

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



MAY 2016



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Council on Aging (COA) meeting
Wednesday, May 11 at 1:00 pm (see P3).

Memory Café Wednesday May 25
1:30-3:30 (see P. 3).

REMEMBER TO VOTE



**In the Annual Town
Election is on Tues-
day, May 3.**

TELLING YOUR STORY



Come to the Senior Center on **Wednesday, May 25 at 10:15 am** for the annual public reading of memoirs by members of the BA&CE autobiographical writing group, *Telling Your Story*. Be prepared to be amused and touched as

you listen to these thoughtful, wonderful stories that reaffirm the richness of resources that older writers offer us all. This event is free and open to everyone. Bring your friends to this magical event.

SO YOU WANT TO BE AN ENTREPRENEUR

Are you contemplating retirement or have you recently retired? Do you have a passion, skill or interest that could lead to your own business opportunity? Join the Brookline Senior Center and Brookline Adult Education as we present three Brookline business owners who will share stories about their personal journey to entrepreneurship on **Tuesday, May 10 from 5:30-7:00 pm** at the Brookline Senior Center, 93 Winchester Street,

Panelists will include: Felice Brenner, former executive recruiter and current yoga instructor, Elenore Parker, president and co-founder of Rewarding Work Resources, and Carol Sapoznick, owner of the Olive Connection. Pre-registration is required; the program is free if reserved by Monday, May 9. All are welcome but after May 9 there will be a \$10.00 fee charged on the day of the event. For more information or to register contact: Deidre Waxman, LICSW at; 617-730-2767 or dwxman@brooklinema.gov

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

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

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

MAY OBSERVANCES



On **Monday, May 30**, we celebrate Memorial Day and the Senior Center will be closed. May has many other significant days: Cinco de Mayo on

Tuesday, May 5 has become a celebration of Mexican culture and heritage. Mother's Day is on **Sunday, May 8**, Armed Forces Day, on **Saturday, May 21** in honor of our armed forces. May is also National Mental Health Awareness Month and Lupus Awareness Month. Lily of the valley is the May flower and emerald is the birthstone for those born in May.

May is also when we celebrate Older American's Month, acknowledging the perennial contributions of older adults to our nation. The 2016 OAM theme is **Blaze a Trail**. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. The highlight this year is ways that older Americans are advocating for themselves, their peers, and their communities. The Senior Center will celebrate with a Climate Action presentation, Elder Law presentation and our annual Telling Your Story Event.



COUNCIL ON AGING MEETING

On **Wednesday, May 11 at 1:00 pm** Jamie Donchin and Susan Andriole will discuss the CARE and Memory Café programs both very popular Senior Center programs.

MEMORY CONNECTIONS CAFÉ



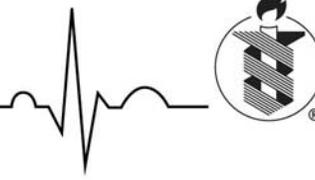
Memory Connections Cafe: On **Wednesday, May 25 from 1:30-3:30 pm**, the Senior Center will host its free monthly Memory Connections Cafe for people with early memory challenges and their carepartners to connect with their peers. Both participate in socialization and partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This month's event is co-sponsored by EPOCH Senior Healthcare of Chestnut Hill. This program is supported by a grant from the Brookline Community Foundation.

MAPLE LEAF RAG QUILT RAFFLE



Have you seen this magnificent quilt hanging in the coffee lounge at the Brookline Senior Center? It is a king sized quilt that was hand-pieced and hand-quilted by our own Brookline Bees!

Raffle tickets are now available for this amazing piece of art at the Gift Cart or through the Council on Aging offices (2nd floor) for \$1.00 each or six tickets for \$5.00. The drawing will be held at the Holiday Craft Fair on Saturday, November 5, 2016.



Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, May 5 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

Podiatry Clinic

Routine foot care (nail and callous trimming) with Dr. John McLoughlin is available at the Senior Center for a cost of \$30. Please note that Dr. McLoughlin's rate will be \$40 as of July 2016. To inquire about appointments, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, May 18 at 1:00 pm**.

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

Thursday, May 19 from 9:00 to 10:00 am at The Senior Center.

Wednesday, May 4 from 2:00-3:00 pm at the BPHD building on Pierce Street

Wednesday, May 11 from 1:00-2:00 pm at Sussman House, 50 Pleasant Street.

Wednesday, May 25 from 1:00-2:00 pm at 61 Park Street

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

A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Brenner, will call you back as soon as possible.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, May 19 from 1:00-2:00 pm**. They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

A research partner of
 **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 mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question:

I have been told that I have bursitis. What does that mean and what can I do to relieve the discomfort?

Answer: A bursa is a small sac filled with fluid (think of a tiny balloon filled with fluid). We have hundreds of bursae in our bodies. They act as a cushion between our bones and any moving part around the bones. They allow us to move our joints smoothly, such as our knees, elbows, shoulders, hips, wrists and even smaller joints such as fingers and toes. Usually, we don't pay attention to our bursae unless they start to hurt.

Bursitis is when the bursae get inflamed (irritated, swollen, painful, sometimes red). So what causes this to happen? The most common risk factor is age-the older we get, the more likely we are to get bursitis. However, it can occur at any age and frequently occurs when we do the same repetitive motion. Some examples of these kinds of motions are leaning on your elbows, which may cause your elbow bursae to become inflamed. Kneeling to do gardening or cleaning floors may irritate your knees. Raising your arms such as lifting items over your head or throwing a ball may irritate your shoulders. Sitting in one position may affect your hips. Playing a violin can affect your neck. If you already have arthritis or gout, these may make you vulnerable to bursitis.

So how do we know if we have bursitis? Usually, the doctor can make the diagnosis based on your history and physical exam. Therefore, it is important to be able to help your doctor by giving a thorough description of when the pain/swelling began, what kinds of activities may have predisposed you to the pain and whether it's getting better or worse.

Xrays can't really diagnose bursitis, but an ultrasound or MRI may help make the diagnosis if there is some doubt. If there is some confusion as to whether this is gout or an infection, the doctor may need to remove some fluid for analysis.

Usually, bursitis gets better on its own with time. Resting the inflamed joint, putting ice in the beginning and taking a pain reliever may help. If there is concern about an infection, antibiotics might be needed. If there is a lot of swelling, the bursa can be drained of the fluid.

To prevent a recurrence, it is helpful to change what might have caused the problem in the first place. For example, being overweight puts a big stress on knees, hips and feet. Taking breaks between repetitive motions such as using the computer, painting, etc helps. Exercises help to strengthen the muscles around the joints. Try not to sit for long periods of time without moving around to help protect your hips.

NEW YOGA CLASS.

Join our new yoga class on **Wednesdays from 1:00-2:00 pm**. We will combine active and restorative poses in the Fitness Center. Pre-registration is required, by calling 617-730-2777. The suggested donation is between \$5 and \$10 per session. For more information, call Sharon Devine, 617-730-2769.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount. \$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

Bay State Taxi 617-566-5000

Brookline Town Taxi 617-232-2800

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for and sell BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2015 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$51,150; a couple's, \$58,450.

BETS service is available for use in all cabs of all companies that are based in Brookline. It's the law: If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash. **To purchase taxi tickets you must pay by cash or check only.**

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.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, May 4 from 9:00am-12:00pm** to consult on legal matters of law. **This service is offered for Brookline residents only and is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Brenner, will call you back as soon as possible.

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email: dwxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

DO YOU NEED A SENIOR CHARLIECARD?



We are holding a Senior Center CharlieCard event on Wednesday, **May 18 from 1:00-3:00 pm** at the Brookline Senior.

You must bring in a picture ID with your date of birth indicated as you must be 65 or older to qualify for a Senior CharlieCard. You will fill out an application and we take your picture. The MBTA will mail your CharlieCard to your home in 6-8 weeks.

THANK YOU



A big thank you to local Brownie Troop #62558 and leader, Kerri Ann Tester for their wonderful donation of girl scout cookies. Our seniors

have been enjoying the cookies at a variety of recent Senior Center events and we are all very appreciative!

Israel, Van Kooy & Days, LLC

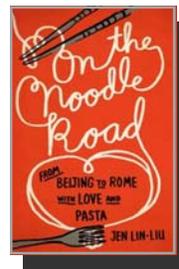


Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@ivkdllaw.com
web: www.ivkdllaw.com
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BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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



Monday, May 23
On the Noodle Road
by Jennifer Lin-Liu

SOUTH BROOKLINE SENIOR SOCIAL



On **Friday, May 6 through June 3 at 11:00am –noon** Gentle Yoga will be offered at the Putterham Branch Library in the rear Com-

munity Room. All levels and capabilities are welcome. The library is wheelchair accessible and a wheelchair is available on-site. SBSS programs are always free to the public. We will not have coffee or pastries served at the May-June yoga classes. For questions, please phone Regina Millette Frawley at 617-469-0052.

BRIDGE

Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

We Love it Here!



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

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

The Senior Center continues to offer two on-going support groups designed to help caregivers cope with the stress and demands of loved ones who are struggling with Alzheimer's Disease. Both groups meet at the Senior Center. The daytime group meets in the early afternoon on the second Friday of each month and the evening group meets on the last Thursday of each month. For information about the daytime group, please call group facilitator, Helen Kass at 617-738-1790.

The evening support group is currently full but the group facilitator, Susan Kanian-Andriole would like to hear from you. Please call 617-730-2754 if you would like more information on the Thursday evening group.

ZUMBA GOLD



A combination of Latin salsa, cardio workout and interval moves. This is the hottest dance fitness craze and it is fun. Get in shape and have fun doing so in this dynamic and effective fitness system.

Zumba Gold at the Senior Center! Sessions are on **Thursdays through May 19 from 1:30-2:30 pm**. Drop-ins are welcome at \$7 per session and free for Brookline Housing Authority residents.

ZUMBA at 90 Longwood will be held on **Wednesdays through May 11 from 10:00-11:00am**. These classes are open to all seniors and free of charge. Offered by the Brookline Senior Center, Friends of Brookline Public Health, Brookline Housing Authority

THE SOLEMATES



Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it doesn't cost a thing.

Solemates meets on **Fridays at 10:00 am** in the lobby of the Senior Center. Come to the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register or for more information, call Sharon Devine at 617-730-2769. We are looking for a co-leader for the group and additional drivers.

AGELESS GRACE

On **Wednesdays, through May 11 from 2:00-2:45 pm** at 90 Longwood Ave. This program is open to all seniors free of charge.

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm**. For more information or to register call Sharon Devine at 617-730-2769.

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FROM THE DIRECTOR

As Mother's Day approaches, I think fondly of the special women in my life – such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. She lived downstairs, and often took care of me when my parents worked. I cherish some of my earliest memories of her; being in her garden, her holding me close, and sharing her fragrant lilacs. She was a true role model for aging-in-place.

In honor of Mother's Day, I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek who is a generous benefactor of the Brookline Senior Center and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so. Please make a donation in honor of or in memory of the special women in your life.

The Senior Center is hosting a treasure trove of fabulous events in May. We are proud to celebrate older American's month. I urge you to attend one of our special events that interest you and invite a friend as well. You can't go wrong by attending Senior Center actives.

May is also the time to say goodbye to our excellent students Annie, Katie, and Sarah. They all contributed much to our community and we wish them well in their future careers. We have the opportunity to welcome Jason as our newest social worker intern. Please be sure give him a warm welcome.

Again, Happy Mother's Day! This is the 11th year we celebrate Mother's Day. Our celebration will be a Springwell brunch on May 4. For those of you who are mothers, a special thank you for all the hard work and love and sacrifice you do for you families and for everyone else. Sons and daughters, honor you mothers by doing something kind for someone this month.

Ruthann Dobek, Director

AGING BACKWARDS

Aging Backwards is resuming on Wednesdays, **from 2:30 to 3:00 pm** in the Fitness Center. We will begin with mobility and bone strengthening work-outs and progress to posture, pain relief, weight loss and body shape routines. Registration is required by calling Sharon Devine at 617-730-2769.

DANCE PARTY USA!

Back by popular demand **On Thursday, May 26 dance from 6:30-8:30 pm**. Put on your dancing shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes and does some singing of the '50's, 60's, and 70's. Light refreshments will also be available. This event is co-sponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.



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SENIOR CENTER THEATER CLUB



Sunday, June 12 at 2:00 pm
Reagle Theater in Waltham
Carousel Cost: \$39

This iconic American classic features some of the most powerful music ever written for the stage, including "If I Loved You", "Mister Snow", "June is Bustin Out All Over" and the iconic "You'll Never Walk Alone." To register call 617-730-2777.



Sunday July 10 at 2:00 pm
Reagle Theater in Waltham
Thoroughly Modern Millie Cost: \$39

Thoroughly Modern Millie takes you back to the height of the Jazz Age in New York City, when "moderns" including a flapper named Millie Dillmount were bobbing their hair, raising their hemlines, entering the workforce, and rewriting the rules of love.



Thursday, August 11 at 12:05 pm.

Pawtucket Red Sox VS
Durham Bulls
Join the Brookline Senior Center and Center Communities

of Brookline for an afternoon of baseball at McCoy Stadium Pawtucket RI.

Cost \$15

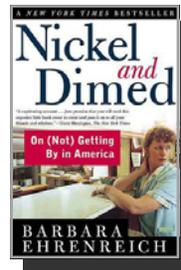
Registration is required and space is limited for these special events. To register please call 617-730-2777

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

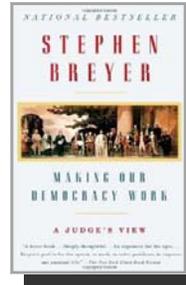
At the Senior Center

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

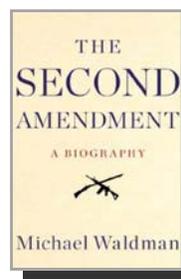
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, May 24
Nickel and Dimed: Not getting by in America
by Barbara Ehrenreich



Tuesday, June 28
Making Our Democracy Work: A Judge's View by Stephen Breyer
By Alfred A. Knopf, Inc.



Tuesday, July 26
The Second Amendment: A Biography by Michael Waldman
(Simon & Schuster, Inc.)

Tuesday, August 23

All the Shah's Men

by Stephen Kinzer (John Wiley & Sons, Inc.)

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

ABCD FUEL ASSISTANCE BROOKLINE AREA INTAKE SITES

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

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

ELF: The Equipment Loan Fund has had multiple requests for walkers with seats (rollators) and standard and transport wheelchairs. If you have a donation of any of these items, it would be most appreciated. Please call Jamie at 617-730-2753 to make a donation or to obtain any items.

FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline

Senior Center @ 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House @ 61 Park Street on the third Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying or finding out more about the program, please call Nancy at 617 730 2772 to set up an appointment.

POETRY CORNER

Due to our space limitations, we have been unable to include the many wonderful poems that we have received over the past several months. We truly want to be able to share your thoughtful work with the larger community and so, we will soon begin displaying your poetry submissions in our newly created "Poetry Corner" in the Coffee Lounge at the Senior Center. Of course, we will also continue to periodically include it in the Newsletter as space allows.

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Brookline Community Aging Network – Brookline-CAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information

for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

DRIVING RETIREMENT EVENT

For some, driving retirement is anticipated and prepared for, much like retirement from work. For others, it is an unexpected and highly distressing occasion. You might use non-driving options as backup plans, or as ways of getting to places where you'd rather not drive because of weather, darkness, difficulty parking, convenience, or cost. Learn more at our two panel discussions on driving retirement, at **6:00pm on Tuesday, May 17 and Thursday June 16** at the Brookline Senior Center. For more information contact Kerri Ann Tester, LCSW, TRIPPS Program Director at 617-617-730-2644 or email at volunteer@trippsmass.org.

LET'S PLAY SOME PING PONG!



Lin Sasman, our wonderful Ping Pong Coordinator, is here on **Friday afternoons from 1:00-5:00 pm**. If you want to drop in for a quick game, Lin will be available

to help you connect with players of similar abilities. All are welcome, beginner and seasoned player.

ABOUT TRIPPS

TRIPPS offers support for Newton and Brookline residents aged 60+ looking for alternatives to driving due to either necessity or choice. We produce a comprehensive resource guide to local transportation options in Greater Boston. We also offer individual, personalized support to residents of Brookline and Newton aged 60+. Please get in touch if you or someone you know needs information or advice.

If you are interested in volunteering come join our team! We're always looking for enthusiastic people to support our seniors, research transportation options, and educate the public about car-free choices. Kerri Ann Tester, LCSW, TRIPPS Program Director 617-617-730-2644 or email at volunteer@trippsmass.org.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic **on Tuesdays**. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

OPEN COMPUTER LAB

The computers are available on **Monday, Wednesday and Thursday afternoons from 2:00-4:00 pm**.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday and Saturday from 11:00 am to 4:00 pm

**Children's, Men's, Women's clothing
at reasonable prices!**



THANK YOU FOR FOOD DONATIONS AND TO VOLUNTEERS

Party Favors, Rami's, The Fireplace, Pizza Stop, Rani, Shan A Punjab, Anna's Taqueria, Stonehearth Pizza, Papa John's, Dok Bua, Sichuan Gourmet, Family Restaurant, and Upper Crust for a delightful food selection. Our dedicated volunteers made the event fun for all and again this year we were serenaded by our own Alan Balsam on guitar.

THANK YOU FOR RAFFLE DONATIONS FOR OUR ANNUAL STOCK OUR SHELVES EVENT

Danish Pastry House Gift Certificate
Echo Bridge Restaurant & Café
Stone Hearth Pizza Gift Certificate
Miller's Alehouse Gift Certificate
City Farm, Inc.
Chili's Gift Certificate
\$10 Chili's
Handmade Pillow (donated by Muriel Stark)
New Breadsong Bakery
Dorado Tacos and Cemitas
Jack French Handbag (donated by Frank & Rita D'Entremont)
Handmade Beaded Jewelry by Patricia Burns
Handmade Beaded Jewelry by Gail Dugan
LiNEaGe, Pomodoro, Regal Beagle and Osaka
We raised \$663 along with hundreds of pounds of food!

MEDICAL MARIJUANA PANEL

On **Friday, May 6 at 5:00 pm** The Massachusetts Patient Advocacy Alliance (MPAA) and Jordan Tishler, MD of Inhale MD Health & Wellness will present on the Medical Marijuana system in Massachusetts, how to access care and what illnesses and symptoms are amenable to treatment. Special emphasis will be placed on issues confronting tagging individuals.. Refreshments and a question and answer session will be included. To register call 617-730-2770.

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.

BROOKLINE ADULT EXCURSIONS

Bead Expo

Friday, May 6 from 11:00am-5:00pm

This show is a fabulous jewelry exhibition that brings hundreds of companies, designers, and manufacturers together to provide customers with 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. The trip fee includes transportation. \$10/\$14 R/NR Location: Marlboro, MA Marge Harvey will be at the Senior Center at 10:45 to discuss the trip.

Diablo Glass School

Wednesday, May 25 from 12:30-5:00pm.

This class taught at Diablo Glass School, will introduce you to the basic principles behind forming glass in the kiln to create beautiful fused glass pendants. You will be introduced to all of the tools, basic glass cutting and kiln forming theory. When these one-of-a-kind pieces come out of the kiln a Diablo staff member will attach a sterling silver bail by which to hang your pieces. No experience necessary. Trip fee includes transportation and workshop. \$32/\$43 R/NR

Lost Pond Walking Tour

Wednesday, June 1 from 2:00-4:00pm

You don't have to waste gas or travel far to experience the natural beauty of the wilderness. Did you know that there are three wildlife sanctuaries in Brookline? Spend an afternoon visiting one of Brookline's sanctuaries, Hall's Pond, with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found there. Please wear sturdy walking shoes. Trip fee includes transportation. \$8/\$11 R/NR

To register, call The Brookline Recreation Department at 617-730-2082 or 617-730-2069 **pick up locations: Brookline Senior Center Soule Recreation Center**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Clam Chowder HOT: Baked Fish Au Gratin in Cream Sauce; Orzo Pilaf; Ratatouille; Multigrain Bread. COLD: Tortellini Salad (V); Summer Squash Salad; Rye Bread. Orange</p>	<p>3. Springwell Staff Training No Meal Service Today</p>	<p>4. Mother's Day Special Brunch Fresh Fruit Cup; Cheese Omelet w/ Onions (V), Mushrooms & Cream Sauce; Home Fries; Croissant; Margarine Pat. Apple Cake Mothers day lunch</p>	<p>5. Vegetable Rice Soup HOT: Mild Beef & Bean Chili; Kale; Carrots; Corn Bread. COLD: Egg Salad (V) on Wheat Bread; Garden Shell Pasta Salad; Broccoli Slaw. Lime Mousse w/Topping</p>	<p>6. Chicken Stew; Collard Greens; Rye Bread. COLD: Tuna Salad on Oatmeal Bread; Three Bean Salad; Carrot Pineapple Salad. Chocolate Brownie</p>
<p>9. Greek Chicken; Couscous w/ Vegetables; Fresh Zucchini; Rye Bread. COLD: Seafood Salad on Pumpernickel Bread; Riviera Salad; Pesto Pasta Salad. Cinnamon Applesauce</p>	<p>10. Lentil Stew w/Shredded Cheese (V); Herbed Brown Rice; Fresh Broccoli; Tossed Salad w/Lite Italian Dressing; Wheat Dinner Roll. COLD: Ham & Swiss Cheese on Wheat Bread; Orzo Vegetable Salad; Cauliflower & Carrot Salad Sherbet</p>	<p>11. Corn Chowder HOT: Ground Beef Stuffed Peppers; Peas, Mushrooms & Carrots; Multigrain Bread. COLD: Vegetarian Chef Salad (V)/w/Lite Italian Dressing; Potato Salad; Pita Bread. Orange</p>	<p>12. Tomato Soup HOT: Salmon Filet on Lemon Dill Sauce; Fiesta Blend; Orzo Rice w/ Peas; Rye Bread. COLD: Chicken Salad on Oatmeal Bread; Corn Salad; Tomato Red Pepper Salad. Mixed Fruit Birthday Lunch</p>	<p>13. Beef Vegetable Soup HOT: Whole Grain Lasagna w/Marinara Sauce & Meatball; Italian Green Beans; Italian Bread. COLD: Roast Beef w/Provone Cheese & Lite Mayo on Rye Bread; English Pea Salad; Spinach & Mandarin Salad. Apple Raisin Compote w/Topping</p>
<p>16. Minestrone Soup HOT: Beef, Rib B Q. w/Sauce***; Roasted Potatoes; Mixed Vegetables; Multigrain Bread. COLD: Seafood Salad on Oat Bread; Broccoli Tomato Salad; Corn Salad. Lemon Pudding</p>	<p>17. Oriental Vegetable Soup HOT: Chicken Lo Mein; Oriental Vegetable Blend; Wheat Dinner Roll; Fortune Cookie. COLD: Chef Salad w/ Turkey & Lite Italian Dressing; Multigrain Bread; Balsamic Vinaigrette Pasta Salad. Mandarin Oranges Birthday Lunch</p>	<p>18. Tortellini w/Meat Sauce & Parmesan Cheese; Cauliflower w/Parsley; Tossed Salad w/Lite Italian Dressing; Scallion Bread. COLD: Curry Chicken Salad on Wheat Bread; Garden Shell Pasta Salad; Carrot Pineapple Salad. Pears</p>	<p>19. Spinach & Red Pepper Quiche (V); Corn; Stewed Tomatoes; Garlic Wheat Dinner Roll. COLD: Roast Beef w/Provone Cheese & Lite Mayo on Pumpernickel Bread; Summer Potato Salad; Cauliflower Carrot Salad. Orange</p>	<p>20. Seafood Chowder HOT: Fish on Lemon Pepper Sauce; Butter-nut Squash; Broccoli; Rye Bread. COLD: Mediterranean Tortellini Salad (V); Summer Squash Salad; Scallion Bread.</p>
<p>23. Vegetable Barley Soup HOT: Beef Stroganoff; Over Buttered Egg Noodles; Green Beans; Rye Bread. COLD: BBQ Chicken, Mozzarella & Red Onions Sandwich on Bulkie Roll; Summer Potato Salad; Spinach & Mandarin Salad. Orange</p>	<p>24. Clam Chowder HOT: Fish Florentine; Whipped Potatoes; Collard Greens & Onions; Wheat Bread. COLD: Ham & Swiss w/Mustard on Rye Bread; English Pea Salad; Summer Squash Salad. Peaches</p>	<p>25. Hot Dog **on Hot Dog Roll w/ Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. COLD: Egg Salad (V) on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. Pears</p>	<p>26. Chicken a La King; Orzo Pilaf; Fresh Broccoli; Whole Wheat Dinner Roll. COLD: Cottage Cheese & Fruit Plate (V); Orange Juice; Pasta Vegetable Salad. Chef's Choice Dessert</p>	<p>27. Broccoli & Mushroom Frittata (V); Red Bliss Potatoes; Green Beans; Orange Juice; Croissant. COLD: Turkey & American Cheese w/Lite Mayo on Multigrain Bread; Tri Color Pasta Salad; Cole Slaw. Fruit Yogurt</p>
<p>30. Memorial Day Holiday No Meal Service</p>				
<p>NAME: Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before. (V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/ crackers. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>				

LUNCHEON SPECIALS



Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for

Monday, call the previous Friday by 10:30 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

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

On **Tuesday, May 17** we celebrate May birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all May birthday celebrants. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

On **Wednesday, May 4** we will hold our special Mother's Day Lunch.

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.

LET'S GO OUT TO LUNCH BUNCH



Dine with the Let's Go Out to Lunch Bunch on **Tuesday, May 31** at Galway House. 710 Center Street Jamaica Plain at **12:00**

noon. For reservations and transportation, call 617-730-2770.

IT TAKES A VILLAGE GREATER BOSTON WALKING CLUB

This inclusive program welcomes people with dementia and their care partners. Transportation is available or you can meet us at the site. We leave from Goddard House at 10:15am. Complimentary lunch is served following the walk at Goddard House. For more information or to RSVP call Brigit Ganson at 781-718-5277.

Friday, May 20 Arnold Arboretum/ Jamaica Plain lilac walk

Friday June 17 Habitat Nature and Wildlife Sanctuary/Belmont Walk

Friday, July 15 Arnold Arboretum/Walk in the Meadows

Friday, August 18 Jamaica Pond

Friday, September 16 Habitat Nature Walk & Wildlife Sanctuary

Friday, October 21 Larz Anderson Park

ELDER LAW SEMINAR

Watch the TAB for an update on a date for our annual Elder Law Seminar. The Attorney will discuss law issues with a spotlight focus on basic estate planning. This program is sponsored by the Massachusetts Bar Association and the Massachusetts Chapter of Elder Law Attorneys to register call 617-730-2777.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in May at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.

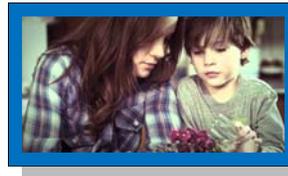


Tuesday, May 3

Youth 2015

2 hr. 4 min.

A retired orchestra conductor is on holiday with his daughter and his film director best friend in the Alps when he receives an invitation from Queen Elizabeth II to perform for Prince Philip's birthday.



Tuesday, May 31

Room 2015

1 hr. 58 min.

A kidnapped mother and son escape from a room in which they have endured imprisonment for the entirety of the boy's life. Upon breaking free from its confines, they experience a dramatic homecoming, provoking insight into the depths of imagination and the extent of a mother's love.

Taken from www.imdb.com



Tuesday, May 10

Brooklyn 2015

1hr. 51 min.

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.



Tuesday, May 17

The Lady in the Van 2015

1hr. 44 min.

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.



Tuesday, May 24

Shining Night 2012

1 hr.14min.

A tribute to a living legend, celebrating the life and music of the artist whom musicologist Nick Strimple has called 'the only American composer in history who can be called a mystic'. National Medal of Arts recipient and most frequently performed American choral composer, Morten Lauridsen spends summers on a remote island in the Pacific Northwest.

COOLIDGE CORNER COMMUNITY CHORUS SPRING CONCERT



This month we are hosting "Shining Night", a lovely documentary about the composer Morten Lauridsen and his music.

Lauridsen's "Lux Aeterna" will be the major work at this year's Coolidge Corner Community Chorus spring concert at All Saints Parish on **June 4 at 8 pm** and this documentary is a wonderful opportunity to introduce his work to the community.

In addition, the Chorus would like to invite you to attend their first "dress" rehearsal with the orchestra at the Senior Center on **Wednesday, May 25 from 6:00-9:15 pm**. Guests are free to watch as much or as little of the rehearsal as they wish, but we do ask that the audience refrain from conversations and phone calls in the rehearsal room.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month on Saturday May 21 from 11:00-1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ESL CONVERSATION GROUP

Agnes Clifford will lead the group every **Wednesday from 3:00-4:00 pm.** If you would like to practice your English, then this supportive group is the place for you! The group discusses a wide variety of topics that includes talking to your doctor, hobbies and current news stories. We hope to see you there!



HEALTHIER NUTRITION: EATING OUT AND USING LEFTOVERS

On **Friday, May 13 at 1:00 pm**, Estelle Record-Stanley will facilitate this peer led discussion on how to make healthier nutritional choices when you are eating out or using leftovers. Sample menus will be available or you can bring your own. Handouts will also be available as partial guidelines for NESTS: Nutrition, Exercise, Sleep, Tension Release, and Social Support. Estelle continues to read Julia Ross, Deepak Chopra, Natasha Turner, Barry Sears, Peter D'Adamo, Harvey Diamond, and of course Adelle Davis as her guides. To register, please call 617-730-2770.

SHINE

Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of the free services include: Colorectal cancer screening (including colonoscopies), Mammograms, Pap tests and pelvic exams, Bone mass measurements, Cardiovascular screening, Flu and pneumonia shots, Alcohol misuse screening and counseling, Depression screening, Obesity screening and counseling. There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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.

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

MAY AT A GLANCE

Monday, May 2

1:00pm Ukulele Group

Tuesday, May 3

No Springwell Lunch

1:00pm Movies for Film lovers-*Youth*

Wednesday, May 4

9:00am-noon Brookline Legal Assistance Bureau

2:00-3:00pm Blood Pressure Screening BPHD *

Thursday, May 5

11:00am Ask a Nurse

1:30pm Easy Travel to Egypt

1:30 Zumba Gold

Friday, May 6

11:00-noon Gentle Yoga at the Putterham Branch Library

11:00am-5:00pm Bead Expo***

5:00-7:00pm Medical Marijuana Panel Discussion***

Monday, May 9

Tuesday, May 10

1:00pm Movies for Film lovers-*Brooklyn*

5:30-7:00pm So you want to be an Entrepreneur***

Wednesday, May 11

1:00pm Council On Aging Meeting

1:00-2:00pm Blood Pressure Screening Pleasant St.*

Thursday, May 12

1:00pm Climate Action Presentation and Discussion ***

1:30 Zumba Gold

Friday, May 13

11:00-noon Gentle Yoga at the Putterham Branch Library

1:00pm Healthier Nutritional Choices***

Monday, May 16

Tuesday, May 17

1:00pm Movies for Film lovers-*The Lady in the Van*

6:00 pm Driving Retirement TRIPPS Program***

Wednesday, May 18

1:00-3:00pm CharlieCard Event

Thursday, May 19

10:00am Tour the Recycling Center***

10:00-noon Blood Pressure Screening Senior Center

1:00-2:00 Brookline Hearing Services

1:30 Zumba Gold

Friday, May 20

11:00-noon Gentle Yoga at the Putterham Branch Library

Monday, May 23

2:00-3:00pm Putterham Book Discussion Group

Tuesday, May 24

9:00-10:00am Public Issues Nonfiction Book Group-*Nickel and Dimed*: Not getting by in America

1:00pm Movies for Film lovers-*Shining Night*

Wednesday, May 25

10:15-11:45pm Annual "Telling Your Story" Autobiographical Reading

12:30-5:00pm Diablo Glass School***

1:00-2:00pm Blood Pressure Screening at Park Street*

1:30-3:30 Memory Café ***

Thursday, May 26

6:30-8:30 pm Dance Party USA ***

Friday, May 27

11:00-noon Gentle Yoga at the Putterham-Branch Library

Tuesday, May 31

12:00 noon Out to Lunch Bunch

1:00pm Movies for Film lovers-*Room*

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Community
Education

**BA
& C**

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new classes
starting soon!

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617-730-2700

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open—
Membership required
8:45-10:15 Strength Training **
10:00-11:30 am Poetry Workshop ***
10:00-12:30 Intro to Watercolor**
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab

Tuesday

8:30 am-4:30 pm Fitness Center Open—
membership required
One-to-One Computer Sessions (call 617-730-
2777 for appointment ***
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and
Balance
10:15 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health &
Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours
approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open-
Membership required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:15-11:45am Telling Your Story**
10:30am Retired Men's Club

10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-2:00 New Yoga Class***
1:00-3:00pm Scrabble
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open member-
ship required
9:30 Figure Drawing ***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jongg
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation
Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge
10:00 am Solemates Walking Group ***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:30-2:00 pm Basic Computer Class in Spanish

1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** This is a Brookline Adult and Community
Education (BA&CE) course so registration
with them is required. Call 617-730-2700 or
go to www.brooklineadulted.org to register

*** Registration Required

Brookline Health Care Center

A HealthBridge Management Company

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

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

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

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

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

Physical Therapy

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

Occupational Therapy

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

Speech Therapy

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



Brookline Health Care Center
A Nursing and Rehabilitation Center

99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm. Get a number in the coffee lounge beginning at 11:00 am.**

Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm**, in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes **will run on Thursdays from 12:00 noon to 1:00 pm.**
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm.**

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.



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COUPON

FROM THE BOARD PRESIDENT

May is such a special month at the Brookline Senior Center. Spring is in full bloom. We have some of the most comfortable and beautiful days and nights. And we honor the women in our lives. May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their memory.

If you would like to create a tribute gift contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756. Families such as Marie Levine's daughters and Corinne Long's family have already insured that their mothers are honored on an annual basis with their special gift.

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

Elizabeth (Betsy) Pollock, President, Senior Center Board

*Wish You Were
Here*

*(Mixed media
works)*

By Cathie Brenner

Gallery 93

May-June 30

Hours
Monday-Friday
8:30-5:00



-SAVE THE DATE -

Organizing for Life Management and Pursuit of a Life Less Cluttered

On **Wednesday, June 1** Dr. Roberto Oliverdia, Psychologist and Clinical Instructor, Harvard Medical School and McLean Hospital will discuss **Organizing for Life Management (ADD, Collecting and Letting Go)** from **9:30-11:00 am**. And then Lee Sheur and Bec Belofsky Shuer the co-founders of Mutual Support Counseling will discuss : **Pursuit of a Life Less Cluttered (Challenging Attachment)** from **11:30 am-1:00 pm**. at the Brookline Health Department on 11 Pierce Road. Registration is required by calling 617-730-2770.



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UKULELE GROUP

Have you always wanted to play the ukulele and sing songs from days gone by and even some from days to come? If so, why not give the Ukulele gathering a try. We play some easy tunes to begin so if you are a novice, you can join in. Teaching will be secondary but singing is PRIMARY. So come and join us for the next session on **Monday, May 2 at 1:00 pm**. for an hour of musical merriment. No need to sign up, just come. Bring a uke and a music stand if you have one, and we will supply song sheets and some instruction. You can also see this information on line at www.meetup.com/BostonUke.



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Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

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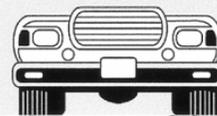
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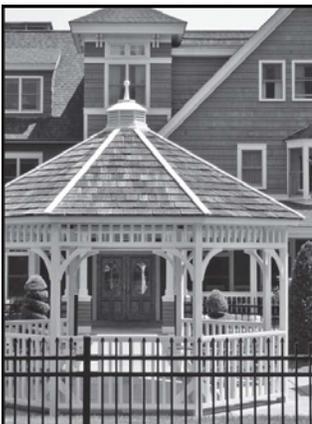
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MAY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: conversation and refreshments for the Memory Café from 1:30-4:30 on the 4th Wednesday of each month, friendly visitors, Russian interpreter for the Food Commodity program for 3 morning hours on the 3rd Wednesday of each month, scanning in hundreds of photos of BSC events for use in slide shows at upcoming events, reformatting the resource guide into one Word document and we need a co-leader and driver for the SOLEMATES walking program at Jamaica Pond on Friday mornings at 10:00am. Contact Patricia at 617-730- 2743



ANNUAL VOLUNTEER SURVEY & FILE AUDIT

LAST CALL to participate in our annual volunteer survey. The survey gives us valuable data for the BSC's annual report and our fundraising efforts that are so important to keep our programs running. Please fill it out and return it to Patricia.

Check your mail! A 2nd mailing is in progress and will include any missing or very outdated forms from YOUR particular volunteer file. Both mailings will include a self-addressed envelope to either mail or drop off for Patricia, the Volunteer Coordinator. For questions or if you have misplaced the survey or envelope, please contact Patricia at 617 730 2743 or pburns@brooklinema.gov.

CALLING CHESS PLAYERS

of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of ours.

1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

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



ONLINE VOLUNTEER SEARCH

1 on 1 Meetings to Assist Volunteer Job Seekers. The Brookline Council on Aging is testing out a new user-friendly volunteer website for people of all ages who are searching for meaningful volunteer opportunities. On **Mondays from 2:00-4:00pm** at the Senior Center, the website coordinator, Alberta Lipson, will meet with people who are looking for volunteer work in Metro Boston and Brookline. If you'd like to schedule an appointment or have questions, please contact Alberta albertalipson@gmail.com.

EASY TRAVEL

A First Hand Visit to and History of the Mokattam Garbage Village in Cairo Egypt: On Thursday, May 5 at 1:30 pm, Patricia Burns, our Volunteer Coordinator will share her experience visiting the Zabaleen in the Mokattam Garbage Village. She will share the history and the lifestyle of the people, especially the women who live and work there.

TUESDAY MORNING DANCE PARTY

Tuesday Morning Dance Party! Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of \$2 per class.

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.

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In Honor of:

Frances Pechenick *honoring* the Senior Center
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Kathryn Kilpatrick *honoring* Ruth Brenner
Jane Kaiser *honoring* Deidre Waxman and the Rec-
reation Department
Lila Sesholtz *honoring* the lunch program
Claire Yung and the Chinese Mah Jong Group
honoring the Chinese Mah Jong program
Shirle Goldstone *honoring* Ruth Geller
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TOUR OF RECYCLING FACILITY



Where do Brookline's curbside recyclables go? How are they collected, sorted, and shipped? Here's a chance to see for yourself!

On Thursday, May 19, at 10:30 am, take a tour of the largest materials recovery facility (MRF) east of the Mississippi - Casella's "Zero Sort" operation in Charlestown. Transportation will be provided and the van will leave the Senior Center at 9:45 am sharp. PLEASE NOTE: There is a 10 step set of stairs that you MUST be able to climb in order to participate in this tour. We apologize for any inconvenience that this causes. This trip is organized by the Council on Aging and Brookline's Solid Waste Advisory Committee. To register, please call 617-730-2770.

CLIMATE CHANGE PRESENTATION



On Thursday, May 12 at 1:00 pm Grady McGonagill, Head of the Massachusetts Chapter of Elders Climate Action will address climate change while

there is still time to protect the wellbeing of future generations. Grady will offer a brief overview of the causes of climate change, indicators of its current impact, and forecasts of its likely future impact. He will make the case that human-caused climate change is an existential threat to life on the planet. However, thanks to low-cost renewable energies and rising public awareness, there have never been more opportunities for communities to take significant action. Grady will describe the unique role that elders can play in mobilizing concern about climate change, suggest 7 possible actions, and engage the audience in discussion. To register call 617-730-2770



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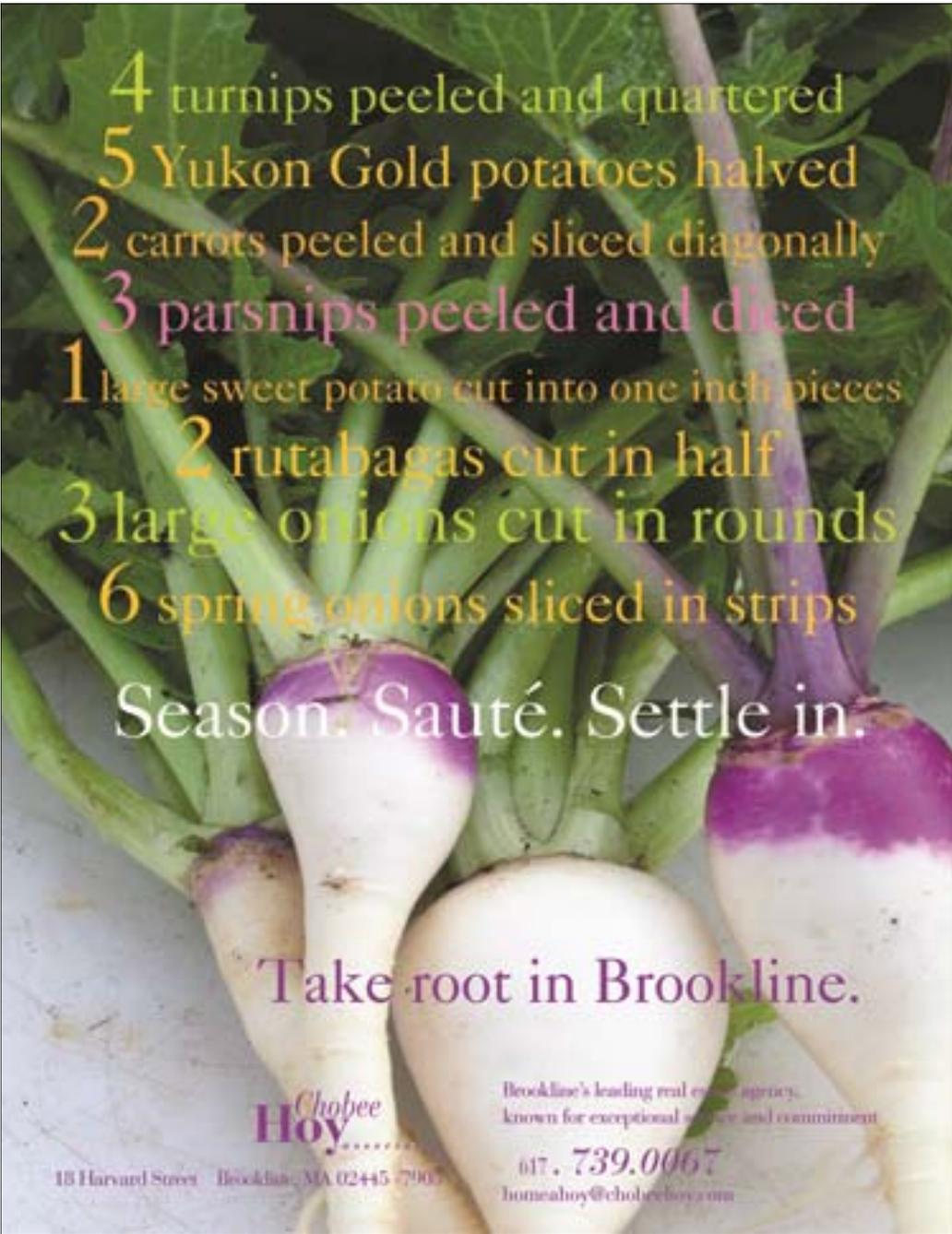
I found Judy to be professional, responsible and amazingly service oriented...It's all about taking care of you during the selling or buying process and that's what Judy does best. -*David, past buyer and seller*

She always had our best interest in mind. Her knowledge about the real estate market is excellent. -*Tzu-Chun and Zhongjun, past buyer*

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