TOWN OF BROOKLINE
SENIOR NEWS & 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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Brookline Council on Aging
www.brooklinema.gov
Www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Learn "8 steps to your kidney health* on **May 8**. See p. 5.

Come to Artbarn's presentation: "Mendel's Accordion" on **May 10**. See p. 10.

Don't miss the public readings of the Telling Your Story class on **May 16**. See p. 3.

Learn about advance planning at "Planning Points" on **May 21**. See p. 15.

Get "A Taste of Mexico" on **May 23**. See p. 7.

Turn to poetry at the Seasoned Voices, the poetry group, evening at Brookline Booksmith on **May 24**. See p. 3

MAY 2012

OLDER AMERICANS MONTH

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our communities. Since 1963, Brookline has joined with communities across the nation to celebrate Older Americans Month—a proud tradition that shows our nation's commitment to recognizing the contributions and achievements of older Americans. This year's theme—***Never Too Old to Play…***—encourages older Americans to stay engaged, active, and involved in their own lives and in their communities. *(From www.olderamericansmonth.org)*

The Senior Center strives to provide Brookline's senior community with many and varied activities and events to enjoy. In addition to our regular programs to engage the body—aerobics to Zumba—and the mind and spirit—discussion groups, concerts, movies , drawing , and writing—an amble through the pages of any monthly *Senior News & Events* will reveal more special events and programs.

May's issue of the *Senior News & Events*, for example, is chock full of special, good stuff—Artbarn, the Senior Center's exhibits for Open Studios, a special Russian Tea Room concert, and much much more—read on and enjoy.

Photos: Top—at the computer lab (photo by Jewel Chin). Bottom—Bike Brookline participants.

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

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MAY HOLIDAYS

May is full of sunlight and flowers and promises of summer to come. It is also home to many holidays—some commemorative and serious, others delightful, and some even silly.

Armed Forces Day (Saturday, May 19) and Memorial Day (Monday, May 28) are both commemorative. The former—Armed Forces Day—celebrates all the men and women who serve our country in the military. The latter—Memorial Day—commemorates all the men and women who have died in the military service of our country and also all our loved ones who have died. The Senior Center will be closed on **Monday, May 28, for Memorial Day**.

Mother's Day (Sunday, May 13) is delightful. Imagine a day to honor mothers. We hope all your children, grandchildren, and great-grandchildren make your day wonderful and memorable.

And then there are the downright silly—Limerick Day on Saturday, May 12, is Edward Lear's birthday. Mr. Lear was, of course, the master of the limerick (You know:

There's a wonderful family named Stein,
There's Gertrude, there's Ep, and there's Ein.
Gertrude's poetry's bunk,
Ep's statues are punk,
And nobody understands Ein.)

On Wednesday, May 16, go out and hug a tree…a tree, mind you, not a bush…on Love a Tree Day.

Whatever you do, enjoy May!

MUSIC WITHOUT BORDERS

The Russian Tea Room cordially invites everyone to their spring concert—Music without Borders—featuring pianist Boris Fogel on **Thursday, May 24, at 1:30 pm** at the Senior Center.

TELLING YOUR STORY

The participants in the senior seminar in autobiographical writing—Telling Your Story—invite everyone to the 27th annual public reading and presentation of their work at the Senior Center on **Wednesday, May 16, from 10:15 to 11:45 am**. Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories that rediscover and reaffirm the richness of the resources that older writers offer us all. This event is free and open to everyone so bring your friends and relations to this magical event. Refreshments and socializing will follow the presentation.

SEASONED VOICES

And to add to the literary flavor of the month, the Senior Center's poetry workshop—Seasoned Voices—will have their annual reading of original works at Brookline Booksmith at 279 Harvard Street on **Thursday, May 24, at 7:00 pm**. This is always a lovely evening as the poets prove once again that poetry, like life, only gets better with age.

BROOKLINE MUSIC SCHOOL CONCERT

Come to the last Brookline Music School concert of the winter-spring series featuring the Chris Vielleux Trio on **Wednesday, May 2, at 1:00 pm** at the Senior Center. This concert is cosponsored by the Brookline Music School and the Senior Center and is free and open to everyone. Refreshments will be provided by Springhouse. No reservations are required.

Chris Veilleux, group leader, is on the faculty of the Brookline Music School and is a woodwind player and composer whose music stems from jazz, free jazz, world music, rock, and classical.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, May 7and 21, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet **at 1:00 pm on Wednesday, May 16**, at the Senior Center.

Blood Pressure Screenings

Come to the Senior Center on **Monday, May 7**, **from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center (BHCC) will provide blood pressure screenings.

And there will be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center on **Thursday, May 17, from 9 to 10:30 am**. In addition, the BPHD nurse will provide blood pressure screenings:

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

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center (GBCGAC) will do blood pressure screenings at the Senior Center **on Monday, May 21**, 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.

Healthy Eating for Seniors

As we age, our nutritional requirements change. Learn about the major food groups and how to combine foods for complete and satisfying meals, even on a limited budget. Also learn how to tailor your diet in regard to health problems or specific medications. And acquire a better understanding of your own nutritional needs, including daily recommendations for protein, vitamins and minerals, and overall caloric intake. Overall, increase your confidence in making healthy food choices at this course being offered at the Senior Center by Brookline Adult & Community Education (BA&CE).

Instructor: Emily Stein.
3 Fridays, from 10:00 to 11:30 am, beginning May 4. *Course Code*: **P705**. $35.
For more information and to register, call BA&CE at 617-730-2700 or go to brookline adulted.org.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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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: My friend recently fainted. What causes fainting? Is it dangerous?

Answer: Fainting is defined as a sudden loss of consciousness. The medical word for this is *syncope*. According to the April 2012 issue of the *Harvard Heart Letter*, almost one third of us will faint at least once in our lifetime. People usually faint because the brain suddenly does not get enough blood.

There are several possible causes of fainting.

- Standing up suddenly from a chair or bed or even standing for a long time does not give the blood enough time to get to the brain. This causes the blood pressure to drop quickly, not allowing the blood to get to the brain fast enough. Before fainting, people often feel dizzy. If they don't sit down quickly, they can faint. This is made worse when there is not enough fluid in our bodies either from not drinking enough liquids or from taking water pills.
- Pain or strong emotions may cause the blood vessels to open wider, thus causing the blood to drop to the bottom part of the body, also causing fainting.
- Occasionally, fainting can be caused by abnormal heart rhythm, either too fast or too slow, disrupting the flow of blood to the brain. Sometimes damaged heart valves also causes fainting.

When you faint, it is important to get a checkup. Blood pressure should be measured both while sitting and standing to see if it gets lower on standing. An electrocardiogram (EKG) can determine if the heart rhythm is normal, and an echocardiogram can evaluate the heart valves. Often a cause is not found, but frequently a simple change in medication or drinking more fluid can fix the problem.

8 STEPS TO YOUR KIDNEY HEALTH

What do you know about kidney disease? Do you know the risk factors, signs and symptoms? Anyone who has a history of hypertension, diabetes, heart disease, smoking, or protein or blood in the urine could be at risk for developing kidney disease. It is the ninth leading cause of death in the United States.

On **Tuesday, May 8, at 1:00 pm**, Li-Li Hsiao, MD, PhD, will discuss "8 Steps to Your Kidney Health" at the Senior Center. This program is free and no registration is required.

Dr. Hsiao is Assistant Professor of Medicine, Renal Division, Brigham and Women's Hospital. Dr. Hsiao's talk will include a discussion of early detection and screening for kidney disease.

As a follow-up to Dr. Hsiao's talk, free kidney screenings will be offered on **Saturday, May 19**, at the BPHD at 11 Pierce Street, **from 10:00 am to 3:00 pm**. No appointment is necessary.

This program is sponsored by the Kidney Disease Awareness Program at Brigham and Women's Hospital, the BPHD, and the Senior Center. For more information contact mailto: [lkarsten@brooklinema.gov], e-mail lkarsten@brooklinema.gov, or call 617-730-2336.

EQUIPMENT LOAN DAY

On **Thursday, May 17, from 1:00 to 4:00 pm** at the Senior Center, the ELF program is showing off its inventory of medical equipment available for loan at the first annual Medical Equipment Loan Day. Come and see the variety of equipment available to you, including walkers, bed rails, canes, bedside commodes, wheelchairs, shoe horns, raised toilet seats, crutches, and more! Come and look. And be amazed by the variety! And take an item you need home with you!

PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome to the meeting of this group on **Friday, May 4, from 1:00 to 2:30 pm**. This month there will be an open discussion. For more information, call Vanessa Blais at 617-638-7729 or e-mail her at vblais@bu.edu. This group is cosponsored by the COA and the American Parkinson's Disease Association.

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, May 11**. 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, May 31**—call Susan Kanian-Andriole 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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If so, please call us!

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(1-800-AGE-INFO)

A TASTE OF MEXICO: FOOD, MUSIC, AND CULTURE

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 on **Wednesday, May 23, from 12:30 to 2:00 pm** at the Senior Center for an afternoon of cultural appreciation and 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.

The fee for the program and lunch is $7. For more information and to register, call Brookline Adult & Community Education (BA&CE) at 617-730-2700 or access BA&CE online at www.brooklineadulted.org. (To register at BA&CE, use Course Code **X259**. Or you can call the Senior Center at 617-730-2770. Make your reservation as soon as possible as these cultural extravaganzas are always very popular and space is limited. This cultural *tour de force* is cosponsored by the Council on Aging and BA&CE.

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Many Brookline precincts changed this year because of the redistricting. So...
Don't forget to
VOTE
in the annual Town of Brookline elections on Tuesday, May 1!!

SPANISH IMMERSION

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

1. One-on-one Spanish conversations with seniors from Latin American countries.
2. Beginner Spanish language classes on **Thursday afternoons from 1:00 to 2:00 pm**. There are small groups with emphasis on conversational skills.
3. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.
4. Basic Computer Class for Spanish-speaking seniors on **Fridays from 12:30 to 2:00 pm**.
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.

*****

Volunteers needed: The Spanish Immersion program needs help. If you are bilingual (English-Spanish) and would like to volunteer to help in this program, call Vivian Freeman, Volunteer Coordinator for the Senior Center, at 617-730-2743 or Giovanna Tapia, Spanish Immersion coordinator, at 617-953-7016 or 617-730-2644.

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MASS COLLEGE OF PHARMACY WORKSHOPS

Don't miss the last workshop of the present series presented by the Mass College of Pharmacy on **Thursday, May 17, at 11:00 am** at the Senior Center. The subject of this workshop is pain management, a subject that is of great interest to many of us (Dare I say "most of us?") as we age.

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

AT THE GALLERY

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

You En Li

Monday April 23 through Friday, July 13

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

Reception with the Artist Thursday, May 31 5:00 to 8:00 pm

FROM THE DIRECTOR

The theme for Older Americans Month this year—***Never Too Old to Play…***—encourages older Americans to stay engaged, active, and involved in their own lives and in their communities. *(From www.olderamericansmonth.org)*

The Senior Center strives to provide Brookline's senior community many and varied activities and events to enjoy. In addition to our regular programs to engage the body—from aerobics to Zumba—and the mind and spirit—discussion groups, concerts, movies, drawing, and writing—an amble through the pages of the monthly *Senior News & Events* will reveal more special events and programs.

Do your part to make aging in place for older Americans in Brookline a viable and rewarding possibility by joining or renewing your membership in ***BrooklineCAN*** (the Brookline Community Aging Network). For a mere $25 donation, you can be part of this vibrant, all-volunteer group that is committed to building a better Brookline by promoting services that enable independent living while increasing opportunities to engage in the Town's social, cultural, and civic life. Check out the web page, at www.BrooklineCAN.org. Membership includes access to a growing repairs referral listing, discounts, and other benefits.

Give because it means so much. I want to send a special thanks to those of you who donated to our annual appeal. Keep your checks coming. Our fiscal year ends at the end of June, and we are still collecting money to support our van.

And to fund scholarships for low-income elders to use the Fitness Center—a $30 donation covers a Fitness Center membership for one month. Donations of any amount are graciously accepted. Call Sharon Devine at 617-730-2769 to find out about scholarships.

Treasures to enjoy. The Senior Center is hosting a treasure trove of fabulous events in May. I urge you to attend as many of the events as are of interest to you and to invite a new friend as well. This is a great month to sample the Senior Center as a newcomer.

We are a host site for 10 extraordinarily talented artists on May 5 and 6 at Brookline Open Studios (see p. 10).

If you are looking for matinee performances, make sure you sign up for one or more of the fabulous trips our Theater Club is offering.

And one of our special annual programs will be held on Wednesday, May 16 (see p. 3). The annual readings by the *Telling Your Story* class are clearly an event not to be missed. The readings never fail to move me and inspire all.

I am pleased that we are offering another one of our exciting ethnic festivals on Wednesday, May 23 (see p. 7), celebrating the rich culture of Mexico. Taste a delicious meal, and sample the best of Mexican culture and music. Sign up today before it is sold out.

May is also the time that our excellent students graduate**s** Jessica Moss, Loren Dupuis, and Katie Kelley will finish their internships. Join me as we wish them well in their future social work careers, and thank them for all their hard work.

Finally, I want to wish all a Happy Mother's Day! A great way to honor one's mother is to make a donation in her honor/memory to the Brookline Senior Center. We will list all donations in this newsletter as well as send personal cards. We all know that a mother's work is never done, and what better way is there to say thanks.

> "All that I am or ever hope to be, I owe to my angel Mother," *Abraham Lincoln*

—Ruthann Dobek, Director

Don't miss the exhibitors who will be at the Senior Center during Brookline Open Studios on **Saturday (May 5) and Sunday (May 6) from 12:00 noon to 6:00 pm**. The exhibitors are:

- Miriam Aaronson, pastels, paintings—landscapes and still life
- You En Li, all media exhibiting in the ongoing gallery show in progress at the Senior Center (see p. 8)
- Katrina Majkut, realist landscapes in oils and silver gelatin photos of Boston, Southie, and US national parks
- Karenna Maraj, hardware parts are used to make handmade jewelry
- Cecile Raynor, drawings capturing performers' movements turned into colorful pastel charcoal 3D artwork
- Alejandro and Moira Siña, single electrode neon is used to create ethereal lightworks for indoors and outdoors
- Karen Stern, abstract paintings and various sewn textiles
- Mike Tarasyuk, drawings and paintings of objects, people, and places
- David Lee Thompson, modern abstract sculptures made from found and fabricated wood elements

And there will be entertainment and refreshments.

This list is only one site of many, many of the Open Studios you can visit. Go to the Open Studios web site at www.brooklineartists.com for more details about all the participants. Also see the brochure that is now available virtually everywhere for maps and other information about all Open Studios events.

Enjoy dinner theater with Artbarn Community Theater at the Senior Center on **Thursday, May 10, at 4:00 pm**. A delicious dinner will follow "Mendel's Accordion," a Klezmer musical production with Artbarn's young actors.

The production follows Mendel, a Klezmer musician, from his village in Melnitze to America in search of a better life for his family. Meet Mottel from Moscow, Itzik from Odessa, and Pinchus from Pinsk as they make their way in the big city. Though immigrants brought few possessions with them from the old country, traditions like Klezmer music will live on for generations.

This original Split Hares Traveling Troupe production features an authentic Klezmer accordion musician and will have you up on your feet, dancing in the aisles.

At the discussion after the show, meet Heidi Smith Hyde—the author of this children's book adapted by Artbarn for the stage. Space is limited so reservations are required. Call 617-730-2770 to reserve a place.

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DENTAL ASSOCIATES

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

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- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

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- Cognitive remediation
- Dysphagia issues

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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 2011 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed $45,500; a couple's, $52,000.

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please use cash.

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

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

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

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff. (See also p. 23.)

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. 13.)

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

NEED HELP WITH PRESCRIPTION DRUG COSTS?

Prescription Advantage—a state-run program that helps many seniors pay for their prescription drugs—may be your answer. There is no charge for joining Prescription Advantage if you have an annual income at, or less than, $33,510 for a single person and $45,390 for a married couple. (There is no asset limit!)

Who can join? Massachusetts residents, eligible for Medicare, who are:

- 65 years or older with an annual income at, or less than, $55,850 for a single person or $75,650 for a married couple

OR…

- Under 65 years *and disabled*, with an annual income at, or less than, $21,000 for a single person or $28,444 for a married couple.

If you are not eligible for Medicare, you can also join, and there is no income limit.

How can Prescription Advantage help you? If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (the "donut hole").

If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan now, instead of waiting for the Open Enrollment period in October.

If you are *not* currently enrolled but you need a Part D or Medicare Advantage plan now, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today at 1-800-AGE-INFO (1-800-243-4636), then press or say 2, for an application form.

Also, help is available from the SHINE program. Call the Senior Center 617-730-2777 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by calling 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.

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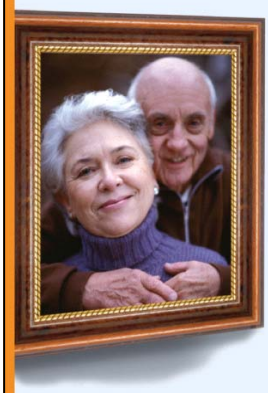

CALL US AT 1-800-980-1982 from 9am to 5pm for answers, resources and expert advice on elder care.

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

CJP*seniordirect*

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

THE IMMIGRANT SONG

Come to this 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), and Cantor Elias Rosemberg (tenor), accompanied by pianist David Sparr—and many special guests—capturing immigrant experiences throughout the ages and across the world.

Tickets are $36. Senior tickets are $18, as are tickets for family and friends accompanying seniors. All attendees are invited to a dessert reception following the concert.

Transportation might be available for unaccompanied seniors. For more information about the concert and transportation and to make reservations, call Selma Bengis at 617-739-2171.

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

BEREAVEMENT SUPPORT GROUP

If you have experienced the death of a loved one and find the grieving process makes holidays, anniversaries, and even day-to-day life difficult, join this 8-week facilitated group called "Loss of a Loved One." It meets on **Wednesdays in May (except for May 16) and June from 3:00 to 4:30 pm** at the Senior Center. The group is educational, supportive, and confidential. The journey through grief toward deeper healing can be easier when accompanied by caring companions.

The group is being cosponsored by the Senior Center and Beacon Hospice. The group is open to everyone but space is limited so preregistration is required. To register and for more information, call Diane Christopherson, group facilitator and Bereavements Coordinator at Beacon Hospice at 857-294-0052 or e-mail her at diane.christopherson@beaconhospice.com.

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COUNCIL ON AGING MEETING

Come to the May Council on Aging (COA) meeting on **Wednesday, May 9, at 1:00 pm** and learn from Sheldon Steele, Executive Director of the Lars Anderson Auto Museum, about the museum's docent program. The museum is seeking seniors to engage with patrons and the community at large through interpretation of the museum, be part of one of our many one-of-a-kind events, and aid the museum in our ongoing goal of education and outreach.

ZUMBA GOLD

The Zumba Gold class will run **every Thursday from 1:30 to 2:30 pm through June 7**. *(Note that there will not be a class on May 24 and that the class on May 10 will meet from 1:00 to 2:00 pm.)* Mary Stevenson continues to be the instructor while Alicia Ebrat is on leave.

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

PLANNING POINTS

Financial advisors, David F, Keefe, III, and Jing Wang, will be on hand at the Senior Center on **Monday, May 21, from 2:00 to 3:00 pm** to present a seminar entitles "Planning Points," which addresses concerns of particular interest to the retired community, such as probate, estate tax update, and protecting assets from long-term care costs. This seminar is free, and everyone is welcome.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, May 16, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

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

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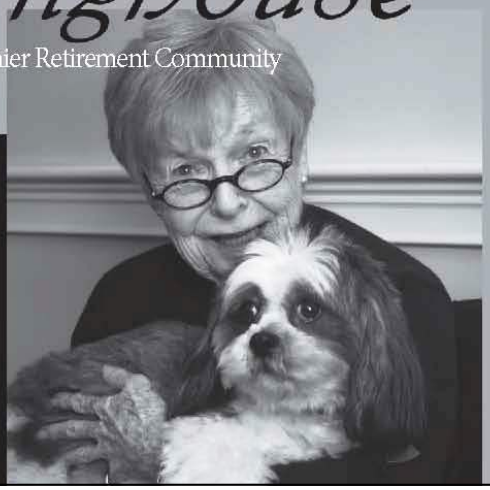

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Springwell Nutrition Program MAY 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
	1) Roast Pork w/Cinnamon Apple Glaze, Country Blend Vegetables, Butternut Squash, Whole Wheat Roll **OR** Tuna Salad w/Lettuce Leaf, Cucumber Dill Salad, Rice Tomato Black Olive Salad, Wheat Bread Tropical Mixed Fruit	2) American Chop Suey, Parmesan Cheese, Mixed Vegetable Blend, Garden Tossed Salad w/Lite Dressing, Oat Dinner Roll **OR** Egg Salad w/Lettuce Leaf, English Pea Salad, Broccoli Tomato Salad, Multigrain Bread Tapioca Pudding w/Topping
7) Lentil Spinach Soup Spaghetti w/Meatballs & Marinara Sauce, Parmesan Cheese, Zucchini, Oatnut Bread **OR** BBQ Breaded Chicken Breast Filet, Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Tomato Salad, Hamburger Roll Pears	8) Vegetable Soup Baked Fish w/Crumb Topping & Lemon Butter Sauce, Lemon Wedge, Whipped Sweet Potatoes, Green & Waxed Beans, Whole Wheat Roll **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Three Bean Salad, Bulkie Roll Chocolate Pudding w/Topping	9) Cream of Broccoli Soup Chicken Divan, Lemon Rice, Carrots w/ Parsley, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Macaroni Salad, Riviera Salad, Multigrain Bread Fresh Fruit
14) Turkey Marsala w/Mushrooms, Garlic 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 Butterscotch Pudding w/Whip Topping	15) <u>May Birthday Lunch</u> Oriental Vegetable Soup Chicken Lo Mein, Broccoli, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Pesto Pasta Salad, Coleslaw, Wheat Bread Chocolate Cake w/Vanilla Frosting & Sprinkles	16) Minestrone Soup Whole Grain Cheese Lasagna Roll Up w/Meatball & Tomato Sauce, Zucchini, Whole Wheat Bread **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad, Lite Italian Dressing, Multigrain Bread Pears
21) Split Pea Soup Meatloaf w/Mushroom Gravy, Paprika Mashed Potatoes, Dilled Carrots, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Fruity Rice Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Bulkie Roll Fresh Fruit	22) Clam Chowder Fiesta Baked Fish, Whipped Sweet Potato, Seasoned Green & Waxed Beans, Wheat Bread **OR** Chicken Salad w/Lettuce Leaf, Riviera Salad, Orzo Vegetable Salad, Oatnut Bread Pears	23) **<u>A Taste of Mexico</u>** Reservations required. No Springwell lunch.
28) **Memorial Day Holiday** **Senior Center closed.** **No Meal Service**	29) Cream of Butternut Squash Soup Vegetable Cheese Quiche, Lyonnaise Potatoes, Stewed Tomatoes, Rye Bread **OR** Breaded Chicken Breast Filet, Lite Mayo, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, English Pea Salad, Hamburger Roll Fresh Fruit	30) Hamburger w/American Cheese, Ketchup/Mustard, Lettuce & Tomato, Sweet Potato Wedges, Peppers, Onions & Mushrooms, Hamburger Roll **OR** Sliced Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Beet Salad, Summer Potato Egg Salad, Oatnut Bread Chef's Choice Dessert

THURSDAY	FRIDAY
3) Minestrone Soup Turkey w/Gravy, Cranberry Sauce, Bread Stuffing, Green Beans, Corn Bread **OR** Cottage Cheese Fruit Plate, Potato Salad, Muffin Fresh Fruit	4) Cream of Butternut Squash Soup Salmon Boat w/Lemon Butter Sauce, Spinach, Whipped Potatoes, Multigrain Bread **OR** Roast Beef w/American Cheese, Lettuce Leaf, Mustard, Lo Mein Pasta Salad, Riviera Salad, Rye Bread Cherry Turnover
10) **Mother's Day Special** **Fresh Fruit Cup** **Cheese Omelet w/Cream Sauce** **Breakfast Sausage Link** **French Toast Sticks w/Syrup** **Cinnamon Coffee Cake Loaf**	11) Beef Stew, Peas, Corn Bread **OR** Egg Salad w/Lettuce Leaf, Harvard Beet Salad, English Pea Salad, Rye Bread Pineapple
17) Beef Burgundy, Baked Potato w/Sour Cream, Green Beans, Whole Wheat Roll **OR** California Chicken Salad w/Lettuce Leaf, Riviera Salad, Pasta Salad w/Cheese, Oatnut Bread Prunes	18) Cream of Sweet Potato Soup Breaded Fish w/Lemon Butter Sauce, Tartar Sauce, Au Gratin Potatoes, Sliced Beets, Rye Bread **OR** Chef Salad w/Ham, Cheese & Boiled Egg, Lite Italian Dressing, Potato Salad, Whole Wheat Roll Fresh Fruit
24) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Caribbean Salad, Wheat Bread Ambrosia	25) Baked Macaroni and Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Egg Salad, Lo Mein Pasta Salad, Tomato Pepper Salad, Multigrain Bread Carnival Cookie
31) Mixed Bean Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Brussels Sprouts, Whole Wheat Dinner Roll **OR** Roast Beef w/Provolone Cheese, Lite Mayo, BBQ Corn White Bean & Onion Salad, Tomato Cucumber Salad, Rye Bread Mixed Fruit	All meals include 8 oz of 1% milk and margarine. All soups come with crackers. ***Higher sodium content. *Low sugar desserts are available, and need to be ordered with the site manager. Menu subject to change. $1.75 suggested donation. For meal reservations on Mondays, call the previous Friday by 11 am For meal reservations on Tues-Fri, call the previous day by 11 am.

LUNCHEON SPECIALS FOR MAY

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.

Celebrate Mother's Day with us on **Thursday, May 10** when Springwell will serve it's traditional **Mother's Day Special** brunch.

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

The **Let's Go Out to Lunch** bunch will let their hair down and dine on barbecue on **Tuesday, May 29**, at Smokin' Joe's at 351 Washington Street in Allston. Call 617-730-2770 to tell us you are coming. And tell us when you call if you will need transportation to and from the restaurant.

MAY AT A GLANCE*

Tuesday, May 1
8:30-9:30 am Nia for Seniors**
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
1 pm Movie for Film Lovers—*Hamlet*
2-3 pm Yoga for Older Americans (chair class)**
3-4 pm Yoga for Older Americans (mat class)**

Wednesday, May 2
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon BLAB lawyer
9:30-11:30 am Introduction to the Internet for Seniors**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Brookline Music School Concert (Chris Vielleux Trio
2-3 pm Blood pressure screenings (with Barbara Westley from the Brookline Public Health Department [BPHD]) at the BPHD building*
2:30 pm Silver Newtone's *To Life* at Goddard House*
3-4:30 pm Bereavement Support Group***

Thursday, May 3
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—still life
9:30-11:45 am Drawing for Pleasure—figure drawing
11:45 am-1:45 pm Facebook for Seniors**
1:30 pm Easy Travel—on vacation this month

Friday, May 4
9:30-11:30 am Intermediate Computer Basics for Seniors**
10-11:30 am Healthy Eating for Seniors**
1-2 pm Balance and Flexibility for Seniors**
1-2:30 pm Parkinson Disease Support Group
2-3:30 pm Introduction to Tai Chi Chuan**

Saturday, May 5
12 noon-6 pm Brookline Open Studios* with 10 Senior Center exhibitors
2:30 pm Cinco de Mayo cooking demonstration at Goddard House*
7:30 pm The Immigrant Song at Temple Ohabei Shalom*

Sunday, May 6
12 noon-6 pm Brookline Open Studios* with 10 Senior Center exhibitors

Monday, May 7
8:45-10:15 pm Strength Training for Seniors**
9 am-12 noon Podiatry Clinic***
9:30-11:30 am Photo Editing with Picasa**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-2 pm Blood pressure screenings (with a nurse from the Brookline Health Care Center)
1-3 pm Senior Center Decorators
2 pm Reminiscences: Man Bites Dog

Tuesday, May 8
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
1 pm 8 Steps to Your Kidney Health
1 pm Movies for Film Lovers—no movie today
2-3 pm Yoga for Older Americans (chair class)**
3-4 pm Yoga for Older Americans (mat class)**

Wednesday, May 9
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 am Introduction to the Internet for Seniors**
9:30 am-3 pm Brookline Recreation excursion to Mount Auburn Cemetery
10 am-12 noon Memory Fitness for LGBT Seniors***
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm COA meeting—Sheldon Steele of the Lars Anderson Auto Museum speaking
1-2 pm Blood pressure screenings (with Barbara Westley from the BPHD) at Sussman House*
3-4:30 pm Bereavement Support Group***

Thursday, May 10
9:30-11:30 am Introduction to Computer Basics for Seniors**
10:30-11:30 am Arthritis Exercise Class***
11:45 am-1:45 pm Facebook for Seniors**
12 noon Springwell's Mother's Day Special brunch***
2:30 pm Discussion of *Aging is Not What It Used to Be* at Goddard House*
4 pm Artbarn presents *Mendel's Accordion****

Friday, May 11
9:30-11:30 am Intermediate Computer Basics for Seniors**
10-11:30 am Healthy Eating for Seniors**
1-2 pm Balance and Flexibility for Seniors**
3:30 pm Hewen Ma, Classical Piano Concert at Goddard House*
Afternoon Alzheimer's Caregivers Support Group—call for time

Saturday, May 12
2 pm Theater Club excursion to *Maestro: Leonard Bernstein* at the Paramont Center Mainstage in Boston*

Monday, May 14
9:30-11:30 am Photo Editing with Picasa**
1-3 pm Senior Center Decorators

Tuesday, May 15
9:30-11:30 am Introduction to the Internet for Seniors**
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
12 noon May Birthday Lunch***
1 pm Movie for Film Lovers—*Bill Cunningham New York*

Wednesday, May 16
10 am-12 noon Memory Fitness for LGBT Seniors***
10:15-11:45 am Telling Your Story public reading
1 pm Senior JOBS Fair
1 pm Low Vision Group
1:30 pm Modern Beading Workshop
2 pm Theater Club excursion to *Woody Sez* at the American Repertory Theatre in Cambridge

Thursday, May 17
9-10:30 am Blood pressure screenings (with Barbara Westley from the BPHD)
9:30-11:30 am Introduction to Computer Basics for Seniors**
11:45 am-1:45 pm Facebook for Seniors**
11 am Mass College of Pharmacy Workshop on pain management
1-4 pm Equipment Loan Day

Friday, May 18
9:30-11:30 am Intermediate Computer Basics for Seniors**
10-11:30 am Healthy Eating for Seniors**
12 noon-3 pm Brookline Recreation excursion to Lost Pond Sanctuary***
3:30 pm Modern Dance and Movement
Saturday, May 19
10 am-3 pm Free kidney screenings at BPHD*
Sunday, May 20
11:30-2:45 Brookline Bikes at Amory Park*
Monday, May 21
9 am-12 noon Podiatry Clinic***
12:30-2 pm Blood pressure screenings (with Megan Cheung from the Greater Boston Chinese Golden Age Center)
2 pm Planning Points
2-3 pm Putterham Book Discussion Group—*In the Garden of Beasts* by Erik Larson
Tuesday, May 22
9-10 am Public Issues Nonfiction Book Discussion Group—*The Conscience of a Liberal* by Paul Krugman
1 pm Movie for Film Lovers—*A Dangerous Method*
Wednesday, May 23
10 am-12 noon Memory Fitness for LGBT Seniors***
12:30 pm A Taste of Mexico***
1-2 pm Blood pressure screenings (with Barbara Westley from the BPHD) at O'Shea House*
3-4:30 pm Bereavement Support Group***
Thursday, May 24
10:30-11:30 am Arthritis Exercise Class***
1:30 pm Music without Borders (Russian Tea Room concert featuring Boris Fogel)
7 pm Seasoned Voices (poetry group) reading at Brookline Booksmith*
Friday, May 25
3:30 pm Modern Dance and Movement
Monday, May 28
Memorial Day. Senior Center is closed.
Tuesday, May 29
12 noon Let's Go Out to Lunch bunch dines at Smokin' Joe's in Allston*
1 pm Movie for Film Lovers—*Mozart's Sister*
Wednesday, May 30
10 am-12 noon Memory Fitness for LGBT Seniors***
3-4:30 pm Bereavement Support Group***
Thursday, May 31
10:30-11:30 am Arthritis Exercise Class***
5-8 pm You En Li (Gallery artist) reception
Evening Alzheimer's Caregivers Support Group—call for time

** All events are at the Senior Center unless otherwise noted above.*
*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*
****Preregistration, membership, or appointment required.*

ONGOING SENIOR CENTER EVENTS

Monday
9:30-4:30 Fitness Center open***
12:30 pm Chinese programs
12 noon-4 pm BETS
1 pm Mah jongg/Scrabble
1-2 pm Line dancing $2.00/session
2-4 pm Open computer lab

Tuesday
One-on-One Computer Sessions***
9-10 am Living Our Values
9:30 am-4:30 pm Fitness Center open***.
10 am Flexibility, Resistance, & Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
1-3:30 pm Food distribution (hours are approximate)
1 pm Bingo
1 pm Movies for Film Lovers (no movie on May 8)
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*
9:30-4:30 Fitness Center open***
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab

Thursday
9:30-4:30 Fitness Center open***
10:30 am Knit and Crochet
10:30-11:30 am Arthritis Exercise Class***
1-2 pm Beginners Spanish classes—registration required
1-2 pm Zumba Gold (May 10 class meets from 1-2 and no class on May 24)
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
2-3 pm Spanish Conversation Group***.

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

MBTA SENIOR ACCESS PASSES

If you need a first-time card, go to an MBTA Reduced Fare CharlieCard Office (at either Back Bay Station or Downtown Crossing). Bring with you photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above forms of ID to one of the above listed offices or call 617-222-5978 to renew. If you go to an office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

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MODERN DANCE AND MOVEMENT

Lynn Modell will give these ever-popular workshops on **Fridays, May 18 and 25, at 3:30 pm** at the Senior Center. For a mere $2 per session, you can participate in this splendid activity. Just come. No registration required.

FRENCH CONVERSATION

This group meets **every Tuesday in May at 12:00 noon**. Come and touch up your French conversational skills in this welcoming group led by Agnes Serenyi.

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, May 7 and 14.**

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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MEMORY FITNESS FOR LGBT SENIORS

Did you know? ★More than 50% of people age 50 or older note memory changes. ★85% of older adults complain of difficulty remembering names. ★Recent research indicates that the UCLA Memory Training Course leads to significant memory performance. ★Cognitive benefits from memory training have been found to last for years.

Join the UCLA Center for Aging's free 4-week training program on **Wednesdays, May 9, 16, 23, and 30, from 10:00 am to 12:00 noon** at the Senior Center. Learn techniques to improve memory.

Memory training is designed for people with age-related memory concerns who wish to improve their memory/cognitive ability. This course is not intended for people with Alzheimer's disease or other forms of dementia.

To register or for more information call Bob Linscott at 617-477-6610.

This program is cosponsored by the Senior Center and the LGBT Aging Project (the latter funded by Tufts Health Plan Foundation).

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ASSISTED LIVING • MEMORY CARE

MEDITATION IN MOVEMENT

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

Fee: $5/session.

MOVIES FOR FILM LOVERS

May 1
Hamlet
(1990) 134 minutes
Shakespeare's brooding, medieval Dane, Hamlet (Mel Gibson), senses something rotten in the state of Denmark; specifically, he smells a rat behind his royal father's death. Hamlet's mother (Glenn Close) may be complicit in the tragedy, while ill-fated Ophelia (Helena Bonham Carter) is an innocent bystander in love with the young prince.

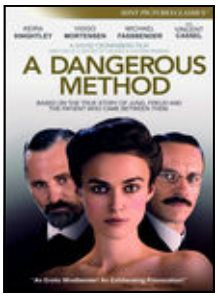
May 8
No movie—See p. 5 for information on the "8 Steps to Your Kidney Health" presentation.

May 15
Bill Cunningham New York
(2010) 84 minutes
Living simply and using a bicycle to get around New York, 80-year-old photographer Bill Cunningham tirelessly records what people are wearing in the city—both out on the sidewalk and in the salons of the wealthy.

SENIOR CINEMA

There are also free weekly movies at the Coolidge Corner branch of the Brookline Public Library. They are on Thursdays. Come at 1:00 pm for refreshments. The movie starts at 1:30 pm. May's fare:

May 10 ***Terms of Endearment*** (1983) 146 min.
May 17 ***Two Family House*** (2000) 108 min.
May 24 ***Extremely Loud and Incredibly Close*** (2011) 129 min.
May 31 ***Chocolat*** (2000) 121 min.



May 22
A Dangerous Method
(2011) 99 minutes
In this biopic, Viggo Mortensen stars as Sigmund Freud, whose relationship with fellow psychology luminary Carl Jung (Michael Fassbender) is tested when Sabina Spielrein (Keira Knightley), one of the first female psychoanalysts, enters their lives. This drama is set during the First World War.

May 29
Mozart's Sister
(2011) 120 minutes
This film dramatizes the frustrating early life of Maria Anna "Nannerl" Mozart, a gifted musician in her own right who finds her musical career cut short by her father's conventional view of gender roles and her younger brother Wolfgang's talent.

HAMLET COMETH

From May to August, one week each month, the Senior Center will show a *Hamlet*—starring Mel Gibson in May, Kenneth Branagh in June, Ethan Hawke in July, and Lawrence Olivier in August. All the versions will be discussed at a meeting in August.

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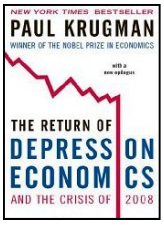
SENIOR *JOBS* FAIR

Join us at the Senior Center on **Wednesday, May 16**, for a Job Fair sponsored by the JOBS program. Come at **1:00 pm** for an information session that will prepare you with tips on how to get the most out of the job fair, and then at **1:30 pm** meet local employers who hire part-time staff in home care, administrative, and other positions. Bring copies of your résumé to the event. Preregistration is required. To register and for more information, call Deidre Waxman at 617-730-2767 or e-mail dwaxman @brooklinema.gov or Anne Spangler at aspan gler@brooklinema.gov.

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.



May 22
The Conscience of a Liberal by Paul Krugman (W.W. Norton & Company)

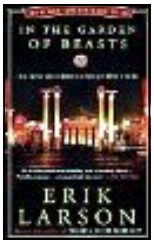
June 26
Unfamiliar Fishes by Sarah Voxell (Riverhead Books—Penguin Group USA)

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

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

PUTTERHAM BOOK DISCUSSION GROUP

This group will meet on **Monday, May 21**, at the Putterham branch of Brookline Public Library **from 2:00 to 3:00 pm** to discuss *In the Garden of Beasts* by Erik Larson.



Erik Larson, the bestselling author of *Devil in the White City*, turns his hand to a remarkable story set during Hitler's rise to power. The time is 1933; the place, Berlin. William E. Dodd becomes America's first ambassador to Hitler's Germany in a year that proved to be a turning point in history.

A mild-mannered professor from Chicago, Dodd brings along his wife, son, and flamboyant daughter, Martha. As this year unfolds and the shadows deepen, the Dodds experience days full of excitement, intrigue, romance—and, ultimately, horror when a climactic spasm of violence and murder reveals Hitler's true character and ruthless ambition.

Suffused with the tense atmosphere of the period, and with unforgettable portraits of the bizarre Göring and the expectedly charming—yet wholly sinister—Goebbels, *In the Garden of Beasts* lends a stunning eyewitness perspective on events as they unfold in real time. The result is a dazzling, addictively readable work that speaks volumes about why the world did not recognize the grave threat posed by Hitler until Berlin, and Europe, were awash in blood and terror.

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THEATER CLUB

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

Maestro: Leonard Bernstein
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

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

Thoroughly Modern Millie
Sunday, June 17, at 2:00 pm **$30**
at the Turtle Lane Playhouse in Auburndale
Note that the date of this event has changed!

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

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

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

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

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

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

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

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

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

REMINISCENCES: MAN BITES DOG

Roy Freed, a 95-year-young Brookline senior will lead an afternoon of remembering on **Monday, May 7, at 2:00 pm** at the Senior Center. To get the session rolling, Roy will screen a TV tape in which a 17-year-old interviews Roy about Roy's life at 17. After critiquing the tape, the group will discuss the techniques and therapeutic values of reminiscing, especially through telling life stories. Bring your own stories about your interesting life, and a good time should be had by all.

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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 bring 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.

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

Center Communities of Brookline
Hebrew SeniorLife

Bed, Breakfast & Beyond

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

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

For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
165 Chestnut St., Brookline MA

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

AT GODDARD HOUSE IN MAY

Celebrate Older Americans Month at Goddard with programs to delight, amuse, and instruct you:

Wednesday, May 2 at 2:30 pm
Silver Newtone's "To Life"
The Silver Newtones are a fun, exciting, and diverse choral community of mature adults dedicated to spreading the joy of music. The performance includes popular show tunes and Broadway songs!

Saturday, May 5 at 2:30 pm
Cinco de Mayo-inspired cooking demonstration
with Chef Joyce Krystofolski of Newbury College
Pastry chef Krystofolski has many years of culinary experience. She is also the proud owner of *Delicious Endeavors*, a creative cakes and pastry shop. She will cook up some tasty Mexican-style cuisine to celebrate *Cinco de Mayo*. Learn some cooking techniques, and sample some of Mexico's most famous dishes!

Thursday, May 10 at 2:30 pm
***Discussion of* Aging Is Not What It Used to Be**
Ted Aransky, Founder of ActiveAge Consulting LLC, has been in the fitness industry for over 16 years. In addition to being a nationally certified personal trainer, he has degrees in Exercise Physiology and Health Education. The topic for discussion is *Aging Is Not What It Used to Be: Debunking myths about what it means to get older.* This presentation challenges participants to question their ideas about what it means to age in light of the latest exercise research. It is geared simultaneously to inform and inspire seniors to take better care of their health through exercise.

Friday, May 11 at 3:30 pm
Classical Piano Concert
Hewen Ma began studying the piano at 6 years old. She received her BA from Shanghai Conservatory of Music and continued on to pursue her studies at the New England Conservatory.

BROOKLINE RECREATION—IT'S WHAT WE DO!*

Brookline Recreation has a couple of great excursions planned for May:

Wednesday, May 9, from 9:30 am to 3:00 pm
Mount Auburn Cemetery
More than 200,000 visitors come to Mount Auburn Cemetery (one of Metro Boston's garden cemeteries) every year to visit the graves of the famous people buried here and to admire the sculpture and plantings. It is on the National Historic Landmark Register—a botanical garden, an outdoor museum of art and architecture, and an important habitat for urban wildlife. Following the tour of the cemetery, there will be a stop for lunch at the Deluxe Town Diner.
Cost: $15 for Brookline residents, $21 for nonresidents (Lunch is *not* included in the price of the tour.)

Friday, May 18, from 12:00 noon to 3:00 pm
Lost Pond Sanctuary
You don't have to waste gas or travel far to experience the natural beauty of the wilderness. Spend an afternoon visiting one of Brookline's sanctuaries with our environmental educator. The walk will focus on the natural history of the sanctuary as well as on the plants and animals.
Cost: $5 for Brookline residents, $7 for nonresidents

And in the summer, more excursions are planned:

Friday, June 8, from 9:00 am to 3:30 pm
Concord/Lexington Trip
Cost: $10 for Brookline residents, $14 for nonresidents

Thursday, June 14, from 8:00 am to 3:00 pm
Whale Watch at Newburyport
Cost: $45 for Brookline residents, $60 for nonresidents

Wednesday, June 20, from 10:30 am to 3:00 pm
Spirit of Boston *Cruise*
Cost: $50 for Brookline residents, $67 for nonresidents

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

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

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

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.

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

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BROOKLINE PARKS AND OPEN SPACE DIVISION SPECIAL EVENTS IN MAY

Saturday, May 5, to Sunday, May 27
Studios without Walls
An art exhibit in Riverway park, between the Longwood T stop and Park Drive.

Studios Without Walls presents *Real Art? an exhibition of site-responsive sculpture*. There will be an opening celebration in conjunction with Brookline Open Studios on Saturday/Sunday, May 5/6, from 12 noon to 5:00 pm, with a jazz performance by the Joel Press Quartet on Sunday, May 6, at 3:00 pm. Participating artists include Muriel Angelil, Karen Klein, Milan Klic, Bette Ann Libby, Lyn Macdonald, James Paradis, Kerri Schmidt, Joan Schwartz, and Jim Wright.

For further information, visit www.studios withoutwalls.org or call 617-276-4608. This program is supported in part by a grant from the Brookline Commission on the Arts, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

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.

Honor your mothers this month by providing 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 be.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

Sunday, May 20
Brookline Bikes Beacon & Community Celebration of our Parks
Amory Park at Amory St. & Beacon St.

Why? For fun! For free! Celebrate, encourage and call attention to the environmental, physical, and social benefits of bicycling, and celebrate Brookline's parks and open spaces.

When? ★11:30 am to 12:15 pm Bike Parade Registration ★12:30 pm Ride starts promptly ★12:45 pm - 2:45 pm Community celebration with music, entertainment, and free popsicles and ice cream.

Open to the public, all are invited!

Who? Cyclists who can ride 5 miles on a hilly course at a speed of 8 mph without stopping.

★★★★★

This event is organized by the Brookline Bicycle Advisory Committee and sponsored by the Brookline Police, Public Works, and Parks and Open Space Departments. Visit www.Brookline Bikes.org to register or for information on the Bike Parade, or call the Parks and Open Space Division for information on the Community Celebration at 617-730-2088.

★★★★★

Special thanks to the Gold Level Sponsors: Brookline Bank and Chobee Hoy Real Estate Associates.

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.

VOLUNTEERS NEEDED

BrooklineCAN (the Brookline Community Aging Network) is looking for volunteers—people interested in being involved in the exciting work of the committees that make up this all-volunteer organization. Would you like to be part of this vibrant organization by working on such committees as membership, discounts, and livable communities, and help your community age well in place? If so, contact either Ruthann Dobek at 617-730-2756 or rdobek@brookline ma.gov or Frank Caro at frank.g.caro@g mail.com.

SENIOR SCENE

There is an exciting new program on Senior Scene. Host Betty Joel is focusing on some very special BrooklineCAN projects. She has interviewed Carol Schraft on the apartment/condo survey that is now available to BrooklineCAN members on BrooklineCAN.org; Jules Levine on the caregivers overnight parking permits; and Lucy Robb on the traffic on Route 9. All of these topics are concerns of the Livable Communities Committee. This is a program that is not to be missed.

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the Council on Aging or the Senior Center, we want to thank all the advertisers for helping to support and nurture the newsletter.

SOLEMATES

The Solemates, the Senior Center's walking group meets regularly on Friday mornings at 9:45 am. Call the Senior Center at 617-730-2777 and leave a message for Frances Silverstein to join or for a ride.

DRAWING FOR PLEASURE —SAVE THE DATE—

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

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

All materials will be provided. A small materials fee of $15 (maximum) is due on the first day of class. Space is limited so don't miss your chance to be a part of this popular class. Call 617-730-2770 to register today!

ONE-ON-ONE COMPUTER SESSIONS

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

Preregistration is required. Sessions will be held **on Tuesdays**, beginning May 1. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And at present, we can only train on PCs. We do not have a Mac trainer available.

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To BrooklineCAN Donors Ellen P. Bick, Dorothy & Gaston Blom, Patricia H. Dobek, Nancy Gutman, Ann Lees, Betsy Pollock, Ruth Whitman, and Valerie Zimber

To Fitness Center Scholarship Fund Donor Jean Doherty

To Van Fund Donor Jean Doherty

To Anonymous ***for the gift in honor of*** the BSC Gardening Project

To Dottie Bell ***for her gift in honor of*** 2011 Income Tax Filing Preparation program

To Beverly A. Chang ***for her gifts in honor of*** Angela (Income Tax Filing Preparation program) and Sonia Wong

To Patrician Chase ***for her gift in honor of*** Elizabeth Kirsten

To Alice Fastov ***for her gift in honor of*** Ted Shamitz

To Ruth Geller ***for her gift in honor of*** Dale Kessinger

To Mary W. Hass and Kathleen Murphy ***for their gifts in honor of*** Chris Dippel for the Income Tax Filing Preparation program

To Diana Kaplan ***for her gift in honor of*** George Chin (Income Tax Filing Preparation program)

To Shirley F. Partoll ***for her gift in honor of*** Sue Katz

To Mildred Siegel and Ruth Werksman (wishing Ruthann return to health) ***for their gifts in honor of*** Ruthann Dobek

To Tobey Taylor ***for her gift in honor of*** the volunteers of the Income Tax Filing Preparation program

To Clare Yung & the Chinese Mah Jongg group ***for their gift in honor of*** the Chinese Mah Jongg program

To Catherine Annas, Betsey Carrier & Don Resnikoff, Carla Cicerchia, City of Middleton, Wisconsin (supporting the Adult Education program), Jim Conway, Department of Public Works (City of Middleton, Wisconsin, supporting the Adult Education program), Cathy England, Julann Jatczak & Mike Davis, Molly B. Krakauer, Jean Kramer, Jill Wolverton Kranz (supporting the Adult Education program), Marian & Fred Orringer, residents of Springhouse independent unit, Natalie Rothstein, and Betty & David Singer ***for their gifts in memory of*** Mildred Lehman

To Judith Gimple (supporting the Fitness Center Scholarship Fund) ***for her gift in memory of*** Joy Dreyfoos

To Eleanor A. Jamieson ***for her gift in memory of*** Norton B. Jamieson

To Charlotte Simmons ***for her gift in memory of*** Trudi Cohen

To Ruth & Murray Solomon ***for their gift in memory of*** Jerrold Solomon

To Martha Sue Turnbull ***for her gift in memory of*** Thelma Cooke

SUPPORT THE SENIOR CENTER

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

❒ $25 ❒ $50 ❒ $100 ❒ $250 ❒ $500

Other: $_____

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

***

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

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

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

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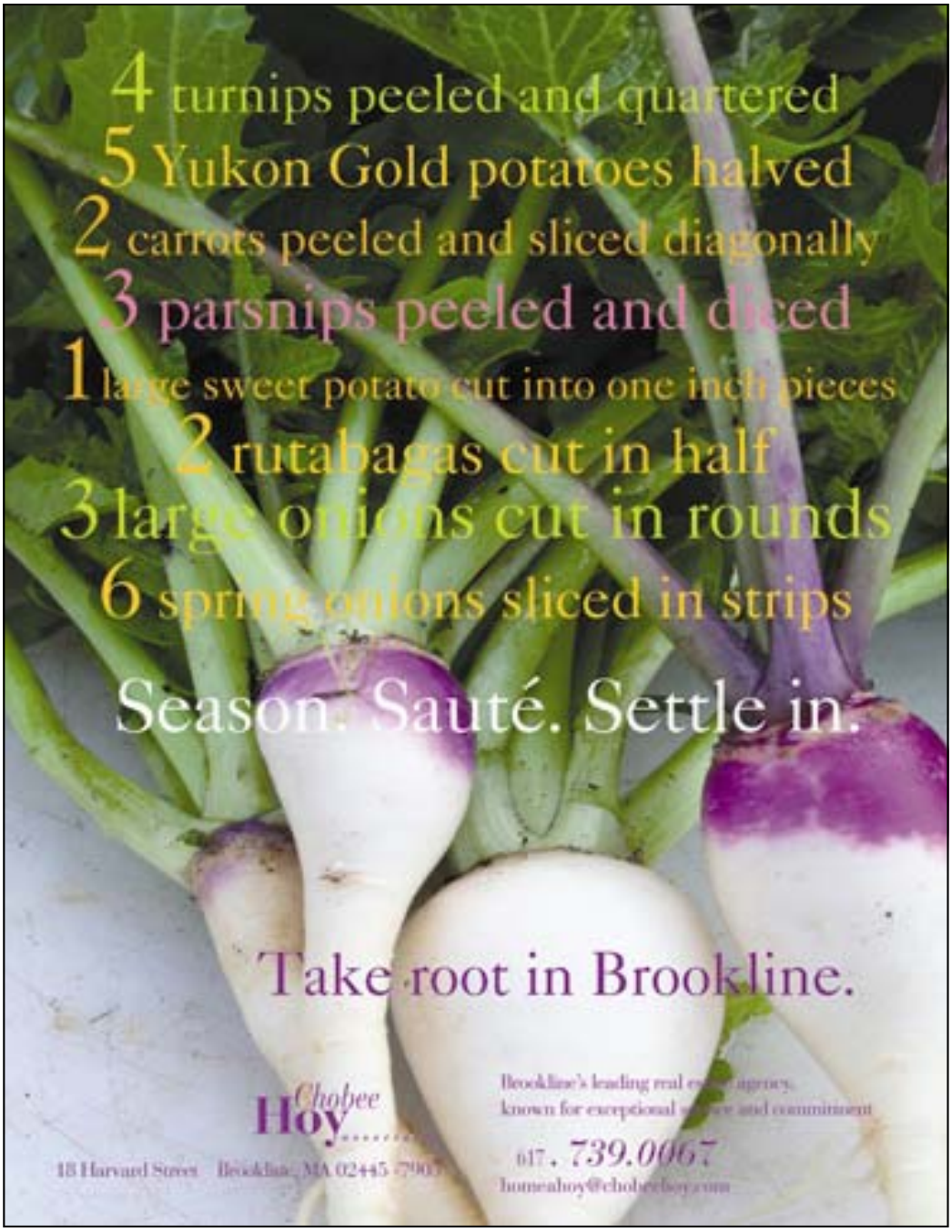

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