

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



SEPTEMBER 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

Thursday, September 8 at 1:00 pm The Reunion Project (see p.7).

Wednesday, September 21 from 9:00 am-12:30 pm Hearing Screening (see p. 9).

Thursday, September 22 at 1:00 pm. Protect your identity learn about skimming devices (see p. 7).

On Monday, September 26, at 1:00 pm Women's Bar Association Elder Law Project (see p. 29).

THE PIATIGORSKY FOUNDATION CONCERT

Once again we are pleased to invite everyone to our annual Piatigorsky Foundation Concert on Wednesday, **September 14 at 2:00 pm.** The Piatigorsky Foundation's mission is to make live classical music a part of the fabric of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organi-



zation is named, believed that music is not a luxury for an elite few, but a necessity of life for all. This year's featured artists are Evan Drachman, cellist, and Richard Dowling, pianist. Evan Drachman, Founder and Artistic Director of The



Piatigorsky Foundation, has combined musical talent with artistic vision to create a rich and varied career. He spends much of his time performing recitals, concerti, and chamber music in the United States and abroad. Richard Dowling appears regularly in solo recitals, at chamber music and jazz/ragtime festivals, and as a guest soloist in concerto performances with orchestras. He has been acclaimed by audiences for his elegant and exciting style of playing which earns him frequent return engagements. We hope that you will join us! For planning purposes, please call 617-730-2770 to register.

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The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)
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Ruthann Dobek <i>Director, Council on Aging/Senior Center</i> Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i> Maureen Cosgrove-Deery <i>Newsletter Editor</i>
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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.

SEPTEMBER OBSERVANCES



Monday, September 5, is Labor Day. The staff will have a holiday and the Senior Center will be closed. Labor Day is tra-

ditionally celebrated with parades, picnics, BBQs with family and friends and back to school preparations.

As an appropriate companion to National Senior Center Month, September is designated as a month to educate ourselves about Atrial Fibrillation, Cholesterol Education and Prostate Cancer Awareness. September has some less well known days. On September 8 we celebrate International Literacy Day, on the 15th the Day of Democracy, on the 16th. Constitution Day and International Day of Peace on the 21st.

AUGUST MOON FESTIVAL



Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 12, from 12:30-2:00 pm.**

This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age

Center, is always colorful and lively. Tickets are \$7 and are on sale now. For more information and to make reservations, call 617-730-2777.

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.

MEMORY CONNECTIONS CAFÉ

Memory Connections Café will be held on **Wednesday, September 28 from 1:30-3:00 pm.** This free monthly Memory Connections Cafe is for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can 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 care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's refreshments are co-sponsored by Bayada Home Health Care.

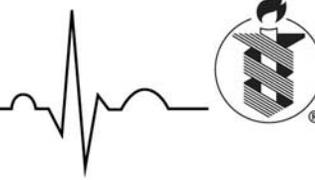
MAPLE LEAF RAG QUILT RAFFLE

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 date for the drawing has been extended and will be held at our New Year's open house in December.

TOUR THE SENIOR CENTER

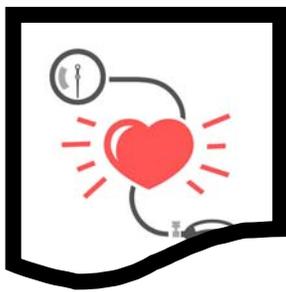
The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on Thursday, **September 1 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The **cost is \$40.** 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, September 21 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, September 15 from 9:00-10:00 am at The Senior Center.

Wednesday, September 7, from 2:00-3:00 pm at BPHD building on Pierce Street.

Wednesday, September 14 from 1:00-2:00 pm at Sussman House

Wednesday, September 28 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, September 15 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

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A Comprehensive Cancer Center
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 Official hospital of the
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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 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: *Occasionally I get very painful leg cramps at night. What causes them, and what can I do to prevent and treat them?*

Answer: Leg cramps (also called "charley horse") are a common occurrence that causes severe pain, usually in the calves of the legs or in the feet and are caused by muscle contractions that happen all of a sudden. They can last for a few seconds to a few minutes, and they usually happen at night. The muscle that is cramping is usually quite hard during the contraction/pain. The muscles can be sore after a severe cramp for a day or two. Cramps seem to happen more in the summer months.

They happen to many people. Although children may have them, generally the incidence increases with age. In fact, almost half of people over the age of 50 will have leg cramps at some time.

As common as leg cramps are, we know surprisingly little about what causes them. Most of the time when a medical exam is done, no abnormalities are found. Occasionally, leg cramps can be attributed to some neurologic disorders such as Parkinson's disease, dehydration, low magnesium, some medications, exercise, anemia, or vascular disease, but there is not a lot of real proof that these are the culprits.

The diagnosis is usually made by the history of severe leg or foot pain at night while in bed and being relieved within minutes by stretching the muscles that are affected.

Treatment of severe leg cramps is usually stretching the muscle that is cramping by pointing the toe up toward the head (the opposite of a ballet dancer "on point" pose). Sometime walking helps relieve the pain. Quinine used to be prescribed for cramps but because of the potential for dangerous side effects to the heart, this is no longer recommended. Some people benefit from a heating pad, others from ice.

There is some evidence that daily stretching of the calves by standing 1-2 feet away from the wall and leaning forward on flat feet with hands on the wall so that you can feel the stretch in your calves may help prevent cramps. Also riding a stationary bike daily may help keep the leg muscles stretched and prevent cramping.

7TH EDITION ELDER RESOURCE GUIDE



The seventh edition of the Elder Resource Guide, published in May 2015, includes updates to the 65 resource categories listed in the sixth edition and the addition of new resource topics of Companionship/Friendly Visitors, Partners in Care, Spotlight on REAP (Retirement Engagement Alternatives Program) and Pet Care. Copies are available at the Brookline Council on Aging, and online on the town website on Council on Aging page.

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 \$48,000; a couple's, \$55,800.

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, September 7 from 9:00am-12:00pm** to consult on legal matters of law. **This service is offered for Brookline residents only, 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.**

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: dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP



The Senior Center continues to offer two ongoing 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 morning on the **fourth Thursday 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, Debby Rosenkrantz at 617-571-3741. 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.

ALZHEIMER'S WALK



The 2016 Alzheimer's Walk will be held on **Sunday, September 25**. Please sign up for the Brookline Senior Center Alzheimer's Walk team. Put your walking shoes on and get donations from your friends.

You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. While the walk is not until September, please call Patricia, Volunteer Coordinator at 617 730 2743 or email at pburns@brooklinema.gov.

If you are unable to walk consider a donation to show support by purchasing a Alzheimer's purple flower.

THE REUNION PROJECT



Photographer Lora Brody would like you to consider being part of her exciting project that uses portrait pho-

tographs and writing to allow women to travel back in time to have a conversation with their teenage selves. It's easy and fun and, most of all, gives senior women a chance to remind others that we still have a lot to share. Please join Lora at the Senior Center on **Thursday, September 8 at 1:00 pm** to hear her describe the project and answer questions about it. A short video about the project can be seen at: www.thereunionproject.org. To register call 617-730-2770.



PROTECT YOUR IDENTITY: LEARN ABOUT SKIMMING DEVICES



Could you spot one? Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regula-

tion, will present Consumer University with a focus on credit card skimming devices at the Senior Center on **Thursday, September 22 at 1:00 pm**. This presentation will include tips on how to spot credit card skimming devices found at gas stations and ATMs as well as information about the Office and what they do. To register call 617-730-2770.

We Love it Here!



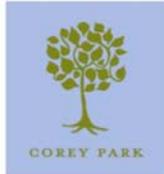
Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

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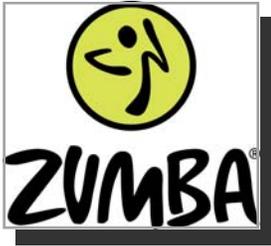


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179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join us as we welcome our new Zumba Gold instructor, Emily Brenner. Free introductory class on **Thursday, September**

8 at 1:30 pm. Subsequent fall session is on **Thursdays, September 15-November 3 from 1:30-2:30 pm.** Cost for fall session is \$45, but drop-ins are welcome at \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corporation, a 501 (c)(3) corporation that supports Senior Center programming.

TUESDAY MORNING DANCE PARTY

Modern Dance is now **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.

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.

HEARING SCREENING



Not hearing like you once did? Does everyone around you seem to mumble? Dr. Tamy Simon Chelst, an audiologist with 40 years of experience will be at the Senior Center on **Wednesday, September 21 from 9:00am-12:30 pm.** to test your hearing. Please note that there will be no out of pocket cost for this testing if you have Medicare. Please also be sure to bring your Medicare card with you to the appointment. To register for an appointment, please call 617-730-2777.

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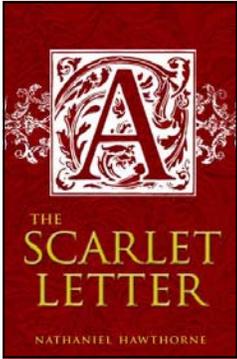


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-SAVE THE DATE-

SENIOR CENTER THEATER CLUB

NEW REP COMES TO YOU



Sunday, October 16 at 2:00pm

The Scarlet Letter
New Rep Performance

The Scarlet Letter by Nathaniel Hawthorne is a story of universal and highly relatable themes. The character's persecution and redemption draw us into a world of austere arti-

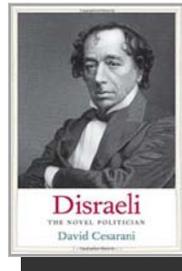
fice where real human impulses are hidden away under masks of propriety that characterized early colonial America. In terms of design, this time and society were characterized by modesty that not only stemmed from the church, but from the lawmakers themselves. Therefore, the fabrics that one could wear were literally restricted to certain classes. These strict rules make Hester's scarlet 'A' all the more shocking as red dye in the 1600's was a rare and costly luxury. Set against a background of gray, brown and black, it is easy to understand how "the scarlet letter" on her bodice would seem to 'burn'. The cost is \$5: free for BHA residents. Space is limited so please register by calling 617-730-2777.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

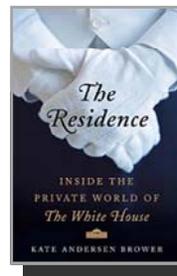
The Equipment Loan Fund has a large amount of available quad canes. If you or anyone you know could use these, please call Jamie at 617-730-2753. Donations are still accepted ongoing, but please call to confirm.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. 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.



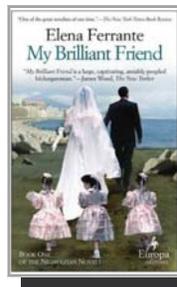
Monday, September 19
The Novel Politician
by David Cesarani



Monday, October 17
The Residence: Inside the Private World of the White House
by Kate Andersen Brower



Monday, November 21
One Summer: America 1927
by Bill Bryson



Monday, December 19
My Brilliant Friend
by Elena Ferrante

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.

BROOKLINE ADULT & COMMUNITY EDUCATION FALL OFFERINGS

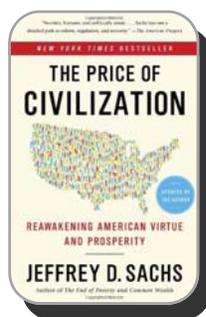
Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Fall term is no exception. For more information about these courses, consult the BA&CE Fall 2016 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org.

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.

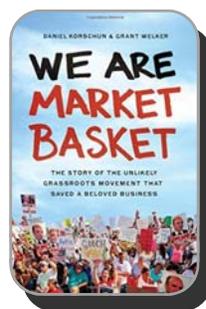
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, September 27

The Price of Civilization: Reawakening American Virtue and Prosperity

by Jeffrey D. Sachs (Random House, Inc.)



Tuesday, October 25

We Are Market Basket: The Story of the Unlikely Grassroots Movement That Saved a Beloved Business

by Daniel Korschun and Grant Welker (AMACOM)

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

BROOKLINE FARMERS MARKET

On **Thursdays through October 30** the Brookline Farmers Market will be open from **1:30 pm until dusk**, rain or shine. Check out the locally grown food items at the Centre Street west parking lot.

Daniel M. Gorfinkle
CRS, ABR, CFA

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MODERN BEADING WORKSHOP



This workshop is for beginners and experienced beaders. We will meet on **Wednesday, September 21 from 1:30-3:00 pm** at the Senior Center. 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. 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.

GREATER BOSTON FOOD BANK 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 Patricia @ 617 730 2743 to set up an appointment.

EASY TRAVEL

Join our armchair travel host, Julie Washburn on **Thursday, September 1 at 1:30 pm** as she takes us on a "tour" of some of the wonderful art exhibits that were on display in the Greater Boston area this summer. Julie's "stops" will include the Megacities Asia exhibit at the MFA and the Rodin exhibit at the Peabody Essex Museum. We hope to see you there!

Israel, Van Kooy & Days, LLC



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Brookline Community Aging Network – BrooklineCAN – 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 BrooklineCAN.org

BROOKLINECAN 2016 ANNUAL MEETING

BrooklineCAN expo and annual meeting will be on **Thursday, September 15 from 5:00 - 7:00 pm**. The event will be held at the Brookline Senior Center at 93 Winchester Street. Housing options for seniors will be the special topic for the meeting.

-SAVE DATE-

REEL IN THE CLOSET

Join on us on **Wednesday, October 19 at 7:00 pm** at the Coolidge Corner Theatre. **Tickets go on sale August 22** online at www.coolidge.org or at the theatre. This is an exclusive public screening with Director Stu Maddux, the director of the award-winning Gen Silent. The Reel in the Closet is a feature length documentary that lets us connect with LGBTQ people from the past through the rare home movies that they left for us. Q&A follows the screening at the theatre.

This special event includes a pre-screening reception from 5:00 to 6:00 pm with Stu Maddux at the Senior Center. To attend the reception RSVP to 617-730-2770 (space is limited). **Sponsored include** : Goddard House, BrooklineCan, Center Communities of Brookline, Beth Israel Deaconess Medical Center and the Brookline Senior Center.

BROOKLINE RECREATION TRIPS

Franklin Park Zoo

Monday, September 26

10:00am-4:00pm

Franklin Park Zoo is a 72-acre site nestled in Boston’s historic Franklin Park, long considered the “crown jewel” of Frederick Law Olmsted’s Emerald Necklace Park System. Trip fee includes transportation and admission to the zoo.

Fee: Resident \$10/Non-Resident \$14

Register by calling 617-730-2069 or online at www.brooklinerec.com. Bus pick up/Drop off Locations: Brookline Senior Center 93 Winchester Street and Soule Recreation Center 652 Hammond Street.

COUNCIL ON AGING MEETING

On **Wednesday, September 14** at 1:00 pm Amy Schectman, Executive Director of Jewish Community Housing for Elders, will discuss housing issues for seniors. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

BRIDGE FOR EXPERIENCED PLAYERS

Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

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

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



*Finding Peace
Paintings and
Drawings*

*By
Morgan Chickering*

GALLERY HOURS

July 6-Sept. 29
Monday-Friday
8:30 am-5:00 pm



ACUPUNCTURE CONSULTATION

Acupuncture is a safe and effective form of health care for many chronic conditions. on **Thursdays, in September**, the Brookline Senior Center is pleased to offer a program for interested persons to find out about acupuncture and its benefits for each individual. A licensed acupuncturist, Julia Herskowitz, LicAc, MAc. will be available to meet with individuals to explain the nature of and the usefulness of acupuncture for various conditions, assess the usefulness of acupuncture for each person she meets with, and to give a **one time** demonstration-treatment, if desired by the individual, to see what acupuncture feels like. This **one time** treatment will be done in a chair with several people in the same room. Consultations will be private. For people who wish to pursue further treatment with acupuncture, there will be referral information to nearby acupuncturists with private practices. A requested donation of \$3-\$5 is requested at time of appointment. To schedule an appointment, please call 617-730-2777

-SAVE THE DATE-

**ANNUAL HOLIDAY CRAFT FAIR
MEETING**



It's that time of year again!
Time to start planning for our Annual Holiday Craft Fair on **Friday, November 4 and Saturday, November 5**. Our first planning meet-

ing was very successful so please join our next meeting on **Friday, September 19 at 1:00 pm**. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. So let's make this our most successful year yet!

Home Is Still The Best Place



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homeinstead.com

COMPUTER ONE ON ONE



Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up

email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a long time computer volunteer, helps with computer basics, email and navigating the internet.

We welcome new computer volunteer, Dan Siagel, who is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems.

Liam Dwyer is a computer savvy high school student who helps with the basics as well as helping with Smartphones.

Sessions are 30 minutes and 60 minutes long. Appointments are necessary. Please call Olga Sliwa at (617)730-2768 for more information or to book an appointment.

OPEN COMPUTER LAB

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

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.

EXPLORE THE WORLD IN A CUP OF TEA



Tea can be sweet, rich, buttery, and citrusy. It can wake you up and calm you down. Tea has a history that spans the globe and

health benefits that will keep you going. It has been cultivated for over 3,000 years and is the second most popular drink in the world (behind water). Join certified tea sommelier, Hillel Bromberg at the Senior Center on **Wednesday, September 21 at 1:00 pm** and get to know tea's delightful flavors and aromas, as well as its fascinating history, how it's made, where it's from, and what it can do for you. You'll learn how to steep tea for best flavor and sample several varieties, such as a delicate white, smooth oolong, refreshing green tea, and malty black tea. Hillel grew up drinking Constant Comment or Lipton with lots of sugar and lemon. His love affair with tea began with a rich pu-erh that tasted like no tea he'd ever had. Then he found a malty keemun. When the oolongs entered his life, he knew he'd found a home in tea. Space is limited. To reserve your place, please call 617-730-2770.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5. Labor Day Holiday No Meal Service</p>	<p><i>Vegetable Soup</i> HOT: Fish Florentine; Whipped Potatoes; Root Vegetables; Wheat Bread. COLD: Chicken Salad on Wheat Bread; 3-Bean Salad; Cauliflower & Carrot Salad. Orange</p>	<p><i>Chicken & Vegetable Soup</i> HOT: Whole Grain Lasagna w/Marinara Sauce (V); Fresh Summer Squash w/Red Peppers; Multigrain Bread.COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Multigrain Bread; Corn Salad; Tomato Red Pepper Salad. Tapioca Pudding w/Topping</p>	<p>1. Labor Day Special Chicken & Mixed Bean Soup Pulled Pork Sandwich On Hamburger Roll Home Fries Cole Slaw Boston Cream Cup w/Topping</p>	<p>2. HOT: Stuffed Shells w/Meatball; Wheat Bread; Tossed Salad w/Lite Italian Dressing; Zucchini & Red Pepper. COLD: Tuna Salad on Oatmeal Bread; Lo Mein Pasta Salad; Carrot Pineapple Salad. Pears</p>
<p>12. Florentine Soup HOT: Cranberry Chicken; Butter-nut Squash; Kale; Oat Bread. COLD: Cottage Cheese Fruit Plate (V); Ziti Broccoli Salad; Scallion Bread. Gingerbread w/Topping</p>	<p>6. HOT: Tyson Burger on Hamburger Bun; Home Fries; Cole Slaw. COLD: Seafood Salad on Oat Bread; Broccoli Tomato Salad; Corn Salad. Melon</p>	<p>7. HOT: Macaroni & Cheese w/Bread Crumb Topping*** (V); Baked Tomato Half; Oatmeal Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing; Multigrain Bread; Balsamic Vinaigrette Pasta Salad. Mandarin Oranges</p>	<p>8. <i>Corn Chowder</i> HOT: Chicken w/Gravy; Sweet Potatoes; Fresh Broccoli; Wheat Dinner Roll. COLD: Seafood Salad on Oatmeal Bread; English Pea Salad; Beet Salad. Peaches</p>	<p>9. HOT: Ground Beef Stuffed Peppers; Peas, Mushrooms; Tossed Salad w/Lite Italian Dressing; Multigrain Bread COLD: Ham, Swiss Cheese & Lite Mayo on Rye Bread; Potato Salad; Spinach & Mandarin Salad. Apple Raisin Compote /Topping</p>
<p>19. Vegetable Barley Soup HOT: Beef Stroganoff over Buttered Egg Noodles; Fresh Summer Squash & Red Pepper; Pumpkin-nickel Bread. COLD: BBQ Chicken w/Mozzarella & Red Onions on Bulkie Roll; Macaroni Salad; Spinach & Mandarin Salad w/Lite Italian Dressing. Apple</p>	<p>13. HOT: Tyson Burger on Hamburger Bun; Home Fries; Cole Slaw. COLD: Seafood Salad on Oat Bread; Broccoli Tomato Salad; Corn Salad. Melon</p>	<p>14. HOT: Macaroni & Cheese w/Bread Crumb Topping*** (V); Baked Tomato Half; Oatmeal Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing; Multigrain Bread; Balsamic Vinaigrette Pasta Salad. Mandarin Oranges</p>	<p>15. <i>Cream of Butternut Squash Soup</i> HOT: Broccoli & Mushroom Quiche (V); Parsley Potatoes; Country Blend Vegetables; Wheat Roll. COLD: Curry Chicken on Wheat Bread; Garden Shell Pasta Salad; Root Vegetables Salad. Applesauce</p>	<p>16. <i>Seafood Chowder Soup</i> HOT: Salmon Filet w/Teriyaki Sauce; Lo Mein Noodles; Oriental Vegetable Blend; Garlic Dinner Roll; Fortune Cookie. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Pumpernickel Bread; Summer Potato Salad; Spinach & Mandarin Salad. Lemon Pudding w/Topping</p>
<p>26. Chicken Vegetable Soup HOT: Greek Chicken; Fresh Eggplant Ratatouille; Orzo Rice Pilaf; Oatmeal Bread. COLD: Tuna Salad on Wheat Bread; Carrot Pineapple Salad; Mixed Bean Salad. Orange</p>	<p>20. <i>Beef Vegetable Soup</i> HOT: Fish w/Lemon Dill Sauce; Fiesta Blend Vegetables; Brown Rice Pilaf; Rye Bread. COLD: Ham, Swiss Cheese & Mustard on Rye Bread; English Pea Salad; Beet Salad. Chef's Choice Dessert Birthday Lunch</p>	<p>21. HOT: Hot Dog**on Roll w/Ketchup, Mustard & Relish; Cole Slaw; Baked Beans. COLD: Egg Salad (V) on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. Mixed Fruit</p>	<p>22. <i>Split Pea Soup</i> HOT: Chicken a La King; Orzo Pilaf; Fresh Broccoli & Carrots; Wheat Dinner Roll. COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread; Potato Salad; Summer Squash Salad. Peaches</p>	<p>23. HOT: Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Peas; Garlic Dinner Roll. COLD: Turkey, Swiss Cheese & Lite Mayo on Multigrain Bread; Tri Color Pasta Salad; Carrot Raisin Salad. Fruit Yogurt</p>
<p>26. Chicken Vegetable Soup HOT: Greek Chicken; Fresh Eggplant Ratatouille; Orzo Rice Pilaf; Oatmeal Bread. COLD: Tuna Salad on Wheat Bread; Carrot Pineapple Salad; Mixed Bean Salad. Orange</p>	<p>27. HOT: Lentil Stew (V); Herbed Brown Rice; Red Pepper; Mushroom & Onions; Wheat Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread; German Potato Salad; Chickpeas, Cucumber & Tomato Salad. Ambrosia w/Topping</p>	<p>28. Springwell Traveling Chef At Brookline Senior Center Please See Site Manager for Menu Choice</p>	<p>29. <i>Italian Garden Vegetable Soup</i> HOT: Pork Roast w/Apple Glaze; Sweet Potatoes; Fresh Cauliflower; Wheat Dinner Roll. COLD: Egg Salad (V)on Pumpernickel Bread; Broccoli Slaw; Pesto Pasta Salad. Birthday Cake</p>	<p>30. <i>Lentil Spinach Soup</i> HOT: Sweet Potato Pollock Filet; Roasted Potatoes; Italian Green Beans; Multigrain Bread. COLD: Chef Salad w/Ham, Cheddar Cheese & Lite Italian Dressing; Macaroni Salad; Oatmeal Bread. Pears</p>

SEPTEMBER 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, September 20** we celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September 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.

-SAVE THE DATE-

BROOKLINE MUSIC SCHOOL CONCERT

Join us on **Wednesday, October 5 at 2:00 pm** for the return of our monthly Brookline Music School Concerts. This is a special time due to the Jewish Holiday. Watch The Tab for more information .

LET'S GO OUT TO LUNCH BUNCH

Due to popular demand, Out to Lunch Bunch will be returning to Galway House in Jamaica Plain on **Tuesday, September 27** (710 Center Street.) The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, call 617-730-2770.

Transportation Resources, Information, Planning & Partnership for Seniors

Volume 1, Issue 2
Summer 2016

TRIPPS

CHOICES & VOICES

TRIPPS

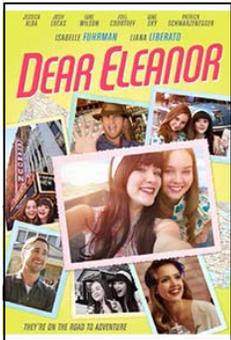
TRIPPS offers support for Brookline residents aged 60+ looking for alternatives to driving due to either necessity or choice. We offer a comprehensive resource guide to local transportation options in Greater Boston. We also offer individual, personalized support to residents of Brookline aged 60+. Please get in touch if you or someone you know needs information or advice. Kerri Ann Tester, LCSW, TRIPPS Program Director 617-617-730-2644 or email trippsmass.org.

Watch the Newsletter and the TAB for coming events. We will be taking a field trip to **Copley Square using the T in September. October is TRIPPS Challenge Month!** We will challenge seniors to take a non-driving mode of transportation to at least one destination during the month of October. We will ask travelers to share their experiences and those who respond will be eligible for prizes.



MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in September 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.



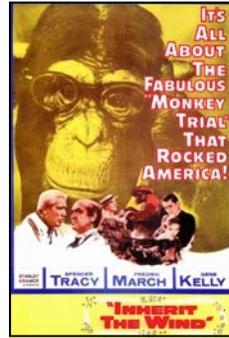
Tuesday, September 6

Dear Eleanor

2016

1hr. 29min

Two teenage girls travel across the U.S. in 1962, during the chaos of the Cuban missile crisis, in search of Eleanor Roosevelt.



Tuesday, September 20

Inherit the Wind

1960 Historical Drama

2hr. 8 min

In the 1920s, Tennessee school-teacher Bertram Cates (Dick York) is put on trial for violating the Butler Act, a state law that prohibits public school teachers from teaching evolution instead of creationism.



Tuesday, September 13

The First Monday in May

2016 Documentary

1hr. 30 min

Follows the creation of The Metropolitan Museum of Art's most attended fashion exhibition in history, "China: Through

The Looking Glass," an exploration of Chinese-inspired western fashions by Costume Institute curator Andrew Bolton.



Tuesday, September 27

The Walk

2015

2hr. 3 min

In 1974, high-wire artist Philippe Petit recruits a team of people to help him realize his dream: to walk the immense void between the World Trade Center towers.

Taken from www.imdb.com

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

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www.MountPleasantHome.org

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. **In September we will meet on the 17th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

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, September 16 Habitat Nature Walk & Wildlife Sanctuary
Friday, October 21 Larz Anderson Park

ESL CONVERSATION GROUP

Ruth Geller will lead the ELS conversation 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!

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!

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100 Centre Street



112 Centre Street

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 scarlson@hrca.harvard.edu



SEPTEMBER AT A GLANCE

Thursday, September 1

11:00am Ask a Nurse

1:30pm Easy Travel

Friday, September 2

Monday, September 5

Closed for Labor Day

Tuesday, September 6

1:00pm Movies for Film Lovers-Dear Eleanor

Wednesday, September 7

9:00am-12:00pm Brookline Legal Assistance ***

2:00-3:00pm Blood Pressure Clinic at BPHD *

Thursday, September 8

1:00pm The Reunion Project***

1:30 Free Introductory ZUMBA Class

Friday, September 9

Monday, September 12

12:30-2:00pm August Moon Festival ***

1:00-2:30pm Ukulele

Tuesday, September 13

1:00pm Movies for Film Lovers-The First Monday in May

Wednesday, September 14

1:00pm COA Meeting

1:00-2:00pm Blood Pressure Clinic at Sussman *

2:00 pm Piatigorsky Foundation Concert ***

Thursday, September 15

9:00-10:00am Blood Pressure Clinic

1:00pm Brookline Hearing Services

1:30pm Zumba Gold

5:00-7:00pm Brookline Can Annual Meeting

Friday, September 16

Saturday, September 17

11:00am LGBT OUT 2 Lunch Bunch *

Sunday, September 18

Brookline Day *

Monday, September 19

1:00pm Holiday Craft Fair Meeting

2:00-3:00pm Book Discussion Group at the Putterham Library-The Novel Politician *

Tuesday, September 20

12:00pkm Birthday Lunch***

1:00pm Movies for Film Lovers-Inherit The Wind

for Film Lovers-Inherit The Wind

Wednesday, September 21

9:00am-12:00pm Hearing Screening ***

1:00pm Explore the World in a Cup of Tea***

1:00pm Low Vision Support Group

1:30pm Modern Beeding

Thursday, September 22

1:00pm Protect Your identity: Learn about Scamming Devices ***

1:30pm Zumba Gold

Friday, September 23

10:30am-1:00pm South Brookline Social Cook-out ***/*

Monday, September 26

1:00pm Women's Bar Foundation Elder Law Project ***

Tuesday, September 27

9:00-10:00am Public issues Nonfiction Book Discussion Group-The Price of Civilization

11:30am Let's go Out to Lunch Bunch-Galway House ***

1:00pm Movies for Film Lovers-The Walk

Wednesday, September 28

1:30-3:30 Memory Café ***

1:00-2:00pm Blood Pressure Clinic at Park St. *

2:00-3:00pm Annual Tax Workoff Program

3:00-5:00pm Your Age Advantage ***

Thursday, September 29

1:00pm Mass College of Pharmacy Workshop

1:30 Zumba Gold

Friday, September 30

10:30am-1:00pm South Brookline Senior Social *
Ralph's retirement Party ***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open—
Membership required

8:45-10:15 Strength Training **

10:30-11:30 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**
4:00-4:30 Balance 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
10:30am Retired Person's Club
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-2:00pm Yoga***
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 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
4:00-4:30 Balance Class***

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

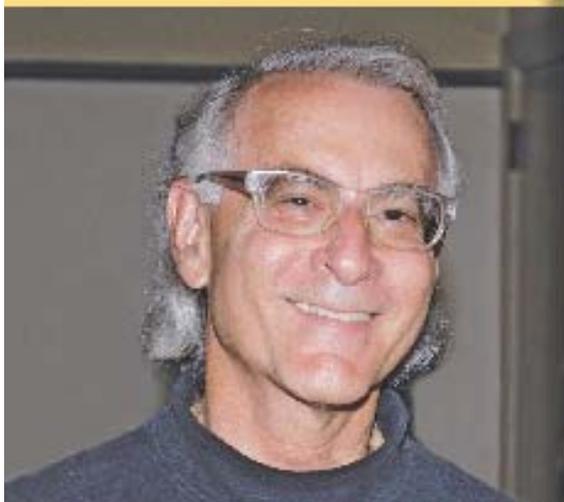
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00 pm Latino Instrumental and Vocal ***

*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.brooklineadulthood.org to register

*** Registration Required

SAVE THE DATE



Brookline Senior Center

AUTUMN
Benefit

Wednesday

October 26, 2016

JOIN US AS WE HONOR

Alan Balsam

Director of Public Health and Human Services

SPONSORSHIP LEVELS

Diamond—\$2,500 8 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Ruby—\$1,000-\$2,499 6 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Sapphire—\$750-\$999 4 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Emerald—\$500-\$749 2 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Topaz—\$300-\$499 2 tickets to event, acknowledgment in the invitation and a business card size ad in the program book.

Individual tickets are available for \$100 and \$65 for seniors. Kindly respond **by Friday, September 30, 2016** to be included in the invitation & program book, Contact Ruthann Dobek 617-730-2756 or rdobek@brooklinema.gov

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 DIRECTOR

I want to extend a special welcome to people who may be reading this publication for the first time. Our *News and Events* is a great way to be educated about important programs and services, and stay informed about all the fabulous events that happen here in Brookline. Not one senior should ever be bored with the wealth of activities that are available; many of which remain free due to the commitment of our non-profit to keep program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on p. 27) to stay abreast of all our exciting happenings!

September is Senior Center Month. This year's theme is "**Find Balance at Your Center**". I invite you to attend our senior center this month. We offer an exciting variety of classes and programs from Acupuncture to Zumba. The variety of activities will help keep you feeling healthy and involved. Try Tai Chi, Chair Yoga, a literary discussion class, or join the chorus. You can even offer to teach a new class yourself!

The Asian community celebrates the Harvest and their gratitude for abundance with the August Moon Festival on Monday, September 12. Our Jewish friends will celebrate Rosh Hashanah (the New Year) beginning on the evening of October 2. We extend our warm wishes to both communities as they celebrate these festive holidays.

I urge you to make plans to attend our annual Autumn Benefit next month on Wednesday, October 26. This year we are honoring Alan Balsam for his compassionate advocacy for older adults. This annual event is our biggest fundraiser of the year. The evening is sure to be great fun. I guarantee a phenomenal time of celebrating our community with scrumptious food, fabulous music, entertaining conversation, and mingling with your friends and neighbors. Buy your tickets early, and show your support for the Center. Special thanks to our early sponsors: **Beth Israel Deaconess Medical Center, Michael Merrill, Chobee Hoy, and Elias Audy.**

This is a great time of year. The weather is glorious and the trees begin to wear their beautiful fall colors. Enjoy the month.

Ruthann Dobek, Director



Ralph Perkins, our fabulous building engineer will be retiring on Friday, September 30. His dedicated service has ensured that the Senior Center runs smoothly. Please

join us on his last day for a celebration starting at 4:00 pm. Rumor has it that Ralph's favorite performer – Elvis- will be stopping by to wish him well in his retirement. To register please call 617-730-2770.

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BROOKLINE DAY

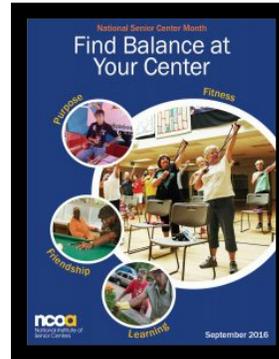


On **Sunday, September 18**, come one come all to the annual Brookline Day Festival from **11:00 am to 3:00 pm** at Larz Anderson Park!

This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. This year is going to be our biggest and best year yet! We are planning the best vendors, games, inflatables, trucks, food, face painters, bands, prizes, and special activities that we can find. This is also the 4th year of our Brookline Day 5K Road Race which was a huge hit back in 2013. Brookline Day 2016 is guaranteed to be a great day of family fun that everyone will enjoy. Updates to the recreation website will be made frequently until September 18.

The Council on Aging and BrooklineCAN will be participating so stop by our tables to say hello.

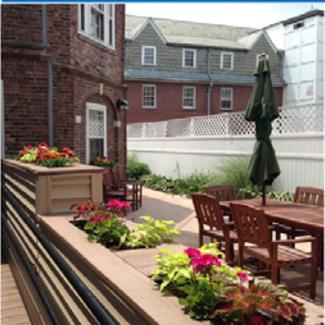
NATIONAL SENIOR CENTER MONTH



This year's theme is **FIND BALANCE AT YOUR CENTER**. The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help you find balance at your center.

In Brookline our Senior Center offers a variety of health and fitness classes and lifelong learning opportunities. Everyone is encouraged to be involved in the Senior Center and the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to live a balanced life.

To celebrate Senior Center Month, get involved with our Senior Center. Volunteer for a committee or help with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs.



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SOUTH BROOKLINE SOCIAL



The South Brookline Senior Social meets at the Putterham Branch Library, in the Community Room from 10:30 am to 1:00 pm. Complimentary coffee is provided by the Brookline Council on Aging and kosher pastries by Cheryl Ann's bakery. For more information or to volunteer call Regina Millette Frawley at 617-469-0052.

Opening Event Friday, September 23 with a noon time cookout provided by the Department of Recreation and music by Alan Balsam. Please register for this event by calling 617-469-0052.

Friday, September 30 join us for coloring for seniors sponsored by the Brookline Library Trustees, led by Trustee Jennifer Rees.

Friday, October 7 Yoga with Keith Beasley, sponsored by Brookline Public Health

Friday, October 14 Yoga with Keith Beasley

Friday, October 21 Yoga with Keith Beasley

Friday, October 28 join us for lunch (sponsored by State Representative Ed Coppinger).

REIKI THERAPY



Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

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.

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.



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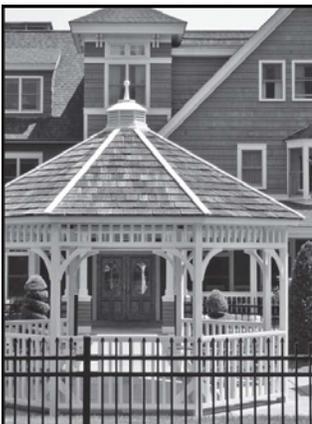
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INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 individual appointments to assist with essential job search tools - resume writing or updating, job-specific cover letters, LinkedIn profile development, interviewing – phone, skype, in-person or mock as well as identifying transferrable skills from past experience to use in your next job. 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 2:00-4:00 pm** 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, contact Alberta at albertalipson@gmail.com.

YOU'RE AGE ADVANTAGE IN THE WORKPLACE

Come explore the advantages you and your age have in the workplace and how you can capitalize on these advantages during your job search. This workshop will be held on **Wednesday, September 28 from 3:00-5:00 pm**. The workshop is facilitated by Patricia Burns, REAP Advisor. Registration is required. Call Deidre Waxman @ 617 730 2767 or Patricia Burns @ 617 730 2743 or pburns@brooklinema.gov

ANNUAL TAX WORKOFF

The annual Tax Work-Off Program meeting will be held on **Wednesday September 28th from 2:00-3:00 pm** at the Brookline Senior Center. Attendance at this meeting is required for all participants as new program information will be discussed. Each participant will earn a hour credit toward completion of this 2017 Tax Work-Off Program. We will be hosting Gary McCabe Brookline Town Assessor at this meeting and he will be available to take any questions you may have about the program.

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The Brookline Council on Aging and the Brookline Senior Center are always happy to enlist new volunteers who can share their talents and program ideas. Your contributions will enable us to expand the high level of service and activities that are provided for all elders in Brookline. If you would like to actively pursue volunteer service, please make an appointment with Patricia, the Volunteer Coordinator 617-730- 2743.



SEPTEMBER VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: conversation and refreshments for the Memory Café – 1:30-3:00 on the 4th Wednesday of each month, friendly visitors, volunteers for the Tuesday Food Pantry afternoon shift from 1:00-3:30, help with the monthly Food Commodity program on the 3rd Wednesday morning of each month, and participants and donors for the Brookline Senior Center team for the Alzheimer's Walk. The walk is on September 25th, but preparations, sign-ups and donations start this month.

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.

UKULELE FUN

Ukulele fun will begin again on **Monday, September 12 from 1:00 to 2:30 pm**. If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs and the more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!

WOMEN'S BAR FOUNDATION ELDER LAW PROJECT



On **Monday, September 26, at 1:00 pm**, a member of the Women's Bar Foundation Elder Law Project, will give a presentation on wills, health care proxies, powers of attorney, and living wills. This is an excellent opportunity to learn about these important documents and to ask any questions you may have. Everyone—both men and women are invited! In addition, volunteer attorneys will be available at the Senior Center at a later date to prepare these documents free of charge for people who meet the Elder Law Project's income and assets guidelines. To register for the presentation, please call 617-730-2770.

MASS COLLEGE OF PHARMACY

The students at the Mass College of Pharmacy and Health Sciences will be back with workshops beginning on **Thursday, September 29th at 1:00 pm and Thursday, October 13th at 1:00 pm**. The students discuss topics of general interest to us all and answer questions. Check the TAB for topics.

THANK YOU

Annual Appeal Donors:

Reneé Hecht
Lin Sasman and the Ping Pong Group
Morgan Daly
Beverly M. Gleason
Marie-Louise Gabbe
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In Honor of:

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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.

FROM THE BOARD PRESIDENT

On Wednesday, October 26 at 6:00 pm, come to the Senior Center's 15th Annual Autumn Benefit. This year we are honoring Alan Balsam, Director of Public Health and Human Services for his compassionate advocacy for older adults and for the Senior Center. The evening will include great food (catered by Vine Ripe Caterer), raffles, and entertainment by the Winikers. Proceeds will go toward important improvements that the Town does not pay for. Sponsorships are welcome from individuals, companies, and nonprofit organizations. For more information, contact Ruthann Dobek at 617-730-2756. This is a wonderful way to show your support of the Senior Center. We also welcome gift certificates, merchandise, and services to be raffled.

P.S. Special thanks to our **Diamond Sponsors**: for their early support of the autumn benefit. **Beth Israel Deaconess Medical Center, Michael Merrill, Chobee Hoy, and Elias Audy.**

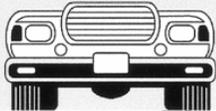
I and the board, and the entire Senior Center family thank you for your ongoing support.

Betsy Pollack, President, Senior Center Board

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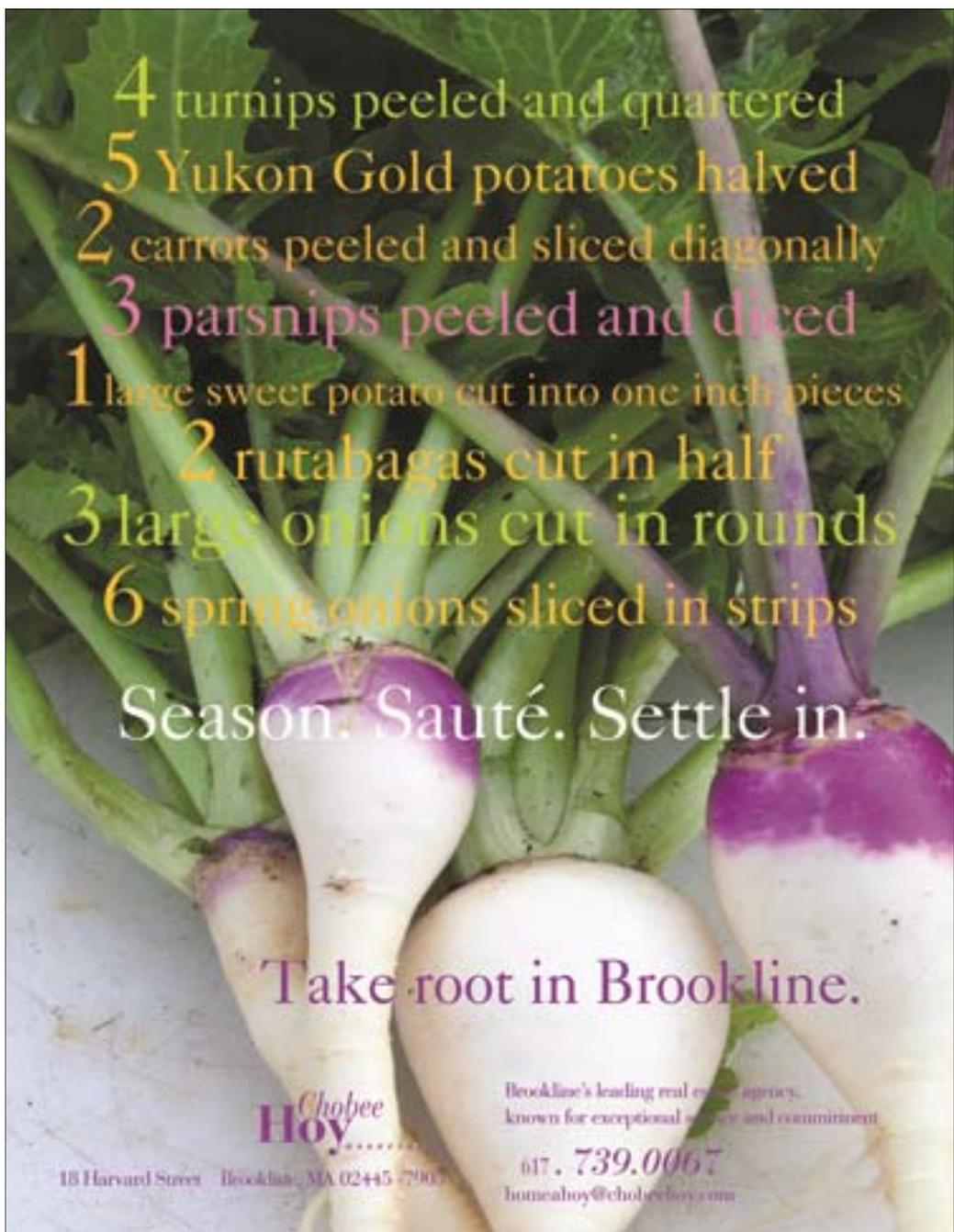
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