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

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

NOVEMBER 2016

HIGHLIGHTS

ELECTION DAY SENIOR CENTER CHANGES

On **Tuesday, November 8** Springwell will serve a cold box lunch only. There will also be no Brookline Bees, quilting, food distribution, gift cart or BINGO due to the election.

32 ANNUAL HOLIDAY CRAFT FAIR

Once again we are inviting everyone—young, old, and in between—to come to the Annual Holiday Craft Fair at the Senior Center on **Friday, November 4 from 10:00 am to 3:00 pm** and **Saturday, November 5 from 10:00 am to 1:00 pm.** If you can't make it to the Fair, we will also be having a "Last Chance" mini Craft Fair at Town Hall on **Thursday, November 10 from 10:00 am–1:00 pm.** Shop for holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-made goodies, raffles, and fun. Don't miss this fair. Come on both days and enjoy. Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donations to HEARTH Inc.

COUNCIL ON AGING MEETING

Join us for a very important meeting on **Wednesday, November 9 at 1:00 pm.** Our Guest speaker Maria Morelli, Senior Planner for the Town of Brookline will discuss Brookline Green Electricity.

Beginning in January, the Town of Brookline will purchase electricity on behalf of eligible residents and businesses. **Attend this meeting** to learn about automatic enrollment and program options. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or rdobek@brooklinema.gov.

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SENIOR CHORUS AT FIRST LIGHT

The Senior Chorus will be singing in the Arcade **from 5:00-5:30 pm on Thursday, December 1** for Brookline First Light so come early to see them.

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

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.

NOVEMBER OBSERVANCES

The Senior Center will be closed on Veteran's Day Friday, **November 11,** to celebrate our Veterans for keeping America safe and on **Thursday November 24,** for Thanksgiving Day. However, we will be open on Friday, November 25 from 8:30 am to 5:00 pm as usual.

Thanksgiving is a wonderful holiday. It is a time when families and friends get together to share a meal, laugh at the same old stories, watch or maybe play some football and eat leftovers.

November is officially National Caregivers Appreciation Month, National Diabetes Month and Peanut Butter Lover's Month. We have some official days of celebration in November: Election Day (November 8) and World Peace Day (November 17).

ANNUAL FLU CLINIC DATES

Everyone 6 months of age or older should get a flu vaccine each year. There is no charge for the flu vaccine; however, please bring all health insurance cards to the clinic. Wear loose sleeved clothing

Tuesday, November 1 11:00am-1:00pm Senior Center

Thursday, November 17 5:30-7:30pm Baker School

Sunday, November 20 11:00am-1:00pm Pierce School

The seasonal flu clinics are sponsored by Brookline Department of Public Health, Public Schools of Brookline, Brookline Housing Authority, and Brookline Council on Aging. Information about the Brookline 2016 seasonal flu clinics also may be obtained by calling 617-730-2295 or visiting the Brookline Town website: **www.brooklinema.gov.**

MEMORY CONNECTIONS CAFÉ

Join us on Wednesday, **November 30** (5th Wednesday due to holiday*) **from 1:30-3:00pm**. The Brookline Senior Center offers this free monthly Memory Connections Cafe 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 Cafe is co-sponsored by Always Best Care.

BROOKLINE GREEN ELECTRICITY

Brookline Green Electricity will roll out in early 2017; the Town of Brookline will use bulk buying power to purchase electricity on behalf of residents and businesses. Come to the Town's forum at the Senior Center on **Monday, November 21 at 1:00pm** to learn about automatic enrollment in the program.

Visit www.brooklinegreen.com or contact Maria Morelli, Senior Planner at 617-730-2670.

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, November 3 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, **November 16 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, November 17 from 9:00-10:00 am at The Senior Center.
Wednesday, November 2, from 2:00-3:00 pm at BPHD building on Pierce Street.
Wednesday, November 9 from 1:00-2:00 pm at Sussman House
Wednesday, November 23 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, November 17 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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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: I was asked about what vaccinations a person over age 65 should get and what are the new flu and pneumonia vaccines?

ANSWER:

As people get older, our immune system gets weaker, making it easier to catch certain diseases. Vaccines can help prevent diseases that can be very dangerous by helping the body develop immunity to these diseases and fight them in the future.

There are 4 vaccinations which are recommended for adults older than 65:

1.INFLUENZA ("The Flu"). You need a dose every fall.
2.TETANUS, DIPTHERIA and PERTUSSIS (whooping cough) also called DTaP. After getting the DTaP, you need a Td booster shot every 10 years.
3.SHINGLES (for adults older than 60). This is a 1 time dose.
4. PNEUMONIA

INFLUENZA (FLU) viruses are very clever about changing themselves every year to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others. Last year, unfortunately, the flu vaccine was only about 23% effective in preventing the flu.

In 2009, a new experimental flu vaccine, called the "HIGH DOSE" vaccine, was given to many people to see if it helped to protect people better against the flu. We learned last year that it was 12% more effective than the standard vaccine. Unfortunately, it is more expensive, so many clinics do not stock it.

There are now **2 PNEUMONIA** vaccines that people older than 65 should get. Each vaccine helps prevent pneumonia caused by different types of pneumonia. The older Pneumovax 23 has been shown to be effective in preventing pneumonia caused by those 23 particular variations of the pneumonia bacteria.

More recently, in 2011, a new pneumonia vaccine called Prevnar 13 was released to help prevent 13 additional types of pneumonia.

People over 65 should get both pneumonia vaccines, but not at the same time. It is better to wait a year between vaccines. If you have not had any pneumonia vaccine, start with the Prevnar 13, then wait 1 year to get the Pneumovax 23. Each vaccine should be effective for a lifetime, so you do not need to repeat them.

Vaccines, like medications, can cause side effects. Most of these side effects are mild and improve in a few days, whereas the diseases that the vaccines are made to prevent can be deadly.

If you are sick with a cold or are taking steroids, it may be best to wait awhile before getting a vaccine.

NOVEMBER 11, 2016

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, Oliver Buckley 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, November 2 from 9:00 am-12:00 pm** 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; however, it is currently full. If you would like to be added to the wait list for the daytime group please call Debby Rosenkrantz (group facilitator) at 617-571-3741. The evening group meets on the last Thursday of each month and is currently full as well, but the group facilitator, Suasan Kanian-Andriole would like to hear from you. Call 617-730-2754.

-SAVE THE DATE-

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 3, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on **Friday, November 18**. Call 617-730-2770 to save your place so you can enjoy the turkey-with-all-the trimmings dinner.

In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

SENIOR CHARLIE CARD EVENT

On **Wednesday, November 16 from 1:00-3:00 pm** on the 3rd floor of the Senior Center. You must bring a picture ID with proof that you are 65 or older to qualify for this program. When you arrive you will be asked to fill out an application and get your picture taken. The Senior Center will submit the application and photo with a copy of proof of your age to The MBTA and then the MBTA will mail you the Senior CharlieCard within 4-6 weeks.

DANCING WITH THE BROOKLINE STARS

On Saturday, **November 5 from 6:30-10:30 pm** Betsy Pollock will dance for the Brookline Senior Center at Our Lady of Annunciation Church, 7VFW Parkway, West Roxbury, Ma. Betsy is raising funds for the much needed transportation service to help vulnerable seniors who are no longer driving. This will keep our seniors safe and engaged in our community. For ticket information please visit www.brooklinerotary.org

You can also make your tax deductible donation payable to the Brookline Senior Center, 93 Winchester Street, Brookline, Ma 02446 or donate online at www.brooklineseniorcenter.org and click the yellow Donate button and remember to type in Dancing with the Stars in the add special instructions box.

BALANCE EXERCISE WORKSHOP

With the winter months approaching, we are all faced with an increased risk of falling. Improving your strength and balance can often help to minimize the risk of serious injury in the event of a fall. Join personal trainer, Steve Shain on **Monday, November 14 at 1:00 pm** for a one hour workshop in which you'll learn valuable exercises to help improve your balance. Space is limited to first 30 registrants. Please call 617-730-2770 to register.

Providence House

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Providence House at Corey Park is a distinctive senior living community providing a range of life enhancing, person-centered care for seniors of all incomes. We are dedicated to treating our residents, families and staff with respect, dignity and compassion.

To learn more please call Janice Skelley at 617-731-0505 ext.201.

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- 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 our new Zumba Gold instructor, Emily Brenner on **Thursdays in November from 1:30-2:30 pm.** The **c**ost is $7 per session. And free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corporation, a 501 (c)(3) corporation that supports Senior Center programming. **Note: The winter session will begin in January.**

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 16.**

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Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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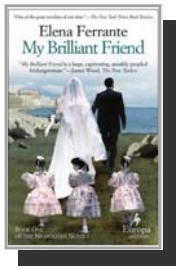
BROOKLINE FIRST LIGHT FESTIVAL

The Brookline First Light festival will take place on **Thursday, December 1, from 5:00 to 8:00 pm.** Brookline is an historic town steeped in tradition. The First Light Festival is one of the Town's longest standing community celebrations and a tradition many families look forward to each year. First Light began nineteen years ago when several businesses came together to spread some holiday cheer by hanging snowflakes in their storefront windows. These glowing flakes illuminated the night, signaling the "First Light" of the holiday season. Over the years, First Light has grown into Brookline's annual winter festival, showcasing the talents of local artists, musicians and performers at businesses and other venues throughout town. This year, the First Light festival has expanded on its founding impulse to help spread light and cheer throughout the town this holiday season. We have partnered with local artist Ross Miller and, with the generous help of Capital One, we have been able to bring beautiful holiday decorations to the town, to help make this winter sparkle! Beneath the shimmer of these winter artworks, on the night of the First Light Festival many businesses offer family-friendly performances and exhibits, along with giveaways, food samples, raffle prizes, hot cider and more. Year after year, festival-goers come out for an evening of song, dance, acrobatics and activities, to see old friends, make new ones, and share in their community. Brookline business owners have a passion for their craft and many open their doors because they want to share that passion with the community.

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, November 21
One Summer: America 1927
by Bill Bryson



Monday, December 19
My Brilliant Friend
by Elena Ferrante

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund has a large amount of available equipment which includes typical DME, as well as unique items such as inflatable air mattresses and cushions. If you or anyone you know could use these, please call Jamie at 617-730-2753.

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.

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.

CANTONESE CLASS

Are you interested in foreign languages? Andrew Chu, our Greater Boston Chinese Golden Age Center Outreach Worker will be leading a six week Cantonese beginner's course on **Mondays, November 14 – December 19, from 2:30pm-3:30pm at the Senior Center.** In this course you can learn basic conversational Cantonese Chinese and vocabulary. To register, please call 617-730-2770.

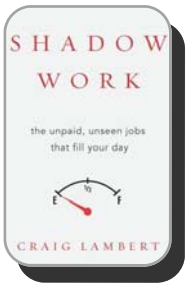
Brookline Adult & Community Education
BA&CE
Join us, new classes starting soon!
www.brooklineadulted.org
617-730-2700

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

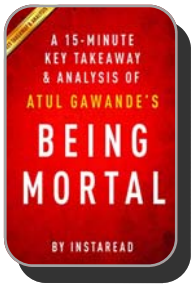
At the Senior Center

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, November 22, 2016
Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day
by Craig Lambert (Counterpoint Press (The Perseus Books Group)



Tuesday, December 20, 2016
Being Mortal: Medicine and What Matters in the End
By Atul Gawande (Metropolitan Books Henry Holt & Company)

Tuesday, Jamuary24, 2017
The Price of Everything: Solving the Mystery of Why We Pay What We Do
By Eduard Porter (Portfolio Publishers)

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

EASY TRAVEL

Easy travel is on vacation in November and December. Watch for our return in December.

MAHJONG

Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:30 pm** for a social game of Mahjong.

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.

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 3rd 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 for or finding out more about the program, please call Patricia @ 617 730 2743 to set up an appointment.

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)

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
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NCUA

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

FALLING SHORT

Join us on **November 9 from 6:00-8:00** pm at Goddard House to hear Andrew D. Eschtruth speak about Falling Short and the vivid picture it provides of the coming retirement crisis and the specific solutions it offers that are both conceptually simple and eminently feasible because they build on the existing retirement system. Many of today's workers lack the resources to retire at traditional ages and maintain their standard of living in retirement. Solving this problem is a major challenge because risk and responsibility have shifted from government and employers to individuals.

Andrew Eschtruth is Associate Director for External Relations at the Center for Retirement Research at Boston College, where he directs the Center's communication activities and manages relationships with government, foundations and corporations. Before joining the Center in 1999, Mr. Eschtruth was a senior research analyst with the U.S. Government Accountability Office specializing in Social Security, federal fiscal policy and the economic implications of an aging population. Free of charge– RSVP to Jenna Henning 617-731-8500 ext. 152 or email jhenning@goddardhouse.org Sponsored by BrooklineCan and its founding partners: Brookline COA, Goddard House, Jewish Family and Children's Service, and Center Communities.

TRIPPS CHALLENGE

To join us in this challenge just pick a destination, and travel in a way that is new to you. The only rule is that you have to make your trip without driving yourself. You can take the T, ride a bus, call The RIDE, catch a ride with a friend, walk, bike and or use other creative means of travel. If you need ideas or help planning your trip, give your friendly neighborhood TRIPPS Transit Advisor a call at 617--730--2644. We are waiting to hear from you and are eager to help you take the Challenge.

After you make your trip, send your story to us, drop it off at the office, call 617--730--2644. or email us at challenge@TRIPPSMass.org. Every senior who shares their story will be entered in a raffle for prizes and recognition. Be sure to share your story with us by **Thursday, December 15.**

Join Barbara Kean our trained TRIPPS volunteer and MBTA enthusiast on **Friday, November 4 at 10:00 am** for the second in our series of "Field TRIPPS." We will travel from Brookline Village to Downtown Crossing on the MBTA Green Line. We will see what's new at the old Filene's site, do a little shopping, and stop in at the Charlie Card store. We will return to Brookline around 1:00 pm. This event is free, but space is limited. Register in advance by emailing info@trippsmass.org or call 617-730-2644 For more information on what TRIPPS can do for you visit us on the Web at TRIPPSMass.org, on Facebook at facebook.com/trippsmass. We can't wait to hear your story.

Duneshack Dreams

Monotypes by
Ginny Zanger

GALLERY HOURS

Monday-Friday 8:30 am-5:00 pm Through December 29

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 Annual Volunteer Luncheon in April 2017.

BROOKLINE RECREATION TRIP

There will be no Modern Beading class in November. Instead, please join Marge on the Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 4, from 11:00 am-4:30 pm**. Marge will be available at the Senior Center 30 min. prior to departure to discuss what to look for at the Expo. Cost for the trip is $10 (residents) and $14 (nonresidents). To register for the trip, call Brookline Recreation at 617-730-2069.

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.**

ACUPUNCTURE CONSULTATION

Acupuncture is a safe and effective form of health care for many chronic conditions on **Thursdays.** 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Cold Lunch Box Day Seafood Salad on Wheat Bread Potato Salad Summer Squash Salad **Mixed Fruit**	**2. Italian Vegetable Soup** **HOT:** Ground Beef Stuffed Peppers; Peas & Mushrooms; Tossed Salad w/Lite Italian Dressing; Multigrain Bread. **COLD:** Tuna Salad on Oatmeal Bread; Lo Mein Pasta Salad; Carrot Pineapple Salad. **Apple Raisin Compote w/Topping**	**3. Seafood Chowder** **HOT:** Fish Baked Au Gratin; Green Beans; Mashed Potatoes; Rye Bread. **COLD:** Turkey on Multigrain Bread w/Swiss Cheese; Cucumber Dill Salad; Greek Pasta Salad. **Chocolate Pudding w/Topping**	**4. Brookline Senior Center Event** **No Meal Service Today**
7. Vegetable Barley Soup **HOT:** Whole Grain Lasagna w/ Marinara Sauce (V); Fresh Summer Squash w/Red Peppers; Multigrain Bread. **COLD:** Egg Salad (V) on Multigrain Bread; Roman Blend Salad; Lo Mein Pasta Salad **Orange**	**8. Cold Lunch Box Day** Chicken Salad on Rye Bread Three Bean Salad Cauliflower & Carrot Salad **Mixed Fruit**	**9. Chicken & Vegetable Soup** **HOT:** Meatloaf w/Beef Gravy; Mashed Potatoes; Peas & Onions; Rye Bread. **COLD:** Seafood Salad on Oatmeal Bread; English Pea Salad; Beet Salad. **Vanilla Pudding w/Topping**	**10. Cream of Broccoli Soup** **HOT:** Chicken w/Gravy; Corn, Roasted Root Vegetable; Whole Wheat Dinner Roll. **COLD:** Roast Beef on Multigrain Bread w/Lite Mayo & Provolone Cheese; Corn Salad; Tomato Red Pepper Salad **Birthday Cake**	**11. Veterans Day Holiday** **Meal Site Closed**
14. Florentine Soup **HOT:** Chicken w/Creamy Italian Sauce; Potatoes w/Red Peppers & Onions; Kale; Oatmeal Bread. **COLD:** Cottage Cheese Fruit Plate (V); Ziti Broccoli Salad; Scali Bread **Mixed Fruit**	**15. Tomato Basil Soup** **HOT:** American Chop Suey; Mixed Vegetables; Whole Wheat Roll. **COLD:** Chef Salad w/Turkey & Lite Italian Dressing; Rye Bread; Balsamic Vinaigrette Pasta Salad **Orange**	**16. HOT:** Macaroni & Cheese*** (V); Fresh Baked Tomato Half; Wheat Bread. **COLD:** Curry Chicken Salad on Multigrain Bread; Garden Shell Pasta Salad; Root Vegetable Salad. **Peaches**	**17. Thanksgiving Special** Roast Turkey w/Gravy, Cornbread Stuffing Whipped Potatoes & Chives, Broccoli Florets Cranberry Sauce, Soft Dinner Roll Hot Apple Cider, **Pumpkin Pie w/ Topping**	**18. Seafood Chowder** **HOT:** Fish Sticks w/Tartar Sauce; Red Bliss Potatoes; Italian Green Beans; Multigrain Bread. **COLD:** Roast Beef on Pumpernickel Bread w/Lite Mayo & Provolone Cheese; Summer Potato Salad; Spinach & Mandarin Salad. **Lemon Pudding w/Topping**
21. Vegetable Barley Soup **HOT:** Beef Stroganoff over Buttered Egg Noodles; Italian Green Beans; Pumpernickel Bread. **COLD:** BBQ Chicken w/ Mozzarella Cheese & Red Onions on Bulkie Roll; Macaroni Salad; Carrot Raisin Salad **Apple**	**22. Beef Vegetable Soup** **HOT:** Fish w/Lemon Dill Sauce; Fiesta Blend Vegetables; Brown Rice Pilaf; Rye Bread. **COLD:** Turkey on Wheat Bread w/Lite Mayo & Swiss Cheese; English Pea Salad; Beet Salad. **Chocolate Pudding w/Topping**	**23. HOT:** Hot Dog***on Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Egg Salad (V) on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. **Mixed Fruit**	**24. Thanksgiving Day Holiday** **Meal Site Closed**	**25. Cold Lunch Box Day** Ham & Swiss Cheese, On Multigrain Bread w/Mustard, Potato Salad. Cole Slaw **Pears**
28.HOT: Lentil Stew (V); Herbed Brown Rice; Collard Greens & Onions; Wheat Bread. **COLD:** Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Mixed Bean Salad. **Ambrosia w/Topping**	**29. Chicken Vegetable Soup** **HOT:** Chicken Paprika; Fresh Eggplant Ratatouille; Orzo Rice Pilaf; Oatmeal Bread. **COLD:** Roast Beef on Multigrain Bread w/ Swiss Cheese & Mustard; German Potato Salad; Chickpeas, Cucumber & Tomato Salad. **Orange**	**30. Beef Vegetable Soup** **HOT:** American Chop Suey; Carrots; Scali Bread. **COLD:** Tuna Salad on Rye Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Corn Salad. **Tropical Mixed Fruit**	NOVEMBER	

NOVEMBER 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 617-730-2747 the previous Friday by 10:30 am. 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, November 15** we celebrate November birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November 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.

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Greg's Restaurant, 621 Mt. Auburn St. Watertown. On **Tuesday, November 29.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

BROOKLINE MUSIC SCHOOL CONCERT

Join the Justin Meyer Band of American popular music of the 1920's through the 1940's including jazz, swing and Dixieland on **Wednesday, November 2 at 1:00 pm. Justin, acoustic bass, Jack Senier, piano, Billy Novak, clarinet and Dave Whiney trumpet.**

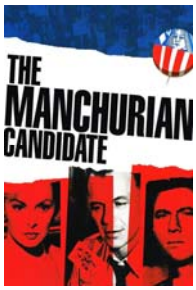
ANNUAL FLU CLINIC

The Brookline Health Department will hold the annual Flu Clinic at the Brookline Senior Center on Tuesday, November 1 from 11:00am-1:00pm. There is no charge for the vaccine. All persons (6 months and older) should receive the vaccine each year. Please remember to bring all health insurance cards. Wear loose-sleeved clothing. For more information call 617-730-2336.
Please NOTE: the Springwell lunch on **Tuesday, November 1** will be a cold boxed lunch due to the Flu Clinic.

MOVIES FOR FILM LOVERS

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

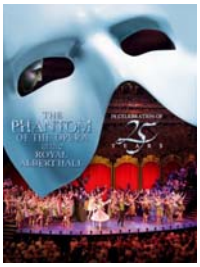
Tuesday, November 1
No movie (Flu Clinic)



Tuesday, November 8
The Manchurian Candidate
1962 2hr. 6min.
Raymond Shaw is a Korean War hero with a lethal secret: He's been brainwashed by communist Chinese. With one phone call, the Reds can transform Shaw into a deadly assassin.

Tuesday, November 15
Me Before You
2016 1hr.50min.
A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of.

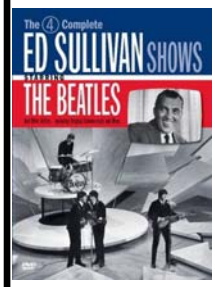
Tuesday, November 22
Miracles from Heaven
2016 1hr. 50min.
A young girl suffering from a rare digestive disorder finds herself miraculously cured after surviving a terrible accident.



Tuesday, November 29
Phantom of the Opera at the Royal Albert Hall
(There is no captioning available for this film).
2011 2hr. 17min.
A disfigured musical genius, hidden away in the Paris Opera House, terrorizes the opera company for the unwitting benefit of a young protégée whom he trains and loves.

FAMILY FLICKS

Wednesday, November 23 at 1:00 pm.
Ed Sullivan featuring the Beatles
About 2 hrs.



Join us for this nostalgic showing of two original Ed Sullivan episodes from February 1964, featuring the Beatles. The Beatles step onto Ed Sullivan's New York stage to make their American TV debut and 73 million Americans tune in to CBS on that magical Sunday night when Beatlemania was born. You will also marvel at many other legendary performers from the worlds of music, comedy, novelty, and Broadway - and the original commercials that were part of these historic broadcasts. Please note that closed captioning is not available. Light refreshments will be served. For planning purposes, please call 617-730-2770 to register.

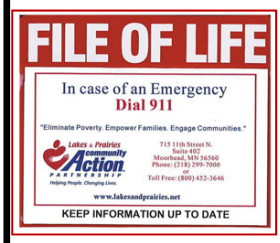
LET'S PLAY SOME PING PONG!

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.

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 November we will meet on the 19th 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

FILE OF LIFE UPDATE



If you have completed a File of Life card it is important to update it. Keeping current maximizes its usefulness in a medical emergency. You can update your own cards or request a new File of Life form to complete and return to Ruth Brenner at the Senior Center. New updated cards will then be completed and sent to you. Give yourself greater "peace of mind" and update your File of Life today.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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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.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

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

Center Communities of Brookline
Hebrew SeniorLife

NOVEMBER AT A GLANCE

Tuesday, November 1
11:00-am1:00 Flu Clinic at the Senior Center
No Movie
Wednesday, November 2
9:00am Brookline Legal Assistance
1:00pm Brookline Music School Concert***
2:00-3:00pm Blood Pressure Screening-BPHD*
Thursday, November 3
11:00am Ask a Nurse
1:30-2:30pm Zumba Gold
Friday, November 4
10:00am-3:00pm Holiday Craft Fair
10:00am TRIPPS Field Trip*
11:00-4:30 Brookline recreation Bead Trip*
Saturday, November 5
Holiday Craft Fair 10:00am-1:00pm
6:30-10:30pm Dancing with the Stars*
Monday, November 7
Tuesday, November 8
1:00 Movies for film lovers-*The Manchurian Candidate*
Election Day –No Brookline Bees, quilting,, food distribution, BINGO or Gift Cart and Springwell Box Lunch only.
Wednesday, November 9
1:00pm COA Meeting-Green Electricity
1:00-2:00pm Blood Pressure Screening-Sussman House *
6:00-8:00pm Falling Short at Goddard House*
Thursday, November 10
10:00am-2:00pm Town Hall Mini Holiday Craft Fair*
Friday, November 11
Veterans Day (Closed)
Monday, November 14
1:00pm Balance Exercise Workshop with Steve Shain***
1:00-2:30pm Ukulele Group
2:30-3:30pm Cantonese Class***
Tuesday, November 15
12:00 noon Birthday Lunch***
1:00 pm Movies for film lovers-*Me Before You*
Wednesday, November 16
1:00-3:00pm MBTA CharlieCard Event
1:00pm Low Vision Group
5:30pm Boomers and Beyond***
Thursday, November 17
9:00-10:00am Blood Pressure Screening
1:00-2:00pm Brookline Hearing Services
5:30pm-7:30pm Flu Clinic-Baker School*
Friday, November 18
Registration for Elks Holiday Dinner
Saturday, November 19
LBGT Out 2 Lunch Brunch*
Sunday, November 20
11;00am-1:00pm Flu Clinic-Pierce School*
Monday, November 21
1:00pm Green Electricity Forum
2:00-3:00pm Putterham Book Discussion Group-One Summer: America 1927
2:30-3:30pm Cantonese Class***
Tuesday, November 22
9:00-10:00am Public Issues Nonfiction Book group-Shadow Work
1:00pm Movies for film lovers-*Miracles from Heaven*
Wednesday, November 23
1:00pm Family Flick-*Ed Sullivan featuring the Beatles****
2:00-300pm Blood Pressure Screening
Thursday, November 24
Thanksgiving Day (Closed)
Friday, November 25
Monday, November 28
12:00pm Out to Lunch Bunch
1:00-3:00pm BIG Virtual Reality Demonstration***
2:30-3:30pm Cantonese Class***
Tuesday, November 29
1:00pm Movies for film loves *Phantom of the Opera at the Royal Albert Hall*
Wednesday, November 30
1:30-3:00pm Memory Café***

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 Finn's Follies
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 membership required
9:30-11:45am Drawing for Pleasure Figure Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jongg
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab
4:00-4:30 Balance Class***

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
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 **
3:15 pm Latino Instrumental and Vocal ***

*Not at the Senior Center
** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
*** Registration Required

ALZHEIMER WALK TEAM 2016

Front: Sherry Lee, Jewel Chin, Kathy Harris, Isabelle Thompson, Patricia Burns, Fran Pechenick, Barbara Kean, and Clara Chin. Back: Yolanda Rodriguez, Phyllis Young, Monique Thompson, Susan Guiraudet, Jean Doherty

On Sunday, September 25 the Brookline Senior Center team participated in the 2016 Alzheimer's Walk at the DCR's North Point Park in Cambridge. This team, coordinated by Patricia Burns and Clara Chin inspired donations of $2,023 this year! Thanks to all who participated and to all who do-

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COUPON

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.

NOTE: No Food Distribution on Tuesday, November 8 due to the election.

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.

VIRTUAL REALITY DEMO!

Come try out Virtual Reality at the Senior Center on **Monday, November 28 from 1:00-3:00 pm,** courtesy of Brookline Interactive Group! Virtual Reality (VR) is a computer-generated environment that one can immerse oneself in. By putting on a headset or pair of goggles, one can enter and explore this virtual world, interact with the surroundings, and perform a series of actions. Each individual demo lasts 5 minutes or less and we will schedule you for a designated time slot. Please be aware that this demonstration can cause a slight sense of dizziness. As a result, individuals with balance issues, vertigo, or those who experience motion sickness should use caution around participating. Otherwise, we hope that you will join us and try something new! To register, please call 617-730-2770.

FROM THE DIRECTOR

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

Our Volunteers – close to 300 strong and here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.

Our Board members - advocates in the rain, snow, freezing cold and against the bitter and ageist. They are the reason we have our funding and programs.

Our Programs - now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.

Our Staff - strong team of devoted people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month.

Our Services - the envy of most communities. We provide **dignity and independence** to every Brookline senior through top-notch delivery. This has been our vision for over fifty years and will continue to guide us as we create new ways to help seniors "Age Well in our Community."

YOU- The Brookline seniors the ones who make this job worthwhile with your **wisdom, creativity**, **and energy**. I salute so many of you every day.

Our Sponsors - A personal thank you to all who supported our 15th annual Autumn Benefit. Your donations will ensure that the Van will continue to operate daily. Due to your generosity we will be able to continue our Friday service.

Spirit of Kindness - people who come to the senior center share this attitude. We **care** about one another. The joys and heartaches alike are part of our powerful community. We **support** one another and stay **connected.**

Special Note This year – First a thank you to Betsy Pollock who is showing her support for the Senior Center by fundraising for the increased transportation option. Betsy will be competing in the Brookline Rotary "Dancing with the Stars" on November 5th . There is still time for you to make a donation.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

Ruthann Dobek, Director

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.

ESL CONVERSATION GROUP

Ruth Geller will lead the ESL 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!

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.

WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price. For 2017, there are 21 Medicare drug plans and 18 of them have preferred pharmacies. By using a preferred pharmacy, you can save money! You should check that the pharmacy you currently use is the best one to use with your plan. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. Now is the time to review your options and make a change for 2017.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE NOW!

Thrifty Threads

at United Parish Church,
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Open Friday and Saturday from 11:00 am to 4:00 pm

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

-SAVE THE DATE-

MANAGING TRANSITIONS LATER IN LIFE SUPPORT GROUP

Aging can be challenging. Come explore and discuss the different losses you experience as you age in a supportive environment! This group is not focused on loss of loved ones; rather about losses you may experience at this time in your life, such as physical, memory, appearance, driving, housing and so forth.

This support group is time-limited and will meet for 6 consecutive sessions starting in February at the Brookline Senior Center, 93 Winchester Street, Brookline MA.

The group is free, however, in order to make sure that you are a good fit for the group, social work student intern Faith Sudbey will be conducting screenings. To schedule a time for a screening or for further information, please **call Faith at 617-730-2772, Mondays or Wednesdays until Wednesday, December 14.**

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.

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.

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.

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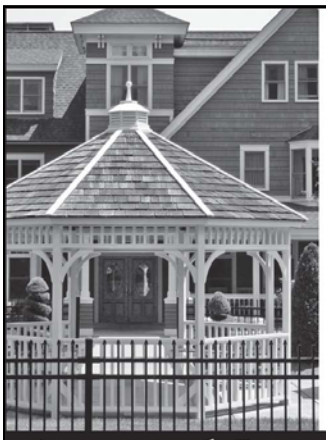
SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

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

IF YOUR SUBSCRIPITION IS HIGHLIGHTED IN YELLOW PLEASE RENEW



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REAP

BOOMERS SHIFTING GEARS

For those Exploring and Creating Engaging Opportunities After 55

The Brookline Senior Center is pleased to offer a workshop for those contemplating retirement and those recently retired on **Wednesday, November 16 from 5:00-6:30 pm** at the Brookline Senor Center. This workshop is designed for Boomers who are in a variety of transitions as it relates to what comes next for us in the retirement years. The workshop will be an educational and interactive presentation focusing on opportunities/options you hadn't considered, a broadening awareness of yourself and your potential, an increased understanding of your strengths and what you bring to new opportunities . An action plan that may help you to move forward with your goals.

The workshop will be facilitated by Mia Louik, an experienced trainer and facilitator. Her focus is on transitions in the Boomer generation. She has presented on a variety of topics of interest to this generation at the Brookline Senior Center in the past. Light refreshments will be served. The workshop is free and open to the public however pre-registration is required by November 14. To register contact Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov.

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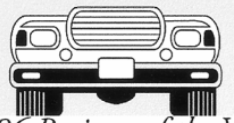
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SHOP

"Students Helping Older People"

The SHOP Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to biweekly commitment that is usually shared with a partner. It starts with visiting the elder's home to get a grocery list and money, then shopping, and returning with the groceries.

Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

The Brookline High School will start recruiting students to shop. If you are a senior who would like to have a student shop for you, please call Patricia, the Volunteer Coordinator at 617 730 2743 or email her at pburns@brooklinema.gov.

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.

NOVEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: friendly visitors, help with the monthly Food Commodity program on the 3rd Wednesday morning of each month, Tuesday 'muscle' help with the Food Pantry both morning 9-1 and afternoon 1-4 shifts, help distributing fliers advertising TRIPPS, the BSC Craft Fair and other programs & activities as well as audio and video interviewing of seniors after they complete a Transportation Challenge.
If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator @ 617 730 2743 or email her at pburns@brooklinema.gov

UKULELE FUN

Ukulele fun will be held on **Monday, November 14 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. 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!

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.

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Judy Moses, Broker/Owner
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WHAT DRIVES US:

- We're a small company with a big heart.
- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- We always strive to improve.
- We believe an educated consumer is an empowered consumer.
- We believe education leads to personal and professional growth.
- We treat our clients like our family.
- We believe stable homes support strong family bonds and strengthen communities.
- We believe everyone deserves respect.

What do our recent clients say?

Thanks to Judy, the sales process was super easy. Your honesty will not be forgotten. I will fondly cherish the memory of you sharing with me "I will make more money with this buyer but this is not the best buyer for you." Human beings like you are rare. We are lucky to know you. *-Dd, past buyer and seller*

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

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

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Eleanor Small and the Wednesday Bridge Group
Ruthann Dobek
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In Honor of:

Ruthann Dobek *honoring* Ralph Perkins' retirement
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Marena Jewel Morrison *honoring* Ralph Perkins' retirement
Claire Yung and the Chinese Mah Jong Group *honoring*
The Chinese Mah Jong program
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Lynn Modell *honoring* Eve Soumerai

In Memory of:

Ted Shamitz from Ruthann Dobek
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FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks. Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 26th. It is my pleasure to offer a thank you and acknowledgements: To everyone who attended or volunteered. You made the evening a very wonderful time. To all of our sponsors thank you for caring about Brookline's seniors this year you set a new record. With special thanks to our Diamond Sponsors, Beth Israel Deaconess Medical Center and Michael Merrill and to sponsors and supporters who donated their tickets so low-income elders could enjoy the evening.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access transportation. As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect. Thank you all! And best wishes for a wonderful Thanksgiving.

PS: I can't believe I have added dance lessons to my Center commitment to dance for the Center in Brookline Rotary's Dancing with the Stars Program. We will be accepting donations throughout the month of November.

Betsy Pollock, President, Brookline Senior Center

Brookline Senior Center

32st ANNUAL HOLIDAY CRAFT FAIR

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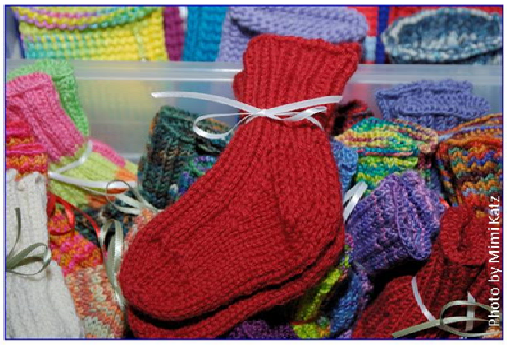
Crafts
Holiday Gifts
White Elephant Sale



Children's Items
Baked Goods
Raffles
and more!

FRIDAY, NOVEMBER 4, 10am-3pm
SATURDAY, NOVEMBER 5, 10am-1pm

Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to Hearth Inc.

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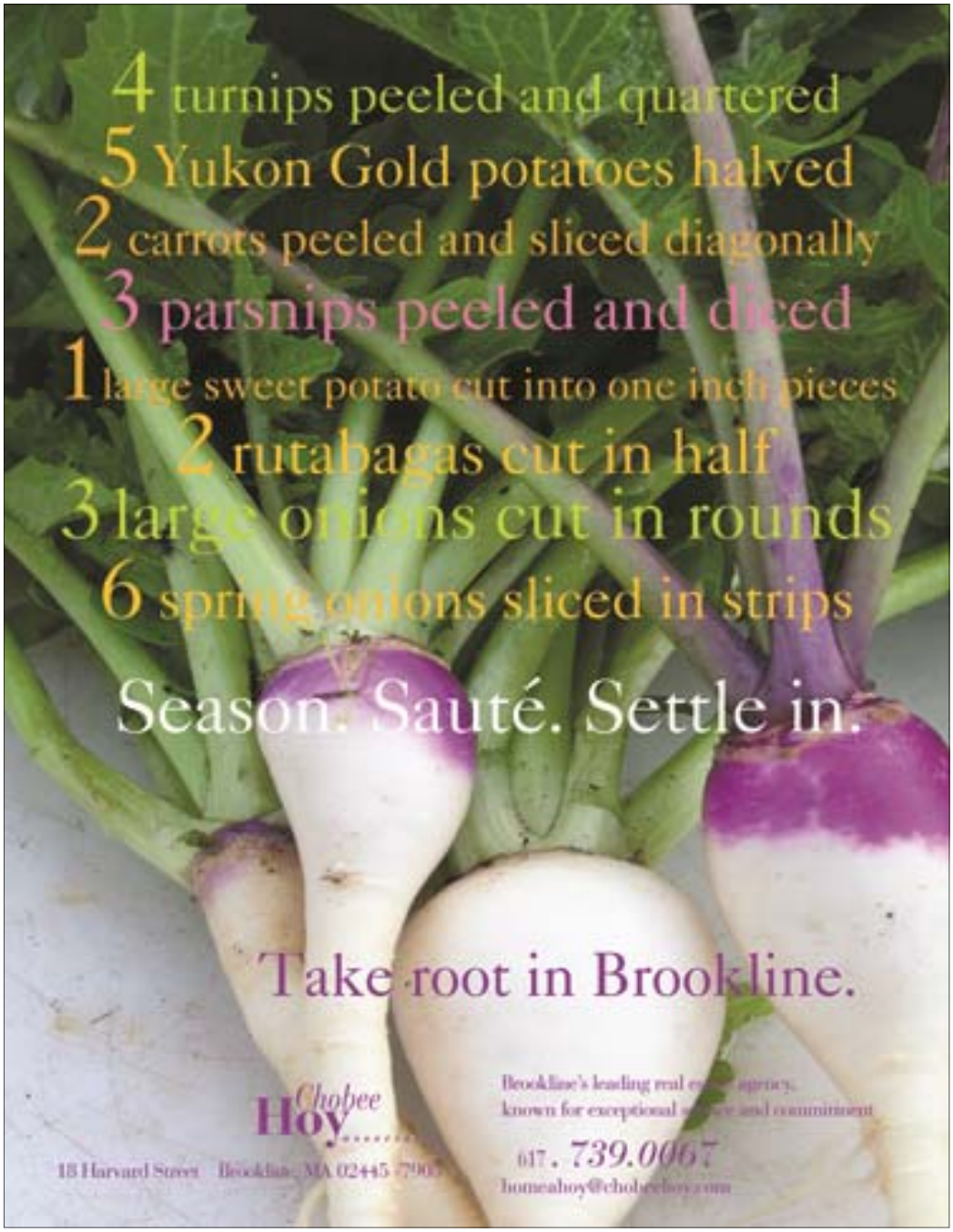
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