TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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Information Hotline 617 730 2778
Senior Center 617 730 2770
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Brookline Council on Aging
www.brooklinema.gov
Www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Enjoy the vocalizations of Katie Seiler at the BMS concert March 7. See p. 3

On March 12, come to the Planning Meeting for the May Taste of Mexico. See p. 11

Nosh on goodies at the SOS Restaurant Event on March 21. See p. 11

RECORD YOUR CONCERNS

In addition to attending the March 5 forum, send your comments to fareproposal @mbta.com by March 1. Make your concerns heard—early and often!

MARCH 2012

MBTA ALERT!

We should never be complacent about our transportation even though we have the oldest public transportation system in the country. In these difficult economic times, there is a new threat to our mobility and our pocketbooks. As you know, the federal government has been cutting aid to states, cities, and towns. What this means to us is the endangerment through decreased funding of the 30-year-plus BETS program, among other programs.

And then there are the proposed MBTA rate increases and service reductions. These MBTA changes will impact Brookline seniors significantly, so your advocacy is needed. The MBTA rate increases and services reduction proposals are in flux but the increases go as high as 175% of the present rates. What their final proposal will be is unclear at present, but we must make it clear to the MBTA that all increases to senior fares put an added burden on a segment of the population that lives on a fixed income that rarely increases in a world of rapidly increasing prices.

The MBTA is also proposing to cut service severely. The most significant cuts for Brookline residents would be cutting the #51 and #60 bus routes.

The Brookline Council on Aging and BrooklineCAN will host a forum at the Senior Center on **Monday, March 5, at 1:00 pm** to discuss the proposed changes and what actions you can take to make a difference. For additional information on the proposed changes in the interim, call the MBTA at 617-222-3200 or visit the MBTA website (www.mbta.com) and click on Fares and Gifts.

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Daylight Savings Time
begins Sunday, March 11. Set your clocks forward 1 hour before you go to bed on Saturday night!

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

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MARCH HOLIDAYS

Although there are no holidays in March for which the Senior Center is closed, there are many significant things this month. In addition to St. Patrick's Day and the official beginning of spring, there is the return of daylight in a big way. On Sunday, March 11, Daylight Savings (DST) time officially begins. So on Saturday night (March 10) turn all your clocks forward one hour before you go to bed.

How did this curious circumstance come to be? We all know it was done in World War II to give more hours of daylight so that workers could produce more...right? Well, yes but according to *Wikipedia* "modern DST was first proposed in 1895 by [New Zealander] George Vernon Hudson" and was first used during World War I.

COUNCIL ON AGING MEETING

The Council on Aging (COA) resumes its regular monthly meetings after the February hiatus on **Wednesday, March 14, at 1:00 pm** at the Senior Center. This month the speaker, Marsha Frankel, LICSW, Clinical Director of Senior Services at Jewish Family & Children's Services, will take on the issue of social bullying—the causes, repercussions, and remedies.

Ms. Frankel has become an expert on this issue in her work as a consultant to senior housing with a focus on creating more caring communities. She was interviewed on this topic by the *New York Times'* New Old Age blog and Ageless Radio. Her interview on the New Old Age blog received more than 100 comments, a testament to the timeliness of the issue.

BROOKLINE MUSIC SCHOOL CONCERT

The Senior Center and the Brookline Music School are co-sponsoring a performance by Katie Seiler, vocalist, with pianist Evan Allen, on **Wednesday, March 7, at 1:00 pm**.

Katie has been involved in the study and performance of music since an early age, beginning with classical piano lessons then voice studies. She has performed regularly as a solo and ensemble vocalist in both classical and jazz styles. Vocal performances—including solo recitals and performances with the WMU Gold Company Jazz Choir—have included venues with artist Donny McCaslin, Pollyfolia Vocal Festival with the WMU Gold Company Sextet in Normandy, France; The Oprah Show as a backup singer for "Charice"; Scullers Jazz Club with vocal ensemble "Prism"; and The Press Room jazz club in Portsmouth, New Hampshire, as a soloist. She performs frequently with rising star—New Yorker Evan Allen.

Other spring concerts have been scheduled for:

- **April 4**
  Bryan Eyeberg, pianist—playing a mix of jaz/contemporary and light classical
- **May 2**
  Chris Vielleux Trio "Roving Soul"

Healthy adults, 18-85,
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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.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, March 5, 12, and 19, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at 1:00 pm on Wednesday, March 21 at the Senior Center.

Blood Pressure Screenings
Come to the Senior Center on **Monday, March 5**, **from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center (BHCC) will provide blood pressure screenings.

There will not be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center this month, but there will be screenings:

- On **Wednesday, March 7,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, March 14,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, March 28,** 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 will do blood pressure screenings at the Senior Center **on Monday, March 26**, during the Chinese programs—**from 12:30 to 2:00 pm**.

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

Flu The Brookline Public Health Department (BPHD) has received notice that the 2012 flu season is just beginning. This is unusual and has not started this late since 1987. If you have not gotten your flu shot, it is not too late, and it is very important to do so right away. Call the BPHD at 617-730-2320 to schedule a flu shot. Or get a shot at Walgreen's or CVS or at your physician's office.

National Public Health Week—April 2 to 8
Save time during this week for a special presentation by the BPHD—*Healthy Eating for a Long Life*—that will focus on the question: "Can you reduce the risk of Alzheimer's Disease, cancer, and heart disease by changing your diet? This program will be held at the Senior Center on Monday, April 2. Speakers are Kathy McManus, MS, RD, Director of Nutrition at Brigham and Women's, and Sue R. Levy, health coach and natural foods chef.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

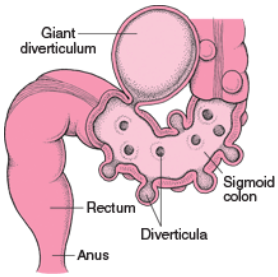
Official hospital of the Boston Red Sox

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 and Events.)

QUESTION: What is the difference between diverticulosis and diverticulitis?

ANSWER: Diverticula are small bulging pouches that can occur anywhere in your gastrointestinal tract, but usually are found in the colon (large intestine.) Most people never know they have them. When they are discovered during colonoscopy or barium enema, they are called *diverticulosis*.



Drawing from the Merck Manual

We don't know why people get diverticulosis. Some think it is from high pressure needed to push stool along when people are constipated. This can be best avoided by eating a high fiber diet (i.e., fruits, veggies), drinking a lot of fluids, exercising 30 minutes a day, and often taking a high fiber supplement.

Occasionally, people with diverticulosis can have one of the pouches develop an infection (*diverticulitis*). This can cause abdominal pain, (often the left lower side), fever, nausea, change in your bowel habits, and sometimes rectal bleeding. When this happens, you need to see your doctor quickly. The doctor may recommend a liquid diet and antibiotics for a few days to kill the bacteria causing the infection. Rarely people can develop a pocket of pus, called an *abscess*, which can lead to hospitalization.

We used to think that people who had a bout of diverticulitis needed to avoid nuts, seeds, and/or corn, but now this is not felt to be necessary. The best way to avoid these problems is to try to prevent constipation with the suggestions above: eating a high-fiber diet with lots of fluids, exercising so your bowels keep moving, and taking a high fiber supplement if needed.

CAN I ENROLL IN A MEDIGAP PLAN NOW?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

There are two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the "gaps" in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is $93.46/month; for a Supplement 1 plan, $181.71/month. When you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to preexisting health conditions. And you can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, 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 at 617-730-2777 for a SHINE appointment. Or call 1-800-243-4636), then press or say 3 and leave your name and number. A volunteer will call you back, as soon as possible.

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:

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 2010 (or 2011 if they are done) 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, March 7, 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 JOBS News on p. 21.)

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.)

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

PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome to the meeting of this group on **Friday, March 2, from 1:00 to 2:30 pm**. The session will start with an open discussion and progress to a presentation about the Dashaway Rehabilitative Mobility System given by Kathi Geisler. This group is cosponsored by the American Parkinson Disease Association and the Senior Center.

For more information, contact Vanessa Blais at vblais@bu.edu. Cosponsored by the COA and the APDA.

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, March 9**. 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, March 29—call for time. Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

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FRIENDSHIP, LOVE, AND BEYOND

Come to the Senior Center for this 4-week group designed to help you enhance your social life. This group, which is open to all Brookline residents 60 years of age or older, will explore building healthy relationships later in life. The group will meet **every Wednesday in March from 1:00 to 2:00 pm**. The group is free of charge, and no registration is necessary. Drop-ins for individual sessions are welcome. For more information, call Senior Center interns Lauren Dupuis or Katie Kelley at 617-730-2772.

FUEL ASSISTANCE

Our social work interns—Lauren Dupuis, Katie Kelley, and Jessica Moss—are assisting people with applying for or renewing their fuel assistance benefit this year. Appointments can be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social work interns at 617-730-2772. Leave your name and telephone number, and one of the interns will call you back as soon as possible.

Other intake sites that are available to Brookline residents are:

- ABCD, Inc. (central office), 178 Tremont St., 4th Floor, Boston. Phone: 617-357-6012
- Allston/Brighton APAC, 143 Harvard Ave. Allston. Phone: 617-783-1483.

There are multilingual intake workers at both these sites.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

MBTA SENIOR ACCESS PASSES—SAVE THE DATE

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an expired Senior CharlieCard? If your answer is "yes," come to the Senior Center on **Wednesday, April 11 from 1:00 to 3:00 pm**. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard form for you to fill out. We will also take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home from the MBTA in two to six weeks.

If you cannot wait until April and you are applying for the first time, go to an MBTA Reduced Fare CharlieCard Office (at either Back Bay Station or Downtown Crossing). Bring with you photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

If you need to renew an expired or about-to-be-expired Senior CharlieCard, either bring the card to one of the above 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.

And make your voice heard at the MBTA about their proposed rate increases and service reductions (see p. 1).

WOMEN'S BAR FOUNDATION—SAVE THE DATE

If you need to have a will, health-care proxy, power of attorney, or living will prepared and meet the eligibility requirements listed below, volunteer attorneys from the Women's Bar Foundation Elder Law Project will be at the Senior Center to prepare these documents in the Spring.

Eligibility requirements:

- You must be a senior (60 years of age and older).
- For individuals, your income must be less than $27,225 and your income and assets combined must be less than $40,000. For example, if your yearly income (from any source) is $15,000, your assets can be no more than $25,000.
- For married couples, your income must be less than $36,000 and your income and assets combined must be less than $55,000.
- If you own your own home or condo, the equity in your home or condo must be less than $700,000. The home or condo must be your personal residence.

If you have signed up to be seen by a Women's Bar Foundation Elder Law Project lawyer and have not already been contacted by phone by someone from the project, you will soon be called to go through an intake interview and get assigned to a lawyer. If you have not yet been contacted, call the Woman's Bar Foundation at 617- 651-2357.

REAL ESTATE EXEMPTION AND CIRCUIT BREAKER INFORMATION

Sandy Spector is providing information on real estate tax exemptions and circuit breaker tax credits on **Tuesdays in March from 11:15 am to 1:00 pm**. Everyone is welcome to speak with her about the application process. If you are unable to come in on a Tuesday, call the Assessor's Office 617-730-2060. The staff at the Assessor's office is very helpful and will provide information and send the appropriate applications.

INCOME TAXES

The Senior Center's AARP tax preparers now have full schedule. There are no more appointments available. If you have an appointment set up, don't forget to bring a copy of last year's returns as well as any paperwork you have related to 2011 (such as W2 forms and 1099 interest statements).

Note especially that this year you must also complete an ***Intake/Interview & Quality Review Sheet*** and bring it with you to your tax preparation appointment no matter where you go for your tax preparation. You should have received one when you made your appointment. If you do not have one, call 617-730-2777.

If you do not have an appointment for tax preparation at the Senior Center, you might try the following:

Allston/Brighton APAC (617-783-1485)
Provides free tax preparation assistance to low-income individuals. Appointments needed.

AARP TAX-AIDE PROGRAM (888-227-7669)
www.aarp.org/money/taxaide
Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

COMMUNITY TAX AID OF BOSTON
www.ctaboston.org
This organization provides free tax preparation assistance to low-income individuals who meet income eligibility guidelines. Services are provided in conjunction with Northeastern University's College of Business Administration.

H&R BLOCK 247 Harvard Street, Brookline (617-738-0209)
It offers tax preparation services for a fee. The Brookline location listed here is a seasonal office that is only open during tax season.

OR

H&R BLOCK CUSTOMER SUPPORT LINE
(800-472-5625)
You can contact this number to find other local H&R Block offices that are open all year.

COMPUTER SOFTWARE There are many income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside assistance. Programs such as ***TurboTax*** and ***Tax Cut*** are updated yearly to reflect current tax law changes and are often the same programs that tax preparers themselves use when completing your returns.

You can also get answers to your questions and other useful information from the FEDERAL tax information line at 800-829-1040 and the STATE tax information line at 800-392-6089.

THE CIRCUIT BREAKER

The Circuit Breaker is a refundable tax credit for eligible seniors age 65 or older whose property tax payments exceed 10% of their annual income. Those who qualify will need to pay their property taxes, but they will receive a dollar credit for every dollar that their property tax and water/sewer bill exceed 10% of their income, up to a maximum of $980.

The program is not just for home owners; renters can take full advantage of the credit if 25% of their annual rent exceeds 10% of their annual income.

Eligibility requirements: 1) You must be a Massachusetts resident age 65 or older. 2) You must own or rent residential property in Massachusetts as a primary residence. 3) Your annual income ***cannot exceed*** $52,000 for a single person, $65,000 for a head of household, or $78,000 for joint filers.

You are not eligible if you 1) are married but don't file jointly for this credit, 2) are a dependent of another tax filer, 3) receive a federal or state rent subsidy directly or live in a property-tax-exempt facility, or 4) own property that is assessed at a value of $729,000 or more.

MASS COLLEGE OF PHARMACY WORKSHOPS

Don't miss the Mass College of Pharmacy workshops on **the third Thursday of each month at 11:00 am** at the Senior Center. Scheduled for spring of 2012 are:

March 15 Diabetes
April 19 Drugs affecting cognition and balance
May 17 Pain management

These workshops are cosponsored by the Senior Center and Mass College of Pharmacy.

Sean P. Hogan
Financial Advisor

Edward Jones
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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**. 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*** at the Senior Center on Fridays **from 12:30 to 2:00 pm**.
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.

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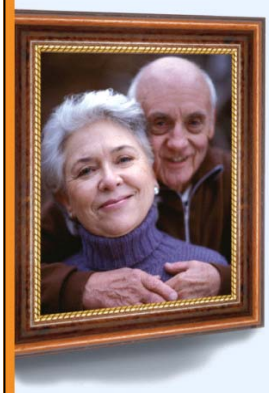

You can also visit us online at www.cjpseniordirect.org or email us at info@cjpseniordirect.org

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A PROGRAM OF CJP For more information about CJP, visit www.cjp.org

SOS RESTAURANT EVENT

Join us at the Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Wednesday, March 21, from 4:00 to 6:00 pm** to support Brookline hunger initiatives: all the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Cooperative (at the Senior Center). Enjoy live entertainment while you sample cuisine from local Italian, Asian, Mexican, and American, and other restaurants.

The admission fee for this event is a donation of 5 nonperishable items from the Brookline Food Pantry's special needs list: instant coffee; cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats, fish, vegetables, fruit, hearty soups, and dinners; macaroni and cheese and other boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil, baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper ***and*** a donation of $5.00 to the Brookline Senior Center.

For more information and to make reservations (which are required), call 617-730-2770. Bring extra cash as there will be many goodies raffled off—both goods and services.

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617.739.9500

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A TASTE OF MEXICO: FOOD, MUSIC, AND CULTURE —SAVE THE DATE—

Presented by Brookline Adult & Community Education (BA&CE) and the Council on Aging. Mexico is the most populous Spanish-speaking country. The country has varied climatic regions, from flourishing forests and jungles, to magnificent mountains and deserts. Known for its folk art traditions, mostly derived from indigenous and Spanish crafts, Mexico is also known for its pre-Columbian architecture, especially for public, ceremonial, and urban monumental buildings and structures. The people of Mexico are known for their kindness and hospitality. Descendants of the Aztecs and Mayas, they show great artistic skills as well as pride in their heritage. One of the leading producers of coffee, corn, cotton, oranges, and sugar cane, Mexico first introduced chocolate to the world.

Journey to Mexico at the Senior Center for an afternoon of cultural appreciation, history, and samplings of delicious Mexican cuisine. Bring your appetite and your intellect, and feel the warmth of Mexico and all it has to offer.

For more information and to register, call BA&CE at 617-730-2700 or access them online at www.brooklineadulted.org, or call the Senior Center at 617-730-2770. Make your reservation early as these cultural extravaganzas are always very popular and space is limited.

Course Code: **X259**
Wednesday, May 23, 12:30-2:00 pm
Fee: $7 (includes lunch)

A TASTE OF MEXICO: BE PART OF THE PLANNING

Are you interest in, or do you have knowledge of, Mexican culture? Join in the planning on **Monday, March 12, at 2:00 pm** at the Senior Center. We will discuss food, decorations, music, and performances.

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

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MODERN BEADING WORKSHOP

Marge Harvey is involved with the International Gem and Jewelry Show show that Brookline Recreation is going to on March 23 (see p. 11). As a result, her regular monthly beading class will be preplaced with a meeting at **10:00 am on Friday, March 23** (before the Brookline Recreation bus leaves the Senior Center) in preparation for the show. Marge will discuss the offerings at the show and what to look for.

Marge also wants to mention that people in line often have extra tickets that they'll give you for free and that Goldstar.com often sells tickets at a reduced rate in advance for those of you who have access to the internet.

BROOKLINE RECREATION—IT'S WHAT WE DO!*

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, or ask questions.

Friday, March 2
Wrentham Outlets
Located in Wrentham, these premium outlets are home to 170 shops and stores where you can find impressive savings.
Pick up will be at the Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Return to the Soule Recreation Center at 4:00 pm and at the Senior Center at 3:45 pm
Cost: $15 for residents, $21 for nonresidents

Thursday, March 8
Maple Sugaring
Maple trees provide beautiful fall foliage in autumn and a sweet sap in spring. Learn some basic tree physiology, explore the trees of Larz Anderson Park, and try your hand at tapping. Enjoy a sweet treat of fresh maple syrup before you leave. This is an outdoor program, so please dress accordingly.
Pick up will be at the Senior Center at 1:30 pm , at Soule Recreation Center at 1:45 pm
Return to both at the end of the excursion.
Cost: $9 for residents, $12 for nonresidents

Friday, March 16
Boston Flower and Garden Show
Set to the backdrop of over 25 garden displays, the *2012 Boston Flower and Garden Show* offers lectures, demonstrations, shopping galore (200 vendors featuring thousands of plants and gardening products), and the chance to take home exciting giveaways.
Pickup will be at Soule Recreation Center at 11:15am and at the Senior Center at 11:30 am
Return to the Soule Recreation Center at 5:00 pm and to the Senior Center at 4:45 pm
Cost: $24 for residents, $33 for nonresidents

Friday, March 23
International Gem and Jewelry Show
This show is a *fabulous jewelry exhibition* that brings hundreds of companies, designers, and manufacturers together to provide the best high-quality jewelry selection at the lowest prices. The show features one-of-a-kind jewelry creations, exotic gems, beads, pearls, exquisite fine jewelry, estate collections, and much more.
Pick up will be around 10:30 am at the Soule Recreation Center and the Senior Center.
Return to both locations at about 3:00 pm.
Cost (transportation only): $5 for residents, $8 for nonresidents:
NOTE: Cost does NOT include cost of ticket into the expo itself, which will be $8 in cash at the door. See also the Modern Beading Workshop on p. 10.

Friday March 30
Warren Lobster House/Kittery Outlets
Join the group for a delicious lunch at Warren's Lobster House—voted best lobster dinner by *Seacoast Magazine*—followed by shopping at the Kittery Outlets.
Pickup will be at Soule Recreation Center at 8:45 am and at the Senior Center at 9:00 am
Return to the Senior Center at 4:45 pm and to the Soule Recreation Center at 5:00 pm
Cost: $28 for residents, $37 for nonresidents

*Note that additional stops may be made. Contact Elizabeth at 617-730-2082 or by e-mail at egugliotti@brooklinema.gov for new (additional) pickup and return locations.

MOVIES FOR FILM LOVERS

Take a break from the winter. Come to the Senior Center and warm up with an afternoon movie on Tuesdays at 1:00 pm. In March, we are featuring:

March 6 139 minutes
The Tree of Life 2011
Terrence Malick's 1950s adventure about a confused man named Jack who sets off on a journey to understand the true nature of the world. Growing up in the Midwest with two brothers, Jack has always been torn between his mother's guidance to approach everything he encounters with an open heart and his father's advice to look after his own interests. Now Jack must find a way to regain purpose and perspective.

March 13 130 minutes
Incendies (in French/subtitles) 2010
When their mother's will implores them to deliver letters to the father they thought was dead and a brother they never knew about, twins Jeanne and Simon journey to the Middle East and attempt to reconstruct their family's hidden history. Adapted from a Wajdi Mouawad play, director Denis Villeneuve's Oscar-nominated drama flashes back to intense scenes set during the Lebanese civil war in the 1970s.

March 20 126 minutes
The Mirror Has Two Faces 1996
Middle-aged professor Rose Morgan is tired of being single and living with her mother. Thus, when a colleague proposes, Morgan accepts. But Morgan's colleague is in love with her mind, and the marriage he proposed is a platonic one. Not surprisingly, more discontentment follows.

March 27 119 minutes
The Concert In French/subtitles) 2009
Golden Globe-nominated as Best Foreign Language Film, this uplifting comedy follows fallen Russian maestro Andrey Filipov, who seizes a chance to reunite his orchestra and reclaim his life 30 years after politics cut short his music career. After intercepting an invitation sent to the Bolshoi to perform at a Paris theater, Filipov gathers a ragtag band of ex-colleagues and a French violinist to realize his dream.

SENIOR CINEMA

The Public Libraries of Brookline offer a treasure trove of services and events. It not just a place to get books (although it has a wonderful collection—books, magazines, reference materials, movies, audio tapes—virtually anything you want is available either at the library or through its interconnections with other libraries. And there are lectures, concerts, and many other events and programs. To find out about the rich offerings available, access the Library on the internet at brooklinelibrary.org.

The Coolidge Corner branch of the Library has a Senior Cinema **every Thursday** with refreshments at 1:00 pm and a film starting **at 1:30 pm**. In **March**, the films are:

March 1
The Ides of March (2011) 101minutes
March 8
Ushpizin (2004) 90 minutes
March 15
Invictus (2009) 134 minutes
March 22
Crazy Stupid Love (2011) 118 minutes
March 29
The Bodyguard (1992) 129minutes

FILM LOVERS MOVIE AND DISCUSSION GROUP

This new group will meet once a month at the Senior Center to discuss a movie from our current Tuesday afternoon Movie for Film Lovers series. The selected film will be shown for a second time (on a small screen) beginning at 1:00 pm and will be followed by a discussion at 3:00 pm.

The film that will be discussed at the **March** meeting is *The Concert* (see short summary of this film on p. 14) on **Friday, the 30th, at 1:00 pm**.

CANASTA PLAYERS WANTED

Players are needed for this group that will meet weekly at the Senior Center. Some knowledge of the game is helpful. Call Earl at 617-735-9662 if you are interested. Anyone interested in playing Euchre should also call Earl.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

ON VACATION IN MARCH

The ***One-on-One Computer Sessions*** and ***JOBS Computer Assistance*** are both on hiatus during tax preparation season (see p. 9) so they will not be available in March.

FRENCH CONVERSATION

This group meets every Tuesday in March at 12:00 noon. Come and fine tune your French conversational skills in this welcoming group led by Agnes Serenyi.

AT THE GALLERY

Watercolor and oil paintings by Francine Schachter

Through Friday, April 13

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

THE TIME TRAVELERS

Would you like to learn how to keep your minds active and pave the way to a healthy future? Exercise your brain by exploring the decades with The Time Travelers—an event at the Senior Center where you can share your memories about the 1930s through the 2000s. This group meets to travel through time **every Wednesday through April 11 from 10:0 to 11:00 am** at the Senior Center. You don't have to attend every session, but since space is limited, we do ask that you call 617-730-2770 to be put on the list for the week or weeks you would like to attend.

Remember to **VOTE** in the primary elections on **TUESDAY, MARCH 6**!!

Springwell Nutrition Program MARCH 2012

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. Meals are served at 12:00 noon unless otherwise noted.** **Soup is always served with crackers.** **For meal reservations on Mondays, call the pervious Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.**		
5) Lentil Spinach Soup Spaghetti w/Meatballs, Marinara Sauce, Parmesan Cheese, Zucchini, Oatnut Bread **OR** BBQ Breaded Chicken Breast Filet, Slice Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Tomato Salad, Hamburger Roll Pears	6) Beef Stew, Peas, Corn Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Coleslaw, Three Bean Salad, Bulkie Roll Pineapple	7) Cream of Broccoli Soup Chicken Divan, Lemon Rice, Country Blend Vegetables, Multigrain Bread **OR** Tuna Salad, Lettuce Leaf, Macaroni Salad, Riviera Salad, Multigrain Bread Fresh Fruit
12) Florentine Soup Turkey Marsala w/Mushrooms, Mashed Potatoes, Italian Style Vegetables, Oatnut Bread **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread Fresh Fruit	13) Oriental Vegetable Soup Chicken Lo Mein, Broccoli, Multigrain Bread **OR** Tuna Salad, Lettuce Leaf, Pesto Pasta Salad, Coleslaw, Wheat Bread Butterscotch Pudding w/Whipped Topping	14) Minestrone Soup Whole Grain Cheese Lasagna Rollup, Meatball, Zucchini, Whole Wheat Bread **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Macaroni Salad, Carrot Raisin Salad, Multigrain Bread Pears
19) ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** Tuna Salad on Lettuce Leaf, Fruity Rice Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Bulkie Roll Ambrosia	20) **<u>March Birthday Lunch</u>** Mushroom Barley Soup Broccoli Cheese Fish, Sweet Potato Wedges, Green & Wax Beans, Rye Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Caribbean Salad, Wheat Bread Pears	21) Corn Chowder Chicken w/Creamy Italian Sauce, Roasted Red Potatoes, Zucchini, Mushrooms & Onions, Oatnut Bread **OR** ***Ham w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread Pineapple
26) Oriental Vegetable Soup White Bean & Chicken Chili, Corn, Rye Bread **OR** Seafood Salad, Lettuce Leaf, Garden Shell Pasta Salad, Coleslaw, Wheat Bread Pineapple	27) Beef Vegetable Soup Pot Roast w/Jardinière Gravy, Baked Stuffed Potato w/Broccoli Cheese Sauce, Multigrain Bread **OR** Breaded Chicken Breast Filet, Lite Mayo, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, English Pea Salad, Hamburger Roll Vanilla Pudding w/Topping	28) Mixed Bean Soup Hamburger w/American Cheese, Ketchup/Mustard, Lettuce & Tomato, Sweet Potato Wedges, Green & Waxed Beans, Hamburger Roll **OR** Sliced Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Beet Salad, Summer Potato Egg Salad, Oatnut Bread Mixed Fruit

THURSDAY	FRIDAY
1) Minestrone Soup Turkey w/Gravy, Whipped Sweet Potatoes, Peas, Cranberry Sauce Whole Wheat Roll **OR** Roast Beef w/American Cheese, Lettuce Leaf, Mustard, Lo Mein Pasta Salad, Riviera Salad, Rye Bread Tropical Mixed Fruit	2) Cream of Sweet Potato Soup Salmon Boat w/Lemon Dill Sauce, Broccoli & Cauliflower, Creamy Parmesan Polenta, Multigrain Bread **OR** Cottage Cheese Fruit Plate, Potato Salad, Muffin Peaches
8) Split Pea Soup Honey Mustard Roast Pork, Scalloped Potatoes, Brussels Sprouts, Rye Bread **OR** Roast Beef w/American Cheese, Mayo Packet, Lettuce Leaf, Couscous & Vegetables, BBQ Corn, White Bean & Onion Salad, Oatnut Bread Pistachio Pudding w/Whipped Topping	9) Vegetable Soup Meatless Chili Mac, Green & Waxed Beans, Whole Wheat Roll **OR** Egg Salad, Lettuce Leaf, Harvard Beet Salad, English Pea Salad, Rye Bread Chocolate Cake w/Vanilla Frosting & Sprinkles
15) **St. Patrick's Day Special** ***Corned Beef Stew, Boiled Potatoes, Golden Biscuit **OR** California Chicken Salad, Lettuce Leaf, Riviera Salad, Pasta Salad w/Cheese, Oatnut Bread Mint Pudding w/Whipped Topping & Cookie Crumbles	16) Corn Chowder Breaded Fish w/Lemon Butter Sauce, Tartar Sauce, Au Gratin Potatoes, Beets, Rye Bread **OR** Chef Salad w/Chickpeas, Cheese & Boiled Egg, Lite Italian Dressing, Couscous & Vegetables, Whole Wheat Roll Prunes
22) Vegetable Rice Soup Ground Beef & Chickpea Casserole, Wild Rice, Carrots, Multigrain Bread **OR** Chicken Salad, Lettuce Leaf, Riviera Salad, Orzo Vegetable Salad, Oatnut Bread Fresh Fruit	23) Split Pea Soup Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Egg Salad, Lo Mein Pasta Salad, Tomato Pepper Salad, Multigrain Bread Baked Cinnamon Apple Slices w/Whipped Topping
29) Orzo Vegetable Soup Whole Grain Stuffed Shells w/Meatball &Tomato Sauce, Brussels Sprouts, Tossed Garden Salad, Lite Dressing, Whole Wheat Dinner Roll **OR** Roast Beef w/Provolone Cheese, Lite Mayo, BBQ Corn White Bean & Onion Salad, Tomato Cucumber Salad, Rye Bread Chef's Choice Dessert	30) Cream of Butternut Squash Soup Lentil Stew, Spinach, Biscuit **OR** Tuna Salad on Lettuce Leaf, Potato Salad, Roman Blend Salad, Multigrain Bread Fresh Fruit

LUNCHEON SPECIALS FOR MARCH

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.

On **Thursday, March 15,** become Irish for the day at the **St. Patrick's Day** lunch where you can lunch on corned beef stew and boiled potatoes and maybe even kiss the Blarney Stone a bit.

And on **Tuesday, March 20**, celebrate March birthdays at the **Birthday Lunch**. Don't forget to tell us if you or someone in your party has a March birthday when you make the reservation.

Join the **Let' Go Out to Lunch** group at Chef Chow's House at 230 Harvard Street on **Tuesday, March 27 at 12:00 noon** for a scrumptious Chinese lunch. Be sure to tell us you need a ride when you call 617-730-2770 to tell us you are coming.

MARCH AT A GLANCE*

Thursday, March 1
1:30 pm Easy Travel goes to San Francisco with Julie Washburn
1:30 pm Senior Cinema *at the Coolidge Corner branch of Brookline Public Library—The Ides of March*
Friday, March 2
11 am Pickup at Senior Center for Brookline Rec Wrentham Outlets trip
1-2:30 pm Parkinson Disease Support Group with Kathi Geisler on the Dashaway Rehabilitative Mobility System
Monday, March 5
9 am-12 noon Podiatry Clinic
1 pm MBTA Forum
1-3 pm Senior Center Decorators
1-2 pm Blood pressure screening with nurse from BHCC
Tuesday, March 6
1 pm Movie for Film Lovers—*The Tree of Life*
Wednesday, March 7
9 am-12 noon BLAB Lawyer
1 pm Brookline Music School Concert—Katie Seiler, vocalist, and Evan Allen, pianist
2-3 pm Blood pressure screening *at the BPHD building*
Thursday, March 8
1:30 pm Senior Cinema *at the Coolidge Corner branch of Brookline Public Library—Ushpizin*
1:30 pm Pickup at Senior Center for Brookline Rec Maple Sugaring event
Friday, March 9
9:30-10:30 am Chair Yoga during South Brookline Senior Social *at Putterham branch of Brookline Public Library*
10:30-11:15 am South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
Afternoon Alzheimer's Caregivers Support Group—call for time
Sunday, March 11
Daylight Savings Time begins
2 pm Theater Club excursion *to the Turtle Lane Playhouse—West Side Story*
Monday, March 12
9 am-12 noon Podiatry Clinic
1-3 pm Senior Center Decorators
2 pm A Taste of Mexico planning meeting
Tuesday, March 13
1 pm Movie for Film Lovers—*Incendies*
Wednesday, March 14
1 pm COA meeting—Marsha Frankel on "Bullying"
1-2 pm Blood pressure screening *at Sussman House*
Thursday, March 15
10:30-11:30 am Arthritis Exercise Class
11 am Mass College of Pharmacy Workshop on Diabetes
12 noon Springwell St. Patrick's Day Lunch
1:30 pm Senior Cinema *at the Coolidge Corner branch of Brookline Public Library—Invictus*
Friday, March 16
9:30-10:30 am Chair Yoga during South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
10:30-11:15 South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
10:30 am This Elderbus run will not be made today
11:30 am Pickup at the Senior Center for Brookline Rec Boston Flower and Garden Show trip
Monday, March 19
8;45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
9:30-11:30 am Getting to Know Your Digital Camera**
10:30-11:30 am Senior S-T-R-E-T-C-H**
11:45 am-1:45 pm Basic Computer Maintenance Using Windows XP for Seniors**
2-3 pm Putterham Book Discussion Group *at the Putterham branch of Brookline Public Library—The Greater Journey*
Tuesday, March 20
Spring begins
8:30-9:30 am Nia for Seniors (section 1—free)**
12 noon March Birthday Lunch
1 pm Movie for Film Lovers—*The Mirror Has Two Faces*
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
Wednesday, March 21
8;45-10:15 am Strength Training for Seniors**
9:30-11:30 am e-Mail Workshop for Seniors**
10:15-11:45am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Low Vision Group
4-6 pm SOS Restaurant Event
Thursday, March 22
9:30-11:30 Introduction to Computer Basics for Seniors**

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Center Communities of Brookline
Hebrew SeniorLife

Friday, March 23
9:30-11:30 am Intermediate Computer Basics for Seniors**
9:30-10:30 am Chair Yoga during South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
10 am Modern Beading Workshop special meeting (before Brookline Rec trip to the International Gem and Jewelry Show)
10:30 am Pickup at the Senior Center for Brookline Rec International Gem and Jewelry Show trip
10:30-11:15 am South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
1:30 pm Senior Cinema *at the Coolidge Corner branch of Brookline Public Library—Crazy Stupid Love*
2-3:30 pm Introduction to Tai Chi Chuan**
Monday, March 26
8;45-10:15 am Strength Training for Seniors**
9:30-11:30 am Getting to Know Your Digital Camera**
10:30-11:30 am Senior S-T-R-E-T-C-H**
11:45 am-1:45 pm Basic Computer Maintenance Using Windows XP for Seniors**
12:30-2 pm Blood pressure screening with nurse from GBCGAC
1-2 pm JOBS Résumé Writing Workshop
Tuesday, March 27
8:30-9:30 am Nia for Seniors**
9-10 am Public Issues Nonfiction Book Discussion Group—*Deadly Spin*
12 noon Let's Go Out to Lunch group *dines at Café Brazil*
1 pm Movie for Film Lovers—*The Concert*
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
Wednesday, March 28
8;45-10:15 am Strength Training for Seniors**
9:30-11:30 am e-Mail Workshop for Seniors**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-2 pm Blood pressure screening *at O'Shea House*
Thursday, March 29
9:30-11:30 am Introduction to Computer Basics for Seniors**
1:30 pm Senior Cinema *at the Coolidge Corner branch of Brookline Public Library—The Bodyguard*
Evening Alzheimer's Caregivers Support Group
Friday, March 30
9 am Pickup at the Senior Center for Brookline Rec Warren Lobster House/Kittery Outlets trip
9:30-10:30 am Chair Yoga during South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
10:30-11:15 am South Brookline Senior Social *at the Putterham branch of Brookline Public Library*
1 pm Flim Lovers Movie and Discussion Group—*The Concert*
2-3:30 pm Introduction th Tai Chi Chuan**

** 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.*

ONGOING SENIOR CENTER EVENTS

Monday
9:30 am-4:30 pm Fitness Center open—membership required
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
Income Tax Preparation
9:30 am-4:30 pm Fitness Center open—membership required
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
11:15 am-1 pm Real Estate Exemption and Circuit Breaker Information with Sandy Spector
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
3-4:30 pm Latino Instrumental and Vocal Music sessions
Wednesday
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
9:30 am-4:30 pm Fitness Center open—membership required
10-11 am The Time Travelers
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
1-2 pm Friendship, Love, and Beyond
2-4 pm Open Computer Lab
Thursday
9:30-11:30 am Drawing for Pleasure—still life
9:30-11:45 am Drawing for Pleasure—figure drawing
9:30 am-4:30 pm Fitness Center open—membership required
10:30 am and 1:30 pm Knit and Crochet
1-2 pm Beginning Spanish Classes—registration required
1:30-2:30 Zumba Gold
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106.
Friday
9 am Bridge
10 am-3 pm Fitness Center open—membership required
10 am Solemates, Walking Group
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2:00 pm Basic Computer Class for Spanish-Speaking Seniors
1-2 pm Muscle Conditioning for Seniors**
1-2 pm Meditation in Movement

FROM THE DIRECTOR

> The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. *Henry Van Dyke (1852-1933) from* Fisherman's Luck *(1899)*

March, despite claiming the first day of spring, has some of the bleakest weather, giving many of us the winter blues. The staff and volunteers of the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Certainly, coming through our doors is the perfect antidote to mud, gray days, and the wind. Stop by today and check out the fabulous Theatre Club trips (see p. 26). I guarantee you will be impressed.

I want to thank everyone who has so far responded to our Annual Appeal and generously sent us a check. I know things are tough economically for so many, so I doubly appreciate your gifts. Everyone needs to be aware that donations support the van, equipment, and our food expenses. Please keep sending in your donations.

Please help those who are going hungry this winter by coming to the Stock our Shelves (SOS) Restaurant Event on March 21 (see p. 13). Delectable food samples from local restaurants plus a wine tasting and music will entertain you—all for the price of $5 and 5 items for the Food Pantry. Your contributions will support the Brookline Hunger Initiative programs. Remember that no senior should be hungry in Brookline. We have the SNAP Program (food stamps), hot lunches at the Senior Center, the Brookline Coop's weekly bread and produce program, and the Brookline Food Pantry. Ample nourishment abounds, ensuring sound nutrition for all of our residents no matter how tough the economy gets.

At the Council on Aging, we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place. March is Social Work Month and this year's theme is that social workers' change futures. I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, and retired social worker volunteers, and each one contributes to Brookline's strong sense of community. Thank one or two of them today.

In order to celebrate the return of Spring and St. Patrick's Day this month , buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please remember to bring a donation to the Food Pantry when you visit this month.

PS Thanks for all the get-well wishes. Our community inspires and truly makes us feel better when things are tough. A special thanks to my wonderful staff who went the extra mile while I was out. *Ruthann Dobek, Director*

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e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

Wills ● Probate ● Trusts ● Estates

Position Available: Senior Center Courier

Responsible to the COA Director

Qualifications: Must have a car and a good driving record. Must be able to get along well with, and to take direction from, others. Must be familiar with getting around in Brookline. Must be able to multitask.

Duties and Responsibilities:

- Pickup and deliver information to Town Hall, Brookline banks, and others as needed
- Deliver Senior Center newsletter to several different location twice each month
- Pick up small supplies as needed from local stores
- Deliver mail to Post Office on many Friday afternoons

If you are interested in this position, contact Ruthann Dobek at 617-730-2756 or Deidre Waxman at 617-730-2767 or e-mail dwaxman @brooklinema.gov.

Jobs Programs—SAVE THE DATES—

In preparation for the May JOBS fair described at the end of this article, the JOBS program will offer, and encourage attendance at, two workshops at the Senior Center.

Anne Spangler will offer an interactive **Résumé Writing Workshop** on **Monday, March 26 from 1:00 to 3:00 pm** at which participants will learn about what employers look for in today's résumés and how to use online application systems. The workshop will also cover the different types of résumés and share ideas about how to showcase your experience. Now is the time to get your résumé in shape for the Job Fair! If you are a Brookline resident age 60 or older, and looking for work, join in this free workshop. Bring your current résumé. To register or for more information, contact Deidre Waxman at (617)730-2767 or e-mail Anne Spangler at aspangler@brooklinema.gov.

There will be another workshop on **Friday, April 20, at 1:00 pm** at which Dr. Clifford Goldsmith will "**Deliver A Winning Elevator Speech**," which will offer assistance with critical oral communication skills useful for networking and job interviews.

Then, on **Wednesday, May 16**, the JOBS program will host a **Mature Worker Jobs Fair** at the Senior Center for people looking for work in the fields of Administrative Office Support and Home Care. Representatives of home-care agencies, local temporary employment agencies, and area elder housing and assisted-living facilities will be on site to interview older job seekers.

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NOTES ON THE ELDERBUS SCHEDULE

1. The schedule revised in January of 2012 has printed for the benefit of old and new users of the Elderbus.

2. The Elderbus will not make a 10:30 am run (second Schedule column) on Friday, March 16.

ELDERBUS SCHEDULE

The Elderbus runs Monday through Friday. All times are approximate due to traffic. A suggested donation of $0.50 is requested. The Elderbus hotline is 617-730-2778. This bus is sponsored by the Brookline Council on Aging (617-730-2777).

	Schedule				
Stops					**Drop-off only**
Senior Center	9:00	10:30	12:30	2:00	3:30
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets	9:03	10:33	12:33	2:03	Drop-off Only
1550 Beacon Street, Star Market on Beacon Street	9:10	10:40	12:40	2:10	Drop-off Only
61 Park Street, Town Hall Main Library	9:20	10:50	12:50	2:20	Drop-off Only
99 Kent Street Lynch Center Brookline Place	9:30	11:00	1:00	2:30	Drop-off Only
Brookline Village Walnut Street (Rear Fire Station)	9:35	11:05	1:05	2:35	Drop-off Only
Stop & Shop, Harvard & Beacon	9:45	11:15	1:15	2:45	
90 Longwood Ave.	9:55	11:25	1:25	2:55	
Longwood Medical, Beth Israel Deaconess Medical Center Johnny's Market		**BY**	**REQUEST**	**ONLY**	
Beacon & Powell Sts Amory & Egmont Sts Egmont & Pleasant Sts	10:10	11:40	1:40	3:10	
50 Pleasant Street, Harvard & Fuller Streets	10:15	11:45	1:45	3:15	

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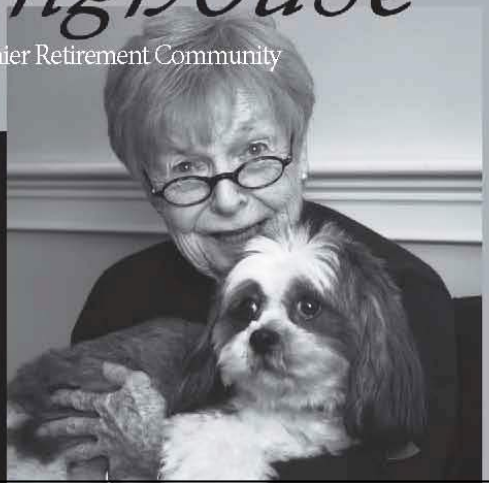

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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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.

March 27
Deadly Spin: An Insurance Company Insider Speaks Out on How Corporate PR Is Killing Health Care and Deceiving Americans by Wendell Potter (Bloomsbury Press)

April 24
Brave New World by Aldous Huxley (Harper Perennial Modern Classics)

PUTTERHAM BOOK DISCUSSION GROUP

The meeting at the Putterham branch of the Brookline Public Library on **Monday, March 19, from 2:00 to 3:00 pm** will discuss *The Greater Journey: Americans in Paris* by David McCollough.

McCullough tells a sweeping, fascinating story with power and intimacy, bringing us into the lives of remarkable men and women who embarked on a greater journey in the City of Light. They achieved so much for themselves and their country that they profoundly altered American history.

Among the Americans brought to life with McCullough's pen include Elizabeth Blackwell, the first female doctor in America, and abolitionist Charles Sumner as well as writers Ralph Waldo Emerson, Nathaniel Hawthorne, Mark Twain, Henry James, and Harriet Beecher Stowe.

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THEATER CLUB

The Senior Center Theater Club continues to offer quality entertainment excursions. The impressive list of events now scheduled for which there are still tickets available are:

West Side Story
Sunday, March 11, at 2:00 pm **$30**
at the Turtle Lane Playhouse in Auburndale

The 25th Putnam County Spelling Bee
Sunday, April 15, at 2:00 pm **$30**
at the Turtle Lane Playhouse in Auburndale

Maestro: Leonard Bernstein
Sunday, April 29, at 1:00 pm AND
Saturday, May 12, at 2 pm **$55**
One-man show starring award-winning actor, playwright, and concert pianist Hershey Felder at the Paramont Center Mainstage in Boston

Woody Sez
Wednesday, May 16, at 2:00 pm **$28**
at the American Repertory Theatre in Cambridge

Stay tuned to the *TAB*, flyers, and the April *Senior News and Events* for details about the June offerings and beyond.

*****

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.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

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.

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 March and April are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C116**
4 Thursdays from 9:30 to 11:30 am
Section 1: begins March 22
Section 2: begins April 26

Intermediate Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C157**
4 Fridays from 9:30 to 11:30 am
Section 1: begins March 23
Section 2: begins April 27

Introduction to the Internet for Seniors
Mimi Katz, Instructor *Code:* **C103**
4 Wednesdays from 9:30 to 11:30 am
Begins April 25

e-Mail Workshop for Seniors
Bob Roll, Instructor *Code:* **C171**
4 Wednesdays from 9:30 to 11:30 am
Begins March 21

Basic Computer Maintenance Using Windows XP for Seniors
Phyllis Mays, Instructor *Code:* **C220**
4 Mondays from 11:45 am to 1:45 pm
Begins March 19

Getting to Know Your Digital Camera
Phyllis Mays, Instructor *Code:* **C174**
4 Mondays from 9:30 to 11:30 am begins Mar. 19

Photo Editing with Picasa
Phyllis Mays, Instructor *Code:* **C259**
4 Mondays from 9:30 to 11:30 am begins Apr. 23

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.

NEW THIS SPRING!!
FACEBOOK FOR SENIORS

Instructor, Michael Toon
Facebook is a hugely popular social networking site that allows you to make connections, share interests, and join groups. If you are curious about joining Facebook, then this course will allow you explore the basics, including the features of the Home and Profile Pages, sharing pictures, video, and more. The course will also deal with privacy issues.
4 Thursdays from 11:45 am to 1:45 pm
Section 1: begins April 26
Section 2: begins June 7

Cost and Course Code were unavailable at press time. For more information and to register, call BA&CE at 617-730-2700.

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, March 5 and 12**.

QUILT RAFFLE

Buy raffle tickets now for a chance to own this magnificant hand-pieced and tied, queen-sized (96" square) quilt called "On the Street Where You Live" and was lovingly made by our own Brookline Bee Quilters here at the Senior Center. You can take a chance on winning it for only $1 for each raffle ticket or six for $5. Buy tickets at the Senior Center Gift Cart. Buy lots of them! The drawing will take place at the annual Volunteer Appreciation Lunch, on April 18, but you need not be present to win.

BROOKLINE COMMUNITY AGING NETWORK NEWS

To find out more about the call for volunteers, description of the discounts available to members of BrooklineCAN, and much more, go to the web site at BrooklineCAN.org and be amazed by what you can do and what will help you to age well at home.

Volunteers Wanted

Advertising Coordinator whose major job is to find service providers and business for the BrooklineCAN website. For more information, call Frank Caro at 617-739-9228.

Membership Chair This volunteer position entails recruiting and orienting new and prospective members through a range of events and correspondence. If you are interested, contact either of BrooklineCAN's steering committee co-chairs, Ruthann Dobek at 627-730-2756 or Frank Caro at 617-739-9228.

Volunteer Coordinator to promote volunteer opportunities for Brookline residents, establish connections with Brookline nonprofit organizations to determine their need for volunteers, publicize volunteer opportunities on the BrooklineCAN website, and update volunteer information on a regular basis. For more information, call Alberta Lipson at 617-232-0408.

Discounts

One of the many benefits of being a member of BrooklineCAN is the discounts. Home and personal services such as Geek Housecall, the Move Maven, Beacon InHome, and J. Earley's Hair Salon; restaurants such as the Cognac Bistro, The Fireplace, Rani Indian Bistro, and Zenna Noodle Bar; and retail stores such as florist Albert's of Brookline, Brookline Booksmith, and Ten Thousand Villages—all offer discounts to BrooklineCAN members. Use them, enjoy them. Just be sure to bring your membership card when you use them.

THE IMMIGRANT SONG —SAVE THE DATE—

Come to this 5th Annual music and Worship Fund Benefit Concert at Temple Ohabei Shalom on Saturday, May 5, at 7:30 pm. *The Immigrant Song* is a mosaic of international music featuring the magnificent voices of Cantor Randall Schloss (tenor), Leah Schloss (operatic soprano), Cantor Elias Rosenberg (tenor), and many special guests—all bent on capturing immigrant experiences throughout the ages and across the world.

Tickets are $36, but senior tickets are $18 (for each senior and for one companion accompanying the senior and the price includes transportation if the senior is unaccompanied). The Benefit Champagne and Dessert Reception that will follow the concert is an additional contribution of $42. For more information and to make reservations, call Selma Bengis at 617-739-2171.

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CHAIR YOGA AT THE SOUTH BROOKLINE SENIOR SOCIAL

The South Brookline Senior Social is adding a new feature to its Friday morning meetings at the Putterham branch of Brookline Public Library. From **March 9-30**, there will be Gentle Chair Yoga sessions sponsored by the Brookline Public Health Department and the Brookline Senior Center **from 10:30 to 11:15 am**. The instructor will be Karen Wenc.

Reservations are strongly suggested to assure your place in the yoga group. To make reservations, call Regina Frawley at 617-469-0052 or Paula Coelho at 617-232-3038.

Following the yoga session, there will be the usual social, offering kosher pastries and coffee and tea from 11:30 a.m.-1:00 pm. No reservations are required for the social after the yoga session.

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SENIOR CENTER FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called.

A wide variety of food is available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, you might just find some wonderful soups, specialty salads, and sandwiches. A varied group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Jackie Wright at the Senior Center on Tuesday mornings.

EASY TRAVEL

In **March (Thursday, the 1st)**—Julie Washburn will whisk you off to San Francisco. And rumor has it that Paris will be our destination in April. All sessions start **at 1:30 pm**.

Would you like to lead a tour of one of your favorite places? If you have a photographic tour (far-flung or local) you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760.

ZUMBA GOLD

The Zumba Gold class will run **every Thursday from 1:30 to 2:30 pm through March 29**. Drop-ins are always welcome at $7/session. There are a few free spots available for residents of Brookline Housing Authority buildings thanks to a generous grant from the Brookline Community Foundation. For more information, call 617-730-2770.

Brookline Community Foundation

THANK YOU!

Annual Appeal Donors Sondra Adelman, Anonymous, Frances Chaikin, Beverly M. Gleason, Claire Goodwin (supporting the Fitness Scholarship program), A. Anthony Tappe, Arnold B. Tofias, Two students from Northeastern University, Doreen Vittori, and Waneta Louise West

BrooklineCAN Fund Donors Miriam S. Alpert, Joan Benjamin, Carla W. Benka, Ann Bookman & Eric Buehrens, Brookline Municipal Credit Union, Anita B. Garlick, Anne Gelbspan, Renee Gelman, Leonard Goldstein, Stacy Greenspan, Regina Healy & Robert Sloane, V. Celia Lascarides & William F. Manley, Dr. Peter Loewinthan, Mary K. O'Brien, Martha & Gabreil Padawer, Evelyn Ayash Roll, Elizabeth Van Ranst, and Philip Zeigler

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To Amy Gordon ***for her gift in honor of*** Doreen Gordon (supporting the Food Distribution Program)

To Rhona & Ralph Hirschowitz ***for their gift in honor of*** Elizabeth Kirsten's 97th birthday

To Shirley Obelsky ***for her gift in honor of*** Income Tax Preparation

To Claire Yung & the Chinese Mah Jongg Group ***for their gift in honor of*** the Chinese Mah Jongg Program

To Blanche Steinman (supporting the Van Fund) ***for her gift in memory of*** James Fullerton, son of Carol & Phil Fullerton

To Lois & Norman Morse ***for their gift in memory of*** Shirley Radlo

To Edward R. Wolpow ***for his gift in memory of*** Gundrun Wolpow

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.

This month, as March winds make walking a nightmare to many, please consider an extra gift in support of our van. Hundreds of seniors will thank you as the van and its faithful 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.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

SPECIAL THANKS

The Spare Change Fund reached its goal of $300. as the Brookline Senior Center's contribution to the state-wide senior-center fund to help replace the trees lost in the tornado and tropical storm that struck Central Massachusetts last year. Thanks to all who dug into their pockets and contributed.

And many, many thanks as well to Miriam Sargon who supplied a much needed typewriter.

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A yearly donation of $10.00 is requested to have this calendar mailed to your home monthly. To subscribe, please fill in the following form and return it and a check for $10.00 to:

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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.

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 assistance or special accommodations, contact the Council on Aging at 617- 730-2777.

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