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

Try out Zumba Gold at a free class on **June 5**. See p. 9.

Find out about ARTZ for Alzheimer's at the COA meeting on June 13. See p. 13.

Meet Brookline author Edith Pearlman at the Senior Center on **June 18**. See p. 23

Learn about Rheumatoid Arthritis on **June 20**. See p. 5.

Enjoy a yummy meal at the Elks BBQ on **June 23**. See p. 21.

Be informed about the state of our public health policy at the 17th Annual Public Health Policy Forum on **June 27**. See p. 3.

JUNE 2012

MARIE LAVINE MEMORIAL CONCERT

On **Thursday, June 14, at 2:00 pm**, the Senior Center is proud to present the 9th annual Marie Lavine Memorial Concert—a tribute to the memory of a well-known friend to seniors who also loved musical theater. The concert is lovingly underwritten every year by Marie Lavine's daughters—Eileen Solomon and Kathy Lavine.

This year's concert will once again feature Lisa Yves, a versatile musician who teaches voice and piano, performs with other musicians, produces her own albums, and writes her own songs. Lisa has performed and recorded standards and originals, winning over audiences of all ages. She studies at New York University and graduated with a degree in Vocal Jazz Performance. She also studied voice with McClosky Institute of Voice professor and voice therapist, Lin Wallin Schuller.

SIDEWALK SALE!

We have all been cleaning our closets and cupboards and have amassed amazing treasures. There are so many treasures accumulated that the Senior Center is inviting everyone to a "white elephant" sidewalk sale on Thursday, June 21, from 10:00 am to 2:00 pm—rain or shine. Come and take your pick among the goodies available. All proceeds of the sale will benefit the programs and services of the Senior Center. There are many bargains to be had. So come and buy!

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

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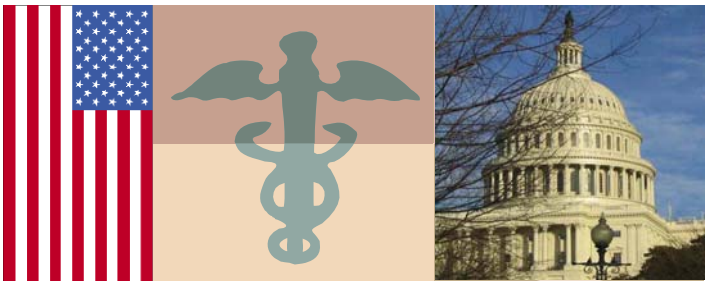
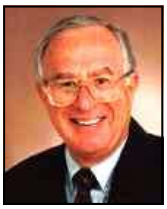
THE 17TH ANNUAL PUBLIC HEALTH POLICY FORUM
HEALTH CARE REFORM: WHERE ARE WE? WHAT'S NEXT?



On **Wednesday, June 27, from 7:00 to 9:00 pm**, former Massachusetts Governor (and lifelong Brookline resident) ***Michael Dukakis***, will **moderate** the 17th annual Public Health Policy Forum at the Senior Center. This forum is presented by the Friends of Brookline Public Health and Brookline Adult & Community Education, and is cosponsored by the Brookline Department of Public Health, the Brookline Council on Aging, Brookline Community Mental Health Center, the Brookline Human Relations Youth Resources Commission, the League of Women Voters of Brookline, the Brookline Commission for Women, and the Brookline Department of Veterans Services.

The program: The Patient Protection and Affordable Care Act (PPACA) was signed into law in 2010. The focus of the law was to provide better and more affordable health insurance coverage for all. This includes expanding access to health insurance to over 30 million Americans and lowering Medicare spending. Soon after the passage of the bill, many states filed lawsuits. One of these lawsuits challenging the constitutionality of the law is now before the Supreme Court where oral arguments were heard in March, 2012. How will the Supreme Court's ruling affect PPACA? How is payment reform in Massachusetts related to national health-care reform? What is the future of national health-care reform? Join us for a discussion of the latest issues.

Panelists:



Stuart Altman, PhD, is the Sol C. Chaikin Professor of National Health Policy at Brandeis University.

JudyAnn Bigby, MD, is Secretary of the Executive Office of Health and Human Services of the Commonwealth of Massachusetts.

Wendy Parmet, JD is Associate Dean for Academic Affairs and the George J. and Kathleen Waters Matthews Distinguished University Professor of Law at Northeastern University School of Law

This forum is free and open to the public. Registration is not required. Call the Brookline Department of Public Health at 617-730-2300 or visit www.brooklineadulted.org if you have any questions.

Light refreshments will be served from 6:00 to 7:00 pm. The panel discussion will run from 7:00 to 9:00 pm.

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Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, June 4 and 18, 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 not meet at the Senior Center in June as the annual State meeting in Randolph will replace it.

Blood Pressure Screenings
Come to the Senior Center on **Monday, June 4**, **from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center (BHCC) will provide blood pressure screenings.

And there will also be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center on **Thursday, June 21, from 9:00 to 10:30 am**. In addition, the BPHD nurse will provide blood pressure screenings:

- On **Wednesday, Wednesday, June 6,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, June 13,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, June 27,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center (GBCGAC) will do blood pressure screenings at the Senior Center **on Monday, June 25**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Blood Sugar Screenings On **Thursday, June 14 at 11:00 am**, Olga Abamelik, RN, BSN, from Jewish Family & Children's Services will be on hand at the Senior Center to do blood sugar screening.

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now given at our Health Clinic on the second floor.

Shingles Vaccine Clinic Shingles is a painful skin rash that can last weeks or years. Immunization is recommended for those age 60 or over.

The clinic will be two-parted. Both parts will take place at the Senior Center, and both will be sponsored by Walgreens.

Call 617-730-2777 for more information and to schedule an appointment at Senior Center on **Wednesday, June 13**, to determine if the vaccine is right for you and to determine what your Medicare Part D copayment will be. (Note that Medicare Part D copayments vary greatly.) Once you have completed the prescreening process, the vaccine will be administered on **Wednesday, June 27**.

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

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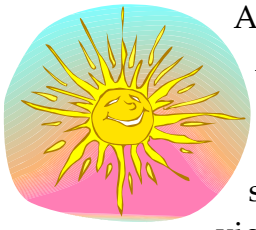
MEDICARE: MORE FREE PREVENTIVE SERVICES IN 2012



As part of the Affordable Care Act (health-care reform), Medicare continues to expand the number of free preventive services available. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Last year, an estimated 32.5 million Medicare beneficiaries used one or more of these free benefits.

Benefits always have the goal of helping people stay healthy by encouraging prevention. Such services that have been in place include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Flu and pneumonia shots

Some of the newly available annual services at no cost are:

- Alcohol misuse screening and counseling
- Cardiovascular screening
- Depression screening
- Obesity screening and counseling

For a complete list of free preventive services, go to www.medicare.gov or consult a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Elders) counselors can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777 for a SHINE appointment.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month. 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, June 8**. Call group leader Elaine Yanowitz at 617-730-2751 to register for future sessions and/or for further information about this group and for meeting time.

The Evening group will meet **Thursday, June 28**—call Susan Kanian-Andriole for time. Note that this group is temporarily full. However, call group leader Susan at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis is a chronic inflammatory disorder that typically affects the small joints in your hands and feet. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity (*from www.mayo clinic.com*).

On **Wednesday, June 20, at 1:00 pm** at the Senior Center, Dr. Toby Bates, Rheumatologist from Harvard Vanguard will talk about rheumatoid arthritis in a program sponsored by Abbott Laboratories. Come and learn and get your questions about this debilitating disorder answered.

This meeting is free and open to the general public. No preregistration is required. Refreshments will be served.

JUNE HOLIDAYS

First of all—good news! The Senior Center will be open Monday through Friday in June without closing for a single holiday so you can come and enjoy our programs all month. That is not to say that there are no holidays in June.

In actuality, holidays abound this month. We all know about Father's Day (Sunday, June 17) and Flag Day (Thursday, June 14). Less widely known is that June is Gay Pride Month (see p. 13). It is also National Fresh Fruit and Vegetables Month and National Adopt a Cat Month (according to my cat, Fred, this is verrrrry significant and important).

Don't forget that June 20 is the Summer Solstice—the longest day of the year and the official beginning of summer. And on Wednesday, June 6, you can celebrate National Gardening Exercise Day. (See p. 7 for details and for more gardening news and Senior Center gardening activities.)

ON VACATION IN JUNE

Many of our regular programs take summer breaks. The ***Brookline Music School Concerts*** and the ***Mass College of Pharmacy*** have finished their Winter/Spring series and will return again next year. In addition, the ***Parkinson Disease Support Group*** will be on vacation in June and our peer-led ***Low Vision Group*** will go to the annual State meeting in Randolph in June.

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JOBS-SEARCH COMPUTER SUPPORT

In June, the JOBS program is offering job-search computer support. If you'd like to meet with a trained volunteer to get help with online job applications, uploading your résumé, creating a job alert, or other job-search technology, call 617-730-2777 for an appointment. This service is available on Tuesday afternoons from 1:00 to 3:00 pm.

This summer the JOBS program will also provide individual one-on-one coaching for job seekers. Check the weekly TAB Senior Center pages and the flyer tables at the Senior Center for more information as it becomes available.

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Joseph W. Costa, Jr., DMD
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GARDENING NEWS AND EVENTS

Everyone knows gardening is therapeutic. It's good for the mind, body, and soul. ***National Gardening Exercise Day (Wednesday, June 6)*** gives us an opportunity to go out and burn off calories and have fun doing it. This day is intended to recognize the important physical health benefits of gardening.

In reality, gardening is exercise. Experts say the various activities and tasks of gardening ultimately uses all of the major muscle groups. In addition, strenuous gardening activities such as raking, hoeing, and digging are both aerobic and muscle strengthening.

Take time today to celebrate one of America's favorite hobbies. Go out and exercise with, and among, your plants.

The ***Gardeners Group*** will meet the second and fourth Fridays of the month, from 10:30 am to 12:30 pm, in June, July, and August (and possibly September), rain or shine (behind the Senior Center unless the weather is rainy in which case we will meet inside and share gardening information, peruse gardening books, envision future garden design features).

The perennial ornamental plants--day lilies, hostas, ferns, woodruff, astilbes, and irises that we planted last season are returning. One of our gardeners has planted pansies, daisies, poppies, columbine, lily-of-the-valley, forget-me-nots, and nasturtiums. And we plan to grow some herbs and vegetables in the large pots. We will enrich the soil with compost and other nutrients. Join us for as long, or as short, a time as you like. Grab a bucket or spade, sit on the patio chairs and kibitz or observe, help water… whatever you can do.

Call Karin Wannamaker at 617-730-2753 or Sharon Devine 617-730-2769 for information or to discuss donations of plant divisions or bulbs that you need to thin-out.

On Friday, June 22, everyone is invited to a ***Plant Swap*** at the Senior Center from 11:30 am to 1:00 pm. Bring potted plants that can be added to our garden and go home with plants to introduce into your home garden.

BROOKLINE FARMERS' MARKET

It's back! The Brookline Farmers' Market! What a wonderful place to spend a afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, turkey, beef, and lamb. And when they are in season, you will also find strawberries, plums, apples, blueberries, peaches, pears, cherries, and nectarines. If you need a cooling break from shopping, the ice cream truck will be there, too, as usual.

The Farmers' Market will be open on Thursdays from 1:30 pm until dusk, rain or shine, from June 14 to October 25 at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy and the eye—and it's local!

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BROOKLINE ADULT & COMMUNITY EDUCATION SUMMER COURSES

Brookline Adult & Community Education (BA&CE) offers several courses ***at the Senior Center*** each term. The summer term is no exception and the courses are varied and interesting. For more information about these courses—consult the BA&CE Summer 2012 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access BA&CE online at brooklineadulted.org.

Literary Discussion: Summer
Susan Gorman, Instructor
This session the course will consider reading as activism. The books chosen seem to ask their readers first to think in difficult, new ways then to give those thoughts life beyond the book. Books are available at the Brookline Booksmith.
Course code: **HU99** ***Cost:*** **$122**
8 Wednesdays from 10:30 am to 12:30 pm beginning June 6

Understanding Midrash
Judy Weiss, Instructor
Midrashic texts interpret and elaborate on the Hebrew Bible. They may be found in the Hebrew Bible itself, and in post-biblical literature, the Christian Bible, early rabbinic collections, Talmud and Koran, medieval midrashic collections, Zohar, and in many other sources including modern-day interpretive writings. The texts to be covered will deal with Eve, Joseph, Nadav and Abihu, and others.
Course code: **HU95** ***Cost:*** **$111**
6 Tuesdays from 1:00 to 3:00 pm beginning June 12

Introduction to Watercolor
Anthony Riccardi, Instructor
In this class, we will explore both representational and abstract methods in an effort to pursue new avenues of creativity. A supply list will be mailed upon registration.
Course code: **AOO2** ***Cost:*** **$130**
6 Mondays from 10:00 am to 12:30 pm beginning June 4

EXERCISE CLASSES

Tai Chi for Seniors
Vincent Chu, Instructor
Course code: **W219** ***Cost: $68***
7 Fridays from 2:00 to 3:30 pm beginning June 8

Yoga for Older Adults
Steffi Shapiro, Instructor
Course code: **W044** ***Cost: $27***
(Chair class) 8 Tuesdays from 2:00 to 3:00 pm beginning June 5
(Mat class) 8 Tuesdays from 3:00 to 4:00 pm beginning June 5

Strength Training & Conditioning for the Active Senior
Kristen Mercier, Instructor
Course code: **D221** ***Cost:*** **$60**
6 Fridays from 2:15 to 3:15 pm beginning June 8

Nia for Seniors: Health Through Movement
Mary Stevenson, Instructor
Course code: **D130** ***Cost: $60***
6 Tuesdays from 8:30 to 9:30 am beginning June 5

Balance and Flexibility for Seniors
Kristen Mercier, Instructor
Course code: **D208** ***Cost:*** **$60**
6 Fridays from 1:00 to 2:00 pm beginning June 8

Head-to-Foot Fitness for Seniors (90 minutes)
Sue Katz, Instructor
Course Code: **D225** ***Cost: $87***
Mondays and Wednesdays (meets 2 times per week for 8 weeks) from 8:45 to 10:15 am beginning June 4

Head-to-Foot Fitness for Seniors (60 minutes)
Sue Katz, Instructor
Course Code: **D226** ***Cost: $78***
Mondays and Wednesdays (meets 2 times per week for 8 weeks) from 10:30 to 11:30 am beginning June 4

ZUMBA GOLD

-SAVE THE DATES—

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 system given at the Senior Center.

Classes run **from 1:30 to 2:30 pm**. Try it out at a **free introductory class on Thursday, July 5** . Then join the **full semester from July 12 through August 30** for only $45. If you can't, or don't want to, do the full semester, individual classes cost $7 per session and drop-ins are welcome.

This semester is free for Brookline Housing Authority residents thanks to a grant by the Brookline Community Foundation.

Brookline Community Foundation

A MATTER OF BALANCE

—SAVE THE DATE—

The Senior Center will once again offer the 8-week Matter of Balance Fall Prevention Program at the Center on **Tuesdays, from 1:00 pm to 3:00 pm, from July 10 to August 28**. The program explores our fears about falling, increases awareness about habits and environments that contribute to fall risk, encourages problem-solving and development of alternative behaviors, and teaches strengthening and balance exercises. Space is limited so preregistration is required. Call early to ensure your place. For more information and to register, call Sharon Devine at 617-730-2769.

SENIOR SCENE

Do you know that there is a program on Brookline Access Television (BATV) devoted to Seniors and their doings? It is called "Senior Scene." Hosted by Bette Joel, it airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

The current program focuses on some very special BrooklineCAN projects.

Carol Schraft will give an overview of the apartment/condo survey that is currently available to everyone (but eventually only to BrooklineCAN members) on BrooklineCAN.org.

Jules Levine will give an update of work being done to ensure caregivers overnight parking permits if they need them.

And Lucy Robb talkS about the traffic on Route 9.

Frank Caro, co-founder of BrooklineCAN, will be on hand to expand on all of these topics, which are concerns of the Livable Communities Committee. This is a program that is not to be missed.

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 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 ($25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00).

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.)

To be eligible, 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 lawyers will be on hand on **Wednesday, June 6, from 9:00 am to 12:00 noon** at the Senior Center, offering individuals legal expertise on matters of law as well as information and referrals. 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. (See also pp. 6 and 29.)

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 also p. 5—Medicare.)

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

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: Norovirus is a very common and contagious virus. What is norovirus and how can I prevent it?

Answer: According to *The Centers for Disease Control and Prevention (CDC),* you can get norovirus from an infected person or contaminated food or water or by touching contaminated surfaces. The virus, often called "food poisoning" or "stomach flu," causes inflammation in the stomach or intestines (acute gastroenteritis). This leads to stomach pain, nausea, vomiting, and diarrhea. It can be quite serious for children and older adults.

You can become infected with norovirus by accidentally getting stool or vomit from an infected person in your mouth. This usually happens when you eat food, drink liquids, or touch surfaces or objects that are contaminated with norovirus, then put your fingers in your mouth, or when you have contact with someone who is infected with norovirus (for example, caring for, or sharing, food or eating utensils with someone with norovirus illness).

There is no specific medicine to treat norovirus illness. It cannot be treated with antibiotics because it is a viral (not a bacterial) infection.

If you contract norovirus, drink plenty of liquids to replace fluid lost from throwing up and diarrhea to prevent dehydration. Eventually, the virus will run its course.

To prevent norovirus, wash your hands with soap and water, especially after using the toilet or changing diapers and before handling food. Wash fruits and vegetables before preparing and eating them. After throwing up or having diarrhea, immediately disinfect contaminated surfaces using a chlorine bleach solution. Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces) and dry them in a dryer.

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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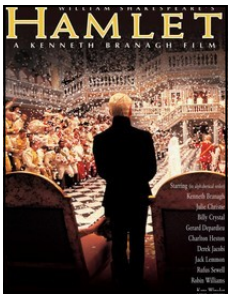
MOVIES FOR FILM LOVERS

As we move into summer, it is nice to have a nice air-conditioned place as a refuge from the hot sun. The Tuesday movie at **1:00 pm** at the Senior Center is such a place. Come and cool off, have lunch, watch a free movie—make an afternoon of it. This month the line-up is:

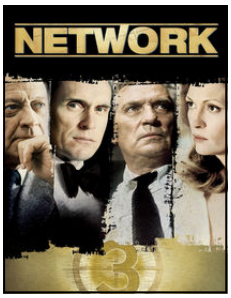


Hamlet: Special Edition (1996)
(Total running time is 242 minutes so the film will be shown in two parts)

June 5 Part One
June 12 Part Two

Veteran Shakespearean actor Kenneth Branagh delivers a brooding performance as the Danish prince driven to madness by his father's death in this 4-hour production featuring cameos by several stars. Tormented by his father's ghost and enraged by his mother's plans to wed his uncle, Hamlet concocts a revenge plot that leaves the stage dripping with blood. Look for Billy Crystal, Robin Williams and Kate Winslet.

June 19
No movie this week.



June 26
Network (1976)
121 minutes

When a network news anchor loses his mind on the air, his outrageous rants reach viewers at home, boost the ratings, and intrigue a pair of cutthroat network executives in this Oscar-winning masterpiece that predicted today's rash of trash television. Starring Faye Dunaway, William Holden, Peter Finch, and Robert Duvall. ***Note: The*** Movie Discussion group ***will meet after this film to discuss it.***

MORE MOVIE VENUES

There are also free weekly movies—***Senior Cinema***—at the Coolidge Corner branch of the Brookline Public Library. They are on Thursdays. Come at 1:00 pm for refreshments. The movie starts at 1:30 pm.

And at the ***Coolidge Corner Theater*** every Wednesday, all four feature films playing before 4pm are only $4 for seniors (ages 62 and above).

ARTZ for Alzheimer's presents an interactive film program for people with memory loss and their care partners at the Coolidge Corner Theater. Admission is ***free*** with an RSVP, and popcorn and drinks are complimentary!

The program is called ***Meet Me at the Coolidge...and make memories*** and is a one-of-a-kind film experience. Short clips from classic films will be shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a form of treatment for people with memory loss, Alzheimer's disease, and related dementias. Movies have the power to connect us with our deep-rooted emotional memories--the kind that never leave us.

For tickets, more information, or to volunteer, send an e-mail to Caulfield@ArtzAlz.org or call Sean Caulfield at 781-844-4671.

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COA MEETING

The Council on Aging (COA) will meet on **Wednesday, June 13, at 1:00 pm** at the Senior Center. The speaker will be Sean Caulfield, Creative Director and Co-founder of ARTZ (Artists for Alzheimer's). ARTZ is an organization that links artists and cultural institutions to people living with dementia and their care partners. Influenced by science and sociology, ARTZ uses artistic and cultural experiences as keys to unlock creativity, create new memories, strengthen and develop relationships, and enrich lives in new, yet fundamental ways. (See p. 12 for ARTZ's *Meet Me at the Coolidge* program.)

SENIOR LGBT PRIDE EVENTS

The ***9th Annual Pride Tea Dance*** for LGBT older adults and their friends will be on **Sunday, June 3, from 3:30 to 7:00 pm** at the Holiday Inn at 1200 Beacon Street in Brookline. Tickets are $12 per person and are available at the door. This event is being hosted by the LGBT Senior Pride Coalition.

And Ethos' ***Annual Pride Luncheon*** for LGBT seniors and friends is on **Thursday, June 7, from 11:00 am to 1:00 pm** at a location to be announced. Suggested donation: $2.50.
To RSVP, call Bob at 617-477-6610 by Friday, June 1, at 12:00 noon! Reservations are required! This event is being hosted by Ethos.

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EASY TRAVEL

Sit back and relax and let John Brodacki take you on a tour of the City of Light—Paris—on **Thursday, June 7 at 1:30 pm**.

FRENCH CONVERSATION

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JAN MARBLE MEMORIAL WALK

Solemates will certainly be among the participants in the annual Jan Marble Memorial Walk at Castle Island on **Friday, June 15**. This walk is exciting and worthwhile with the bonus of providing and promoting healthy and friendly activity.

Jutting out into Boston Harbor like a long finger, the fort of Castle Island (which is now connected to South Boston on the mainland) watches over the approach to the inner harbor. During Boston's early years, this fort provided necessary protection to the shipping trade. Walk the fort's periphery and enjoy great views of the harbor and islands.

The walk begins at 10:30 am with registration and warm-up. Bring a picnic lunch or plan on picking up something at Sully's. Van transportation will leave the Senior Center at 9:30 am and return in the afternoon. Space is limited so call 617-7300-2770 as soon as possible to register and reserve transportation.

This walk is sponsored by the Commonwealth of Massachusetts's *Keep Moving Program* from the Executive Office of Edler Affairs, the Massachusetts Department of Public Health, and the Massachusetts Councils on Aging and Senior Center Directors—with the support of the Massachusetts Department of Public Health and BlueCross/Blue Shield of Massachusetts.

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SOLEMATES

The Solemates, the Senior Center's intrepid walking group, meets regularly on **Friday mornings at 9:45 am**. For more information, call Julie at 617-730-2769.

VOLUNTEERS NOTE!

Vivian Freeman, our Volunteer Coordinator, is about to take her annual summer leave from June 18 through Labor Day. Vivian thanks all the volunteers for their good work and wishes them all a lovely summer.

ITN WALK

ITNGreaterBoston invites everyone to walk with them on Sunday, June 17, around the scenic Chestnut Hill Reservoir. ITN is a new nonprofit door-through-door car service providing affordable, dignified transportation to seniors and visually impaired adults throughout Greater Boston. A $25 registration fee includes an event T-Shirt and refreshments at the walk. For more information about ITNGreaterBoston and on this walk, to register to walk, or to donate to support ITNGreaterBos ton's access http://walkforrides.orgITNGreater Boston call 781-296-1495.

VAN NEWS

We need a substitute driver to fill in our van needs during the summer (in June, July, and August). You need to be a good driver but do not need a special license. If you are interested in applying, please call Ruthann Dobek at 617-730-2756.

For updates on van availability during the summer, call 617-730-2750.

FROM THE DIRECTOR

Castle Island is truly a Boston treasure. Where else can you find a beautiful ocean view and throngs of diverse people enjoying fresh air and great walking paths? Of course, my favorite thing about th island is the yummy ice cream and fried clams! Join us, as walkers from all around the state stroll at Castle Island on Friday, June 15 (see p. 14—Jan Marble Memorial Walk). Our van will be taking a group. I will see you there.

One of our special programs of the year will be held on Thursday, June 14. The 9th annual concert in memory of Marie Lavine (see p. 1) will begin at 2:00 pm with the fabulous talent of Lisa Yves. She will sing some favorite Broadway show tunes. Her performances have been given rave reviews. Afterwards, join your friends at the delectable dessert buffet. This is one concert not to be missed, and we appreciate Marie's daughters Eileen and Kathy who lovingly sponsor this annual event.

In addition, on Wednesday, June 27 at 7:00 pm, we are pleased to host the public health's 17th annual report card on health care (see p. 3). Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages so encourage a younger friend to attend. With a battle that is still raging over the Obama administration's new health-care reform bill, this topic is timely and historic.

Thank you for supporting our Annual Appeal. Our fiscal year ends June 30, and I would like to raise $3000 in order to fund substitute Elderbus and van drivers. Our wonderful drivers Jim and Ron are entitled to vacations, and in order to keep the wheels rolling, we need your help. Donations of any amount will be graciously accepted to help pay for a substitute driver. Again, small donations are as important as large ones and are much appreciated.

Join in the senior pride event, the 9th annual Pride Tea Dance for LGBT seniors and their friends on Sunday, June 3, from 3:30 to 7:00 pm at the Holiday Inn (see p. 13-Senior LGBT Pride Events). We will have a couple of free tickets. See me if you want to attend.

In addition, we are proud to host author Edith Pearlman at a special Senior Center meeting of the Putterham Book Discussion Group on Monday, June 18 at 1:00 pm. (See p. 23.)

Finally, Happy Father's Day to all you fathers and grandfathers. My own father was a very special man. He was a teacher and a humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here in the Senior Center as his lesson to me was to always: Be warm and welcoming and open to all types of people while striving to make the world a better place, one act at a time. In his memory, please join me in doing something extra kind for someone this month.

Ruthann Dobek—Director

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Springwell Nutrition Program JUNE 2012

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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**		**For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.**
4) Cream of Tomato Soup Breaded Fish Sandwich w/Lemon Sauce, Lemon Wedge & Tartar Sauce, Sweet Potato Wedges, Cole Slaw, Hamburger Roll **OR** Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, Three Bean Salad, Whole Wheat Bread Mandarin Oranges	5) Minestrone Soup Roast Turkey w/Gravy, Mashed Potatoes, Butternut Squash, Cranberry Sauce, Oatnut Bread **OR** Egg Salad w/Lettuce Leaf, Orzo Pilaf, Cole Slaw, Rye Bread Vanilla Pudding w/Topping	6) Garden Vegetable Soup Greek Chicken, Rice Pilaf, Spinach & Mushrooms, Rye Bread **OR** Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Pears
11) Beef Stroganoff, Noodles, Green Beans, Whole Wheat Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Bulkie Roll Tropical Mixed Fruit	12) Italian Garden Vegetable Soup BBQ Pulled Pork Sandwich, Cole Slaw, Chuckwagon Corn, Hamburger Roll **OR** Egg Salad w/Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Rye Bread Pineapple	13) Pasta Fagioli Soup Salmon Boat w/Lemon Dill Sauce, Spinach, Wild Rice, Oatnut Bread **OR** Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin Fresh Fruit
18) Lentil Soup Stuffed Pepper w/Tomato Sauce, Carrots, White Rice, Oatnut Dinner Roll **OR** Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad, Lite Italian Dressing, Whole Wheat Bread Crumb Cake Loaf	19) **<u>Birthday Lunch</u>** ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** Seafood Salad w/Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Rye Bread Fresh Fruit	20) Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** BBQ Chicken Patty w/Mozzarella & Sliced Red Onions, Hamburger Roll, Balsamic Vinaigrette Pasta, Riviera Blend Salad Tapioca Pudding
25) Beef Burgundy, Creamy Parmesan Polenta, Roasted Mixed Vegetables, Garlic Dinner Roll **OR** California Chicken Salad, Corn Salad, Cucumber Dill Salad, Multigrain Bread Pineapple	26) Minestrone Soup Chicken Parmesan, Penne Pasta w/ Marinara Sauce, Spinach & Mushrooms, Multigrain Bread **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Wheat Bread, Potato Salad, Tossed Garden Salad w/ Lite Italian Dressing Ice Cream Cup	27) Vegetable Soup Potato Crunch Fish w/Lemon Pepper Sauce & Broccoli, Sweet Potato Wedges, Seasoned Green & Waxed Beans, Rye Bread **OR** Egg Salad w/Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Multigrain Bread Pears

THURSDAY	FRIDAY
June at the Arnold Arboretum	1) Orzo Vegetable Soup Chicken Paprika w/Sauce, Rice Pilaf, Summer Blend Vegetables, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Potato Salad, Roman Blend Salad, Whole Wheat Bread Chocolate Pudding w/Topping
7) Beef Stew, Peas, Corn Bread **OR** Turkey w/Provolone Cheese, Lite Mayo, Corn Salad, Broccoli Tomato Salad, Multigrain Bread Vanilla Cake w/Chocolate Frosting & Sprinkles	8) Meatless Chili Mac, Zucchini, Whole Wheat Bread **OR** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Tossed Garden Salad w/Lite Italian Dressing, Oatnut Bread Fresh Fruit
14) **Father's Day Special** **Broccoli Stuffed Chicken Breast w/Gravy** **Whipped Butternut Squash** **Red Bliss Potatoes** **Dinner Roll** **Raspberry Mousse w/Mini Chocolate Chips**	15) Minestrone Soup Whole Grain Cheese Lasagna w/ Meatball & Tomato Sauce, Parmesan Cheese, Broccoli, Whole Wheat Bread **OR** Chicken Salad w/Lettuce Leaf, German Potato Salad, Tomato Pepper Salad, Oatnut Bread Mixed Fruit Compote w/Topping
21) Pasta Fagioli Soup Chicken w/Creamy Italian Sauce, Parsley Boiled Potatoes, Green & Waxed Beans, Multigrain Bread **OR** Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll Fruited Gelatin w/Topping	22) Seafood Chowder Baked Fish w/Lemon Sauce, Lemon Wedge, Butternut Squash, Peas & Onions, Rye Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad w/ Lite Italian Dressing, Caribbean Salad, Oatnut Bread Pears
28) Vegetable Cheese Quiche, Red Bliss Potatoes, Butternut Squash, Italian Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad w/Lite Italian Dressing, Rye Bread Fresh Fruit	29) Cream of Sweet Potato Soup Meatloaf w/Gravy, Garlic Mashed Potatoes, Beets, Whole Wheat Roll **OR** Tuna Salad w/Lettuce Leaf, Tomato & Zucchini Salad, Macaroni Salad, Oatnut Bread Brownie

LUNCHEON SPECIALS FOR JUNE

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.

Don't miss the **Springwell Father's Day Special** lunch on **Thursday, June 14**.

And the **June Birthday Lunch** on **Tuesday, June 19**. Remember to tell us if you or someone in your party has a birthday when you call to make reservations.

On **Saturday, June 23**, the **Elks** are hosting a **BBQ** at the Senior Center at 1:00 pm. This year reservations are required. For more information and to make a reservation, call 617-730-2770. (See p. 21)

The **Let's Go Out to Lunch** group is dining at Mandarin Gourmet at 1020 West Roxbury Parkway in Chestnut Hill on **Tuesday, June 26 at 12:00 noon**.

JUNE AT A GLANCE*

Sunday, June 3
2 pm Theater Club excursion to *Private Lives* at the Huntington Theatre in Boston***
Monday, June 4
9 am-12 noon Podiatry Clinic***
1-2 pm Blood Pressure Screenings with a nurse from Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, June 5
1 pm Movie for Film Lovers—*Hamlet,* Part one
Wednesday, June 6
9 am-12 noon BLAB Lawyer
2-3 pm Blood pressure screenings with Barbara Westley of Brookline Public Health Department (BPHD) at the BPHD building
Thursday, June 7
1:30 pm Easy Travel with John Brodacki touring Paris
1-2 pm Zumba Gold
Friday, June 8
9 am-3:30 pm Brookline Rec Concord/Lexington trip***
9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30 am-12:30 pm Gardeners Group
1-2 pm Balance and Flexibility for Seniors**
2-3 pm Tai Chi for Seniors**
2:15-3:15 pm Strength Training & Conditioning for the Active Senior**
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time
Monday, June 11
1-3 pm Senior Center Decorators
Tuesday, June 12
1 pm Movie for Film Lovers—*Hamlet,* Part two
1-3 pm Understanding Midrash**
Wednesday, June 13
Shingles clinic appointments to determine if vaccine is needed***
1 pm COA meeting—Sean Caulfield from ARTZ
1-2 pm Blood pressure screenings with Barbara Westley of BPHD at Sussman House
Thursday, June 14
8 am-3 pm Brookline Rec Whale Watch at Newburyport
9:30-11:30 am Drawing for Pleasure
11 am Blood sugar screenings with Olga Abemelik of Jewish Family & Children's Services
12 noon Springwell Father's Day Special lunch
1:30-dusk Brookline Farmers' Market at Centre Street West Parking Lot
2 pm Marie Lavine Memorial Concert
Friday, June 15
9:30 Van leaves Senior Center for Jan Marble Memorial Walk***
9:30-11:30 am Intermediate Computer Basics for Seniors**
1-2 pm Balance and Flexibility for Seniors**
2-3 pm Tai Chi for Seniors**
2:15-3:15 pm Strength Training & Conditioning for the Active Senior**
3:30 pm Modern Dance and Movement
Sunday, June 17
Happy Father's Day
Monday, June 18
9 am-12 noon Podiatry Clinic***
1 pm Putterham Book Discussion Group meets this month at the Senior Center—Brookline author Edith Pearlman speaks
Tuesday, June 19
12 noon June Birthday Lunch
1 pm Eve Soumerai Tribute Celebration
1 pm NO Movie for Film Lovers this week
1-3 pm Understanding Midrash**
Wednesday, June 20
10:30 am-3 pm Brookline Rec Spirit of Boston Lunch Cruise
1 pm Rheumatoid Arthritis talk
1:30 pm Modern Beading Workshop
Thursday, June 21

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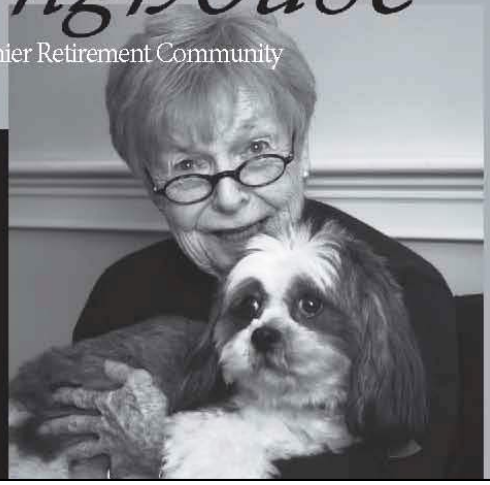

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9-10:30 am Blood pressure screenings with Barbara Westley of BPHD
9:30-11:30 am Drawing for Pleasure
10 am-2 pm Sidewalk Sale
1:30-dusk Brookline Farmers' Market at Centre Street West Parking Lot

Friday, June 22

9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30 am-12:30 pm Gardeners Group
11:30 am-1 pm Plant Swap
1-2 pm Balance and Flexibility for Seniors**
2-3 pm Tai Chi for Seniors**
2:15-3:15 pm Strength Training & Conditioning for the Active Senior**
3:30 pm Modern Dance and Movement

Saturday, June 23

1 pm Elks BBQ***

Sunday, June 24

Theater Club excursion to *Thoroughly Modern Millie* at the Turtle Lane Playhouse in Auburndale***

Monday, June 25

12:30-2 pm Blood pressure screenings with Megan Cheung of the Greater Boston Chinese Golden Age Center

Tuesday, June 26

9-10 am Public Issues Nonfiction Book Discussion Group—*Unfamiliar Fishes* by Sarah Voxell
12 noon Let's Go Out to Lunch group dines at Mandarin Gourmet***
1 pm Movie for Film Lovers—*Network*—The Movie Discussion group will meet after the film to discuss it
1-3 pm Understanding Midrash**
Evening Alzheimer's Caregivers Support Group—call for time

Wednesday, June 27

Shingles Vaccine Clinic
1-2 pm Blood pressure screenings with Barbara Westley of BPHD at O'Shea House
6-7 pm Light refreshments before the Public Health Policy Forum
7-9 pm 17th Annual Public Health Policy Forum

Thursday, June 28

9:30-11:30 am Intermediate Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure
1:30-dusk Brookline Farmers' Market at Centre Street West Parking Lot

Friday, June 29

1-2 pm Balance and Flexibility for Seniors**
2-3 pm Tai Chi for Seniors**
2:15-3:15 pm Strength Training & Conditioning for the Active Senior**

** All events are at the Senior Center unless they are otherwise noted .*
*** 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.*
****Preregistration, membership, or appointment required.*

ONGOING SENIOR CENTER EVENTS

Monday

8:45-10:15 am Head-to-Foot Fitness for Seniors (90 minutes)**
9:30-11:30 am Getting to Know Your Digital Camera**
9:30-4:30 Fitness Center open***
10 am-12:30 pm Introduction to Watercolor**
10:30-11:30 am Head-to-Foot Fitness for Seniors (60 minutes)**
12:30 pm Chinese programs
12 noon-4 pm BETS
1 pm Mah jongg/Scrabble
1-2 pm Line dancing $2.00/session
2-4 pm Open computer lab

Tuesday

One-on-One Computer Sessions***
8:30-9:30 am Nia for Seniors**
9-10 am Living Our Values
9:30 am-4:30 pm Fitness Center open***.
10 am Flexibility, Resistance, & 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)
1 pm Bingo
1 pm Movies for Film Lovers (no movie on May 8)
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
3-4:30 pm Latino Instrumental and Vocal Music sessions

Wednesday

8:45-10:15 am Head-to-Foot 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*
9:30-11:30 am e-Mail Workshop for Seniors**
9:30-4:30 Fitness Center open***
10:30 am Retired Men's Club
10:30-11:30 am Head-to-Foot Fitness for Seniors (60 minutes)**
10:30 am-12:30 pm Literary Discussion: Summer**
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab

Thursday

9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-4:30 Fitness Center open***
10:30 am Knit and Crochet
10:30-11:30 am Arthritis Exercise Class (but not on June 28)***
11:45 am-1:45 pm Facebook for Seniors**
1-2 pm Beginners Spanish classes—registration required
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
2-3 pm Spanish Conversation Group***.

Friday

9 am Bridge
9:45 am Solemates, Walking Group
10am-3 pm Fitness Center open***
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computers for Spanish-speaking Seniors
1-2 pm Meditation in Movement

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- 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

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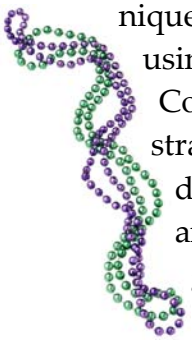
ELKS BARBECUE

On **Saturday, June 23,** come to the Senior Center **at 1:00 pm** for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a thoroughly splendid job of their special meals—whether it be a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, they find they need to put a final limit on the number of people that can be accommodated, so this year you need to make reservations. For more information and to make reservations, call 617-730-2770.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, June 20, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. 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.

CONTEMPORARY ELEGANCE
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SPANISH IMMERSION

Spanish Immersion in Brookline offers five very different kinds of immersion in Latino language and culture—all at the Senior Center.

1. One-on-one Spanish conversations with seniors from Latin American countries.
2. Beginner Spanish language classes on **Thursday afternoons from 1:00 to 2:00 pm**. There are small groups with emphasis on conversational skills.
3. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.
4. Basic Computer Class for Spanish-speaking seniors on **Fridays from 12:30 to 2:00 pm**. ***Note 1:*** The Spanish Immersion program is in need of a basic computer skills teacher to teach 10-week cycles in Spanish. The class meets on Fridays from 12:30 to 2:00 pm at the Senior Center. If you are interested, for more information, call Giovanna Tapia, Spanish Immersion coordinator, at 617-953-7016 or 617-730-2644.
5. On **Thursday afternoons from 2:00 to 3:00 pm**, you can join a Spanish conversation group. 10 sessions for $40 or drop-in when you can for $5/session.

For all the rates, more information, and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

Note 2: The Spanish Immersion program also needs general help. If you are bilingual (English-Spanish) and would like to volunteer to help, again call Giovanna Tapia, at 617-953-7016 or 617- 730-2644.

MODERN DANCE AND MOVEMENT

Lynn Modell will give these ever-popular workshops on **Fridays, June 8, 15, and 22, at 3:30 pm** at the Senior Center. Cost: $2 per session. Just come. No registration required.

AT THE GALLERY

The Brookline Senior Center cordially invites you to an exhibit of paintings by

You En Li

Through Friday, July 13

Hours: 8:30 am to 5:00 pm
Monday through Friday

Now serving the community

Private Care at Center Communities of Brookline

- Personal care
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Center Communities of Brookline
Hebrew SeniorLife

For more information, please call: Jenny Stephenson at 617-363-8032.

Now accepting most long term care insurance
www.hebrewseniorlife.org

SENIOR CENTER DECORATORS

Join this fun crafting group 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! The group will meet from **1:00 to 3:00 pm on Mondays, June 4 and 11.**

MEDITATION IN MOVEMENT

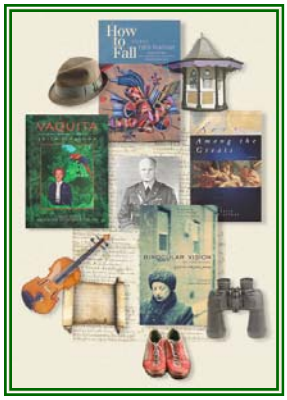
Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class will focus on gentle, simple movements that can, if done consistently, help to improve posture, balance, lung capacity, and overall joint health and movement. Fee: $5/session.

MBTA SENIOR ACCESS PASSES

If you need a first-time card, go to an MBTA Reduced Fare CharlieCard Office (at either Back Bay Station or Downtown Crossing). 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 forms of ID to one of the above listed offices or call 617-222-5978 to renew. If you go to an 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.

PUTTERHAM BOOK DISCUSSION GROUP



The Putterham Book Discussion Group will meet this month on **Monday, June 18, *at the Senior Center* at 1:00 pm.** There will be a very special guest—Brookline author Edith Pearlman who will talk about her work, her life, and her stories. The book under particular discussion is Ms. Pearlman's story collection—*Binocular Vision.*

Ms. Pearlman's well-deserved awards and accolades reflect 40 years of excellent writing. They include the National Book Award for *Binocular Vision*—published last year. Many of the laudatory reviews of her work have noted that after 40 years of writing, recognition has been late in coming. But Brookline has long appreciated her as a witty and perceptive observer of our community. Her article on Town Meeting in *Our Brookline* is a wonderful example of her style and wit.

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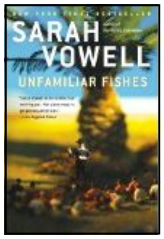
COUPON

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Come to the Senior Center **on the fourth Tuesday of 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 Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting.



June 26
Unfamiliar Fishes by Sarah Voxell (Riverhead Books—Penguin Group USA)

July 24
Taking on the Trust: The Epic Battle of Ida Tarbell and John D. Rockefeller by Steve Weinberg (W.W. Norton & Company)

August 23
Nudge: Improving Decisions About Health, Wealth and Happiness by Richard H. Thaler and Cass R. Sunstein (Yale University Press)

Israel, Van Kooy & Days, LLC

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

Wills • Probate • Trusts • Estates

TRIBUTE CELEBRATION

This workshop to create community will be at the Senior Center on **Tuesday, June 19, at 1:00 pm**. Eve Soumerai will lead the group using many sources—Ballad for Americans: Chorus, The Little Match Girl: Dance, and selected scenes and quotes from Hans Christian Anderson, Bruce Lee & Albert Einstein, Mark Twain, FDR: Challenge & Response, Langston Hughes, and Thurgood Marshall & Louis D. Brandeis—to spur creation of a sense of community among participants.

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The Lifestyle you want, where you want it.

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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

THEATER CLUB

The Senior Center Theater Club continues to offer quality entertainment excursions. There is an impressive list of events scheduled for June and July:

Private Lives
Sunday, June 3, at 2:00 pm **$25**
at the Huntington Theatre in Boston

Thoroughly Modern Millie
Sunday, June 24, at 2:00 pm **$30**
at the Turtle Lane Playhouse in Auburndale
Note that the date of this event has changed back to the original date!

Annie
Sunday, July 22, at 2:00 pm **$43**
at the North Shore Music Theatre in Beverly

Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash, no credit cards please.

We recognize that advance tickets sales may present scheduling challenges for many of you. However, remember that these advance group sales are what enable us to provide you with tickets at such an affordable rate. The shows we select and the number of tickets that we purchase are predicated on these advance sales agreements therefore your continued support is vital.

Refund Policy Refunds can be issued up to four weeks in advance of a show without question.

After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

Requests for refunds within four weeks of the show date will only be honored if we are able to sell the ticket to another interested individual. Please know that we do keep waiting lists, and that we will make every effort to sell the ticket, but that may not always be possible. You may also make private arrangements to sell your ticket to another individual.

Exchanging Tickets Note that we are not able to exchange tickets for shows. If you have purchased a ticket for a show and you are unable to attend, you must request a refund (see above ***Refund Policy***).

If you would like to attend a different show, you must then purchase a ticket for that show separately.

Transportation at the Senior Center (and possibly at other Brookline locations) to and from each performance is included in the overall price of the tickets.

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

- 24-hour personal care assistance
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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.
165 Chestnut St., Brookline MA

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

AT GODDARD HOUSE IN JUNE

Sunday, June 3 at 3:30pm
Joseph Sardaro Jazz Trio
Joseph and his trio perform tunes from the Great American Song Book, tunes written by George Gershwin, Cole Porter, Richard Rodgers and Lorenz Hart, Harold Arlen, and many others. Joe wraps his voice around a melody while the trio gives a toe-tapping rhythm to each song.

Wednesday, June 6 at 3:30pm
Poetry reading by Judith Steinbergh
Judith, selected by the Brookline Commission on the Arts as Brookline's first Poet Laureate, reads selections from her poetic works. A 40-year resident of Brookline, she has published 5 books of poetry (most recently, *Writing My Will*), 3 textbooks on teaching poetry, and numerous songs and poems for children. She has worked as poet-in-the-schools since 1971, teaching students of all ages and providing professional development throughout Eastern Massachusetts.

Sunday, June 10 at 3:30 pm
Classical Piano with Erik Gustafson
Classical music composer, Erik Gustafson has completed over 100 works, including 5 commissions within the past 2 years, a baptismal hymn, an arrangement incorporating 2 Christmas carols, a theme and set of variations for organ solo, a character piece for viola and piano, and a set of 3 sacred songs for voice and piano.

Sunday, June 24 at 3:30pm
***Book Reading by Beverly Andreozzi from her father's novel*, I Remember**
Beverly's father, Edward Palasz, overcame many hardships during his life and, despite all he faced, led a full life traveling across the country and around the world. He passed in 2000, without seeing his dream of having his memoir in print, which his wife, Toby, and daughter, Beverly, published posthumously.

BROOKLINE RECREATION—IT'S WHAT WE DO!*

Brookline Recreation has some terrific excursions planned for June.

Friday, June 8, from 9:00 am to 3:30 pm
Concord/Lexington Trip
Concord and Lexington saw the beginning battles for our independence from the tyranny of the British crown in the 18th century. Concord is famous for the venue of "the shot heard 'round the world" and then in the 19th century as the home and gathering place of intellectual Brahmins Emerson, Thoreau, Hawthorne, and Alcott. On this trip, we will visit historic and literary sites in both Concord and nearby Lexington.
Cost: $10 for Brookline residents, $14 for non-residents. There will be a stop for lunch at your own cost.

Thursday, June 14, from 8:00 am to 3:00 pm
Whale Watch at Newburyport
Come on this adventure followed by lunch in the quaint town of Newburyport. There will be a qualified naturalist on board the whale-watch ship from the Blue Ocean Society to explain what is happening and answer your questions.
Cost: $45 for Brookline residents, $60 for non-residents. Lunch will be at your own cost.

Wednesday, June 20, from 10:30 am to 3:00 pm
Spirit of Boston *Cruise*
Enjoy this 2-hour cruise with delicious food and great views of Boston Harbor and Mass Bay.
Cost: $50 for Brookline residents, $67 for non-residents

And in July and August, more excursions are planned:

Friday, July 20, from 9:45 am to 2:30 pm
Tour of Fenway Park
Cost: $16 for Brookline residents, $22 for non-residents

Friday, August 17, from 8:00 am to 6:30 pm
Mohegan Sun
Cost: $30 for Brookline residents, $41 for non-residents

Friday, August 24, from 11:30 am to 2:00 pm
Larz Anderson BBQ
Cost: $15 for Brookline residents, $20 for non-residents

If you have questions about, or want to make reservations for, Brookline Recreation's excursions, call Elizabeth Gugliotti—the Active Adults program coordinator—at 617-730-2082 or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Recreation mailbox in the reception area on the 2nd floor of the Senior Center to make reservations, pay, comment, and/or ask questions.

*Note that the cost includes two-way bus transportation. Pickups and drop offs are at the Soule Recreation Center (652 Hammond Street) and the Senior Center. Other pick-up locations may be arranged. Contact Elizabeth Gugliotti at the above phone or e-mail address about transportation in general and pickup/drop off times.

DRAWING FOR PLEASURE

This course in learning to draw is offered for beginner's **on Thursdays from June 14 to July 26, from 9:30 to 11:30 am** at the Senior Center. It is for people with little or no drawing experience and others who may not have drawn for a while and want to refresh their skills.

Instructor Louise Weinberg developed the course on the premise that drawing can be learned and that learning to observe accurately enables one to draw. Working from still life objects, learn to look at things as an artist does.

All materials are provided. A small materials fee of $15 (max.) is due on the first day of class. Space is limited so preregistration is required. Call 617-730-2770 to register today!

COMPUTER COURSES FOR SENIORS

There are a variety of computer courses for senior citizens that are given at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782. Courses starting in June and July are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C116**
4 Thursdays from 9:30 to 11:30 am
Section 1: begins June 7
Section 2: begins July 5

Intermediate Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C157**
4 Fridays from 9:30 to 11:30 am
Section 1: begins June 8
Section 2: begins July 6

e-Mail Workshop for Seniors
Bob Roll, Instructor *Code:* **C171**
4 Wednesdays from 9:30 to 11:30 am
Begins June 6

Facebook for Seniors
Michael Toon, Instructor *Code:* **C267**
4 Thursdays from 11:45 am to 1:45 pm
Begins June 7

Getting to Know Your Digital Camera
Elias Polcheira, Instructor *Code:* **C174**
4 Mondays from 9:30 to 11:30 am
Begins June 4

Each 4-week course costs $72. Since these courses are designed for, and open only to, seniors, the senior discount does not apply to them. For more information and to register, call BA&CE at 617-730-2700 or access it online at www.brooklineadulted.org.

ONE-ON-ONE COMPUTER SESSIONS

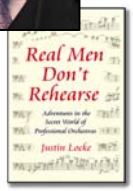
Computer phobic but eager to overcome it? Call 617-730-2777 and make an appointment. If you have questions, call Olga at 617-730-2768. Get help with basic computer skills and looking up and applying for benefits online.

Preregistration is required. Sessions are being held **on Tuesdays**. 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 at present, we can only train on PCs. We do not have a Mac trainer available.

THE FRIENDS OF THE BROOKLINE PUBLIC LIBRARY

The Friends of the Brookline Public Library (BPL) cordially invite everyone to their annual meeting on **Wednesday, June 6, at 7:00 pm** at the main branch of the BPL at 361 Washington Street. There will be a short business meeting at 6:30 pm, followed by the delightfully witty Justin Locke speaking on "Music to Our Ears."

Justin spent 18 years playing bass with the Boston Pops, where he worked with Arthur Fiedler, Henry Mancini, John Williams, and Leonard Bernstein. At the Friends meeting, he will share a first-hand look at what it's really like to be a professional musician. Stories will include cannon mishaps on the Esplanade, page-turning disasters, rain in the orchestra pit, and, of course, a story or two about Arthur Fiedler!



Justin appears regularly as a keynote speaker, and has been featured on *Chronicle* HD and CBS radio and in the Boston Globe ("An Abundance of Charisma…").

MOVING ON: REENGAGING IN COMMUNITY LIFE

Come to a ***free*** program for past caregivers ready to reconnect and enjoy life. There will be three workshops on **Wednesday afternoons from 1:00 to 4:00 pm on June 20 and 27 and July 11** at Springwell's new offices at 125 Walnut Street in Watertown. The program will be facilitated by Jeannie Martin, MSW, MTS, EdD.

In the three workshops designed especially for older adults, you will explore ways to enhance your well being both physically and mentally and use your regained energy and enthusiasm to do what you want to do. You will learn how to share your care-giving experience with others and will become aware of the many resources available for community activities, volunteerism, employment, advocacy and support. The workshop lineup is:

- **June 20:** *It's about you*. Learn about caring for your physical, mental, and social needs
- **June 27**: *It's about sharing*. Learn how to share the real value of your caregiving experience
- **July 11**: *It's about reengaging*. Learn about community resources, social links, and advocacy.

These sessions are highly participatory. Please plan on attending all 3 workshops. To register or for additional information, contact Susan Kasle, MPH at 617-426-0804 or skasle@MAOA mass.org

Moving on is offered by the Massachusetts Association of Older Americans, Inc. (MAOA) with funding from the Tufts Health Plan Foundation and in partnership with Springwell.

Massachusetts Association of Older Americans, Inc.

springwell

TUFTS Health Plan FOUNDATION

SUMMER OF THE DRAGON: OUTDOOR FILM SERIES —SAVE THE DATES—

It's the Year of the Dragon and the Parks and Open Space Division presents the Summer of the Dragon film series on Monday evenings in July.

July 9	***Kung Fu Panda 2***
July 16	***Karate Kid***
July 23	***How to Train Your Dragon***

All films are at Devotion School Field, behind the Devotion School at 345 Harvard Street. Admission is ***free***. Shows begin **at dusk** (approxi-mately 8:30 pm). Rain dates are the Tuesday following each scheduled performance. Participants are asked to bring their own blankets or folding chairs and a flashlight to make for an easier exit following the films. Parking is limited so viewers are urged to walk, carpool, or use public transportation. Alcoholic beverages are prohibited. Movies will be rescheduled if high wind or rain occurs during the performance.

JOBS FAIR REPRISE

The fair was well received by most of the 50 job seekers who attended and by the 7 mostly homecare employers who set up tables with information, took résumés, and interviewed prospective employees.

The employers felt that they spoke with a number of possible, well-qualified candidates, and they will notify the JOBS program if they hire anyone they met at the Fair.

Candidates generally felt that the atmosphere was relaxed and friendly, and several were optimistic about the likelihood that they will receive call-backs for employment.

THANK YOU

To Annual Appeal Donors Anonymous, Dorothy Bell, Jane, Benjamin & Max Siegel, Joan & Robert Foster, Beverly Gleason, Joan Nissman & Morton Abromson, June & Norman Rosenberg, Robert Sprague, Barbara Walshaw, and Waneta Louise West

***

To BrooklineCAN Donors Martha Bullock, Margaret Bush, Margaret Cain, Judith Chasin, Janie Chickering, Eleanor Clarkson, Ruth Geller, Shari Gershenfeld, Roberta Hayes-Bautista, F. Judith Klayman, Carol Lammers, Wendy Lawrence, Sue Quinn & Dan Jacobs, Yolanda M. Rodriguez, Deborah Sank, Gustav Schachter, John Seay, Mildred Siegel, Cynthia Snow & Irving A. Kurki, Peter & Jean Stringham, Elaine B. White, and Judith White

***

To Fitness Scholarship Fund Donor Claire Goodwin

***

To Miriam Alpert ***for her gift in honor of*** Ruthann Dobek

To Emilie L. Drooker ***for her gift in honor of*** Sheldon Rotenburg's 95th birthday

To Kathryn Kilpatrick (supporting the Van Fund) ***for her gift in honor of*** Vicki Schnoes (for her tireless dedication to the mobile Brookline Food Coop)

To Hilde & Sheldon Rotenberg ***for their gift in honor of*** Henry Schwab's 90th birthday

To Edith M. Routier ***for her gift in honor of*** Irene Halpern

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

***

To Patricia H. Dobek (supporting the Van Fund) ***for her gift in memory of*** Andrea Canzonetti Griffen

To Ruthann Dobek, Kenneth Duckworth, Amy Koel and James Frosch (supporting adult education), Graciana Lapetina, The Family of Priscilla & John Lehman (supporting adult education), Drs. Ann & Howard Katz (supporting adult education), Chris & Carolynn Maltas, The Robert E. Orringer Family, Pamela & Marc Seigle, Anita & Ian Swanson (supporting adult education), Steven Varga-Golovcsenko & Karen Schiff, Pamela Kay Westby, and Carrie Zilcoski ***for their gifts in memory of*** Mildred K. Lehman

To Lillian Ehrlich ***for her gift in memory of*** Anne R. Stocker

To Marian Parker for her gift in memory of Shirley Radlo

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.

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.

Help us cover the added expense of substitute drivers for the summer by giving an extra gift in support of our van. Hundreds of seniors will thank you as the van and its driver can get them out of the isolation of their homes and to the Senior Center.

We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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.
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I want to make a monthly contribution of:

❒ $10 ❒ $25 ❒ $50 Other: $_____

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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.

***

The Brookline Senior Center is a 501(c)(3) non-profit organization. You gift is tax-deductible to the full extent of the law.

I would like to ❒ subscribe ❒ renew my subscription to the *Senior News and Events*. My check for $10 for a one-year subscription is attached.

(DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.)

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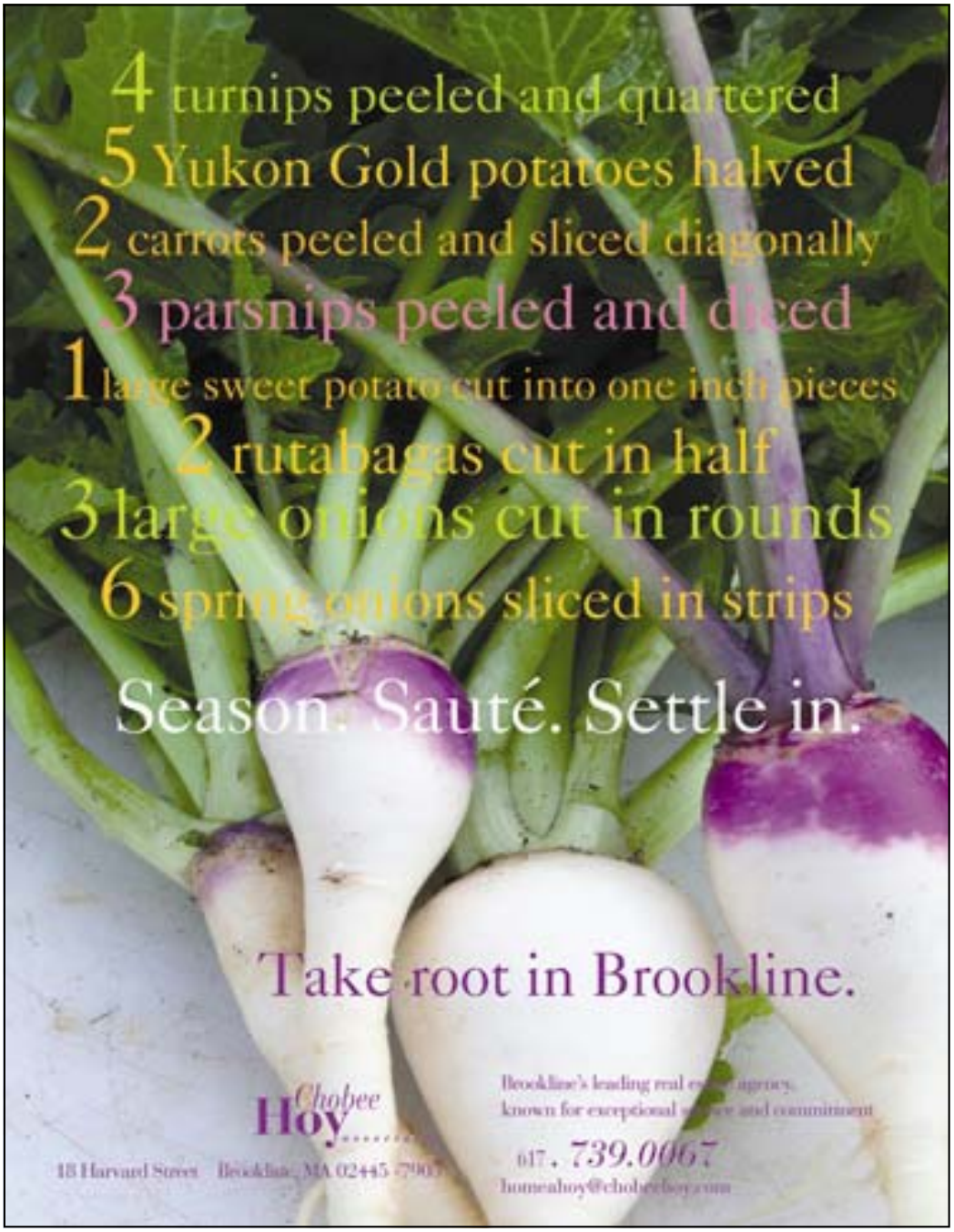

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