. 11.

Try Zumba at a free class on January 10. See p. 15.

Learn the ABCs (after big celebrations) for Healthier Living on January 14. See p. 15.

Come to the Piatigorsky Foundation Concert on January 23. See p. 14.

Check out the LGBT meeting on January 24. See p. 23.

Meet the author of *The Dirty Life*—the Brookline Reads book—at the January 31 event. See p. 3

JANUARY 2013

BROOKLINE CLIMATE WEEK

From January 26 to February 3, there will be events and displays throughout town. Please join in the celebration of where we live, what artists and experts have to say, and ways to take local climate action. You too can take steps to a greener future.

Brookline Climate Week will be chock full of events like The 3R Depot: Reduce, Renew, Recycle Extravaganza event in the Town Hall area and a cluster of other kick-off events scheduled for Saturday, January 26—a Styrofoam drop-off; sports equipment, building materials, kids clothing, and formal wear drop-offs, and exchanges and opportunities to learn how to make your home energy efficient (see p. 4 for a sampling of the events).

The third annual Brookline Climate Week 2013 also features Brookline Reads, a community reads together program, a collaboration between the Brookline Public Library and Climate Action Brookline (see p. 3 for details).

Join your friends and neighbors and enjoy and learn at Brookline Climate Week 2013. For more information as plans are firmed up and the list is updated, contact info@ClimateActionBrookline.org and www.climateactionbrookline.org.

The Climate Change polor bear was on hand last year and will make an appearance this year, strolling through Coolidge Corner and around town from Saturday, January 13, to Saturday, February 2.

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

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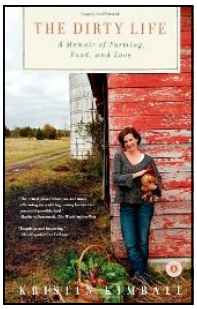
The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

BROOKLINE READS 2013



The book:

This year, The Public Library of Brookline is partnering with Climate Action Brookline to produce Brookline Reads: A Community Reads Together. The book selection is *The Dirty Life: A Memoir of Farming, Food and Love* by Kristin Kimball.

The author describes the book as "…the story of the two love affairs that interrupted the trajectory of my life: one with farming—that dirty, concupiscent art—and the other with a complicated and exasperating farmer."

Single, thirty-something, working as a writer in New York City, Kristin Kimball was living life as an adventure. But she was beginning to feel a sense of longing for a family and for home. When she interviewed a dynamic young farmer, her world changed. Kristin knew nothing about growing vegetables, let alone raising pigs and cattle and driving horses. But on an impulse, smitten, if not yet in love, she shed her city self and moved to 500 acres near Lake Champlain to start a new farm with him. *The Dirty Life* is the captivating chronicle of their first year on Essex Farm.

Kimball and her husband had a plan: to grow everything needed to feed a community. It was an ambitious idea, a bit romantic, and it worked.…"As much as you transform the land by farming," she writes, "farming transforms you." *(from Amazon.com's book description)*

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

The events:

Putterham Book Discussion Group

New and old are welcome to join this group that meets at the Putterham Branch Library one **Monday** a month **from 2:00 to 3:00 pm**. This month, they will meet on **January 28** to discuss *The Dirty Life*. The discussion will be lead by Barbara Warner, branch supervisor at Putterham, and John Lee, general manager of Allandale Farm.

Brookline Reads 2013 Event

Join the Brookline Reads community for the Climate Week Brookline Reads author event, an evening with *The Dirty Life*'s author, Kristin Kimball, on **Thursday, January 31**, at the Main Library, **from 7:00 to 9:00 pm**.

You can find paperback and book-on-CD copies of the book at all three Brookline libraries. Downloadable copies of the audiobook are also available. (You must sign into Overdrive and be a Brookline resident to use or even to find the downloadable copies.)

If you want to learn more about Kristin and her husband and their quest to feed their local community, access www.kristinkimball.com/essex-farm.

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BROOKLINE CLIMATE WEEK 2013 EVENTS

In addition to events (many of which are listed on this page) during Brookline Climate Week 2013 (Saturday, January 26, to Sunday, February 3), there will be displays, exhibits, and installations all over town at varying times between Thursday, January 10, and Sunday, February 10—at Town Hall, businesses, churches, the libraries, and even at outside sites around the town.

The kick-off event will be ***The 3R Depot: Reduce, Reuse, Recycle Extravaganza*** on **Saturday, January 26**, which will take place in the Town Hall area—around 333 Washington Street. There will be stations for everything

- Youth (toddler to teen) Sports Gear, Formal Wear, and Clothing Drive — drop off and pick up, a true exchange
- Styrofoam drop-off—keep it out of the waste stream
- Building materials drop-off—recycle your left-over building materials, and Boston Building Resources will help find new homes for them. For a list of appropriate materials, access BostonBuildingRe sources.com.
- Weatherize Brookline—find out how to go green with smart home-energy steps
- Compost all year round—learn about composting methods and benefits
- Cycling and walking—livable streets
- Be-A-MAZEd—at the climate maze challenge between the main branch of the library and Town Hall
- Meet the Polar Bear who will be here for the day (He will be around throughout the week. See also p. 1)

There will also be many sessions at Town Hall on January 26 as part of The 3R Depot Extravaganza.

Here is a sampling of the events of Brookline Climate Week 2013:

All week long:

- ***Savory Climate Week Meals*** at The Fireplace Restaurant at 1634 Beacon Street, Brookline's first Certified Green Restaurant. The menu highlights seasonal vegetarian offerings from local sources and selections to help lower your carbon footprint.
- ***Create your Own Health Plate*** at The Clayroom at 1409 Beacon Street. Make a plate or platter showcasing food from farm to table. Registration required. Call 617-566-7575.

And on specific dates, try:

- **Sunday, January 27, from 11:30 am to 7:00 pm**. ***Brookline Winter Farmer's Market*** at the Arcade Building. Find out how to carry all your goodies without using a car. The market will show Brookline residents how to eat fresh and local all year round.
- **Tuesday, January 29, at 7:00 pm** at the main branch of the library. View the film—*Fridays at the Farm*—a documentary about how the filmmaker joined a community-supported organic farm. At the Main Library.
- **Thursday, January 31, from 7:00 to 9:00 pm**, ***Brookline Reads 2013 event*** at the Main Library—see p. 3.
- **Saturday, February 2, 1:00 to 2:00 pm**, ***Opportunities in Urban Agriculture*** at the Coolidge Corner branch library. A panel of ground-breaking organizations will report on the potential and opportunities for citizens in urban areas to raise their own food and lower their carbon footprint. There will be an informational reception following this event.

JANUARY HOLIDAYS

The Senior Center will be closed on Tuesday, January 1 (for New Year's Day) and on Monday, January 21 (for Martin Luther King, Jr., Day).

January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better—albeit to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2013.

[Editor's note: *Please accept my deepest apology for neglecting to mention that December 25 was Christmas Day in the December 2012* Senior News and Events. *It was not a political (as in "politically correct") or a religious (as in "I am not a Christian and therefore...") statement. It was simply an oversight. If I offended anyone, it was entirely unintentional.*]

CHINESE NEW YEAR —SAVE THE DATE—

We will celebrate the Chinese New Year on Monday, February 4, from 12:30 to 2:00 pm. The festivities are always colorful and the food is plentiful and yummie. Tickets are $7 and go on sale on Tuesday, January 22. Call 617-730-2770 to make your reservation.

This is the Year of the Snake. The snake ranks sixth of all the animals in the Chinese zodiac. People born in the Year of the Snake are the most intuitive, even while remaining the most private and reticent. Snake people represent the symbol of wisdom. They are intelligent and wise and are usually regarded as great thinkers. They are materialistic and love keeping up with the Joneses. They love to possess the best of everything, but they have no patience for shopping. Snakes prefer to work alone so they are easily stressed. If you find a Snake unusually stressed, it is best to allow him/her his/her own space and time to return to normal. The birth years of the Snakes are 1917, 1929, 1941, and every 12 years up to 2013. They are most compatible with the Ox and the Rooster, and least compatible with the Tiger, the Monkey, and the Pig. *From www.chinahighlights.com*

BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, January 2, at 1:00 pm**, our old friends the Justin Meyer Trio will give a concert at the Senior Center, sponsored by the Brookline Music School and the Senior Center.

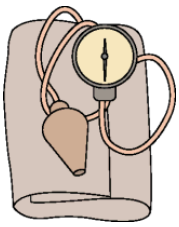
The trio leader—Justin Meyer—is on the faculty of the Brookline Music School. He is a very talented musician—playing the double bass and the bass guitar.

Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **January 3—at 11:00 am** to 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 **Mondays, January 7 and 14, from 9:00 am to 12:00 noon**. Sessions, which 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 at the Senior Center on **Wednesday, January 16, from 1:00 to 2:30 pm**.

Blood Pressure Screenings



The nurse from the Brookline Health Care Center will provide blood pressure screenings at the Senior Center on **Monday, January 7, from 1:00 to 2:00 pm**.

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, January 17, from 9:00-10:30 am**, and she will also provide blood pressure screenings:

- On **Wednesday, January 2**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, January 9,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, January 23**, at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, January 28**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Flu The Town's free flu clinics are finished for this season. If you didn't get your shot, note that you can still get flu shots from your health-care provider and at most pharmacies. And Medicare should pay for these shots. We urge you to get a flu shot—prevention is better by far than the alternative of being sick with the flu.

Shingles is a painful skin condition. Immunization is highly recommended for those aged 60 or over especially if you ever had chicken pox.

You can get the vaccination from your primary care physician and at many pharmacies. However, you may have to pay for part or all of the cost, depending on your Part D insurance. Call your primary care office or your pharmacist for more information.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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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

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 jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the* Senior News & Events.)

Question: Does Vitamin C help prevent colds?

Answer: For years, since Dr. Linus Pauling announced that large doses of vitamin C helped prevent the common cold, people have been taking vitamin C pills. Later studies, however, questioned whether this really is true.

Dr. Bruce Bistrian discusses this issue in the January 2013 *Harvard Health Letter*. Vitamin C is a that is important for bone strength, iron absorption, and skin health and to keep your immune system strong. A lack of vitamin C causes a disease called "scurvy." We need about 90 mg of vitamin C every day (the amount in a glass of orange juice). If we take more than this amount, it comes out in our urine. High doses over 2000 mg/day can cause nausea, diarrhea, and stomach aches.

So does vitamin C fight colds? It seems that it does not help to take vitamin C after you develop cold symptoms. However, it appears that if you take it regularly, it may help reduce the length of the cold.

While we still don't know for sure, it does appear that for some people, regular use of vitamin C may reduce the risk of getting a cold. The best source of vitamin C is in fruits and vegetables such as oranges, grapefruit, broccoli, strawberries, and tomatoes. If you don't eat enough of these, you can take a vitamin supplement, but remember-more than 400 mg /day probably goes right down the toilet.

CAN I STILL CHANGE MY MEDICARE PLAN?

The 2012 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare and prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement.

For those with a Medicare Advantage Plan that ended in 2012: If you did not select a different Medicare Advantage or a Prescription Drug Plan for 2013, you are currently in Original Medicare without drug coverage. You have until the end of February to enroll in a new Medicare Advantage or drug plan for 2013. It will begin the first of the month after your enrollment. If you choose a drug plan, you may also add a supplement.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800--243-4636, then press or say 3. Leave your name and phone on the SHINE answering machine, and a volunteer will call you back, as soon as possible.

WIDEN YOUR HORIZONS WITH BA&CE

Brookline Adult & Community Education (BA&CE) has something for everyone. You can pick lectures and classes that broaden your mind, improve your technology skills, challenge your creativity, and make you more fit. Its catalog for Winter 2013 is available at the Senior Center and all over town. Below is a listing of courses especially of interest to the elder community as a tantalizing sampler of what is available in Brookline.

Lectures:

Women Growing Older: Our Bodies Ourselves
Joan Ditzion, Author, Geriatric Social Worker, and Educator
Tuesday, February 26, from 6:30 to 8:00 pm. Brookline High. Cost: $6. Course code: ***X271.***
The original 1970s edition of the now-classic book, *Our Bodies, Ourselves*, sold more than 4 million copies and now the greatly expanded 9th edition will likely prove equally popular among women of all ages.

Joan Diszion, founder of the Boston Women's Health Book Collective (now known as Our Bodies Ourselves) and coauthor of all editions of the book will discuss some of the key aspects that affect our health and social, emotional, and sexual well-being and will focus on our need to change the aging paradigm so women over 60 can age well and healthfully—with a sense of power and purpose.

There will be ample time following the lecture for participants to share their experiences, concerns, and questions.

Aging Behind the Wheel: Considertations for Older Drivers and Their Families
Dr. Angela Catic, Academic Geriatrician
Cosponsored by BrooklineCAN in partnership with BA&CE
Wednesday, March 13, from 6:00 to 7:30 pm (with hors d'oeuvres from 5:30 to 6:00 pm)
Goddard House in Brookline. Cost: Free, but preregistration is required. (Call Bridie Johnson at 617-731-8500, ext. 113). Course code: ***X270****.*
As people age, there is often increasing concern from elders, families, and health-care providers about the ability to continue driving. Dr. Catic will explore the physician's role in determining patient's ability to continue driving and discuss various assessment tools. Then there will be a panel discussion with an elder who has stopped driving and/or a family member of an elder who has stopped driving and a local geriatrician will share their experiences.

Humanities (courses at the Senior Center):

Telling Your Story: Senior Seminar in Autobiographical Writing
Jean Kramer and Irving Schwartz, Instructors
Cosponsored by the Council on Aging (COA)
8 Wednesdays, from 10:15 to 11:45 am, beginning January 9. Cost:$69. Course code: ***H065.***

Literary Discussion Group: Winter Term
Susan Gorman, Instructor
8 Tuesdays, from 10:30 am to 12:30 pm, beginning January 8. Cost: $124. Course code: ***HU92***

The Modern Jewish American Novel
Amos Lassen, Instructor
6 Wednesdays, from 1:00 to 3:00 pm, beginning January 16. Cost: $113. Course code: ***HM01***

The Bible as Literature: the Book of Exodus
Judy Weiss, Instructor
6 Mondays, from 1:00 to 3:00 pm, beginning January 28. Cost: $113. Course code: ***H391***

Note: Except where otherwise noted, you can register for courses by calling BA&CE at 617-730-2700; online at brooklineadulted.org; by visiting the BA&CE office at Brookline High School, Room 100; or by e-mailing BA&CE at bicep@brookline.k12.ma.us.

Many of the courses listed here are designed for seniors. For those courses, senior discounts do not apply.

Computer and other technology courses:
BA&CE, in cooperation with the Brookline COA, offers a variety of these courses designed for seniors aged 60 and over. All these courses are given at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact BA&CE at 617-730-2700.

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
Section 01: 4 Thursdays, from 9:30 to 11:30 am, beginning January 10.
Section 02: 4 Thursdays, from 9:30 to 11:30 am, beginning February 7.
Cost: $72. Course code: ***C116.***

Intermediate Computer Basics for Seniors
Bob Roll, Instructor
Section 01: 4 Fridays, from 9:30 to 11:30 am, beginning January 11.
Section 02: 4 Fridays, from 9:30 to 11:30 am, beginning February 8.
Cost: $72. Course code: ***C157.***

Basic Computer Maintenance Using Windows XP for Seniors
Phyllis Mays, Instructor
4 Tuesdays, from 9:30 to 11:30 am, beginning January 8. Cost: $72. Course code: ***C220.***

Introduction to the Internet for Seniors
Michael Toon, Instructor
4 Wednesdays, from 9:30-11:30 am, beginning January 9. Cost: $72. Course code: ***C103.***

Getting to Know Your Digital Camera
Phyllis Mays, Instructor
4 Tuesdays, 11:45 am to 1:45 pm, beginning January 8. Cost: $72. Course code: ***C174.***

Facebook for Seniors
Michael Toon, Instructor
4 Wednesdays, from 11:45 am to 1:45 pm, beginning January 9. Cost: $72. Course code: ***C267.***

iPhone Tutorial for Seniors
Marjorie Wein, Instructor
2 Thursdays, from11:45 am to 1:45 pm, beginning January 10. Cost: $41. Course code: ***C277.***

iPad Tutorial for Seniors
Marjorie Wein, Instructor
2 Mondays, from 11:45 am to 1:45 pm, beginning January 28. Cost: $41. Course code: ***C279.***

Kindle Tutorial for Seniors
Instructor to be announced
2 Wednesdays, from 11:45 am to 1:45 pm, beginning February 6. Cost: $41. Course code: ***C278.***

Introduction to Blogging for Seniors
Jana Pickart, Instructor
4 Wednesdays, from 9:30 to 11:30, beginning February 6. Cost: $72. Course code: ***C280.***

Fitness classes (at venues around town):

Safe Stretching for Everyone
8 Thursdays, 3:00 to 4:00 pm, beginning January 10. Korean Church. Cost: $118. Course code: ***W201.***

Laughter Yoga
Sandra Daitch, Instructor
Thursday, February 28, from 7:30 to 9:00 pm, Brookline High. Cost: $28. Course code: ***W285.***

Fitness classes (at the Senior Center, no senior discounts):

Yoga for Older Adults
Steffi Shapiro, Instructor
Chair class—8 Tuesdays, from 2:00 to 3:00 pm, beginning January 8
Mat class—8 Tuesdays, from 3:00 to 4:00 pm. beginning January 8 Cost: $66 Course code: ***W044.***

Tai Chi for Seniors
Vincent Chu, Instructor
7 Fridays, from 2:00 to 3:00 pm, beginning January 25 Cost: $68 Course code: ***W219***

Zumba® Gold-Toning
Mary Stevenson, Instructor
6 Tuesdays, from 8:30 to 9:30 am, beginning January 8 Cost: $61 Course code: ***D2223***

—Continues on p. 10—

—Widen Your Horizons with BA&CE continued from p. 9—

Balance and Strength for Seniors
Kristen Mercier, Instructor
6 Fridays, from 1:00 to 2:00 pm, beginning January 11. Cost: $61. Course code: ***D208.***

Head-to-Toe Fitness for Seniors (90 minutes)
Sue Katz, Instructor
8 Mondays and 8 Wednesdays, from 8:45 to 10:15 am, beginning January 7. Cost: $87. Course code: ***D225.***

Head-to-Toe Fitness for Seniors (60 minutes)
Sue Katz, Instructor
8 Mondays and 8 Wednesdays, from 10:30 to 11:30 am, beginning January 7. Cost: $78. Course code: ***D226.***

Fine arts classes:

Introduction to Watercolor
Anthony Riccardi, Instructor
8 Mondays, from 10:00 am to 12:30 pm, beginning January 7. Cost: $147. Course code: ***A002.***

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ASSISTED LIVING • MEMORY CARE

DRAWING FOR PLEASURE

This ever-popular series will resume on **Thursday, January 10**, and will meet on Thursdays **for 9 weeks**.

The **Figure Drawing** class, taught by Louise Weinberg, runs **from 9:30 to 11:45 am**. Please note that there will be a small model fee for these classes.

The **Drawing and Watercolor** class, taught by Alexandra Rozenman runs **from 9:30 to 11:30 am.** These classes are designed to help you find your balance between reality and abstraction and rediscover the world in images through exciting exercises. Bring a sketch, an image, or a study from the masters to use as your model.

For more information and to register, call 617-730-2770.

SENIOR CITIZEN POLICE ACADEMY

This six-week program at the Senior Center, running on **Fridays from 1:00 to 2:30 pm, January 4 through February 8**, is designed to give participants an understanding of the Brookline Police Department and its operations. It consists of a series of classes and discussions held weekly and concludes with a graduation ceremony. During the course of this program, you will:

- Meet members of the Police Department and develop an understanding of its operations
- Learn crime prevention strategies for protecting yourself from crime
- Develop an understanding of community-oriented policing
- Learn about cons, scams, and frauds
- Tour of the Public Safety Building

The program is free and open to all Brookline seniors, but space is limited so registration is required. To register, call 617-730-2770.

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Falls don't just happen, they are preventable, and A Matter of Balance is a program to help participants:

- Develop individual strategies to prevent falls
- Become more confident about managing falls
- Learn strengthening/flexibility exercises for balance
- Assess the environment around them for risk factors

An eight-week training program will **begin on January 28** and will run on **consecutive Mondays** (except for February 18—President's Day) **through March 25** at Sussman House at 50 Pleasant Street. Class materials will be available in English, Russian, and Chinese.

For more information and/or to register, call Sharon Devine at 617-730-23769, or come to the Community Room at Sussman House for an informational meeting **from 12:00 noon to 1:00 pm on Thursday, January 10**.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

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- Age 4-100 with no history of voice, speech, hearing, swallowing, or upper extremity disorder and no history of neurological disease or stroke
- Adults 18-100 years who have Parkinson's Disease
- Adults 18-100 years who have suffered a stroke and are currently experiencing swallowing problems

Participants will be asked to come in for 1 – 10 sessions no longer than 3 hours and will be compensated $10/hr.

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ARTreach

painting and drawing class.

AT THE GALLERY

Extended through Monday, January 31

8:30 am to 5 pm
Monday through Friday

(Above—left to right: Pat Timothy, Olga Goldus, Natasha Rutkevich. Below—left to right: Elana Khanina, Millicent Holder, Lyudmila Rudyakov)

ELDER RESOURCE GUIDE

It's ready and available for free at the Senior Center! It's the 6th Edition of the Brookline Council on Aging/Senior Center *Elder Resource Guide*—with new sections on advocacy, errands, geriatric care advisors, information and referral, and multicultural programs; Partners in Care Spotlights on the LGBT Aging Project and residential care homes/ retire-ment homes; and the most current information available on all the resources that were included in the 5th edition of the *Guide*.

This is an invaluable tool for elders and caregivers alike. Stop by the Senior Center and pick a copy up today.

PARKINSON SUPPORT GROUP

Come to this month's session on **Friday, January 4, from 1:00 to 2:30 pm** at the Senior Center. This month, guest speaker Sue Berger, PhD, OTR/L, BCG, FAOTA, will join the group to discuss assistive devices and how occupational therapy can be helpful for those living with Parkinson's disease. Dr. Berger is a Clinical Associate Professor at Boston University's College of Health & Rehabilitation Sciences: Sargent College. Friends, family members, and care partners are welcome.

For more information and in case of inclement weather, contact Vanessa Blais by phone at 617-638-7729 or by e-mail vblais@bu.edu.

COA MEETING

The Council on Aging (COA) will meet on **Wednesday, January 9, at 1:00 pm** at the Senior Center. Caroline Louise Cole, Volunteer Coordinator and Media Liaison for Elder Services of the Merrimack Valley will speak about the Massachusetts Senior Medicare Patrol Program and on how to protect yourself from Medicare fraud.

This program will provide you with the tools to become a better, more engaged health-care consumer. The Senior Medicare Patrol Program is a national program, funded by the federal government, commissioned to reduce the amount of Medicare fraud by helping beneficiaries and their caregivers become more engaged health-care consumers.

The annual estimated cost of Medicare fraud is between $60 to $120 billion! You can help protect Medicare and make sure benefits are available when you need them by making sure the claims paid on your account are accurate.

If you have questions about this program, call the Senior Center, 617-730-2777. If you cannot attend this workshop but would like help with your Medicare Summary Statements, call the Massachusetts Senior Medicare Patrol office toll-free at 800-892-0890.

ARTHRITIS EXERCISE CLASS

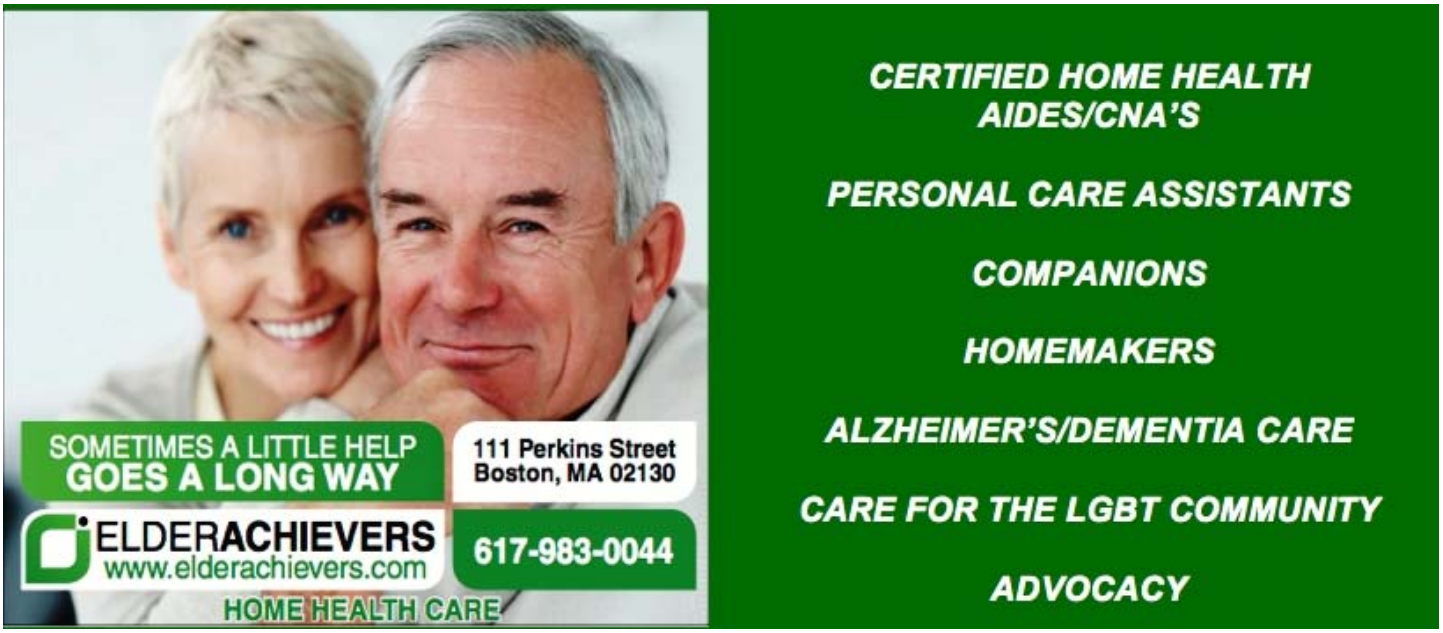
The next set of arthritis exercise classes begins on **Thursday, January 10,** and runs **through Thursday, February 14** at the Senior Center. The class is one hour—from 10:30 to 11:30 am.

It is a series of gentle stretching and muscle-building exercises that will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. Ilse Leeser, PhD, RN, instructs the class with guidelines developed by the Arthritis Foundation. This class is sponsored by the Council on Aging and the Arthritis Foundation Exercise program.

The class is fully subscribed at this time. If you wish to join it when there is a vacancy, call Sonia Wong at 617-730-2774 to be put on the waiting list.

ESL CONVERSATION GROUP

If you want to practice your English, come to the new English as a Second Language (ESL) Conversation Group that meets on **Tuesdays from 2:00 to 3:00 pm** at the Senior Center. This supportive group—led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. For more information and to register, call Julie at 617-730-2760.



FROM THE DIRECTOR

I am always eager to start the New Year with an open calendar and make my annual list of goals and resolutions. I also like to start January by expressing gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and with making new friends. We are here to help you achieve your goals whether it is exercising, volunteering, learning something new, or staying healthy.

Whatever your interest, please consider getting to know the Senior Center as one of your personal goals this year. Resolve to donate your time and talents toward the goal of making us the best senior center around.

This year we are recruiting volunteers to give tours of our center to newcomers. If you are interested in joining this new volunteer group, contact Olga Sliwa at 617-730-2768.

I am especially grateful for those who included kind words with their holiday wishes. Here are a couple from my holiday cards:

> "We are so grateful and appreciate all the wonderful people that make the Center so supportive, caring, interesting, and a fun place to be."

> "Thank you for all you continue to add to thousands of lives here in Brookline! The Center is ever more brilliant and offers so many programs!"

There are hopeful signs that the economy is slowly improving. We remind all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch (see menus on pp. 16-17) every day for a small donation. Our concerts and movies are free, and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance (see p. 26), food stamps (see SNAP on p. 25, income taxes (see p. 21), and more.

I wish each one of you a happy, healthy, and prosperous 2013. Remember to resolve to be kind and welcoming to all. *Ruthann Dobek, Director*

PIATIGORSKY FOUNDATION CONCERT

Don't miss the annual Piatigorsky Foundation concert on **Wednesday, January 23, at 1:00 pm**. This year the featured performer is violist Marcus Thompson accompanied by pianist Doris Stevenson.

Marcus Thompson is a distinguished performer both on viola and viola d'amore. A multifaceted artist, he is equally esteemed as recitalist, orchestral soloist, chamber musician, recording artist and educator.

Pianist Doris Stevenson who accompanies Mr. Thompson, has won lavish praise from critics and public alike in performances around the world. Her acute sensitivity and profound musicality have made her a sought-after partner with some of the leading lights in string playing. She was pianist for the cello master classes of Gregor Piatigorsky, who described her as "an artist of the highest order."

ABCs FOR HEALTHIER LIVING

For a post-holiday season treat to your health, come to ABCs (After Big Celebrations) for Healthy Living on **Monday, January 14, at 1:00 pm** at the Senior Center and learn how:

Apples	Aerobics (Lungs)	Avocado
Berries	Building (Muscles)	Broccoli
Cherries	Cardio (Heart)	Carrots

can make you healthier in mind and body during a discussion led by Estelle Record-Stanley (herself a reader of Deepak Chopra, Harvey Diamond, and Natasha Turner). Participants in this program will have a chance to discuss their favorite guides.

ZUMBA GOLD

This combination of Latin salsa, cardio workout, and interval moves is the hottest dance craze and the most fun workout program around. Get in shape and have fun doing so in this dynamic and effective fitness program given at the Senior Center.

The winter season of Zumba Gold will start with a **free introductory class on Thursday, January 10, at 1:30 pm**. **The full semester will run on Thursdays from January 17 through March 7, from 1:30 to 2:30 pm**. The cost for the full semester is $45, but drop-ins are always welcome at $7 per session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.

Brookline Community Foundation

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SENIOR SCENE

The *Senior Scene* program on Elderlaw Solutions (wills, health-care proxies, trusts, etc.), featuring attorney Matthew Marcus, Esq., partner at Colucci, Colucci, Marcus, and Slavin, PC, and financial planner Peter Fredericksen, MBA, vice president at Bank of Canton Life Solutions, continues through January.

Senior Scene airs on BATV on Thursdays at 7:00 pm and repeats on Fridays (1:00 pm) and Sundays (7:30 pm).

MODERN BEADING WORKSHOP

This workshop for both beginners and experienced beaders will meet at the Senior Center on **Wednesday, January 16, at 1:30 pm**. Marge Harvey will be on hand to instruct and help.

You will learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

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Springwell Nutrition Program JANUARY 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **ALL SOUPS COME WITH CRACKERS.** **LOW SUGAR DESSERTS ARE AVAILABLE, AND NEED TO BE ORDERED WITH THE SITE MANAGER.** *****Higher Sodium Content** **Menu subject to change** **$1.75 suggested donation**	1) **New Year's Day** **No Meal Service**	2) Pasta Fagioli Soup Chicken Parmesan, Pasta w/Marinara Sauce, Spinach & Mushrooms, White Roll **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Potato Salad, Tomato Red Pepper Salad, Wheat Bread Fresh Fruit
7) Escarole & Bean Soup Chicken Divan w/Broccoli, Brown Rice Pilaf, Butternut Squash, Italian Bread **OR** Turkey w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Orzo Vegetable Salad, Wheat Bread Fresh Fruit	8) Orzo Vegetable Soup Salmon Boat w/Lemon Butter Sauce, Spinach, Whipped Potatoes, Pumpernickel Bread **OR** Chef Salad w/Ham, Cheese,& Boiled Egg, Lite Italian Dressing, German Potato Salad, Scali Bread Chocolate Chip Cookie	9) **Winter Special** Vegetable Consommé w/Rice Italian Pot Roast Creamy Parmesan Polenta Collard Greens Garlic Herb Dinner Roll Chocolate Trifle w/Topping
14) Turkey a la King, Buttered Noodles, Riviera Blend Vegetables, Wheat Roll **OR** Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Red Pepper & Tomato Salad, Multigrain Bread Brownie	15) **Birthday Lunch** Cream of Sweet Potato Soup Meatloaf w/Mushroom Gravy, Mashed Potatoes, Zucchini & Tomato Sauté, Multigrain Bread **OR** Chicken Salad, Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Oat Bread Peaches	16) ***Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Pumpernickel Bread **OR** Seafood Salad, Lettuce Leaf, English Pea Salad, Beet Salad, Wheat Bread Pears
21) **Martin Luther King, Jr. Holiday** **No Meal Service**	22) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** Roast Beef w/Provolone Cheese, Lettuce Leaf, Lite Mayo, Orzo Vegetable Salad, Carrot Pineapple Salad, Oat Bread Fresh Fruit	23) Mushroom Barley Soup Chicken & Vegetable Pot Pie w/Biscuit Topping, Roasted Root Vegetables, Oat Bread **OR** ***Ham w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread Applesauce
28) Tomato Fish Stew w/Ditalini Pasta, Caesar Salad w/Lite Creamy Italian Dressing, Corn Bread **OR** Breaded Chicken Breast Filet, Lite Mayo, Lettuce Leaf, Cole Slaw, Pasta Salad w/ Cheese, Hamburger Roll Chef's Choice Dessert	29) Pea Soup Bone-In Chicken w/Gravy, Apple Raisin Bread Stuffing, Brussels Sprouts, Multigrain Bread **OR** Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Peaches	30) Cream Of Butternut Squash Soup Roast Pork w/Cinnamon Apple Glaze, Baked Potato & Sour Cream, Country Blend Vegetables, Pumpernickel Bread **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Tomato Cucumber Salad, Macaroni Salad, Wheat Bread Fresh Fruit

THURSDAY	FRIDAY
3) Cream of Sweet Potato Soup Baked Fish w/Broccoli Cheese Sauce, Peas & Onions, Carrots, Oat Bread **OR** California Chicken Salad, Tri Color Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Multigrain Bread Mixed Fruit	4) Tortellini w/Meat Marinara Sauce, Parmesan Cheese, Garden Salad w/Lite Dressing, Brussels Sprouts, Multigrain Bread **OR** Egg Salad w/Lettuce Leaf, Beet Salad, English Pea Salad, Pumpernickel Bread Ice Cream Cup
10) Minestrone Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Italian Style Blend Vegetables, Rye Bread **OR** Seafood Salad, Lettuce Leaf, Macaroni Salad, Spinach Mandarin Salad, Wheat Bread Mixed Fruit	11) BBQ Boneless Ribs, Peas, Cole Slaw, Oat Bread **OR** ***Breaded Chicken Breast Filet, Mozzarella Slice, Red Onions, Summer Potato Salad, Tossed Garden Salad w/Dressing, Hamburger Roll Mandarin Oranges
17) Creamy Tomato Soup Lemon Dijon Chicken w/Sauce, Collard Greens w/Onions, Rice Pilaf, Oat Bread **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread Butterscotch Pudding	18) Vegetable Soup Breaded Fish Sticks, Lemon Butter Sauce & Tartar Sauce, Potatoes w/ Cream Sauce, Sliced Beets, Rye Bread **OR** Chef Salad w/Turkey, Cheese & Boiled Egg, Lite Italian Dressing, Cole Slaw, Scali Bread Fresh Fruit
24) Clam Chowder Baked Fish w/Crumb Topping, Whipped Sweet Potato, Broccoli & Cauliflower, Wheat Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Bulkie Roll Chocolate Cake w/Vanilla Frosting	25) Split Pea Soup Cheese Lasagna Roll Up w/Meatball & Tomato Sauce, Riviera Blend Vegetables, Rye Bread **OR** Egg Salad, Lo Mein Pasta Salad, Tomato Pepper Salad, Multigrain Bread Pineapple
31) Beef Consommé with Vegetables Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Zucchini, Wheat Bread **OR** Tuna Salad w/Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Three Bean Salad, Pumpernickel Bread Chocolate Pudding	**Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.** **Reservations must be made by 11:00 am the <u>weekday</u> before the day on which you want to eat.**

LUNCHEON SPECIALS FOR JANUARY

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12 noon unless otherwise noted.

Enjoy Italian pot roast with polenta and collard greens at ***Springwell's Winter Special Lunch*** on **Wednesday, January 9**.

And on **Tuesday, January 15**, celebrate January birthdays at the monthly ***Birthday Lunch***. Don't forget to tell us if you or someone in your party has a January birthday when you call to make reservations.

And on **Tuesday, January 29**, join the ***Let's Go Out to Lunch*** group when they dine at Bertucci's at 683 VFW Parkway in West Roxbury.

And SAVE THE DATE—February 26—when the group will lunch at Bernard's at the Chestnut Hill Mall.

JANUARY AT A GLANCE*

Tuesday, January 1
New Year's Day. Senior Center is closed.
Wednesday, January 2
9 am-12 noon BLAB Lawyer
1 pm Brookline Music School Concert—Justin Meyer Trio
2-3 pm Blood pressure screenings with Barbara Westley, nurse from the Brookline Public Health Department (BPHD), at the BPHD building
Thursday, January 3
11 am Ask a Nurse
Friday, January 4
1-2:30 pm Parkinson Support Group—Dr. Sue Berger on assistive services and occupational therapy
Sunday, January 6
2 pm Theater Club performance of *Marry Me a Little****
Monday, January 7
9 am-12 noon Podiatry Clinic**
11:15 am-1 pm Tax Exemption information
1-2 pm Blood pressure screenings with nurse from Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, January 8
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10 am-12:30 pm Introduction to Watercolor**
10:30 am-12:30 pm Literary Discussion: Winter Term**
11:45 am-1:45 pm Getting to Know Your Digital Camera**
1 pm Movie for Film Lovers—*Footnote*
2-3 pm Yoga for Older Adults (Chair Class)**
3-4 pm Yoga for Older Adults (Mat Class)**
Wednesday, January 9
8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am Introduction to the Internet for Seniors**
10:15-11:45 am Telling Your Story**
11:45 am-1:45 pm Facebook for Seniors**
12 noon Springwell Winter Special Lunch***
1 pm COA Meeting—Caroline Louise Cole on the Massachusetts Senior Medicare Patrol Program
1-2 pm Blood pressure screenings with Barbara Westley, nurse from BPHD, at Sussman House*
Thursday, January 10
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
10:30-11:30 am Arthritis Exercise Class***
11 am-2 pm Brookline Rec excursion to the Mapparium* & ***
11:45 am-1:45 pm iPhone Tutorial for Seniors**
1:30-2:30 pm Zumba Gold—free class
3-4 pm Safe Stretching for Everyone at the Korean Church* & **
Friday, January 11
9:30-11:30 am Intermediate Computer Basics for Seniors**
1-2 pm Balance and Strength for Seniors**
Afternoon Alzheimer's Caregivers Support Group—call for time
Monday, January 14
9 am-12 noon Podiatry Clinic**
10 am-12:30 pm Introduction to Watercolor**
11:15 am-1 pm Tax Exemption information
1 pm ABCs for Healthier Living
1-3 pm Senior Center Decorators
Tuesday, January 15
8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10:30 am-12:30 pm Literary Discussion: Winter Term**
11:45 am-1:45 pm Getting to Know Your Digital Camera**
12 noon January Birthday Lunch***
1 pm Movie for Film Lovers—*Winter's Bones*
2-3 pm Yoga for Older Adults (Chair Class)**
3-4 pm Yoga for Older Adults (Mat Class)**
Wednesday, January 16
9:30-11:30 am Introduction to the Internet for Seniors**
10:15-11:45 am Telling Your Story**
11:45 am-1:45 pm Facebook for Seniors**
1-2:30 pm Low Vision Group
1-3 pm The Modern Jewish American Novel**
1:30 pm Modern Beading Workshop
Thursday, January 17
9-10:30 am Blood pressure screenings with Barbara Westley from BPHD
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
10:30-11:30 am Arthritis Exercise Class***
11:45 am-1:45 pm iPhone Tutorial for Seniors**
1:30-2:30 pm Zumba Gold
3-4 pm Safe Stretching for Everyone at the Korean Church* & **
Friday, January18
9:30-11:30 am Intermediate Computer Basics for Seniors**
11 am-2 pm Brookline Rec excursion to The Clayroom* & ***
1-2 pm Balance and Strength for Seniors**
Monday, January 21
Martin Luther King, Jr., Day. Senior Center is closed.
Tuesday, January 22
8:30-9:30 am Zumba® Gold-Toning**
9-10 Public Issues Nonfiction Book Discussion Group—*The Checklist Manifesto* by Atul Gawande
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10:30 am-12:30 pm Literary Discussion: Winter Term**
11:45 am-1:45 pm Getting to Know Your Digital Camera**
1 pm Movie for Film Lovers—*Carmen*
2-3 pm Yoga for Older Adults (Chair Class)**
3-4 pm Yoga for Older Adults (Mat Class)**
Wednesday, January 23
9:30-11:30 am Introduction to the Internet for Seniors**
10:15-11:45 am Telling Your Story**
11:45 am-1:45 pm Facebook for Seniors**
1 pm Piatigorsky Foundation Concert—Marcus Thompson, violist, and Doris Stevenson, piano accompanist
1-2 pm Blood pressure screenings with Barbara Westley from BPHD at O'Shea House*
1-3 pm The Modern Jewish American Novel**
Thursday, January 24
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
10:30-11:30 am Arthritis Exercise Class***
1:30-2:30 pm Zumba Gold
3-4 pm Safe Stretching for Everyone at the Korean Church* & **
3:30-5 pm LGBT meeting
Friday, January 25
9:30-11:30 am Intermediate Computer Basics for Seniors**
1-2 pm Balance and Strength for Seniors**
2-3 pm Tai Chi for Seniors**
Saturday, January 26
Brookline Climate Week kickoff event—3R Depot: Reduce, Reuse, Recycle in Town Hall area*
Sunday, January 27
11:30 am-7 pm Brookline Climate Week event—Winter Farmer's Market at the Arcade Building*
Monday, January 28
10 am-12:30 pm Introduction to Watercolor**
11:45 am-1:45 pm IPad Tutorial for Seniors**

1 pm Putterham Book Discussion Group—*The Dirty Life* by Kristin Kimball
1-3 pm The Bible as Literature: the Book of Exodus**
1-3 pm Senior Center Decorators
2:30-3:30 Blood pressure screenings with Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center

Tuesday, January 29

8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10:30 am-12:30 pm Literary Discussion: Winter Term**
11:45 am-1:45 pm Getting to Know Your Digital Camera**
12 noon Let's Go Out to Lunch group dines at Bertucci's***
1 pm Movie for Film Lovers—*Ascent of Man*, Disc 4
2-3 pm Yoga for Older Adults (Chair Class)**
3-4 pm Yoga for Older Adults (Mat Class)**
7 pm Brookline Climate Week event—movie: *Fridays at the Farm*—at the Brookline Public Library (BPL)—main branch

Wednesday, January 30

9:30-11:30 am Introduction to the Internet for Seniors**
10:15-11:45 am Telling Your Story**
11:45 am-1:45 pm Facebook for Seniors**
1-3 pm The Modern Jewish American Novel**

Thursday, January 31

9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
10:30-11:30 am Arthritis Exercise Class***
1:30-2:30 pm Zumba Gold
3-4 pm Safe Stretching for Everyone at the Korean Church* & **
7-9 pm Brookline Reads Author Event
Evening Alzheimer's Caregivers Support Group—call for time

** All events are at the Senior Center unless otherwise noted above.*
*** 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, appointments, or reservations required.*

@ 85

This is how it feels to be 85.
So many loved ones are not alive.
So many friends have passed away.
Yet here I be, here I stay.
If fate doesn't pull one of her tricks,
I plan on making it to 86.
by Lila Sesholtz

BOWLING

A group of seniors go bowling every Wednesday morning at 9:30 am at Ron's 20th Century Bowling Alley in Hyde Park (at 1231 Hyde Park Avenue, next door to the police station). Ron's is a very friendly place, and it is also an ice cream parlor serving yummie homemade ice cream. And the staff is very friendly as well.

The alleys are candlepin (small ball), only played in New England. The cost is $7 for three strings. Coffee is free. Everyone is welcome to bowl with the group. And if you need transportation (or indeed want any other information), feel free to call 617-730-2777 and ask to have Nancy Johnson or someone with the bowling group call you. Someone will be happy return your call.

ONGOING SENIOR CENTER EVENTS

Monday

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)—no class on January 31**
9-11 am One-on-One Computer Sessions—appointments required
9:30 am-4:30 pm Fitness Center open***
10-10:30 am Flexibility and Stretching drop-in class for Fitness Center members***
10:30-11 am Balance drop-in class for Fitness Center members***
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)—no class on Janaury 21**
12 noon-4 pm BETS
1 pm Mah jongg/Scrabble
2-4 pm Open computer lab
2:30-4:30 pm Chinese programs

Tuesday

9:30-4:30 Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
1-3:30 pm Food distribution (hours are approximate)—not on January 1
1 pm Bingo
2-3 pm Chinese Exercises for Health and Rejuvenation for Fitness Center members***
2-3 pm ESL Conversation Group
2-4 pm One-on-One Computer Sessions—appointments required
3-4:30 pm Latino Instrumental and Vocal Music sessions
4-4:30 pm Flexibility and Stretching drop-in class for Fitness Center Members

Wednesday

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
9:30-4:30 Fitness Center open***
10:30 am Retired Men's Club
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes**
12 noon-4 pm BETS
12:30 pm Bridge
12:30-3 pm Reiki Therapy***
2-4 pm Open Computer Lab
2:30-3 pm Flexibility and Stretching drop-in class for Fitness Center members***
3:30-4 pm Balance drop-in class for Fitness Center members

Thursday

9:30-4:30 pm Fitness Center open***
10:30-11:30 Arthritis Exercise Class***
10:30 am and 1:30 pm Knit and Crochet
12:30 pm Mah Jongg (US)
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106.
2:30-3:30 pm Spanish Conversation Group***
3:30-4 pm Balance drop-in class for Fitness Center members

Friday

9 am Bridge
9:30 am Solemates, Walking Group
10 am-3 pm Fitness Center open—membership required
10 am Project Volunteer
10-10:30 am Hand Exercises for dexterity and strength drop-in class for Fitness Center members***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computer for Spanish-speaking Seniors***
12:45-4:30 pm Mah Jongg (Chinese)
1-2 pm Meditation in Movement
1-2:30 pm Senior Citizen Police Academy
3:30 pm Modern Dance and Movement

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

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

www.healthbridgemanagement.com

416172

SENIOR CENTER DECORATORS

Join this fun crafting group on **Mondays, January 7, 14, and 28, and February 4 from 1:00 to 3:00 pm** and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center.

TAX EXEMPTIONS

Once more tax time is approaching so Sandy Spector will be at the Senior Center on **Mondays, January 7 and 14, from 11:15 am to 1:00 pm**, to offer tax exemption information for seniors.

INCOME TAXES

Once again, we face the inevitability of filing our income taxes in April. And once again help, we sincerely hope, will be available at the Senior Center starting in February courtesy of the AARP tax prep service.

At press time this year, as you cannot help knowing, our national legislators have not yet been able to come up with a fiscal plan so taxes are still up in the air. Keep your fingers crossed that they do it soon, and keep your eyes on the TAB for an announcement of when you can start making appointments for the AARP tax preparation service.

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- Please contact Li-Hung Chang at **617-410-6998** for more information.

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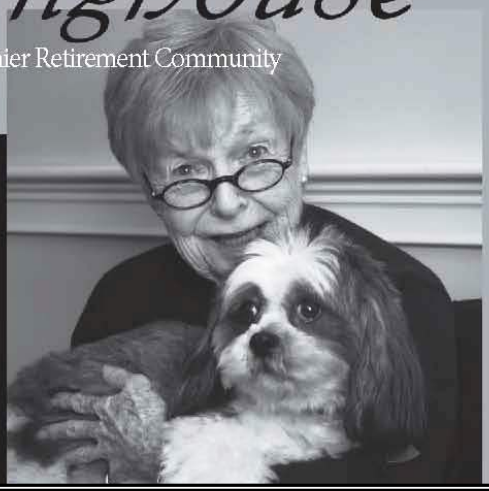

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MOVIES FOR FILM LOVERS

Come to the Senior Center every **Tuesday** in January **at 1:00 pm** for a top-notch movie. In fact, make a lunch reservation (see menus on pp. 16 and 17) and make an afternoon of it.

January 8 108 minutes
Footnote (2011)
In Hebrew with English subtitles. Long-buried tensions erupt in this witty drama, which follows the strained relationship between a reserved Talmudic scholar and his ambitious son--both professors at the same university—when the father wins a prestigious award the son covets. With Shlomo Bar-Aba and Lior Ashkenazi.

January 15 100 minutes
Winter's Bone (2010)
In this unflinching noir drama, resilient teen Ree Dolly goes on the trail of her missing, drug-dealing father when his absence jeopardizes the family's safety. Her deadbeat dad has a key court date pending—and Ree is determined that he show up. Staring Jennifer Lawrence and John Hawkes.

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!
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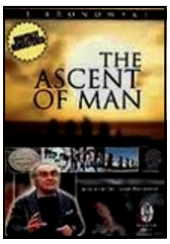
January 22 102 minutes
Carlos Saura's Carmen
(1983)
In Spanish with English subtitles.
Renowned Spanish filmmaker Carlos Saura teams with legendary choreographer-dancer Antonio Gades to explore the glamour, poetry, and fire of flamenco dancing film. A choreographer (Gades) becomes insanely jealous after he gets romantically involved with the star (Laura del Sol) of his current production, Bizet's opera "Carmen." As rehearsals progress, so does the intensity of their affair.



January 29
Ascent of Man, Disc 4 (1972)
This disc includes three episodes of this prestigious BBC television series narrated by Jacob Bronowski: "Ladder of Creation," "World Within World" and "Knowledge or Certainty." This landmark series traces human development from the dawn of evolution to the rise of technology and the computer age.

LGBT MEETING

This month's meeting on the Lesbian, Gay, Bisexual, Transgender group at the Senior Center on **Thursday, January 24, from 3:30 to 5:00 pm** features Sarah Pearlman, a well-known author on lesbian and transgender issues, reading from her book, *Mother Talk*, a collection of stories of 24 mothers: 12 who found out a daughter was a lesbian and 12 who learned that a child intended to transition to male. The film will be followed by a question and answer period.

For more information, Call Sharon at 617-730-2769 or Karin at 617-730-2753.

Bed, Breakfast & Beyond

Our new Bed, Breakfast and Beyond program lets Mom or Dad "try us out" for a few weeks in a furnished apartment at Goddard House Assisted Living in Brookline.

We'll add warmth, social and stimulating activities, delicious meals in our elegant dining rooms, personal assistance and 24-hour staffing.

For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and 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. Preregistration is required.

Sessions are being held **on Monday mornings and Tuesday afternoons in January**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment and that repeaters are limited to two sessions per month. Also note that we now have trainers available for both PCs and MACs.

MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again soon. These events have been on hiatus as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and has already opened a new and improved, 1800 square-foot CharlieCard Store inside the concourse of Downtown Crossing to replace the old Downtown Crossing and Back Bay service centers, which are now closed.

If you need a first-time card, go to the MBTA CharlieCard Store. Bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to the above described store or call 617-222-3200 to renew. If you go to the office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

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), the cab discount program that allows income-eligible Brookline residents over 60 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 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 want to apply for the first time, or be recertified, for the BETS program, bring your 2011 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 what documentation you will need to bring. (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 $45,500; a couple's, $52,000.

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. If you want to tip a driver for good service, please use cash.

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, January 2, from 9:00 am to 12:00 noon.** This service is offered free of charge, and no appointment is needed.

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 Geller, 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.

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

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. (See p. 7 for more open enrollment and SHINE information.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number—800-772-1213.

ELF

The Equipment Loan Fund (ELF) featured medical equipment of the month is the Aladdin Low Vision Viewer. You may find this viewer helpful if you ever have difficulty reading the newspaper, a recipe, a note from a loved one, or those hard-to-read medication labels. There is only one on hand available for loan—be the first to call!! This item is free for you to loan today!

Keep in mind that there is a similar viewer for public use that lives in the Senior Center library. It can, of course, be used freely at the Senior Center. It doesn't travel.

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 meets next on **Friday, January 11**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, January 31**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

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MODERN DANCE AND MOVEMENT

Come and dance with instructor Lynn Modell **every Friday in January at 3:30 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session.

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers.

Eligibility criteria:

- You must be a Brookline resident, or a
- Caregiver for a Brookline resident and be/have a
- Caregiver who drives, whose working time exceeds 2 hours at a time or involves working overnight

For more information and help in navigating the PARC process, call 617-730-2752.

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.

FUEL ASSISTANCE

Our social work interns—Delisa, Julie, and Kerri—are available for assisting people with applying for, or renewing, their fuel assistance benefit for the 2012-2013 heating season. Make an appointment by calling 617-730-2777. Note that you don't have to be an elder to apply, but you do have to meet eligibility requirements. For more information, call 617-730-2772.

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible to the giver. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

To all our friends and benefactors, please consider a New Year tax-deductible gift to the Senior Center. Donations are needed to keep the van running and to fund furnishings, improvements, and innovative programs. We need community support to sustain our strong Senior Center. Please be as generous as you can be.

We want to give a special thanks to all the donors who have so generously made end-of-year donations.

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

FRENCH CONVERSATION

This group will meet **every Tuesday in January at 12:30 pm**, led by Agnes Serenyi. Old friends and new are equally welcomed to this group.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Come to the Senior Center **one Tuesday every month from 9:00 to 10:00 am** to participate in this group centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates. The Coolidge Corner branch of the library will have copies of the books available several weeks before each meeting.

January 22
The Checklist Manifesto: How to Get Things Right by Atul Gawande (Picador/Henry Holt)

February 26
Freakonomics: A Rogue Economist Explores the Hidden Side of Everything by Steven D. Levitt and Stephen J. Dubner (William Morrow/ HarperCollins)

March 19
What Money Can't Buy: The Moral Limits of Markets by Michael J. Sandel (Farrar, Straus and Giroux)

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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

SENIOR CHORUS

Like to sing? But don't like to audition? Join our Senior Chorus. Come to the Senior Center on Friday morning at 10:30 am when the chorus practices. New members are always welcome.

Mary Baker Eddy Library Mapparium
Thursday, January 10, 11:00 am to 2:00 pm
Since 1935, more than 10 million people have traversed the 30-foot glass bridge that spans the Mapparium, taking visitors to a unique spot: the middle of the world. This world-famous, three-story, painted-glass globe is one of the key attractions of the Library.

The Mapparium's three-dimensional perspective of the world of 1935 is enhanced by *A World of Ideas*, an original presentation that features a rich orchestration of words, music, and LED lights to illustrate how ideas have traversed time and geography and changed the world.
Cost: Residents-$10, nonresidents-$14

The Clayroom
Friday, January 18, 11:00 am to 2:00 pm
A visit to The Clayroom in Brookline for an afternoon with pottery. When we arrive, you will have the opportunity to pick out a piece of clay (think mug, bowl, plate) and paint it any way you like! There will be a pizza lunch.
Cost: Residents-$25, nonresidents-$34

Butterfly Museum
Friday, February 8, 10:00 am to 2:00 pm
This indoor garden is a fantasy of butterflies. Hundreds of butterflies surround you and fill your field of vision. Be sure to bring a camera, to make memories of the trip.
Cost: Residents-$18, nonresidents-$24.

Isabella Stewart Gardner Museum
Friday, February 22, 12:45 to 4:00 pm
Take a guided tour of this marvelous museum, which is full of fine art spanning 30 centuries. Three floors of exhibits surround a garden that blooms magnificently in every season. Admission, guided tour, and transportation to and from the museum is included in the cost.
Cost: Residents-$15, nonresidents-$21.

Boston Flower and Garden Show
Friday, March 15, 11:30 am to 5:00 pm
A burst of color: Celebrating the container garden.
Spend the afternoon at this magnificent show. It is Boston's biggest horticultural event at the Seaport World Trade Center. Admission to the show and round trip transportation are included in the cost.
Cost: Residents-$24, nonresidents-$33.

Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at www.brooklinerec.com.

Healthy adults, 18-85,
Needed for noninvasive study of
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Research conducted at Boston College

Complete pen-and-paper and computerized tasks. Receive $10/hr. For information, call Halle Zucker at 617-552-6949 or e-mail canlab@bc.edu.

THEATER CLUB

The Senior Center Theater Club once again offers a dazzling menu of shows for seniors to pick from. Enjoy, in the next few months:

Marry Me a Little
Sunday, January 6 (2:00 pm) $40
at the Charles Mosesian Theater at the New Repertory Theatre in Watertown

Marry Me a Little weaves songs from Sondheim's vault of unproduced shows and cutouts from his known musicals. Through bittersweet soliloquies and song, lonely New York singles fantasize romantic adventures, join in emotional conflict, and question the commitment of marriage—all the while never actually meeting.

Haydn in Paris
Sunday, February 24 $40
Discussion at 2:00 pm, concert at 3:00 pm at Symphony Hall in Boston

Program: Hadyn #6 Le Matin, Violin Concerto #4, Overature to L'Isola disabitata, and Symphony #82 The Bear

The Glass Menagerie
Sunday, March 3 (2:00 pm) $38
at The American Repertory Theatre (ART) in Cambridge

While Amanda Wingfield desperately struggles to provide her fragile daughter with at least one "gentleman caller," her son, Tom, dreams of escaping from his job at a warehouse and his oppressive life at home. This is exquisite family drama filtered through Tom's memory.

Romeo and Juliet
Sunday, April 14 (1:30 pm) $25
at the SENIOR CENTER

Arguably one of the greatest tragic love stories of all time. Revel in the story of young love foiled by an old feud between two families. And weep for the fate of teen love. And you don't even have to leave Brookline. Just come to the Senior Center.

There will be a discussion period and refreshments after the performance.

Concert
Sunday, March 17 (2:00 pm) $45
at Symphony Hall

Discussion period at 2:00 pm (concert at 3:00 pm). Program: Mozart: Masonic Funeral Music, Mozart: Clarinet Concerto, Beethoven: Symphony No. 7. Richard Egarr conducting with clarinet solo by Eric Heoprich.

Master Class
Saturday, April 20 (2:00 pm) $40
at the New Repertory Theatre in Watertown

Terrence McNally's play gives an insightful look at the life and art of Maria Callas. Now in the twilight of her career, through a series of master classes, she reflects on her life, reliving theatrical, artistic, and painful intimate disappointments. The play explores the complexity of celebrity, ego, ambition, achievement—and ultimately, the loss of identity and self-worth while struggling to let go of the past.

Please pay for the tickets in cash or by check (no credit cards please) and pay in full when you make the reservations. Checks should be made payable to the "Brookline Senior Center."

Complete Senior Center Theater Club Rules are available on request from the Senior Center.

THANK YOU

The Senior Center depends on donations to its non-profit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to give list all the contributions to the end of the month. We will list all contributions so your end--of-month (and in this case end-of-year) donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column.

That said, we thank December donors.

Annual Appeal Donors 2 anonymous donors, Doris Toby Axelrod, Barrie Atkins (in tribute to Biscuit), Claire Barger, Judith Bess, Anne Turner & Harry Bohrs, Vera Brent, Sol & Gloria Brenner, Beatrice Broide, Margaret Ann Bush, Margaret Cain, Beverly Chang, Judith G. Chasin, Pat Krol & Steve Chiumenti, Jean Doherty, Margaret Dieter & Paul Wiers, Susan Wolf Ditkoff & Joseph Ditkoff, Daniel H. Ferguson, Susan Finitsis, Claire Fishstein, Sylvia Franklin, Renee Gelman, Charles Gilbert, Beverly Gleason, Barbara Goldberg, Arthur & Gertrude Golden—Golden Family Fund, Deborah Goodman, Rhoda & Herb Goodwin, Sondra Gotkin, Hildy & Richard Grossman, Julia Herskowitz, Rhona & Ralph Hirschowitz, Eileen Kaminsky, Elinor Kaplan, Helen & Rudy Kass, Estelle Katz, Chi Chung Lau, Judith S. & Dr. Alan Leichtner, Gloria S. & Stanley L. Macklis, Milesa Panich, Shirley Partoll (for the recovery of Amy June Meister), Adele Pike, Lucy & Dick Robb, Edith Richman, Dr. Michael Rees, Rosalind Rabinowitz, Jeannine & Martin Schetzen, Theodore Scholnick, Joel & Dvorah Smith, Cynthia Snow & Irving Kurki, Phyllis Stock, Brenda Tracey, Waneta Louise West, and Dr. Norman Wilson

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Fitness Scholarship Find Donor Claire Goodwin

Van Fund Donors Barbara Rosen and Jeannine & Martin Schetzen

To Miriam S. Alpert ***for her gift in honor of*** the BETS program

To anonymous ***for the gift in honor of*** the Senior Chorus

To anonymous ***for the gift in honor of*** the food distribution program

To Laura Baber ***for her gift in honor of*** Peg Harris

To Susan Dubin ***for her gift in honor of*** Olga Sliwa

To Betsy Fain and Renée & Neil Hecht ***for their gift in honor of*** Sonia Wong

To David Frank, Huguette Frank, Liz and Richard Frank, Doreen Gordon, Elisabeth Schaefer, and Min Kim Sook ***for their gifts in*** honor of Livia Frank's 85th birthday

To Marsha Frankel ***for her gift in honor of*** the terrific staff at the Brookline Senior Center

To Doreen Gordon ***for her gift in honor of*** Rhona Hirschowitz (for the beautiful flowers) and Yolanda Rodriquez (for the limo service)

To Elsa Kakob ***for her gift in honor of*** Doris Berger

To Erica Kirsners ***for her gift in honor of*** Sigrid Kirsners

To Jill Kushner ***for her gift in honor of*** Beverly Smerling

To Ann Levin ***for her gift in honor of*** Lynn Modell

To Ethel W. Miller ***for her gift in honor of*** Dennis Mulligan

To Shirley Partoll ***for her gift in honor of*** the Senior Center staff

To Lila Sesholtz ***for her gift in honor of*** Jackie Wright

To Joan Stratton-Mamber ***for her gift in honor of*** Charlotte Millman & Jean Kramer

To Peggy Ueda ***for her gift in honor of*** Andrea Ueda

To Claire Yung and the Chinese Mah Jongg group ***for their gift in honor of*** the Chinese Mah Jongg program

To Marcia Altman ***for her gift in memory of*** Shirley Radlo

To Martha J. Curtis ***for her gift in memory of*** Evelyn L. Curtis

To Joan & Robert Foster ***for their gift in memory of*** Cippy MacDougall

To Janet Menkes ***for her gift in memory of*** Sally Levine

To Lorraine Tobin ***for her gift in memory of*** the victims of Newtown, Connecticut

To Ruth F. Wolf ***for her gift in memory of*** Melvin Wolf

A special thanks goes out to donors of warm scarves, hats, and gloves; hand, toe, and body warmers; and personal care items to the visitors at the Allston soup kitchen.

****

And also a special thanks to everyone who donated new toys to the Town Toy Drive.

SUPPORT THE SENIOR CENTER

Help support the Senior Center and the many programs and services it offers. You can honor Brookline's seniors and help them age with respect and dignity by sending a gift:

❒ $25 ❒ $50 ❒ $100 ❒ $250 ❒ $500

Other: $_____

***

My donation is ❒ in honor of ❒ in memory of:

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❒ I am interested in making a gift of securities or in estate planning opportunities.
Please contact me.

***

❒ My employer will match my gift.
Please contact me.

***

I want to make a monthly contribution of:

❒ $10 ❒ $25 ❒ $50 Other: $_____

Name(s): _____

Address: _____

e-Mail: _____

Phone(s): _____

Please make your checks payable to "BROOKLINE SENIOR CENTER"

To pay securely online by credit card, go to http://www1.networkforgood.org/for-donors#. Ender "Brookline Senior Center" after "Charity Name" in the box at the right.

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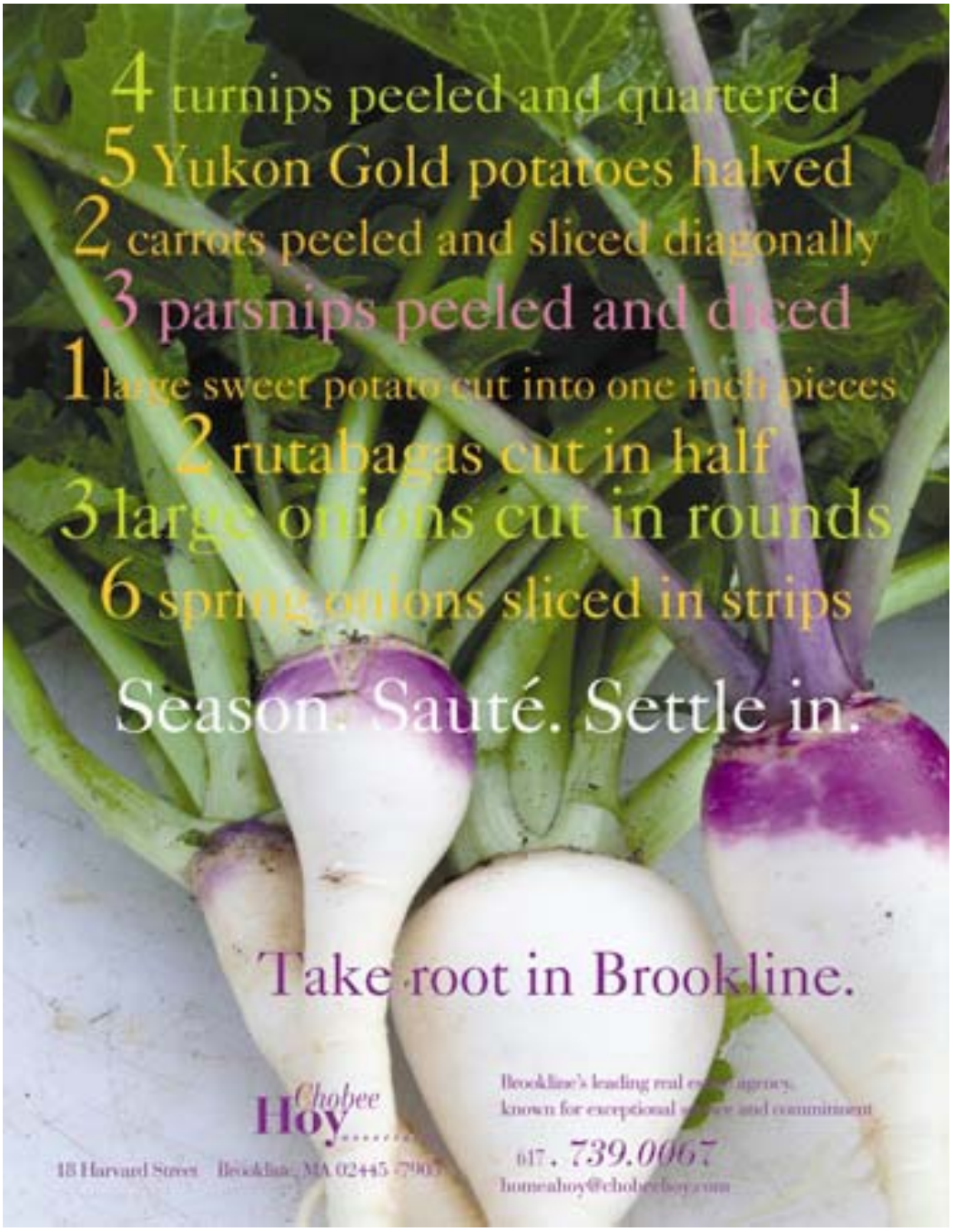

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