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

HIGHLIGHTS

Monday, December 12 3AM Concert (See p. 3).

Friday, December 9 TRIPPS Event (See p. 13).

Monday, December 5 Discussion about Sodium (See p. 17).

Mondays and Thursdays join Mahjong for a social game (See p. 12).

Jeremy Kindall is a Brookline-based handyman that can help out with general household repairs (See p. 28)

DECEMBER 2016

NEW YEAR'S OPEN HOUSE

Join us on **Thursday, December 29 from 1:30-3:30 pm** for our annual New Year's Open House. This year we'll welcome back Lisa Yves with her fabulous "Tribute to Barbra Streisand. Since the age of 12, Lisa has been a fan and student of the career of Barbra Streisand. Barbra, the iconic and most successful female singer of all time never even took one singing lesson! Lisa will delight you with intriguing stories of Barbra's life and career and of course, the songs! People, I'm The Greatest Star, Evergreen, You Don't Bring Me Flowers, The Way We Were, Woman in Love, Enough is Enough, Second Hand Rose, Don't Rain on My Parade, and many more!

We'll enjoy Lisa's performance from 1:30-2:30 pm and then we'll have some light refreshments from 2:30-3:30 pm. We hope that you will join us to ring in the new year! To register, please call 617-730-2770.

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. 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!

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

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DECEMBER HOLIDAYS

The Senior Center will be open every weekday in December. **Except for December 26 for Christmas.** On Sunday December 25 we celebrate Christmas an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We celebrate Chanukah, the festival of freedom and light from **Sunday, December 25 through Sunday January, 1.**

The Winter Solstice (the shortest day of the year) falls on **Wednesday, December 21**. We will be celebrating all month with something for everyone.

If you would like more celebrating you can celebrate December 1, Worlds AIDS Day, December 7, Pearl Harbor Day, December 10 National Human Rights Day, and December 15, Bill of Rights Day.

Enjoy the end of 2016 and prepare to bring in the New Year with us on **Thursday, December 29 from 1:30-3:30 pm. (**See p. 1).

COUNCIL ON AGING MEETING

Join us on **Wednesday, December 14 at 1:00pm at the Senior Center.** Our Guest speaker Lisa Weber, Lemon Law Program Coordinator for the Office of Consumer Affairs & Business Regulation will speak with us.

MEMORY CONNECTIONS CAFÉ

On **Wednesday, December 28 from 1:30-3:00 pm,** the Senior Center offers a 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 CareOne at Brookline.

CONCERT WITH 3AM

Join us for a wonderful concert with 3AM on **Monday, December 12** at **1:00 pm!** 3AM plays a mix of folk, country, and rock music. The band has been singing and playing together for more than 15 years, starting out at school events when they all had children at the Runkle School. Many of their songs - played on guitar, banjo, and bass - will be familiar, and you're always invited to join in and sing along! To register, Please call 617-730-2770.

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, December 1 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The **cost is $40**. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on Wednesday, **December 21 at 1:00 pm.**

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

Thursday, December 22 from 9:00-10:00 am at The Senior Center.
Wednesday, December 7, from 2:00-3:00 pm at BPHD building on Pierce Street.
Sussman House Cancelled for this month.
Wednesday, December 28 from 1:00-2:00 pm at 61 Park Street.

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

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

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, December 15 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: I am tired when I go to bed but then I cannot sleep. As soon as the sun begins to rise I fall asleep and then cannot get up until about noon. Do you have suggestions for me?

ANSWER: As we get older, our usual sleeping habits may change. Part of this may be due to our producing less melatonin than we did when we were younger. People often get sleepy earlier in the evening and then wake up earlier in the morning. Some people find they can't sleep at night and then are so tired they fall asleep early in the morning. The important question is whether you feel rested during the day, or whether you feel tired all day.

It is believed that the ideal number of hours of sleep is between 7 and 9 hours/night. If you feel rested and energetic during the day, you are probably getting enough sleep. However, if you feel exhausted during the day, that is not "normal aging."

Anyone can have a stretch of days or weeks where we have trouble sleeping (insomnia). However, if insomnia becomes a chronic problem, it may need some investigating. According to Help Guide, which collaborates with Harvard Health Publications, the consumer health publishing division of Harvard Medical School, these are some symptoms which may suggest a sleep disorder:

1. Have trouble falling asleep even though you feel tired
2. Have trouble getting back to sleep when awakened
3. Don't feel refreshed after a night's sleep
4. Feel irritable or sleepy during the day
5. Have difficulty staying awake when sitting still, watching television, or driving
6. Have difficulty concentrating during the day
7. Rely on sleeping pills or alcohol to fall asleep
8. Have trouble controlling your emotions

There are many causes of insomnia, such as stress, depression, anxiety, medications or health problems. Drinking alcohol, using the computer before bedtime, pain, and lack of exercise, snoring and sleep apnea can also cause sleeping problems. To help make sure you get a good night's sleep, try the following:

1. Turn off the TV and computer about 1 hour before going to bed.
2. Read either a book or an electronic device that doesn't have its own light source
3. Block out snoring by wearing ear plugs
4. Get aerobic exercise during the day(walk, dance, golf)

4 Talk to your doctor about trying melatonin (not sleeping pills!)

6 If you get tired during the day, it's OK to take a short nap (less than 1 hour, preferably in the afternoon)

7. Avoid alcohol and caffeine (including chocolate!) late in the day.
8. As a nighttime snack, warm milk, turkey and tuna fish contain tryptophan, which is a protein which helps induce sleep.
9. A cup of chamomile tea is thought to be relaxing-drink a cup 2 hours before bedtime.

In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but it usually passes. If it persist, speak with your doctor about seeing a sleep therapist.

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
White Cab Taxi 508-718-8873

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 and can purchase $80 worth of rides for $40 per month, a couple's annual income cannot exceed $55,800 and are eligible to purchase $100 worth of tickets for $50.

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, December 7 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.

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.

EASY TRAVEL

On Thursday, December 1 at 1:30 pm join Easy Travel arm-chair host Rachel Kutikov. Rachel will share her travels to Prague, Barcelona, Florence and San Torini in Greece.

PLENTY WORKSHOP

Lovin' Spoonfuls will present a Plenty workshop, in partnership with the Brookline Senior Center, on **Thursday, December 8 at 1:00 pm.** Irene Li, part owner of Mei Mei Street Kitchen, a popular restaurant just up the street from the senior center, will be presenting a cooking demonstration open to the public. The restaurant sources their food locally, and creates affordable dishes inspired by the food Li and her siblings grew up with, but with an added level of culinary creativity. In this workshop, Irene will channel her creativity into a few recipes, which will illustrate tips and ideas for cooking delicious and nutritious food on a fixed income. The majority of the product that Lovin' Spoonfuls rescues and donates to the Senior Center's food distribution program is fruits and vegetables. This workshop is designed to provide ideas for the best ways to use this type of whole ingredient food. Please join us for this cooking demonstration, sample what's prepared, and enjoy a discussion about easy, nutritious meal preparation! Space is limited. Please call 617-730-2770 to register.

BROOKLINE MUSIC SCHOOL CONCERT SERIES

On **Wednesday, December 7 at 1:00 pm** we welcome Brian Friedland, jazz piano and Ben Whiting, jazz saxophone. Brian is a wonderful jazz pianist and along with Ben we are they will bring some great tunes for us.

MISTRAL

Baroque Big Band returns to Brookline **Saturday December 10, at 5:00 pm**. The concert features numerous Baroque masterpieces by Vivaldi, Biber, Handel, and one of the greatest composers of all time, Johann Sebastian Bach. This year's performances will take place at Saint Paul's Church of Brookline. "Warm and fuzzy doesn't begin to describe the flood of love we feel when we walk out onto the stage each year," said Scolnik, for more information contact: Sheila Tucker 978-474-6222 sales@MistralMusic.org. MISTRAL offers a senior discount for individual tickets.

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ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join our Zumba Gold instructor, Emily Brenner on Thursdays from 1:30-2:30 pm. **ZUMBA GOLD Special Holiday drop in dates: Thursdays, December 1, 15, and 22.** The classes are $7 per session and free to 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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2017 MEDICARE PART B PREMIUM

The standard Medicare Part B premium in 2017 is $134. However, most people who get Social Security benefits are paying less than that and are getting the same benefit check this year. This is due to a law that prevents the check amount from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay $134 per month. There are exceptions based on income.

All people with incomes higher than $85,000 per year ($170,000 for a couple) have higher premiums. They will pay between $187.50 and $428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

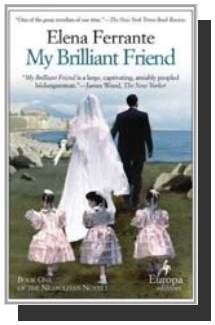
Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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.

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, December 19
My Brilliant Friend
by Elena Ferrante

DECEMBER HOLIDAY TOY DRIVE

For the 19th year, the Town is sponsoring a collection of holiday gifts for disadvantaged Brookline children. If you would like to donate to this worthy undertaking, leave new toys, unwrapped, in the designated box in the Council on Aging offices 2nd floor at the Senior Center by **Thursday, December 17**.

You can also leave gifts in the Mailroom/Print Shop Hallway at Town Hall, on the first floor of the Brookline Public Health Department building, and on the first floor of the Public Safety Building (the Police Department).

For more information, call the Town Counsel's office at 617-730-2190 or Tim Sullivan at 617-730-2186.

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.

GENERATIONS INCORPORATED VOLUNTEERS NEEDED

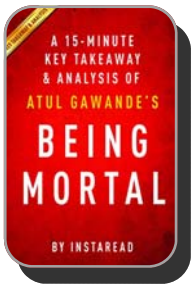
Generations Incorporated is recruiting older adults volunteers to help improve reading skills for Kindergarten through 2nd grade students in a classroom setting twice a week at either the Winship School in Brighton or the Lydon School in West Roxbury. Come to an informational session at the Brookline Senior Center on **Friday, December 9 from 1:00-2:30 pm** to find out more about the program. Please call 617-423-6633 or email volunteerinfo@generations.org to RSVP. Drop ins are also welcome!

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

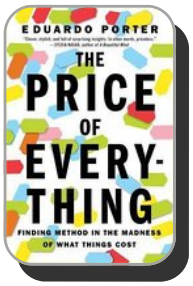
At the Senior Center

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



Tuesday, Jamuary 24, 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.

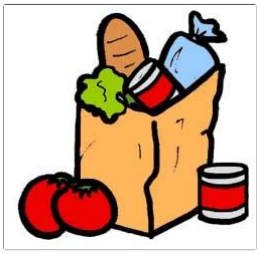
MAHJONG

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.
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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

BROOKLINE FIRST LIGHT FESTIVAL

The Brookline First Light festival will take place on **Thursday, December 1, from 5:00-8:00 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.

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, December 9 at 10:00 am** for the third in our series of "Field TRIPPS." We will travel from Brookline Town Hall to the target store at the Fenway on the MBTA Green Line. We will do some holiday shopping and visit the café inside. 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 8:30-5:00 through December 29

AUTUMN BENEFIT

The **15th Annual Autumn Benefit** at the Senior Center was held on **Wednesday, October 26** and was a great success! The proceeds will go a long way toward supporting the Senior Center's operating budget. This year we honored **Alan Balsam**, long-time supporter of the Senior Center, and much-loved community benefactor.

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 longtime 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. Italian Garden Vegetable Soup **HOT:** Beef Stew; Corn; Tossed Salad w/ Lite Italian Dressing; Wheat Dinner Roll. **COLD:** Egg Salad(V)on Pumpernickel Bread; Broccoli Slaw; Pesto Pasta Salad. **Chocolate Chip Cookie**	**2. Mushroom Barley Soup** **HOT:** Sweet Potato Pollock Filet in Cream Sauce & Tartar Sauce; Roasted Potatoes; Italian Green Beans; Multigrain Bread. **COLD:** Chef Salad w/Ham, Cheddar Cheese & Lite Italian Dressing; Macaroni Salad; Oatmeal Bread & **Pears**
5. Vegetable Soup **HOT:** Lasagna w/Marinara Sauce & Meatball; Spinach & Chickpeas; Whole Wheat Bread. **COLD:** Seafood Salad on Rye Bread; Zucchini Salad; Orzo Vegetable Salad. **Orange**	**6. Tomato Basil Soup** **HOT:** Cheeseburger on Hamburger Roll w/Ketchup & Mustard; Red Peppers, Mushroom & Onions; Roasted Potatoes. **COLD:** Cottage Cheese & Fruit Plate (V); Orange Juice; Garden Shell Pasta Salad; Wheat Dinner Roll. **Unsweetened Applesauce**	**7. Chicken Orzo Soup** **HOT:** Cranberry Chicken; Butternut Squash; Broccoli; Whole Wheat Dinner Roll. **COLD:** Vegetable Chef Salad (V); Multigrain Bread; Corn Salad. **Chocolate Pudding w/Topping**	**8. Corn Chowder** **HOT:** Fish Broccoli Cheese; Herbed Brown Rice; Mixed Vegetables; Multigrain Bread. **COLD:** Roast Beef on Oat Bread w/ American Cheese & Mustard; Summer Squash Salad; Potato Salad. **Mandarin Oranges**	**9. Minestrone Soup** **HOT:** Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Peas; Garlic Dinner Roll. **COLD:** California Chicken Salad on Scali Bread; Macaroni Salad; Root Vegetable Salad. **Chef's Choice Dessert**
12. Chicken Vegetable Soup **HOT:** Chicken Cacciatore over Ziti w/Tomato Sauce & Parmesan Cheese; Broccoli; Oatmeal Bread. **COLD:** Roast Beef on Rye Bread w/Swiss Cheese & Mustard; Potato Salad; Cauliflower Carrot Salad. **Vanilla Pudding w/Topping**	**13. Holiday Special** **HOT:** Holiday Ham***w/Raisin Pineapple Sauce; Au Gratin Potatoes; Peas; Garlic Dinner Roll. **COLD:** Tuna Salad on Wheat Bread; English Pea Salad; Root Vegetable Salad. **Ambrosia w/Topping**	**14. Beef Barley Soup** **HOT:** Potato Pollock Filet w/Lemon Dill Sauce & Tartar Sauce; Butternut Squash; Italian Green Beans; Wheat Bread. **COLD:** Curry Chicken Salad on Oatmeal Bread; Spinach & Mandarin Salad; Garden Shell Pasta Salad & **Mixed Fruit**	**15. Cream of Butternut Squash Soup** **HOT:** Broccoli & Mushroom Quiche (V); Red Bliss Potatoes; Baked Tomato Half; Wheat Dinner Roll. **COLD:** Mediterranean Plate w/Hummus (V); Pita Bread; Cucumber, Feta, & Onion Salad; Israeli Couscous & **Orange**	**16. Escarole & Bean Soup** **HOT:** American Chop Suey; Broccoli; Scali Bread. **COLD:** Turkey Chef Salad; Orzo Vegetable; Multigrain Bread. **Tropical Fruit**
19. Potato Leek Soup **HOT:** Honey Mustard Chicken; Kale; Whipped Sweet Potatoes; Wheat Dinner Roll. **COLD:** Mediterranean Tortellini Salad; Summer Squash Salad; Scali Bread. **Peaches**	**20. Vegetable & Chicken Soup** **HOT:** Cheese Omelette (V); Sauté Vegetables; Home Fries; Wheat Bread. **COLD:** Roast Beef on Rye Bread w/ Lite Mayo & Cheddar Cheese; Pesto Pasta Salad; Riviera Salad. **Mixed Fruit** **Birthday Lunch**	**21. Italian Garden Vegetable Soup** **HOT:** Meatloaf w/Gravy; Mashed Potatoes; Fiesta Blend Vegetable; Oat Grain Bread. **COLD:** Chicken Pesto Caesar Salad w/Caesar Dressing & Parmesan Cheese; Tri Color Pasta Salad; Garlic Dinner Roll. **Birthday Cake**	**22. Minestrone Soup** **HOT:** Baked Fish Filet w/Lemon Dill Sauce; Garlic Mashed Potatoes; Eggplant Ratatouille; Multigrain Bread. **COLD:** Egg Salad (V) on Multigrain Bread; Potato Salad; Roman Blend Salad. **Orange**	**23.** **HOT:** Hot Dog***on Hot Dog Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Turkey on Oatmeal Bread w/Lite Mayo & Swiss Cheese; English Pea Salad; Greek Salad. **Fruited Yogurt**
26. Christmas Day Holiday **Meal Site Closed**	**27. Seafood Chowder** **HOT:** Creole Fish; Rice & Beans; Spinach & Mushrooms; Wheat Bread. **COLD:** Ham, American Cheese & Lite Mayo on Scali Bread; Potato Salad; Summer Squash Salad. **Unsweetened Applesauce**	**28.** **HOT:** White Bean & Kale Stew (V); Herbed Brown Rice; Pumpernickel Bread; Tossed Garden Salad w/Lite Italian Dressing. **COLD:** Tuna Salad on Multigrain Bread; Pasta Vegetable Salad; Broccoli Slaw. **Tapioca Pudding w/Topping**	**29. Cream of Butternut Squash Soup** **HOT:** Veggie Burger (V) on a Hamburger Bun; Whipped Sweet Potatoes; Cole Slaw. **COLD:** Turkey & Swiss w/Lite Mayo on Rye Bread; Spinach & Mandarin Salad; Corn Salad. **Banana**	**30. Oriental Vegetable Soup** **HOT:** Chicken Lo Mein; Carrots; Multigrain Bread; Fortune Cookie. **COLD:** Vegetarian Chef Salad (V) & Lite Italian Dressing; Garden Shell Pasta Salad; Pumpernickel Bread. **Mandarin Oranges**

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

SODIUM (SALT) PRESENTATION

Please join Meghan Ostrander, Springwell's Registered Dietitian, on **Monday, December 5 at 1:00 pm** for a discussion about sodium. How much is too much? Why should we pay attention? How much is in the Springwell meal? If you would like to join us at noon for lunch first, please call 617-730-2747 and reserve by 10:30 a.m. on Friday, December 2. The talk is free, but there is a suggested $2 donation for lunch.

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.

LET'S GO OUT TO LUNCH BUNCH

Out to lunch will return in January with some wonderful new restaurants to explore.

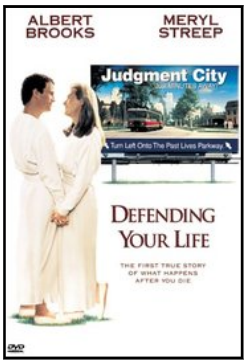
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in December 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, December 6
Genius
(2016) 2hr. 32min.
A chronicle of Max Perkins's time as the book editor at Scribner, where he oversaw works by Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald and others.
Director: Michael Grandage
Stars: Colin Firth, Jude Law, Nicole Kidman

Tuesday, December 13
East Side Sushi
(2014) 1hr. 40min.
Single mom Juana can slice and dice anything with great speed and precision. After working at a fruit-vending cart for years, she decides to take a job at a local Japanese restaurant. Intrigued by the food, she learns to make a multitude of sushi on her own. Eventually she attempts to become a sushi chef, but is unable to because she is the 'wrong' race and gender. Against all odds, she embarks on a journey of self-discovery, determined to not let anyone stop her from achieving her dream.
Stars: Diana Elizabeth Torres, Yutaka Takeuchi, Rodrigo Duarte Clark

Tuesday, December 20
Love is Strange
(2014) 1hr. 34min.
After Ben and George get married, George is fired from his teaching post, forcing them to stay with friends separately while they sell their place and look for cheaper housing. This is a situation that weighs heavily on all involved.
Director: Ira Sachs
Stars: John Lithgow, Alfred Molina, Marisa Tomei



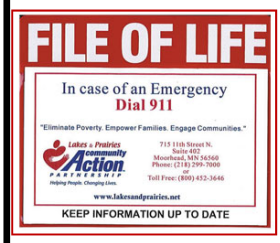
Tuesday, December 27
Defending Your Life
(1991) 1hr. 52 min.
In an afterlife way station resembling a block of hotels, the lives of the recently-deceased are examined in a court-like setting.
Director: Albert Brooks
Stars: Albert Brooks, Meryl Streep, Rip Torn

Information taken from: IMDb

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

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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BrooklineBank.com
Member FDIC

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

DECEMBER AT A GLANCE

Thursday, December 1
11:00am Ask A Nurse
1:30pm Easy Travel
5:00-5:30 Senior Chorus performs at First Light in the Arcade
Friday, December 2
Saturday, December 3
1:00pm ELKS Holiday Dinner***
Monday December 5
1:00pm Salt Presentation-Meghan Ostrander***
2:30-3:00pm Cantonese Class***
Tuesday, December 6
1:00pm Movies for film lovers-*Genius*
Wednesday, December 7
9:00am-12:00noon Brookline Legal Services
1:00pm Brookline Music School Concert***
2:00-3:00pm Blood Pressure Clinic at BPHD*
Thursday, December 8
1:00pm Plenty Workshop***
Friday, December 9
10:00am TRIPPS event***
1:00-2:30pmGenerations Inc. information session***
Saturday, December 10
5:00pm MISTRAL*
Monday December 12
1:00pm 3AM Concert***
1:00-2:30 Ukulele Group
2:30-3:30pm Cantonese Class***
Tuesday, December 13
Movies for film lovers-*East Side Sushi*
Wednesday, December 14
1:00pm COA Meting-Lisa Law
Thursday, December 15
1:00-2:00pm Brookline Hearing Services
1:30 Zumba Gold
Friday, December 16
10:00am Senior Chorus Holiday Concert and Craft fair Check Presentation***
Last day to drop off warm hats and gloves for the soup kitchen
Saturday, December 17
11:00am-1:00pm LBGT Out 2 Lunch Bunch*
10:00am TRIPPS event***

Monday December 19
2:30-3:30-pm Cantonese Class***
Tuesday, December 20
9:00-10:00am Public Issues Nonfiction Book group– Being Mortal: Medicine and What Matters in the End
12:00 noon December Birthday Lunch***
1:00pm Movies for film lovers-*Love is Strange*
Wednesday, December 21
1:00pm Low Vision Group
Thursday, December 22
9:00-10:00am Blood Pressure Clinic
1:30pm Zumba Gold
Friday, December 23
Monday December 26
Senior Center closed
Tuesday, December 27
1:00pm Movies for film lovers-*Defending Your Life*
Wednesday, December 28
1:00-2:00pm Blood Pressure Clinic 61 Park St.*
1:30pm Memory Café ***
Thursday, December 29
1:30-3:30pm New year's Open House***
Friday, December 30

Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

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**

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 Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
10:30 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

HOLIDAY CRAFT FAIR THANK YOU'S!

Thank you to the following businesses for their donations to the Holiday Craft Fair: Albert's Florist, Allandale Farm, Bodyscapes Fitness, Brookline Grooming & Pet Supplies, Brookline Growers, DOK BUA, Dunkin' Donuts-Allston, Edible Arrangements, Fire Opal, Focal Point Opticians, Hello Caroline clothing store, Hops N Scotch, Kabloom, Kolbo Judaica, Mattei Galleria, Michael's Deli, OSAKA, Otto's Pizza, Pizzeria Dante, Serenade Chocolatier, Shiki Sichuan Gourmet, Starbucks-Coolidge Corner, The Spa, T. Anthony's Pizza, Trader Joe's, and The Uncommon Yarn 4A Coffee, Aborn True Value, Albert's of Brookline, Anna's Taqueria, Basil Rice, Brookline Booksmith, Brookline Grooming & Pet Supplies, Brothers Restaurant, Coolidge Corner Theater, Corrib Pub Restaurant, Courtyard by Marriott, DOK BUA, Dorado Tacos, Fire Opal, JP Licks, Mint Julep, Paris Creperie, Party Favors, The Pear Tree, Shanghai Jade, Simons Shoes, Sol Azteca, Temptations Café, When Pigs Fly Bakery, and Zaftig's.

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm**. **Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

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

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

SPANISH IMMERSION

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

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

SENIOR CHORUS HOLIDAY CONCERT AND CRAFT FAIR CHECK PRESENTATION

Join us for a festive morning full of holiday cheer at our Senior Chorus Holiday Concert on **Friday, December 16 at 10:00 am**. This group's enthusiasm will be sure to put a smile on your face! In addition, we will be presenting the Senior Center with a check from the proceeds of our annual Holiday Craft Fair. A special donation will also be made on behalf of the Holiday Craft Fair Planning Committee to Hearth, Inc. We are pleased to announce that we raised over $4000 at this year's Fair! Thank you to all of the crafters, volunteers, donors, and customers who helped to make this event a success.

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!

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.

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.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

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

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

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COUPON

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!

-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.**

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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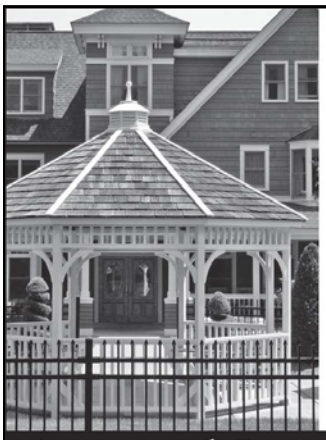

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DISCOUNT HANDYMAN SERVICES FOR SENIORS IN BROOKLINE

Jeremy Kindall is a Brookline-based handyman that can help out with general household repairs, door and window adjustments as well as larger tasks like painting, patching and replacement of rotten wood. He also specializes in furniture restoration and repair. Senior Discount rate is $30 per hour and references are available upon request. Call 617-216-4195 or send an email to jeremykindall@gmail.com, Jeremy is also one of our wonderful Senior Center volunteers!

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.

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.

DECEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: help distributing fliers advertising TRIPPS and other programs & activities, friendly visitors, assistance for seniors with their Smartphones, help with the monthly Food Commodity program on the 3rd Wednesday morning of each month, Tuesday 'muscle' help with the Food Pantry both morning 9:00-1:00 and afternoon 1:00-4:00 shifts as well as audio and video interviewing of seniors after they complete a TRIPPS 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

REMEMBER

THE IRS NEVER CALLS FOR PAST DUE AMOUNTS OR THREATENS TO ARREST YOU!

If you think you are a victim of a scam write down the number and hung up. Then contacted a SHINE worker and notified local police as well. A Gloucester resident fell for the ruse and lost $35,000. So just hang up and call the police. Don't fall for a telephone line!

SHOP

"Students Helping Older People"

The S.H.O.P. Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where student's 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.

UKULELE FUN

Ukulele fun will be held on **Monday, December 12 from 1:00 to 2:30 pm.** If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. 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!

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ABR, CRS, ePro, GRI, PMN

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- 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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Dianne and Michael Blau
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In Memory of:

Robert L. Spangenberg from Carol Robinson
Helen Taube from Donna Taube

In Honor of:

Geraldine Palastrant *honoring* Alicia Ebrat
Anonymous *honoring* the Ping Pong program
Jane Kaiser *honoring* Sonia Wong
Aida S. Canchola *honoring* the staff and volunteers at the Senior Center
Paula Kaplan *honoring* Nina Label's birthday
Claire Yung and the Chinese Mah- Jong Group *honoring* the Chinese Mah-Jong program
Eleanor Small *honoring* Julie Washburn and the Holiday Craft Fair
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Gerald Small
Margaret Zaremba

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.

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FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much."

Erich Fromm, Psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders.

I know that many of you share this vision and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether a few dollars or a large gift all donations are appreciated and will be well utilized. To make a donation using your credit card go on line to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Starting with the Elks holiday dinner on Saturday December 3rd and ending with the New Year's open house December 29th with lots of fun in between! Hope to see you here and feel free to invite a friend.

In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced in this remarkable Town- with your help we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek, Director

P.S. Special thanks to Betsy Pollock who danced at the Brookline Rotary "Dancing for the Stars" event. Betsy performed an elegant dance and raised money for increased transportation options. We will be collecting for this fund until December 31.

FROM THE BOARD PRESIDENT

The holiday season is a special time of year. I hope everyone enjoys celebrating with family and friends. This is also the time of year when we think about giving to those less fortunate. Please consider giving to the Brookline Senior Center as you are making your holiday donations.

On November 5th I had the pleasure of dancing for Brookline Rotary's "Dancing With Stars". I am grateful for those of you that supported my fund raising with a donation.

My goal continues to be to offer expanded transportation options for Brookline Seniors. The need for innovative transportation continues to be a priority.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources.

As the holidays approach, I am reminded of how many people give their time, money and/or other resources to help Brookline's seniors live with dignity and respect. Thank you to all! And best wishes for a wonderful Holiday season.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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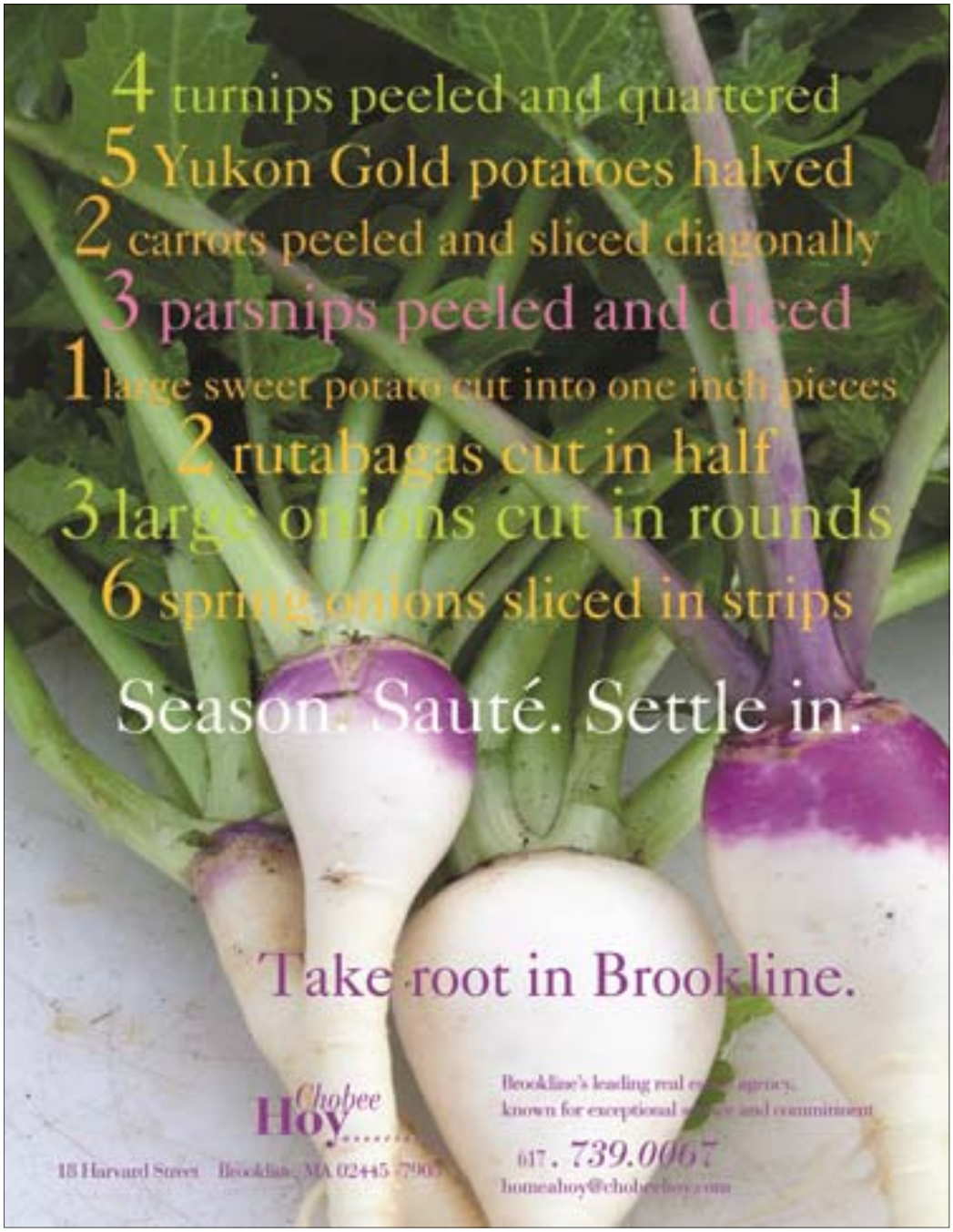
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