

# 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 2012



## IT'S SENIOR CENTER MONTH!

### 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](http://www.brooklinema.gov)

[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

### Brookline Community Aging Network

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



## HIGHLIGHTS

Be enchanted at the August Moon Festival on Monday, September 10. See p. 8.

Learn about HomeSafe at the COA meeting on September 12. See p. 3.

Come to the Special Olympics Coffee House on Friday, September 21. See p. 13.

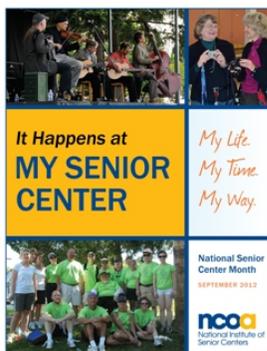
Revel in the first ever Brookline Day at Larz Anderson Park on Sunday September 23. See p. 8.

Note! Hear, hear!  
The Van will be back on its regular schedule starting  
**Tuesday, September 4**

And the theme—*It Happens at My Senior Center. My Life. My Time. My Way.*—is apropos for us. The Brookline Senior Center is working to meet the challenge of the changing nature of aging. Seniors are healthier and more active...and more numerous...than ever before. Our life expectancy is higher. (Brookline at 87 has the highest life expectancy of any city or town in the Commonwealth.)

So the Senior Center is always looking for programs and services to meet the new challenges of the Brookline Senior population. And the Senior Center—in partnership with BrooklineCAN and other Brookline aging organizations—has opened new vistas with staunch advocacy of overnight parking permits for health-care workers and better traffic crossings, surveys of age-friendly apartments and condominiums, vetted lists of services, and many other services and programs. Just browsing through this *Senior News and Events*, the Council on Aging page on [www.brooklinema.gov](http://www.brooklinema.gov) (the Town of Brookline web site) and [www.brooklinecan.org](http://www.brooklinecan.org) (the BrooklineCAN web site), will give you a fuller picture of the ways in which the

Brookline Senior Center is working to help Brookline seniors meet the challenge of aging well in place and keeping fit and vibrant in the 21st century. The Senior Center and BrooklineCAN wants your active participation—volunteer for a committee or help with a program. Give your hand and your voice to making Brookline more and more age friendly.



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

## SEPTEMBER HOLIDAYS

September starts with a nice long weekend as Labor Day falls on Monday, September 3. The Senior Center will be closed for it. Labor Day marks the end of the relatively slow pace of summer. We have a new burst of energy and programs. In addition, we reach out to the community with our September issue of the *Senior News and Events* by widening our mailing of it greatly to increase community awareness of the scope and variety of programs and services available through the auspices of the Council on Aging and the Senior Center.



Read and enjoy this copy. If you haven't been to the Senior Center, come in for a tour and stay for a program, lunch, a movie, or just to schmooze in the coffee lounge with your peers. Catch up with old friends and make new ones.

Sign up for a subscription so the newsletter will be mailed to your home. Make a donation to help the Senior Center keep its programming and facilities alive and well...and growing. And become involved in the vibrant Brookline senior community.

## BROOKLINE MUSIC SCHOOL CONCERTS—SAVE THE DATE

The Senior Center and Brookline Music School cosponsor the season of concerts at the Senior Center on the first Wednesday of the month. The new season begins on **Wednesday, October 3 at 1:00 pm** when everyone is invited to a concert featuring Atsuko Jozaki, pianist.

A native of Japan, pianist Atsuko Jozaki has studied in several prestigious institutions worldwide and earned her doctoral degree (DMA) from Boston University. She has received many scholarships, including the Hiroshima Scholarship (Japan) and Mención Honorífica (Spain) and has won the Student

## COUNCIL ON AGING MEETING

Come to the September meeting of the Council on Aging (COA) on **Wednesday, September 12, at 1:00 pm** for a talk by James Reardon (from the Brookline Police Department) and Lolita Gonsalves-Alston (LICSW, Case Manager of the Brookline Mental Health Center) for a lively talk and discussion of HomeSafe—a program for individuals at risk of wandering or getting lost (that includes adults with cognitive disorders, elders with Alzheimer's Disease, and children with autism). The program works similarly to Lo-Jack in that the individuals wear a Safety Net bracelet that has a transmitter that emits a continuous radio signal so that the individual can be tracked and rescued if he or she goes missing.

The program is open to anyone who lives, works, or attends school in Brookline, and subsidies are available based on income.

This program is a collaboration between the Brookline Community Mental Health Center and the Brookline Police Department. It is supported with funding from the Hamilton Company Charitable Foundation.

For more information, contact Lolita Gonsalves-Alston at the Brookline Community Mental Health Center at 617-277-8107.

Soloist Award from Stanford University. She is a member of Pi Kappa Lambda, an honorary music society, at Boston University. Her orchestral and solo experiences include performances with the Elisabeth University Orchestra and the Stanford Symphonic Orchestra. She is on the faculty of the Brookline Music School, is Choir director of the Glendale United Methodist Church, and organist at the First United Parish of Everett.



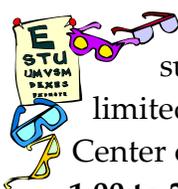


**Ask a Nurse** A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the



**first Thursday of each month**—this month that means **September 6**— at **11:00 am** to help you with your health questions. For more information, call 781-396-2633.

**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, September 10 and 24, 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 the Senior Center on **Wednesday, September 19, from 1:00 to 2:30 pm**.

### Blood Pressure Screenings

The nurse from the Brookline Health Care Center will not provide blood pressure screenings at the Senior Center this month.

But Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screenings at the

Senior Center on **Thursday, September 20, from 9:00 to 10:30 am**. In addition, the BPHD nurse will provide blood pressure screenings:

- On **Wednesday, September 5**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, September 12**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, September 26**, at O’Shea House at 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, September 24**, during the Chinese programs—**from 12:30 to 2:00 pm**.

**Health Clinic** The Podiatry Clinic and blood pressure and other screenings are given at our Health Clinic on the second floor of the Senior Center.

**Shingles** is a painful skin condition. Immunization is recommended for those aged 60 or over. If you missed getting a vaccination at the Senior Center in June, you can still get the vaccination at many pharmacies. Call your pharmacist for more information.



For more about Shingles, see *Ask a Geriatrician* on p. 5.

## 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](mailto:jgimple@brooklinema.gov) or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Senior News & Events.*)

**Question:** What is shingles, and can I prevent it?

**Answer:** Shingles (herpes zoster) is a painful rash, shaped like a band or a belt. It is most common in people over 50. Shingles is caused by the same virus that causes chickenpox. After someone has chickenpox, the virus remains *asleep* in the body. Years later, it can *wake up* and cause shingles. The first time a person is infected with the virus, he or she gets chickenpox, not shingles.

It is not possible to catch shingles, but people who never had chickenpox can catch the virus and get chickenpox. You *probably* will **not** catch the virus (or get chickenpox) if you had chickenpox or shingles in the past, had the chickenpox vaccine, or were born before 1980. If you have never had chickenpox or the chickenpox vaccine and are around anyone with shingles, do not touch their rash because you could get sick with chickenpox.

The first symptoms of shingles may be itching, burning, or tingling. Some people run a fever, feel sick, or get a headache. Within days, a rash with blisters appears. Blisters most often

appear in a band across half the chest, back or elsewhere on the body. The blisters cause pain that can be mild or severe.

Shingles blisters can become open sores, which can become infected. Within 7 to 10 days, the rash should scab over. By then, most people are no longer contagious.

Shingles can be serious. About 1 out of 10 people with shingles will get something called "postherpetic neuralgia," or "PHN," which is pain even after the rash goes away. This pain can last for months.

If you see your doctor within 3 days of your first symptoms, you can take medicines called "antivirals" to help fight the virus. Pain can usually be treated with nonprescription pain medicines, but some people might need prescription medicines.

People can reduce the chances of getting shingles by having the shingles vaccine. The vaccine can also make the symptoms milder if they do occur. Most people age 60 and older should get the shingles vaccine.

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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 to all seniors, including those who are intent on Aging Well at Home are:

**BETS** (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount (\$25. a month yields \$50. worth of cab rides as each coupon book has 10 coupons each worth \$1. and a book costs \$5.).

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.) Eligibility: 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** There will be no Brookline Legal Assistance Bureau volunteer lawyer at the Senior Center to consult for legal expertise on matters of law as well as information and referrals in September, but one will be here on **Wednesday, October 3, from 9:00 am to 12:00 noon**. 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 Résumé Workshop on p. 21.)

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

**SHINE** counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7 for information on 2012 open enrollment.)

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

## MEDICARE 2013

### OPEN ENROLLMENT

If you have Medicare, sometime during September you will receive important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). Please read these letters, and be sure you understand the information they contain. *Neither ignore nor discard letters that you receive from your plans!*

During the annual Medicare Open Enrollment period (**October 15 through December 7**), you will have a chance to *change* your coverage for next year. State-certified SHINE (Serving Health Information Needs of Elders) counselors can help you understand your plan changes as well as other options you may have.

*Make a SHINE appointment early. Do not wait until it is too late!* Trained SHINE volunteer counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Senior Center at 617-730-2777 to make a SHINE appointment.

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

### BCBSMA

On **Monday, October 29, 1:00 pm**, Susan Flanagan from BlueCrossBlueShield of Massachusetts (BCBSMA) will be at the Senior Center to present a brief overview of how Medigap and Medicare Advantage plans work with Medicare. The presentation will include a question-and-answer session during which questions on the 2013 benefits can be answered. Plan information will be available for individual (nongroup) plans—Medex, Blue MedicareRx, Medicare HMO Blue, and Medicare PPO Blue. Everyone is welcome at this presentation regardless of insurance coverage.

### SHINE

Kathy Worhach of SHINE will also visit the Senior Center in October to help us all learn about the Medicare changes for 2012. The date and time for this presentation has not yet been established. We will announce the date and time in the TAB and the October Senior News and Events. Medicare plans change every year and are confusing at best. SHINE counselors can help cut through the red tape and balderdash and help you choose a health plan that is good for you. And they do it free of charge! Remember, however, that appointment schedules fill up fast. If you haven't already done so, make your appointment today!

## HAMMOND POND DENTAL ASSOCIATES

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## AUGUST MOON FESTIVAL

The August Moon (or Mid-Autumn) Festival is one of the most celebrated of Chinese holidays.



It is held on the 15th day of the 8th lunar month. Chinese families celebrate the end of the harvest season with a big feast. But the Chinese have moon cakes instead of Grandma's pumpkin pie.

Friends and relatives also send moon cakes to each other as a way of giving thanks. And of course there are parades with dragons and dancers and martial arts and.....so much more.

There are many stories about the August Moon Festival. One is about the Lady Chang Er. This story originated around 2170 BC. "The earth once had 10 suns circling over it, each took its turn to illuminate to the earth. But one day all 10 suns appeared together, scorching the earth with their heat. The earth was saved by a strong and tyrannical archer—Hou Yi. He succeeded in shooting down 9 of the suns. One day, Hou Yi stole the elixir of life from a goddess. However, his beautiful wife Chang Er drank the elixir of life in order to save the people from her husband's tyrannical rule. After drinking it, she found herself floating and flew to the moon. Hou Yi loved his divinely beautiful wife so much, he didn't shoot down the moon." (from [www.chinesefortunecalendar.com](http://www.chinesefortunecalendar.com))

This annual event will be held at the Senior Center on **Monday, September 10, from 12:30 to 2:00 pm**. Tickets for the festival (including lunch and the entertainment that follows) are \$7. Tickets are already on sale. Space is limited so call 617-730-2770 as soon as possible to make reservations. There will be no Springwell lunch on this day.

The event is cosponsored by the Greater Boston Chinese Golden Age Center and the Brookline Senior Center.

## BROOKLINE DAY

On **Sunday, September 23**, come one come all to the first ever Brookline Day Festival **from 11:00 am to 3:00 pm** at Larz Anderson Park! This event celebrates *you* 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. There will be a carnival of activities for young and old, including large inflatables, face painting, balloon artists, and tethered hot air balloon rides (weather permitting). Also featured will be many Brookline Restaurants in "A Taste of Brookline," live local music, a pie-eating contest, and much more! And this community event is *free*! Don't miss this happy celebration. Presented by Brookline Recreation. Sponsored by Brookline Bank.



Massachusetts Primary Elections is  
on Thursday, September 6

Please VOTE and remind your relatives, neighbors, and friends to vote. Voting is the most important citizens' duty in a free, democratic society. It is your chance to have your voice heard!



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

## SOUTH BROOKLINE SENIOR SOCIAL

The South Brookline Senior Social continues to meet on Fridays **from 10:30 am to 1:00 pm** at the Putterham branch of Brookline Public Library. All programs are free, and there is always coffee, tea, and Kosher pastries (courtesy of the Council on Aging).

There are some special events coming up.

- On **Friday, September 7**, there will be gentle chair yoga sponsored by the Brookline Public Health Department.
- On **Friday, October 12**, a box lunch will be provided courtesy of South Brookline Representative Ed Copping.

Since space is limited for this program, reservations are strongly recommended and are allocated on a first-to-call, first-served basis. Call Regina Millete at 617-469-0052 at least one week before the program you want to attend.

## DRAWING FOR PLEASURE

This ever-popular series will resume on **Thursday, September 13**, and will run on Thursdays for **14 weeks**.



The **Figure Drawing** class, taught by Louise Weinberg, runs **from 9:30 to 11:45 am**. Currently, the Figure Drawing classes are full, and there is a waiting list. Please note that there will be a small model fee for these classes.

The **Still Life** class, taught by Alexandra Rozenman runs **from 9:30 to 11:30 am**, and there are openings for people with some drawing experience. These classes are designed to help you find your balance between reality and abstraction and rediscover the world in images through exciting exercises. Bring a sketch, an image, or a study from the masters to use as your model.

For more information and to register, call 617-730-2770.



## 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](http://www.goddardhouse.org).  
165 Chestnut St., Brookline MA



Assisted Living Close to Boston

## PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome at the Parkinson Disease Support Group meeting on **Friday, September 7, from 1:00 to 2:30 pm**. This group is free and no reservations are required.

For more information, call Vanessa Blais at 617-638-7729 or e-mail her at [vbblais@bu.edu](mailto:vbblais@bu.edu). This group is cosponsored by the Council on Aging 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, September 14**. Call group leader Elaine Yanowitz at 617-730-2751 for time and additional information.

The Evening group will meet on **Thursday, September 27**—call for time. Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

## DYSPHAGIA

*What is it?* The inability to swallow safely and efficiently, dysphagia, is a serious condition. If left untreated, it can result in reduced quality of life, increased risk of pneumonia, and even death.

*Am I at risk?* Dysphagia is common not only as a result of neurological injury caused by stroke or disease, but also in otherwise healthy individuals as a result of motor weakness, loss of motor skill, and reduced sensation. In fact, symptoms of dysphagia affect an estimated 33% of the elderly population. You may be at risk if you have regular difficulty swallowing certain foods or liquids, cough while eating, choke on medication, have a strangling sensation, and/or cough up food after swallowing.

*What can I do if I have symptoms of dysphagia?* Seek evaluation and treatment from a speech-language pathologist or an ear-nose-throat physician, both of whom specialize in dysphagia. Treatment may involve changes to your diet to reduce risk or special exercises. The Stepp Lab at Boston University is currently researching the role of reduced sensation on swallowing problems in order to create a new rehabilitation program for dysphagia. For more information about this study or questions about dysphagia, contact the Stepp Lab at 617-358-1395 or [stepplab@gmail.com](mailto:stepplab@gmail.com).

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Boston University - Charles River Campus  
Institutional Review Board  
Approved: 04/20/04 - 01/24/05

### **DO YOU HAVE PROBLEMS SWALLOWING?**

**Are you between the ages of 18 and 100 years  
with problems swallowing as a result of a  
Stroke?**

Please email  
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to participate in a research study at Boston  
University

## ORAL HEALTH FOR SENIORS

On **Thursday, September 20, at 11:00 am**, come to the Senior Center for a presentation by the Brookline Denture Center.

As your body changes with age, so do your dental care needs. This presentation will provide important information on:

- How the aging process affects oral health
- How to care for teeth and gums
- Gum disease—prevention and care
- The importance of oral cancer screenings
- Important facts about dentures
- Maintaining and caring for dentures
- Insurance

Space is limited so reservations are required. To reserve a place, call 6178-730-2770.

## ELF

Equipment Loan Fund (ELF) medical equipment is available for borrowing year round! Call Karin Wannamaker at 617-730-2753 to borrow or donate an item or even multiple items. Because of space limitations and other guidelines, ELF is not able to accept all items, so please call and speak to Karin before dropping items off.

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)



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*Save the Dates—mark your calendars!*

**Wednesday, October 24**

8th Annual Autumn Benefit

—honoring Barney Frank—

**Friday & Saturday, November 9 & 10**

28th Annual Holiday Craft Fair

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## FROM THE DIRECTOR

I want to give a special welcome to people who are reading this publication for the first time. Our *Senior News and Events* is a great way to become educated about important programs and services and to stay informed about all the fabulous programs that happen in Brookline. Not one senior should ever be bored because of the wealth of activities that are available, many of them are free because of the commitment of our nonprofit to keeping program costs low. We are proud to mail this month's copy to a wider audience and to encourage you to subscribe (use the form on p. 31) to stay abreast of all our exciting happenings!

September is Senior Center Month, and I invite you to attend a program this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try Zumba, Tai Chi, chair Yoga, or a literary discussion class, or join the chorus or a Scrabble game, all of which and much more you will find described in this newsletter.

You can even offer to teach a new class your-

self. In addition, if that is not enough to keep you involved, join our Theater Club for some great shows this fall.

The Asian community celebrates the Harvest and their gratitude for abundance in September with the August Moon Festival (see p. 8), and our Jewish friends celebrate the New Year, Rosh Hashanah, on September 17. All of us join both communities in warm good wishes. This is a great time of year. The weather is glorious, and the trees begin to wear their fabulous fall colors. Enjoy the month.

Finally, I urge you to make plans to attend our annual benefit next month on Wednesday, October 24, as we honor senior advocate Congressman Barney Frank. 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, entertaining conversation, and mingling with your neighbors. Buy your tickets early, and show your support for the Senior Center.

*Ruthann Dobek, Director*

*Theme of  
Senior Center Month:  
"It Happens at  
My Senior Center.  
My Life. My Time.  
My Way."*

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## SPECIAL OLYMPICS COFFEE HOUSE

Come to the Senior Center on **Friday, September 21, from 6:30 to 10:00 pm** for an exciting evening of acoustic music, snacks, friends, and, of course, coffee—all for a great cause! This event will feature some of the best, young musical talent from Massachusetts and New Hampshire. All proceeds will go directly to the Local Chapter for Brookline Special Olympics, which is home to the 5 Special Olympic sports that occur year 'round as well as roughly 65 athletes and about 20 committed coaches/volunteers. At the event, Brookline Special Olympic participants will give personal testimonies about what the sports they participate in mean to them so you can hear first-hand the impact Special Olympics has on the lives of the participants. Bring your friends and family and enjoy the music and fellowship knowing it's all for a great cause!

The cost is \$10/person, \$7/senior (60+). Children of 5 or under will be admitted for free. For more information and to let us know you are coming, contact Brandon Fitts, CTRS, at [bfitts@brooklinema.gov](mailto:bfitts@brooklinema.gov) or by phone at 617-730-2069. Cosponsored by the Senior Center and Brookline Rec.

## MODERN DANCE AND MOVEMENT

Join Lynn Modell at the Senior Center on **Fridays, September 14 and 28 and on Thursday, September 20 at 3:30 pm** for some more wonderful workshops in Modern Dance and Movement. This is a great way to exercise and have fun at the same time...and for only \$2 per session.

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## MEET ME AT THE COOLIDGE... AND MAKE MEMORIES

On **Tuesday, September 11, from 10:00 am to 12:00 noon** come and experience



this interactive film program for seniors, families, and people with memory loss and their care partners.

*Meet Me at the Coolidge...and Make Memories* is a one-of-a-kind film experience, designed specifically for seniors and for people with memory loss and their care partners. Short clips from classic films are shown, followed by audience discussion and reminiscence, guided by a moderator.

This program demonstrates how film can be a form of treatment for some of the symptoms associated with memory loss and related dementia. Cinema has the power to connect us with our deep-rooted emotional memories—the kind that never leave us. For more information and to RSVP, contact Dee Brenner at 978-985-4427 or [Brenner@artzalz.org](mailto:Brenner@artzalz.org).



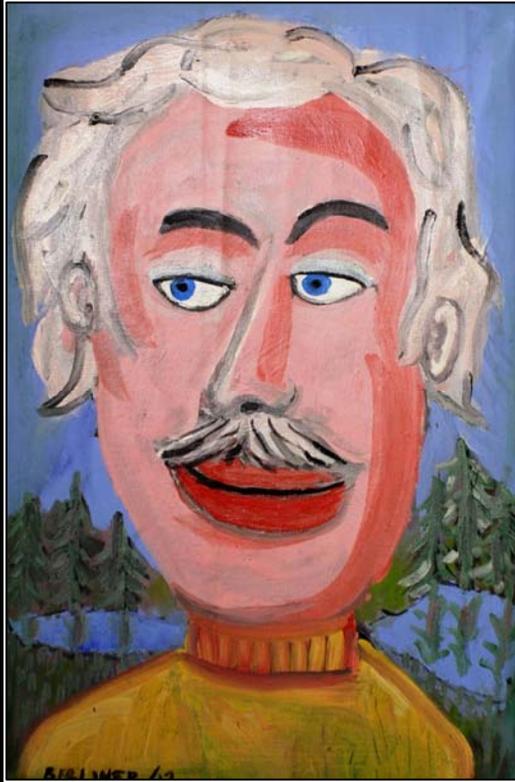
We are always looking for volunteers for our programs. Please contact Dee if you would like to volunteer for this cinema program. Breakfast for the volunteers on the morning of the performance will be at Panera Bread and is provided by ARTZ!

## EASY TRAVEL

...is on vacation in September. It will return in October with more armchair trips.

Would you like to lead a tour of one of your favorite places? It can be a far-flung discovery or somewhere in the Boston metropolitan area, that you love to visit. If you have a photographic tour you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760. Remember that you need to have lots of pictures, preferably digital pictures on a CD, thumb drive, or slides.

## AT THE GALLERY



*The Senior Center cordially invites yo to an exhibit  
of paintings by*

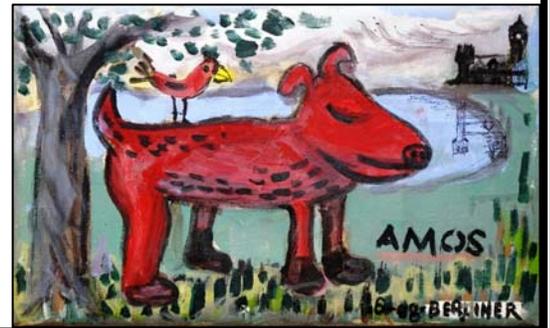
***Barnett Berliner***

through Friday, October 12 at our 2nd floor gallery

*Hours: 8.30 am to 5:00 pm*

*Monday through Friday*

*Reception with the Artist  
Wednesday, September 12  
from 6:00 to 8:00 pm*



## FRENCH CONVERSATION

*Parle français, avec Agnes Serenyi and the group  
every Tuesday in September at 12:00 noon.*

## MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, September 19, 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.

## SENIOR CENTER DECORATORS

Join this fun crafting group on **Mondays, September 10 from 1:30 to 3:00 pm and September 17 from 1:00 to 3:00 pm** 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!

## BU AGING STUDY

- Healthy Adults: Age 65 and up
- Good or Corrected to Normal Vision (May Wear Glasses)
- Computerized Visual Task
- \$ 8 per visit (hour)
- Please contact Li-Hung Chang at **617-410-6998** for more information.



The experiment is conducted in BU Charles River Campus & Brookline Senior Center.

## MOVIES FOR FILM LOVERS

Every Tuesday afternoon at 1:00 pm the Senior Center presents a free first-class feature film. Come and take a break from the sometimes frenetic pace of the fall season. Come for lunch (see pp. 16 and 17 for menus and reservation information) and stay for the film.



**September 4**

*Albert Nobbs*

(2011) 113 minutes

Having for decades disguised herself as a man while working as a butler in a posh 19th-century Dublin hotel, a woman calling herself Albert Nobbs reconsiders her charade when a handsome painter arrives on the scene. Starring Glenn Close, Mia Wasikowska, and Aaron Johnson.

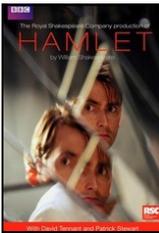


**September 18**

*Jiro Dreams of Sushi*

(2011) 81 minutes

This delectable documentary profiles sushi chef Jiro Ono, an 85-year-old master whose 10-seat, \$300-a-plate restaurant is legendary among Tokyo foodies. Ono is also a father, whose sons struggle to live up to his legacy and make their own marks.



**September 11**

*Hamlet*

(2009) 182 minutes

David Tennant stars as the melancholy Dane, and Patrick Stewart is his uncle Claudius in this exhilarating version of the Royal Shakespeare Company's smash hit 2009 production, which was filmed on location rather than on the stage. When Hamlet's father's ghost reveals he was murdered by Claudius, who then married his widow, Hamlet seeks revenge. Stewart won a prestigious Olivier Award for his riveting performance.



**September 25**

*Great Pas de Deux*

(1997) 111 minutes

This collection of amazing *pas de deux* from some legendary ballets brings new meaning to the phrase "Meet you at the barre." Among the scintillating dances are several famous terpsichorean partnerships, such as Margot Fonteyn and Rudolph Nureyev in "Le Corsaire." Also featured are Darcey Bussell and Jonathan Cope, Cynthia Harvey and Mikhail Baryshnikov, and several others.

## SENIOR CINEMA

You can also see free movies at the Coolidge Corner branch of the Library **every Thursday**. There are **refreshments at 1:00 pm**, and the **movie starts at 1:30 pm**. September's lineup is:

**September 6** No movie—Primary election day

**September 13** *Invincible* (2006) 105 minutes

Devoted Philadelphia Eagles fan Vince Papale has just lost his wife and his job as a substitute teacher. But by impressing his favorite NFL team's coach in open tryouts and winning a

place on the field, he turns a terrible year into a winner.

**September 20** *The Artist* (2011) 100 minutes

This modern-day silent film artfully recounts the poignant end of the silent-movie era in the late 1920s.

**September 27** *The Chorus* 95 minutes

Music teacher Clement Mathieu lands a job at a boys' boarding school populated by delinquents and orphans. He forms a chorus that changes the boys' lives.

# Springwell Nutrition Program

617-730-2770

# SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY
<p>3) <b>Labor Day Holiday</b></p>  <p><b>No Meal Service.</b></p>	<p>4) Whole Grain Stuffed Shells w/ Meatball &amp; Tomato Sauce, Parmesan Cheese, Mixed Vegetable Blend, Oat Dinner Roll</p> <p><b>OR</b></p> <p>***Ham w/American Cheese, Mustard, Lettuce Leaf, Macaroni Salad, Riviera Salad, Oatnut Bread</p> <p>Fresh Fruit</p>	<p>5) Lentil Spinach Soup Vegetable Cheese Quiche, Stewed Tomatoes, Red Bliss Potatoes, Rye Bread</p> <p><b>OR</b></p> <p>Roast Beef w/American Cheese, Lettuce Leaf &amp; Mustard, Lo Mein Pasta Salad, Spinach Mandarin Salad w/Lite Italian Dressing, Rye Bread</p> <p>Pineapple</p>
<p>10) <b>August Moon Festival</b></p>  <p><b>No Springwell Meal Service.</b></p>	<p>11) Mushroom Barley Soup Salmon Boat w/Lemon Butter Sauce, Spinach, Whipped Potatoes, Multigrain Bread</p> <p><b>OR</b></p> <p>BBQ Breaded Chicken Breast Filet, Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Tomato &amp; Zucchini Salad, Hamburger Roll</p> <p>Fruit Muffin Loaf</p>	<p>12) American Chop Suey, Parmesan Cheese, Garden Tossed Salad w/ Lite Dressing, Brussels Sprouts, Multigrain Bread</p> <p><b>OR</b></p> <p>Roast Beef w/Swiss Cheese, Lettuce Leaf &amp; Lite Mayo, Orzo Vegetable Salad, Cucumber Dill Salad, Wheat Bread</p> <p>Mixed Fruit</p>
<p>17) Turkey Marsala w/Mushrooms, Egg Noodles, Butternut Squash, Oatnut Bread</p> <p><b>OR</b></p> <p>Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Riviera Salad, Corn Salad, Multigrain Bread</p> <p>Pineapple</p>	<p>18) <b>Birthday Lunch</b> Cream of Broccoli Soup Chicken Lo Mein w/Peas, Oriental Vegetable Blend, Multigrain Bread</p> <p><b>OR</b></p> <p>California Chicken Salad w/Lettuce Leaf, Cucumber Tomato Salad, Pasta Salad w/Cheese, Oatnut Bread</p> <p>Chocolate Cake w/Vanilla Frosting &amp; Sprinkles</p>	<p>19) ***Baked Macaroni &amp; Cheese, Broccoli &amp; Cauliflower Marinara, Whole Wheat Bread</p> <p><b>OR</b></p> <p>Chef Salad w/Ham, Cheese, &amp; Egg, Lite Italian Dressing, Potato Salad, Scali Bread</p> <p>Butterscotch Pudding</p>
<p>24) Meatloaf w/Mushroom Gravy, Roasted Red Potatoes, Summer Squash &amp; Tomato Sauté, Multigrain Bread</p> <p><b>OR</b></p> <p>Chicken Salad w/Lettuce Leaf, Tomato &amp; Zucchini Salad, Orzo Vegetable Salad, Oatnut Bread</p> <p>Ambrosia</p>	<p>25) Clam Chowder Fiesta Baked Fish, Whipped Sweet Potato, Seasoned Green &amp; Waxed Beans, Wheat Bread</p> <p><b>OR</b></p> <p>***Ham w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread</p> <p>Fresh Fruit</p>	<p>26) Pasta Fagioli Soup Chicken Paprika w/Paprika Sauce, Mashed Potatoes, Zucchini, Mushrooms &amp; Onions, Oatnut Bread</p> <p><b>OR</b></p> <p>Tuna Salad w/Lettuce Leaf, Rice Tomato &amp; Black Olive Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Bulkie Roll</p> <p>Carnival Cookie</p>

**ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.**

**ALL SOUPS COME WITH CRACKERS.**

**LOW SUGAR DESSERTS ARE AVAILABLE, AND NEED TO BE ORDERED WITH THE SITE MANAGER**

\*\*\*Higher Sodium Content.

Menu subject to change.

\$1.75 suggested donation

## LUNCHEON SPECIALS FOR SEPTEMBER

THURSDAY	FRIDAY
6) <b>Labor Day Special</b> Hamburger w/American Cheese Ketchup/Mustard/Relish Lettuce & Tomato Potato Salad Cole Slaw Hamburger Roll  Raspberry Mousse	7) Corn Chowder Bone-In Roast Chicken w/Gravy, Brown Rice, Brussels Sprouts, Whole Wheat Bread  <b>OR</b> Chef Salad w/ Turkey, Cheese, & Egg, Lite Italian Dressing, German Potato Salad, Scali Bread  Pears
13) Cream of Sweet Potato Soup Chicken w/Supreme Sauce, Lemon Rice, Italian Blend Vegetables, Italian Bread  <b>OR</b> Turkey w/American Cheese, Lettuce Leaf & Lite Mayo, Purple Cabbage Cole Slaw, Tri Color Pasta Salad, Bulkie Roll  Fresh Fruit	14) Beef Stew, Peas, Corn Bread  <b>OR</b> Tuna Salad w/Lettuce Leaf, Macaroni Salad, Tomato & Red Pepper Salad, Rye Bread  Mandarin Oranges
20) Minestrone Soup Spanish Shepard's Pie, Zucchini, Snowflake Dinner Roll  <b>OR</b> Tuna Salad w/Lettuce Leaf, Pesto Pasta Salad, Coleslaw, Wheat Bread  Applesauce	21) Cream of Carrot Soup Breaded Fish w/Lemon Butter Sauce, Tartar Sauce, Au Gratin Potatoes, Sliced Beets, Rye Bread  <b>OR</b> Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread  Fresh Fruit
27) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/ Relish, Hot Dog Roll  <b>OR</b> Egg Salad, Lo Mein Pasta Salad, To- mato Pepper Salad, Multigrain Bread  Mandarin Oranges	28) Split Pea Soup Whole Grain Cheese Lasagna Roll Up w/Meatball & Tomato Sauce, Spinach, Whole Wheat Bread  <b>OR</b> Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Wheat Bread  Pineapple
<p><b>For meal reservations on Monday, call the previous Friday by 11:00 am.</b>  <b>For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.</b></p> <p><b>Please note that the only foods that can be taken from the dining site are: fresh fruit, unopened milk, wrapped bread, and baked desserts.</b>            These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, contact Springwell at 617-926-4100.</p>	

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations.

On **Thursday, September 6**, Springwell will have its **Labor Day Special** lunch. Vote in the primary, and reward yourself with lunch among friends and peers.

On **Monday, September 10**, we will celebrate the Asian **August Moon Festival**. See p. 8 for details. Lunch is part of the festivities.

On **Tuesday, September 18**, come to the **Birthday Lunch**. Don't forget to tell us if you or someone in your party has a September birthday when you make the reservation(s).

And join the **Let's Go Out to Lunch** group on **Tuesday, September 25**, when they dine at Galway House at 720 Centre Street in Jamaica Plain **at 12:00**

**noon.** Call 617-730-2770 to tell us you are coming and to reserve a seat in the van.



## SEPTEMBER AT A GLANCE\*

### Monday, September 3

Labor Day. The Senior Center closed.

### Tuesday, September 4

1 pm Movie for Film Lovers—"Albert Nobbs"

### Wednesday, September 5

2-3 pm Blood Pressure Screening with Barbara Westley, nurse from the Brookline Public Health Department (BPHD) at the BPHD building\*

### Thursday, September 6

Primary Elections—Be sure to VOTE!

9:30 am-4:30 pm Brookline Rec excursion to Strawberry Banke/Portsmouth, NH\* & \*\*\*

11 am Ask a Nurse

12 noon Springwell Labor Day Special lunch\*\*\*

1:30 pm Easy Travel—on vacation

### Friday, September 7

10:30 am-1 pm South Brookline Senior Social—chair yoga\*

1-2:30 pm Parkinson Disease Support Group

### Sunday, September 9

2 pm Theater Club excursion to see "Marie Antionette"\* & \*\*\*

### Monday, September 10

9 am-12 noon Podiatry Clinic

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

1:30-3 pm Senior Center Decorators

2-3 pm Putterham Book Discussion Group\*

### Tuesday, September 11

10 am-12 noon Meet Me at the Coolidge...and Make Memories\*

1 pm Movie for Film Lovers—"Hamlet" with David Tennant

### Wednesday, September 12

1 pm COA meeting—James Reardon and Lolita Gonsalves-Alston will speak about Home-Safe

1-2 pm Blood Pressure Screening at Sussman House\*

6-8 pm Reception for Artist Barnett Berliner

### Thursday, September 13

9:30-11:30 am Drawing for Pleasure Still Life Class\*\*\*

9:30-11:45 am Drawing for Pleasure Figure Drawing Class\*\*\*

1-3 pm Résumé Workshop\*\*\*

1:30 pm Senior Cinema—"Invincible"\*

### Friday, September 14

9 am-4 pm Brookline Rec excursion to Gillette Stadium\* & \*\*\*

10:30 am-12:30 pm Gardening Group

3:30 pm Modern Dance and Movement

Afternoon Alzheimer's Caregivers Support Group—call for time

### Monday, September 17

1-3 pm Senior Center Decorators

### Tuesday, September 18

12 noon Birthday Lunch\*\*\*

1 pm Movie for Film Lovers—"Jiro Dreams of Sushi"

### Wednesday, September 19

10:15-11:45 am Telling Your Story\*\*

1-2:30 pm Low Vision Group

1-3 pm Dostoyevsky's The Brothers Karamazov\*\*

1:30 pm Modern Beading Workshop

### Thursday, September 20

9-10:30 Blood Pressure Screening with Barbara Westley from the BPHD

9:30-11:30 am Drawing for Pleasure Still Life Class\*\*\*

9:30-11:45 am Drawing for Pleasure Figure Drawing Class\*\*\*

11 am Oral Health for Seniors

1:30 pm Senior Cinema—"The Artist"\*

1:30-2:30 pm Zumba Gold—free class

3:30 pm Modern Dance and Movement

### Friday, September 21

2-3 pm Tai Chi for Seniors\*\*

6:30-10 pm Special Olympics Coffee House

### Sunday, September 23

11 am-3 pm Brookline Day at Larz Anderson Park\*

### Monday, September 24

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)\*\*

9 am-12 noon Podiatry Clinic

10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)\*\*

12:30-2 pm Blood Pressure Screening with Megan Cheung from the Greater Boston Chinese Golden Age Center

### Tuesday, September 25

9-10 am Public Issues Nonfiction Book Discussion Group

10:30 am-12:30 pm Literary Discussion Group: Fall\*\*

12 noon Let's Go Out to Lunch Group dines at Galway House in Jamaica Plain\*\*\*

1 pm Movie for Film Lovers—"Great Pas de Deux"

1-3 pm Dostoyevsky's The Brothers Karama-zov\*\*

2-3 pm Yoga for Older Adults (Chair class)\*\*

3-4 pm Yoga for Older Adults (Mat class)\*\*

**Wednesday, September 26**

10:15-11:45 am Telling Your Story\*\*

1-2 pm Blood Pressure Screening at O'Shea House\*

**Thursday, September 27**

9:30-11:30 am Drawing for Pleasure Still Life Class\*\*\*

9:30-11:45 am Drawing for Pleasure Figure Drawing Class\*\*\*

1:30 pm Senior Cinema—"The Chorus"\*

1:30-2:30 Zumba Gold

Evening Alzheimer's Caregivers Support Group—call for time

**Friday, September 28**

10:30 am-12:30 pm Gardening Group

1 pm Holiday Craft Fair planning meeting

2-3 pm Tai Chi for Seniors\*\*

2:30 pm Modern Dance and Movement

**Sunday, September 30**

2 pm Theater Club excursion to see "The Kite Runner"\* & \*\*\*

\* 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](http://www.brooklineadulted.org) to register.

\*\*\*Registration, appointments, or reservations required.

## ONGOING SENIOR CENTER EVENTS

**Monday**

9:30-4:30 Fitness Center open\*\*\*

10-10:30 am Flexibility and Stretching drop-in class for Fitness Center members

10:30-11 am Balance drop-in class for Fitness Center members

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah Jongg/Scrabble

2-4 pm Open computer lab

**Tuesday**

One-on-One Computer Sessions

9:30-4:30 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

3-4:30 pm Latino Instrumental and Vocal Music sessions

4-4:30 pm Flexibility and Stretching drop-in class for Fitness Center members

**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

2:30-3 pm Flexibility and Stretching drop-in class for Fitness Center members

3-3:30 pm Balance drop-in class for Fitness Center members

**Thursday**

9:30-4:30 Fitness Center open\*\*\*

10:30 am and 1:30 pm Knit and Crochet

10:30-11:30 am Arthritis Exercise Class

12 noon-1 pm Beginners Spanish Classes I\*\*\*

1:15-2:15 pm Beginners Spanish Classes II\*\*\*

1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106

1:30-dusk Brookline Farmers' Market at the Centre Street West Parking Lot\*

2-3 pm Spanish Conversation Group\*\*\*

3:30-4 pm Balance drop-in class/Fitness Center members

**Friday**

9 am Bridge

9:45 am Solemates Walking Group

10am-3 pm Fitness Center open\*\*\*

10 am Project Volunteer

10-10:30 am Hand Exercises for dexterity and strength drop-in class for Fitness Center members

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

12-30-2 pm Basic Computers/Spanish-speaking Seniors

1-2 pm Meditation in Movement



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# Brookline Health Care Center

## A HealthBridge Management Company

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

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

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

For more information,  
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Admissions Department at  
**617-991-2580**

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

### Physical Therapy

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

### Occupational Therapy

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

### Speech Therapy

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



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## RÉSUMÉ WORKSHOP

Are you ready to reenter the world of work? Could your résumé use an update? Come to this interactive workshop on **Thursday, September 13, from 1:00 to 3:00 pm** to learn about what employers look for in today's résumés and how they use online application systems. Learn about the different types of résumés, and share ideas about how to showcase your experience. If you are a Brookline resident age 60 or older and looking for work, join us at this free workshop. Bring your current résumé if you have one. To register or for more information, contact Deidre Waxman at 617-730-2767 or e-mail Anne Spangler at [aspangler@brooklinema.gov](mailto:aspangler@brooklinema.gov).

## 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



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**ASSISTED LIVING • MEMORY CARE**

volunteers at a special, discounted rate for a donation of \$5 per session. 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 and/or to schedule an appointment, call 617-730-2777.

## HOLIDAY CRAFT FAIR

There will be planning meetings for the annual Holiday Craft Fair at 1:00 pm on Friday, September 28 and Monday, October 29. This wonderful event will take place on Friday, November 9, and Saturday, November 10.

We already have a variety of knitted goods, and we would like to expand our offerings to include handmade jewelry, photography, handmade cards, and more!

## ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up, and applying for, benefits online. If you have questions, call Olga at 617-730-2768. Preregistration is required. Sessions are being held **on Tuesdays in September**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And we can only train on PCs as we do not have a Mac trainer available.

## ZUMBA GOLD



This combination of Latin salsa, cardio workout, and interval moves is the hottest dance craze and the most fun workout program around. Get in shape and have fun doing so in this dynamic and effective fitness program given at the Senior Center.

There will be a **free class on Thursday, September 20**. And then you can go to classes that run from 1:30 to 2:30 pm on Thursdays from **September 27 through November 15** for \$40. Individual classes cost \$7 per session, and drop-ins are welcomed.



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

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## COA VOLUNTEER OPS!

We are currently looking for volunteers to represent the Council on Aging on the *Domestic Violence Roundtable*. (Founded in 1995 to provide a focus for domestic violence prevention and control activities in Brookline, this committee meets at 4:00 pm [next meeting is on September 6] on the first Thursday of the month in the Brookline Public Health Department building at 11 Pierce Street.) Members are from a variety of community-based organizations. The Round-table has monthly guest speakers, and provides an opportunity for networking.

**Moving? Downsizing?**



Call Karen Zweig  
for a free consultation!  
617.455.1964  
karen@movemaven.com



## MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again in 2013. These events are on hiatus for the rest of this year as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and has opened a new and improved, 1800 square-foot CharlieCard Store inside the concourse of Downtown Crossing to replace the old Downtown Crossing and Back Bay service centers which are now closed.

If you need a first-time card, go to the MBTA CharlieCard Store . Bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to the above listed store or call 617-222-3200 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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## THE GARDENING GROUP

The Gardening Group will meet **from 10:30 am to 12:30 pm on Friday, September 14** for discussion and easy hands-on work aimed at “Season Extending Methods” and **on Friday, September 28** with the goal of “Protecting and Nourishing the Soil: Mulch and Cover Crops.” The group will meet on the terrace behind the Senior Center. If the weather is inclement, the meeting will be moved inside.

For answers to your questions, call Karin Wannamaker at 617-730-2753 or Sharon Devine at 617-730-2769.



## 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 variety of food is available at the site—many choices of bread and rolls and lots of produce. And you might just find some wonderful

## BROOKLINE FARMERS’ MARKET



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

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

soups, specialty salads, and sandwiches. A varied group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Jackie Wright at the Senior Center on Tuesday mornings.

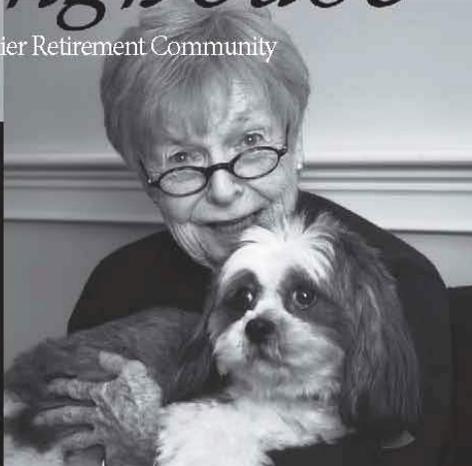
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## BROOKLINE CAN

In July, BrooklineCAN ( the Brookline Community Aging Network) honored four Brookline residents for their voluntary contributions to the community at its 2nd annual reception in July:



**Sonia Wong** as Member of the Year for her selfless, behind-the-scenes work coordinating and maintaining membership lists and overseeing mailings.

**Sylvia and Ralph Memolo** as co-chairs of the Communications Committee—producing a monthly newsletter, providing website content, overseeing media relations, and developing brochures, posters, and displays.



**Michael Oates** as Innovator of the Year for his technical proficiency in developing the concept and format for the monthly newsletter and other electronic communication approaches.

BrooklineCAN's mission is to help older residents remain in their homes and be fully engaged in the life of the community.

Recent accomplishments include the design of two online guides. One is a guide to one-floor living in condo and apartment buildings with elevators and other amenities. The other guide details public restrooms throughout the town.

The organization also worked to obtain

property tax relief for low-income elders and supported caregivers in procuring permits to park for more than two hours.

BrooklineCAN is a townwide initiative that welcomes people of all ages and backgrounds who wish to support older residents in remaining a vital part of the community. The Network's website—[www.brooklinecan.org](http://www.brooklinecan.org)—is the focal point of the organization.



BrooklineCAN and its founding members (the Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline, and Jewish Family & Children's Services [Jf&CS]) have partnered with Brookline Adult and Community Education to present:

*Its Never too Late to Create!*

*The Vital Role of Arts as We Age*

On **Thursday, October 18 from 6:30 to 8:00 pm** at the Brookline Public Library at 361 Washington Street.

Creative expression is a vital part of life at any stage, but it becomes particularly important as we age. Learn how the creative process can improve your overall health and quality of life and what you can do to nurture your creative spirit. Come and hear from other older adults who have recently discovered, or continue to explore, themselves through music, art, or writing.

The moderator is **Bennett Gurian, MD**, musician, vocalist, published poet and author, artist, and former editor of Brandeis University's literary magazine. Bennett is also a board-certified geriatric psychiatrist.

The panelists are **Riva Berkovitz** (photographer), **Anne Gamble** (musician), **Dr. Denise Lotufo** (cellist, board member, and personnel manager of the Longwood Symphony Orchestra), and **Harry Johnson** (writer).

This panel discussion is free and no registration is required. For more information or to ensure seating for the event, all 781-693-1393.

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## BROOKLINE ADULT & COMMUNITY EDUCATION COURSES

Among the many excellent and varied courses being offered this fall by Brookline Adult & Community Education (BA&CE) are several that are cosponsored by the Council on Aging ) (COA), designed with seniors in mind, and actually offered at the Senior Center.

### In the humanities:

#### **Telling Your Story: Senior Seminar in Autobiographical Writing**

*Jean Kramer and Irving Schwartz, Instructors*

8 Wednesdays, 10:15-11:45 am,  
beginning September 19

Course code: **H065** Cost: \$69

#### **Literary Discussion Group: Fall**

*Susan Gorman, Instructor*

8 Tuesdays, 10:30 am-12:30 pm,  
beginning September 25

Course code: **HL09** Cost: \$124

#### **Dostoyevsky's The Brothers Karamazov**

*Low Taylor, Instructor*

8 Wednesdays, 1:00-3:00 pm,  
beginning September 19

Course code: **HL04** Cost: \$124

#### **Reading the Book of Genesis**

*Judy Weiss, Instructor*

8 Mondays, 1:00-3:00 pm, beginning October 15

Course code: **HL02** Cost: \$124

### Yoga, Tai Chi, and exercise classes:

#### **Yoga for Older Adults**

*Stefi Shapiro, Instructor*

**Chair class:** 9 Tuesdays, 2:00-3:00 pm,  
beginning September 25

**Mat class:** 9 Tuesdays, 3:00-4:00 pm,  
beginning September 25

Course code: **W044** Cost: \$74\*

#### **Tai Chi for Seniors**

*Vincent Chu, Instructor*

7 Fridays, 2:00-3:30 pm, beginning September 21

Course code: **W219** Cost: \$68 \*

#### **Zumba® Gold-Toning\***

*Mary Stevenson, Instructor*

6 Tuesdays, 8:30-9:30 am, beginning October 2

Course code: **D223** Cost: \$87

#### **Strength Training & Conditioning for the Active Senior\***

*Kristen Mercier, Instructor*

6 Fridays, 2:15-3:15 pm, beginning October 5

Course code: **D221** Cost: \$61

#### **Balance and Flexibility for Seniors\***

*Kristen Mercier, Instructor*

6 Fridays, 1:00-2:00 pm, beginning October 5

Course code: **D208** Cost: \$61

#### **Head-to-Toe Fitness for Seniors (90 minutes)\***

*Sue Katz, Instructor*

9 Mondays and 9 Wednesdays, 8:45-10:15 am,  
beginning September 24

Course code: **D225** Cost: \$91

#### **Head-to-Toe Fitness for Seniors (60 minutes)\***

*Sue Katz, Instructor*

9 Mondays and 9 Wednesdays, 10:30-11:30 am,  
beginning September 24

Course code: **D226** Cost: \$82

*\*No senior discount for this class. Since it is for seniors only, it is specially priced for them.*

For more information about these courses, consult the BA&CE Fall 2012 catalog, which is available on the Town web site and in multiple locations all over Brookline. To register for a class, call 617-730-2700 or access BA&CE online at [brooklineadulthood.org](http://brooklineadulthood.org).

**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 Halle Zucker at 617-552-6949 or e-mail [canlab@bc.edu](mailto:canlab@bc.edu).

## Computer classes:

BA&CE and the COA also offers a variety of computer courses for seniors at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782.

Since these courses are designed precisely for seniors, the senior discount does not apply to them. For more information about the individual classes, consult the BA&CE Fall 2012 catalog. To register for classes, call 617-730-2700 or access BA&CE online at [brooklineadulted.com](http://brooklineadulted.com).

### Introduction to Computer Basics for Seniors

*Bob Roll, Instructor*

**Section 1:** 4 Thursdays, 9:30-11:30 am, beginning September 20

**Section 2:** 4 Thursdays, 9:30-11:30 am, beginning October 25

Course code: **C116** Cost: \$72

### Intermediate Computer Basics for Seniors

*Bob Roll, Instructor*

**Section 1:** 4 Fridays, 9:30-11:30 am, beginning September 21

**Section 2:** 4 Fridays, 9:30-11:30 am, beginning October 19

Course code: **C157** Cost: \$72

### Basic Computer Maintenance Using Windows XP for Seniors

*Phyllis Mays, Instructor*

4 Tuesdays, 9:30-11:30 am, beginning October 30

Course code: **C220** Cost: \$72

### Photo Editing with Picasa

*Phyllis Mays, Instructor*

4 Tuesdays, 9:30-11:30 am, beginning Oct. 2

Course code: **C259** Cost: \$72

### e-Mail Workshop for Seniors

*Bob Roll, Instructor*

4 Wednesdays, 9:30-11:30 am, beginning Oct. 3

Course code: **C171** Cost: \$72.

### Facebook for Seniors

*Michael Toon, Instructor*

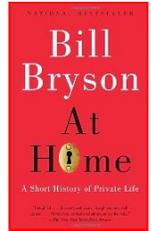
4 Thursdays, 11:45 am-1:45 pm, beginning Oct 4

Course code: **C267** Cost: \$72.

## PUTTERHAM BOOK DISCUSSION GROUP

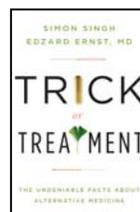
The group will meet on **Monday, September 10, from 2:00 to 3:00 pm**. The book under discussion will be *At Home: A Short History of Private Life* by Bill Bryson.

With his signature wit, charm, and seemingly limitless knowledge, Bill Bryson takes us on a room-by-room tour through his own house, using each room as a jumping-off point into the vast history of the domestic artifacts we take for granted. Bryson has one of the liveliest, most inquisitive minds on the planet, and his sheer prose fluency makes *At Home* one of the most entertaining books ever written about private life. (*summary from amazon.com*)



## 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.



### September 25

***Trick or Treatment: The Undeniable Facts about Alternative Medicine*** by Edzard Ernst and Simon Singh (WW Norton & Company)

Whether you are an ardent believer in alternative medicine, a skeptic, or are simply baffled by the range of services and opinions, this groundbreaking analysis lays to rest doubts and contradictions with authority, integrity, and clarity.

### October 23

***The Imperial Cruise: A Secret History of Empire and War*** by James Bradley (Little Brown and Company/Hachette Book Group)

## THEATER CLUB

The Senior Center Theater Club once again offers a dazzling menu of shows for seniors to pick from. Enjoy, in the next few months:



**Marie Antoinette**  
**Sunday, September 9**      \$37  
*at the American Repertory Theatre in Cambridge*

This barbed, brassy satire provides a peek into the life of everyone's favorite representative of infamous cake enthusiast and Queen of France, Marie Antoinette. From the mind of rising star David Adjmi, the American Repertory presents this world premiere—a coproduction with Yale Repertory Theatre.

### *The Kite Runner*



**Sunday, September 30**      \$40  
*at the Charles Mosesian Theater at the New Repertory Theatre in Watertown*  
 This epic drama follows boyhood friends Amir and Hassan in 1970s

Afghanistan. After witnessing brutality and betraying Hassan, Amir immigrates to the United States with his father, his regret, and his shame. When Amir is summoned home 30 years later to help an ailing friend, secrets are uncovered.



**Now or Later**  
**Sunday, October 14**      \$25  
*at the Huntington Theatre in Boston*

On election night, the son of a Presidential candidate sends his father's political team into crisis mode when controversial photos of him at a college party spread over the internet. Smart and timely, Christopher Shinn's searching new play examines religion, freedom of expression, and personal responsibility.



**The Rat Pack**  
**Sunday, November 11**      \$38  
*at the Reagle Theater in Waltham*

Fly away with Dean Martin (Andy Dimino), Frank Sinatra (Gary Anthony), and Sammy Davis, Jr. (Lambus Dean) direct from Las Vegas at the Reagle for one day only! Relive the good old days when members of the Rat Pack crooned "Come Fly with Me," "That's Amore," "Mr. Bojangles," "My Way," and more.



**Pippin**  
**Sunday, December 16**      \$38  
*at the American Repertory Theatre at the Loeb Drama Center in Cambridge*

A bold new staging of the dark and existential musical you thought you knew. Pippin, on a death-defying journey to find his "corner of the sky," must choose between a life that's ordinary or a flash of singular glory. Original Bob Fosse choreography has been recreated by Chet Walker.



**Marry Me a Little**  
**Sunday, January 6**      \$40  
*at the Charles Mosesian Theater at the New Repertory Theatre in Watertown*

Enjoy this updated take on Sondheim's charming musical revue—and on modern-day marriage. *Marry Me A Little* weaves songs from Sondheim's vault of unproduced shows and cut-outs from his known musicals. Through bitter-sweet soliloquies and song, lonely New York singles fantasize romantic adventures, join in emotional conflict, and question the commitment of marriage—all the while never actually meeting.

Save Sunday afternoon, November 4, as  
 The New Repertory Theatre comes to the Senior Center presenting:

### **To Kill a Mockingbird,**

the story of Atticus Finch, a lawyer in a small 1930s Alabama town, who defends a black man accused of rape. The story is seen through the eyes of Finch's 6-year-old daughter, Scout.

for only  
 \$25

## BROOKLINE REC—IT'S WHAT WE DO!

### *StrawberryBanke/Portsmouth, NH*

**Thursday, September 6, from 9:30 am to 4:30 pm**

Strawberry Banke tells the stories of the many generations who settled in "Puddle Dock," through restored buildings, featured exhibits, historic landscapes and gardens, and interpretive programs. After exploring the museum, we will stroll through downtown Portsmouth. Stop for lunch on your own.

Cost: Residents-\$22, nonresidents-\$29

### *Gillette Stadium and Lunch*

**Friday, September 14, from 9:00 am to 4:00 pm**

Tour the Hall at Patriot Place, a one-of-a-kind interactive showpiece adjacent to Gillette Stadium. After the tour, lunch (included in the price) will be at CBS Scene.

Cost: Residents-\$26, nonresidents-\$35

### *Sam Adams Brewery Tour*

**Tuesday, October 2, from 12:00 noon to 3:00 pm**

Learn about the history of Sam Adams beer. Experience the entire brewing process. Taste the special malts used, and smell the hops. Sample a few of the award-winning beers.

Cost: Residents-\$5, nonresidents-\$7

### *Honey Pot Hill Orchards*

**Friday, October 19, from 9:30 am to 4:00 pm**

Choose from 25 varieties of apples, take a scenic hay-ride (traveling through the woods,

along the river, and through the orchards). Purchase fresh cider, pumpkins, and other goodies.  
Cost: Residents-\$10, nonresidents \$14

### *The Paint Bar*

**Friday, November 9, from 9:30 am to 12:30 pm**

The Paint Bar is Boston's new venue for art as entertainment. Spend a few hours tapping into your creative side. A particular fall-themed painting will be chosen and the instructor will guide us step-by-step to recreate the masterpiece. It's easy, fun, and stress-free!

Cost: Residents-\$50, nonresidents-\$68

Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at [www.brooklinerec.com](http://www.brooklinerec.com).

And there's more! On **November 30**, shop at the **Christmas Tree Shops and IKEA**. On **December 15**, spend the day in **New York City**. And yet more. Stay tuned to the October newsletter for more, more, more!!

## Center Communities of Brookline

The Lifestyle you want, where you want it.



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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 [scarlsen@hrca.harvard.edu](mailto:scarlsen@hrca.harvard.edu)



## THANK YOU

*To Annual Appeal Donors* Michael Chambers, Richard S. Freeman, Beverly Gleason, and Waneta Louise West

*To BrooklineCAN Donors* Angela Becker, Marilyn Berliner, Janet Brown, Inez F. Varao-Coolidge House Nursing, Judith Gimple, Nancy S. Heller, Ellen Laash-Jewish Family & Children's Service VNA, Eileen Kaminsky, Christine Murray, Mark Rodehaver, Sam & Ina Starobin, Ann Sutherland, and Karen Vankennen

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

*To Mary O'Brien for her gift in honor of Yolanda Rodriguez*

*To Dotty Bell and Ruthann Dobek for their gifts in memory of Margaret Sullivan*

*To Patricia Chase and Sylvia & Ralph Memolo for their gifts in memory of Elizabeth Kristen*

*To Doreen Gordon and Norma Koch for their gifts in memory of Lee Kazanoff*

*To Claire Lurie for her gift in memory of Bracha Zinori*

*To Yolanda Santo for her gift in memory of Mirtes Hiscock*

## 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.

## 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 focuses on gentle movements that can, if done consistently, help improve posture, balance, lung capacity, and overall joint health and movement. Fee: \$5/session.

## 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.

Don't forget to mark your calendars for our Annual Benefit on Wednesday, October 24. This gala event kicks off a new season of giving that we hope will find exceptional generosity the norm in these dark economic times.

We welcome your gifts in honor of special people and occasions, as thanks for services you have received, or to recognize friends, family, staff, or programs, and we thank all who have thought of the Senior Center and helped support us through the years.

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*

## 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. Join in and be enlightened. Hone your values in this age of conflict and controversy!

## SENIOR SCENE

Don't miss the Senior Scene program on the work of the Brookline Livable Communities committee that is currently playing on BATV's *Senior Scene*, hosted by Betty Joel. The show airs at 7:00 pm on Thursdays and repeats at 1:00 pm on Fridays and 7:30 pm on Sundays.

## 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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4 turnips peeled and quartered  
 5 Yukon Gold potatoes halved  
 2 carrots peeled and sliced diagonally  
 3 parsnips peeled and diced  
 1 large sweet potato cut into one inch pieces  
 2 rutabagas cut in half  
 3 large onions cut in rounds  
 6 spring onions sliced in strips

Season. Sauté. Settle in.

Take root in Brookline.

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