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 617-730-2770

Van 617-730–2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

NOTE: All Programming is Weather Permitting. Please call 617-730-2770 for weather related updates.

JANUARY 2017

COMEDY, SATIRE, AND FARCE

Stephen Collins will be back with us on **Monday, January 9 at 1:00 pm** to present his new show, "Comedy, Satire, and Farce." In ancient Greece, there were basically two forms of drama; comedy and tragedy. One might say that all modern literature is a variant of those two genres. Stephen's new show is an examination of the comic genre, which often has elements of satire and/or farce. He will begin with an excerpt from Aristophanes' "The Clouds". This show also includes poetry, plays, and an excerpt from a novel. The writers included in this show are Jonathan Swift, Andrew Marvell, Thomas Hardy, Moliere, Dorothy Parker, Edna St. Vincent Millay, and finally Sinclair Lewis. Come and share some laughs with Stephen! To register, please call 617-730-2770.

MAZL TOV CHORUS

Come to the Senior Center on **Wednesday, January 18 at 1:00 pm** for a performance by the Mazl Tov Chorus. This group, founded in 2005, is under the direction of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the Chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized housing, rehab centers and at the Senior Center! Their repertoire includes songs in English, Russian, Yiddish, Hebrew, and Spanish. Sponsored by the Senior Center, this group is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc.-Boston. To register, please call 617-730-2770.

INDEX

AARP TAX Preparation……..14
Acupuncture Consult……..15
Alzheimer's Caregivers Support Group…….……....7
Ask A Nurse……...4
At a Glance, January…...…..……..……20
Balance Class……..7
Board President,……...14
Book Discussion Group, Public Issues ……11
Book Discussion Group, Putterham……..10
Bridge...……..**12**
BrooklineCan……13
Brookline Music School Concert…….....9
Cantonese Classes……..……..11
Chess……...……...24
Chinese New Year Celebration...……7
Chorus, Mazl Tov……..……1
Computer, One-on-One……..……15
Concert 3AM……..3
Council on Aging Meeting……31
Dance, Tuesday Morning……24
Director, from the……31
ELF……10
ELKS Thank You……...7
ESL Conversation……24
File of Life update……19
Fitness Center……...11
Flu Shot……...3
Food Commodity ……...12
Food Distribution Site, Senior Center……...23
Gallery 93..……22
Geriatrician, Ask a.....5
Handicapped Access……...26
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach)…….….....4
Hearing Services, Brookline ……....4
LGBT Brunch……19
Let's Go Out To Lunch Bunch……17
Living Our Values ……...……11
Lunch Menu.……16
Luncheon Specials for January….…....……17
Mahjongg……..12
Medicare ……..……29
Memory Café…….. ...3
MLK Celebration……..14
Movies for Film Lovers……...18
Observances, January ...…….……...3
Ongoing Senior Center Events……...21
PARC……25
Ping Pong……..31
Quilt Raffle……14
Transportation Raffle……...14
REAP...……...28
Reiki Therapy……...26
Scammers, Outsmart them……22
Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security)..….....6
SHINE……...10
SHOP Program……28
Sodium Discussion……..17
Soup kitchen thank you……...8
Spanish Immersion……..23
Stephen Collins……..1
Tax Exemption with Sandy Spector……...8
Thank You……30
Travel, Easy……7
TRIPPS……..……13 & 25
Ukulele……..……25
Virtual Reality Demo……...17
Volunteer Opportunities……28
Zumba Gold……....9

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

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

JANUARY HOLIDAYS

The Senior Center will be closed on **Monday, January 2 (New Year's Day) and on Monday, January 19 (Martin Luther King, Jr. Day).**

January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better—albeit to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2017.

NOT TOO LATE TO GET A FLU SHOT

Did you happen to miss out on the recent community flu clinics? Well, it's never too late to get yourself or family members vaccinated! If you would like to receive the flu shot please contact the Public Health Nurse; Barbara Westley by calling 617-730-2320 or email bwestley@brooklinema.gov to schedule an appointment. What you need to know: there is no charge for the vaccine, however, please remember to bring all health insurance cards, All persons (6 months and older) should receive the vaccine each year. Wwear loose-sleeved clothing, and the Flu mist will not be available this year.

MEMORY CONNECTIONS CAFÉ

On Wednesday, **January 25 from 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their carepartners 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.

PEACE CRANES TO WASHINGTON

Brookline is folding paper cranes! To give us and our children a way to voice a positive message of peace, people from all over town are joining together to fold origami peace cranes. The paper crane has a powerful association with peace, the welfare of our children, and the dangers of war. You can participate by folding Paper Cranes at the **Brookline Senior Center on January 6 at 1:00 pm.** The cranes will be brought to Washington DC for Martin Luther King Jr. Day, on January 16 as a statement of peace and tolerance, and as a wish for the entire world to focus itself on the most important things. We hope that other communities will join us. That this message will begin here in Brookline and Boston, take wing and spread around the world. Please feel free to contact us: worldpeacecrane@gmail. com / peacecranes.

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, January 5 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 not meet in January or February** but will **return on March 15.**

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

Thursday, January 19 from 9:00-10:00 am at The Senior Center
Wednesday, January 4 from 2:00-3:00 pm at BPHD building on Pierce Street.
Wednesday, January 11 from 1:00-2:00 pm at Sussman House
Wednesday, January 25 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 **will be on vacation during January**. Ilse will return in February and 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, January 19 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.*

This month, instead of a question, I would like to share with you an article by a Wall Street Journal reporter Anne Tergesen, about misconceptions commonly held about growing older. Here are 6 myths about aging.

MYTH #1 DEPRESSION IS MORE PREVALENT IN OLD AGE

People assume that old age is a depressing time of life, but studies show the opposite. Emotional well-being improves until the 70's, when it levels off, even among centenarians. Depression was reported in 5.5% of people age>50, 7.6% in ages 26-49 and 9% in people 18-25. Older adults tend to be happier, less anxious, less angry and tend to adapt well to their circumstances.

MYTH #2 COGNITIVE DECLINE IS INEVITABLE.

At around age 30, scores on tests of abstract reasoning and problem-solving begin to decline. But recent discoveries also indicate that—barring dementia—older adults perform better in the real world than they do on cognitive tests. In addition, certain activities appear to enhance cognitive function and perhaps slow age-related cognitive declines. Adults ages 60 to 90, who spent about 16 hours a week over three months learning new skills, including how to quilt, use an iPad and take digital photographs showed greater improvements in memory than people who did word puzzles or other activities that required no new skills.

MYTH # 3 OLDER WORKERS ARE LESS PRODUCTIVE

Workers 55 or older make up 22% of the U.S. labor force, up from 12% in 1992. Despite stereotypes of older workers, the vast majority of academic studies show virtually no relationship between age and job performance. In fact, in jobs that require experience, older adults may have a performance edge.

MYTH #4 LONELINESS IS MORE LIKELY

Several studies indicate that friendships tend to improve with age. Older adults typically report better marriages, more supportive friendships, less conflict with children and siblings and closer ties with members of their social networks than younger adults.

MYTH #5 CREATIVITY DECLINES WITH AGE

Creative genius clusters into two categories: those who tend to do their best work in their 20s and 30s, and those who often need a few more decades to reach full potential. Mark Twain, Paul Cézanne, Frank Lloyd Wright, Robert Frost and Virginia Woolf are just a few of the artists who did their greatest work in their 40s, 50s and 60s. These artists rely on wisdom, which increases with age.

MYTH # 6 MORE EXERCISE IS BETTER

When it comes to improving health and longevity, exercise is key. But a growing number of studies show that more exercise may not always be better. You don't need to run a marathon, but 30 minutes of vigorous exercise daily greatly improves health.

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, January 4 from 9:00am-12:00** noon 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 offers two ongoing support groups designed to help caregivers cope with the stress and demands of loved ones struggling with AD.

Daytime Support Group

The daytime group meets on **the 4th Tuesday of each month.** If you are interested in this group, please call the facilitator Debby Rosenkrantz at 617-571-3741.

***Note:** This group is currently full. Please call to add your name to the waiting list.

Evening Support Group

The evening group is primarily composed of adult child caregivers and meets on the **last Thursday of each month.** If you are interested in this group, please call the facilitator Susan Kanian-Andriole at 617-730-2754. *Note: This group is currently full. Please call to add your name to the waiting list.

CHINESE NEW YEAR CELEBRATION

We will celebrate the Chinese New Year on **Monday, January 23 from 12:30 –2:00 pm.** The festivities are always colorful and the food is plentiful and delicious. **Tickets go on sale January 9.** Call 617-730-2777 to make your reservation. Chinese New Year 2017 will be the year of the red rooster. **No Springwell Lunch on this day.** This event is sponsored by the Brookline Council on Aging and the Greater Boston Chinese Golden Age Center.

THANK YOU TO THE ELKS

The Brookline 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!

BALANCE CLASS

Join us on **Tuesdays & Thursdays from 4:00 - 4:30 pm beginning January 10** through March 2 in the Fitness Center. Preregistration required. Call Sharon Devine, 617-730-2769.

EASY TRAVEL

Join us on **Thursday, January 5 at 1:30 pm** as Ashley Whorf, our armchair travel host, shares adventures from her June 2016 trip to Italy. Temporarily escape the cold January weather as we "travel" with Ashley to Florence, Rome, Sorrento, the Amalfi Coast, Naples, and Pisa. We hope to see you there!

THANK YOU SOUP KITECHEN DONATIONS

To all who so kindly donated gifts for the soup kitchen we thank you. We had a great response this year. 98 items were collected including gloves, mittens, hats, scarves, socks, and toe warmers.

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, January 3 and Tuesday, January 17 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

Providence House

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- Evaluation Process
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ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays from 1:30-2:30 pm.** Free introductory class on **Thursday, January 5 at 1:30 pm.** Subsequent winter session is on Thursdays, January 12-March 2 from 1:30-2:30 p.m. Cost for winter session is $45. Drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

BROOKLINE MUSIC SCHOOL

On **Wednesday, January 4 at 1:00 pm** we welcome Bryan Eyberg a jazz pianist who plays jazz, blues, and pop and rock music. He has played with several bands in the Boston area, including The Green Street Band and AfterFab, a Beatles tribute band. He has performed at The Regent Theater in Arlington, and Ives Concert Park in Danbury CT. His current band, Best Not Broken, supported legendary band Jefferson Starship last spring at the Blue Ocean Music Hall. As a solo pianist, Eyberg plays jazz, blues, and some of his original compositions.

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SHINE

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.

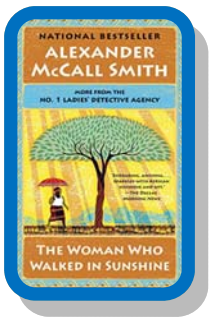
Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (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

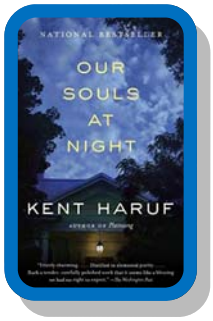
The Equipment Loan Fund has a large amount of walker accessories available, including legs, wheels, skis, and studs. If you or anyone you know could use these, lease call Jamie at 617-730-2753.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

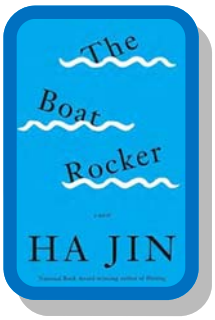
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



January 23
The Woman Who Walked in Sunshine
by Alexander McCall Smith

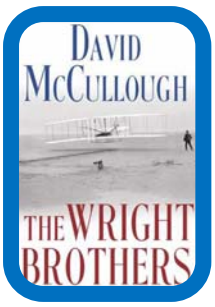


February 27
Our Souls at Night
by Kent Haruf



March 20
The Boat Rocker
by Ha Jin

April-Vacation month



May 15
The Wright Brothers
by David McCullough

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.

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LIVING OUR VALUES

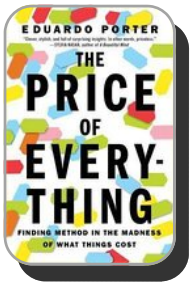
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator, Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

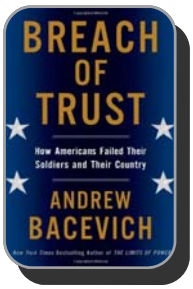
At the Senior Center

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.

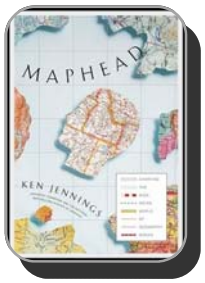
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, January 24
The Price of Everything: Solving the Mystery of Why We Pay What We Do
By Eduard Porter (Portfolio Publishers)



Tuesday February 28
Breach of Trust: How Americans Failed Their Soldiers and Their Country
By Andrew J. Bacevich (Metropolitian Books/Henry Holt & Co.)



Tuesday March 28
Maphead: Charting the Wide, Weird World of Geography Wonks by Ken Jennings (Scribners/Simon & Schuster Inc.)

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

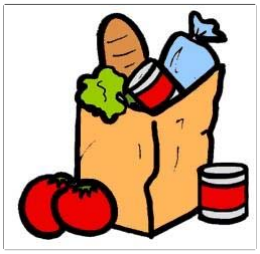
MAHJONG

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 at 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House at 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 at 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
e-mail: lisrael@lvkdlaw.com
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BROOKLINE MUNICIPAL CREDIT UNION

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Brookline, MA 02447-0776
Tel: (617) 232-9410 Fax: (617) 232-1462
B-Line: (781) 398-1855

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

OUTSMART THE SCAMMERS

We will have a Community Service Program at Goddard House with Chiquita Rice, Financial Advisor, and the Brookline Police Department on **Saturday, January 28, 10:30 am – Noon**. Educate yourself to scamming tactics as they become increasingly complex. Learn how to spot red flags of a fraudulent encounter and about resources to which you can turn. Brookline Police will update us on scam trends, including those targeting older adults and steps to protect yourself and your loved ones. RSVP to Jenna Henning at (617)731-8500 ext. 152 or jhenning@goddardhouse.org
Snow date for this program is Saturday, February 4, 10:30 am – 12:00 noon
www.goddardhouse.org

TRIPPS

What's YOUR Transportation Budget?

Join us at the Newton Senior Center, 345 Walnut Street Newton on **Friday January 20 from 1:30-3:00 pm.**

Most of us don't even think about how much we spend on our cars. At this workshop we will look at all the cost of owning and operating a car, totaling up your monthly spending. Then we'll look at the costs of various local transportation options and see how much that same amount might buy you. Trying out new ways of getting around can save you more than time, stress and worry. It might also save you money! Come find out and get answers to all your questions about senior transportation. Kerri Ann Tester, director of TRIPPS senior transportation program for the Brookline and Newton Senior Centers will be available to ask questions. To register please call 617-796-1660. For more information on what TRIPPS can do for you visit us on the Web at TRIPPSMass.org, on Facebook at facebook.com/trippsmass.

BROOKLINECAN TRIPPS INFORMATION SESSION

Join us on **Monday January 30 from 1:30-2:30 pm** at 100 Center Street Brookline for a three person panel discussion sponsored by BrooklineCan.

FROM THE BOARD PRESIDENT

Happy New Year!

Thank you for thinking of the Brookline Senior Center in your end-of-year contributions. With the chill, ice and snow of winter, many seniors become more home-bound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services. Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long including Fridays. This is especially important to our most economically vulnerable and frail elders. If you would like to make a contribution, please go to www.brooklineseniorcenter.org and click on the "donate" button. Or mail a check to the Center. I wish you and your family a healthy and warm 2017. I, the board, and the entire Senior Center family thank you!

Betsy Pollock—President, Brookline Senior Center Board

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 14 and April 11** to assist you with filing your returns. We will begin scheduling those appointments on **Tuesday, January 17, 2017**. Please note that the Tax Aide program will be using new software this year and as a result, it is very important for you to bring copies of your 2015 returns to your appointment. The Tax Aide volunteers will also not be able to assist with any amended tax returns this year. For more information and to schedule an appointment, please call 617-730-2777.

KEEPING THE PROMISE BROOKLINE'S CELEBRATION OF MARTIN LUTHER KING, JR.

On **Monday, January 16, 3:00 pm** at Coolidge Corner Theatre. Please join together for Brookline's annual celebration of the life and values of Dr. Martin Luther King, Jr. The theme for this year's event will be "Confronting Bias in Brookline." Rick Pinderhughes, Director of Programs at Vision, Inc., a non-profit training and consulting organization specializing in diversity and inclusion, will be our keynote speaker. Dr. Pinderhughes will describe what implicit bias is and how it affects all of us, in our daily lives and in our institutions.

A panel discussion about what steps can and are being taken to confront bias in Brookline will follow. The panelists will be Rahsann Hall, Director of the Racial Justice Program for the Massachusetts ACLU, Daniel O'Leary, Chief of the Brookline Police Department and Andrew Bott, Superintendent of Public Schools of Brookline. The program will also feature poetry and the inspirational words of Dr. Martin Luther King, Jr. This event is free but to guarantee a seat you must reserve a ticket beforehand at brooklineMLK.eventbrite.com. Volunteers are needed for service projects! We will be running shifts from 10:30 am till 12:30 pm and 12:30 till 2:30 pm. Please let us know what shift you prefer and contact: Kea van der Ziel at vanderziel@earthlink.net for the food pantry drive, Chobee Hoy at homeahoy@chobeehoy.com for the book drive If you are able to provide a ride for someone who needs transportation to the MLK event please contact: Rob Daves at 617-566-7334 or robdaves@rcn.com.

COMPUTER ONE ON ONE

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a 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.

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
2. New Year's Day Holiday **Meal Site Closed** **No Meal Service Today**	**3. Chicken Vegetable Soup** **HOT:** Fish in Broccoli Cheese Sauce; Green Beans; Red Bliss Potatoes; Multigrain Bread. **COLD:** Roast Beef; Swiss Cheese; Lite Mayo; Cucumber Dill Salad; Greek Pasta Salad; Multigrain. **Chocolate Pudding w/Topping**	**4. Lentil Spinach Soup** **HOT:** Chicken Cacciatore over Ziti w/Tomato Sauce & Parmesan Cheese; California Blend Vegetables; Oatmeal Bread. **COLD:** Seafood Salad on Wheat Bread; Potato Salad; Rivera Salad. **Apple Raisin Compote w/Topping**	**5. Cream of Pumpkin Soup** **HOT:** Meatloaf w/Beef Gravy; Mashed Potatoes; Peas & Onions; Wheat Bread. **COLD:** Tuna Salad on Oatmeal Bread; Lo Mein Pasta Salad; Carrot Pineapple Salad **Mixed Fruit**	**6. Italian Vegetable Soup** **HOT:** Cheese Omelet (V); Roasted Potatoes w/ Red Peppers & Onions; Spinach; Oatmeal Bread. **COLD:** California Chicken Salad on Wheat Bread; Orzo Vegetable Salad; Tossed Garden Salad w/ Lite Italian Dressing **Pear**
9. Vegetable Barley Soup **HOT:** Whole Grain Lasagna w/Marinara Sauce & Meatball; Peas & Carrots; Multigrain Bread. **COLD:** Egg Salad on Multigrain Bread; Roman Blend Salad; Lo Mein Pasta Salad. **Orange**	**10. Winter Special** **Cream Of Broccoli Soup** Beef Burgundy w/Mushrooms & Carrots over Butter & Herb Noodles Green Beans Garlic Dinner Roll **Spice Cake w/Cream Cheese Frosting**	**11.** **HOT:** Fish Florentine; Sweet Potatoes; Mixed Vegetables; Rye Bread. **COLD:** Roast Beef on Multigrain Bread; Provolone Cheese and Lite Mayo; Macaroni Salad; Tomato Red Pepper Salad. **Vanilla Pudding w/Topping**	**12. Chicken & Vegetable Soup** **HOT:** Chicken w/Gravy; Mashed Potatoes; Summer Spring Blend; Whole Wheat Dinner Roll. **COLD:** Seafood Salad on Oatmeal Bread; Balsamic Vinaigrette Pasta Salad; Spinach & Mandarin Salad. **Applesauce**	**13.** **HOT:** White Bean & Kale Stew (V); Herbed Brown Rice; Dinner Roll; Tossed Garden Salad w/Lite Italian Dressing. **COLD:** Ham, Swiss Cheese & Lite Mayo on Rye Bread; Carrot Raisin Salad; Potato Salad **Pears**
16. Martin Luther King Day **Meal Site Closed** **No Meal Service Today**	**17. Vegetable Soup** **HOT:** American Chop Suey; Italian Blend Vegetables; Whole Wheat Roll. **COLD:** Curry Chicken on Multigrain Bread; Garden Shell Pasta Salad; Root Vegetable Salad. **Orange** **Birthday Lunch**	**18. Tomato Basil Soup** **HOT:** Chicken Paprika; Red Bliss Potatoes; Kale; Oat Bread. **COLD:** Tuna Salad on Wheat Bread; Macaroni Salad; Riviera Salad. **Mixed Fruit**	**19.** **HOT:** Hot Dog***on Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Chef Salad w/Turkey & Lite Italian Dressing; Dinner Roll; Pasta Salad w/Cheese **Pears**	**20. Beef Vegetable Soup** **HOT:** Fish w/Lemon Dill Sauce; Fiesta Blend Vegetable; Sweet Potatoes; Rye Bread. **COLD:** Roast Beef on Pumpernickel Bread w/Provolone Cheese & Lite Mayo; Summer Potato Salad; Spinach & Mandarin w/Lite Italian Dressing. **Chocolate Pudding w/Topping**
23. **HOT:** Lentil Stew (V); Herbed Brown Rice; Collard Greens & Onions; Wheat Bread. **COLD:** BBQ Chicken, Mozzarella & Red Onions Sandwich on a Bulkie Roll; Tri Color Pasta Salad; Cauliflower Carrot Salad. **Lemon Pudding w/Topping**	**24. Seafood Chowder** **HOT:** Sweet Potato Pollack w/Cream Sauce & Tartar Sauce; Corn; California Blend; Wheat Roll. **COLD:** Turkey Chef Salad w/Lite Italian Dressing; Macaroni Salad; Wheat Bread. **Mixed Fruit**	**25. Potato Leek Soup** **HOT:** Ground Beef Stuffed Peppers; Carrots; Tossed Salad w/Lite Italian Dressing; Multigrain Bread. **COLD:** Egg Salad on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. **Birthdate Cake**	**26. Minestrone Soup** **HOT:** Beef Stroganoff over Buttered Egg Noodles; Green Beans; Pumpernickel Bread. **COLD:** Ham, Swiss Cheese & Lite Mayo on Rye Bread; Orzo Vegetable Salad; Spinach & Mandarin w/Lite Italian Dressing. **Lemon Pudding w/Topping**	**27. Oriental Vegetable Soup** **HOT:** Chicken Stir Fry; White Rice; Oriental Vegetable Blend; Wheat Dinner Roll; Fortune Cookie. **COLD:** Tuna Salad on Multigrain Bread; Broccoli Ziti Salad; Potato Salad. **Mandarin Oranges**
30. Mushroom Barley Soup **HOT:** Fish w/Mediterranean Sauce; Red Bliss Potatoes; Italian Green Beans; Multigrain Bread **COLD:** Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Mixed Bean Salad **Ambrosia w/ Topping**	**31. Chicken Vegetable Soup** **HOT:** Honey Mustard Chicken; Herbed Brown Rice; Spinach & Mushrooms; Oatmeal Bread **COLD:** Chef Salad w/Ham, Cheese & Lite Italian Dressing; Macaroni Salad; Dinner Roll **Orange**	(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium $2.00 Suggested donation per meal All soups served with crackers **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**		

JANUARY 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, January 17** we celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January 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 Bertucci's Restaurant 683 VFW Parkway, on **Tuesday, January 31.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

VIRTUAL REALITY DEMO

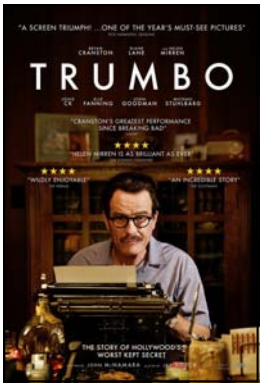
Want to see what the future of filmmaking holds? Come and try out Virtual Reality at the Senior Center on **Tuesday, January 17 at 1:00 pm.,** courtesy of our friends at Brookline Interactive Group.

Virtual Reality (VR) is a computer generated environment in which one can immerse one self by putting on a headset and a pair of goggles, you can enter and explore this virtual world, interact with the surroundings, and perform a series of actions. You can deep sea dive, explore outer space, or play catch with a "pup" in one of our national parks! 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. Seated demonstrations are available. If appropriate, we hope that you will join us and try something new. To register, please call 617-730- 2770.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in January 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, January 3
Trumbo
(2015)
2 hr. 4 min.
In 1947, Dalton Trumbo was Hollywood's top screenwriter, until he and other artists were jailed and blacklisted for their political beliefs.

Tuesday, January 10
Bag It
(2010)
1 hr. 14 min.
An average guy makes a resolution to stop using plastic bags at the grocery store. Little does he know that this simple decision will change his life completely? He comes to the conclusion that our consumptive use of plastic has finally caught up to us, and looks at what we can do about it

Tuesday, January 17
BIG Virtual Reality Demo
Want to see what the future of filmmaking holds? Come and try out Virtual Reality at the Senior Center on **Tuesday, January 17 at 1:00 pm.,** courtesy of our friends at Brookline Interactive Group. For more information (see P 17).

NO MOVIE due to Virtual Reality Presentation

Tuesday, January 24
Amour
(2012)
2 hr. 7 min.
Georges and Anne are an octogenarian couple. They are cultivated, retired music teachers. Their daughter, also a musician, lives in Britain with her family. One day, Anne has a stroke, and the couple's bond of love is severely tested.

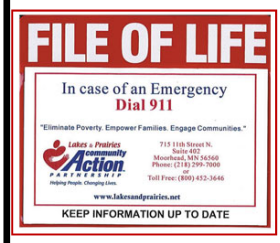
Tuesday, January 31
Me and My Gal
(1942)
1 hr. 44 min.
Two vaudeville performers fall in love, but find their relationship tested by the arrival of WWI.
Stars: Judy Garland, George Murphy, Gene Kelly.

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 January we will meet on the 21st. 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

BrooklineBank
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

JANUARY AT A GLANCE

Monday, January 2
Closed for New Year Holiday
Tuesday, January 3
10:00am-12:00pm Real Estate Tax Exemption
1:00pm Movies for Film Lovers-Trumbo
Wednesday, January 4
9:00am-12:00noon Brookline Legal Assistance
1:00pm Brookline Music School Concert***
2:00-3;00pm Blood Pressure Screening BPHD*
Thursday, January 5
11:00am Ask A Nurse
1:30pm Easy Travel
1:30-2:30 ZUMBA GOLD-free for BHA residents
Friday, January 6
1:00pm Peace Cranes to Washington DC***
Monday, January 9
1:00pm Stephen Collins Performance***
1;00-2:30pm Ukulele Fun
Tuesday, January 10
1:00pm Movies for Film Lovers-Bag It
4:00-4:30pm Balance Class***
Wednesday, January 11
1:00pm COA Meeting-Update TRIPPS
1:00-2:00pm Blood Pressure Screening Sussman*
Thursday, January 12
1:30-2:30 ZUMBA GOLD $7 per session; free for BHA residents
4:00-4:30pm Balance Class***
Monday, January 16
Closed for MLK Holiday
Tuesday, January 17
10:00am-12:00pm Real Estate Tax Exemption
12:00noon Birthday Lunch***
1:00pm BIG Virtual Demo (no movie today)***
4:00-4:30pm Balance Class
AARP Tax Preparation sign-up begins***
Wednesday, January 18
1:00pm Mazl Tov Chorus ***
Thursday, January 19
9:00-10:00am Blood Pressure Screening
1:00-2:00pm Brookline Hearing Services
1:30-2:30 ZUMBA GOLD $7 per session; free for BHA residents
4:00-4:30pm Balance Class***
Saturday. January 21
11:00am-1:00pm LGBT Out 2 Brunch Bunch *
Monday, January 23
12:30-2:00pm Chinese New Year Celebration***
2:00-3:00 Book Discussion Group at Putterham-*The Woman Who Walked in Sunshine**
Tuesday, January 24
9:00-10:00am Public Issues Nonfiction Book Group-*The Price of Everything*
1:00pm Movies for Film Lovers-Amour
Wednesday, January 25
1:00-2:00pm Blood Pressure Screening Park St.*
1:30 Memory Café***
Thursday, January 26
1:30-2:30 ZUMBA GOLD $7 per session; free for BHA residents
1:00-2:30pm REAP PARTY***
4:00-4:30pm Balance Class***
Saturday, January 28
10:30am-12:00noon Outsmart the Scammers*
Monday, January 30
1:30-2:30pm TRIPPS information Session*
Tuesday, January 31
12:00 noon Out to Lunch Bunch***
1:00pm Movies for Film Lovers-Me and My Gal

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

OUTSMART THE SCAMMERS

A Community Service Program at Goddard House Assisted Living

with Chiquita Rice, Financial Advisor,
and the Brookline Police Department

Saturday, January 28th | 10:30am – 12:00noon
Lecture & Refreshments
165 Chestnut Street | Brookline, MA 02445

- Educate yourself to increasingly complex scamming tactics.
- Learn how to spot red flags of a fraudulent encounter.
- Brookline Police update on scam trends aimed at older adults.
- Take away resources and steps to protect yourself and loved ones.

RSVP to Jenna Henning at (617) 731-8500 x152 or jhenning@goddardhouse.org
Snow date for this event is Saturday, February 4th from 10:30am to 12:00noon

Sheep Specific by Carolyn Letvin

Gallery 93
Hours:

Monday-Friday

8:30-5:00

January-4—March 30

Reception with the Artist
Thursday, January 19
4:00-6:00 pm

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.

UPDATE HOLIDAY CRAFT FAIR THANK YOUS!

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, The Uncommon Yarn and 4A Coffee.

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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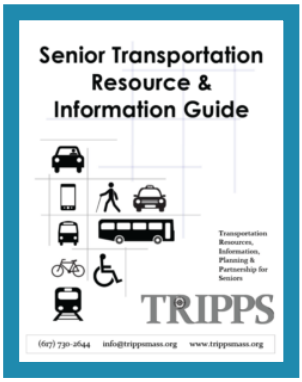
COUPON

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.

TRIPPS PROGRAM UPDATE



Our Executive Committee has organized and executed over 50 outreach and educational events in the community. As we head into our second year, we continue to develop our understanding of the needs and resources within our local community and to refine our processes as a result of this learning. We are so grateful for the strong support you continue to give this important program. Looking back on our first year of operations, it is clear that we have already accomplished so much together. Our volunteers and staff have provided individual support and information to over 100 transportation consumers and caregivers. In October, we published a Senior Transportation Resource Guide containing 31 complete profiles of local senior transportation options.

Come join our team! We're always looking for enthusiastic people to support our seniors, research transportation options, and educate the public about car-free choices. For more information contact Kerri Ann Tester, LCSW, TRIPPS Program Director 617-730-2644 or email us at volunteer@trippsmass.org.

UKULELE FUN

Ukulele fun will be held on **Monday, January 9 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!

PREVENT A COLD

Researchers recently discovered that in cold weather, covering the nose with a scarf to keep your nose warmer may help prevent colds. They believe that breathing in cold air may lower the immune system, making it harder to fight off the virus that causes colds.

SPECIAL THANK YOU

To Tim Sullivan for getting the newsletter printed every month on a very tight deadline, Rhona Hirschowitz and Fran Pechenick for their dedication to proofreading the newsletter, Sonia Wong for her commitment to the Ads and Thank You page and to Dotty Bell and her crew for getting the newsletter mailed on time every month.

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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Use the form above. OR Donate Online via PayPal at
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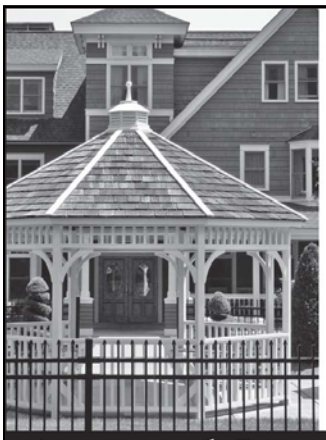
The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

IF YOUR SUBSCRIPITION IS HIGHLIGHTED IN YELLOW PLEASE RENEW



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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.

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, 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 at 617 730 2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and opportunities to volunteer at the BSC.

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 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.

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.

REAP PARTY

We will celebrate the New Year and review the old on **Thursday, January 26 from 1:00-2:30 pm** at the Brookline Senior Center. Come tell us about your job search and discoveries in 2016, Learn from other's experiences and participate in a group discussion of what's in store for you and the REAP program in 2017. Refreshments will be served. RSVP to Deidre at 617-730-2767 or Patricia at 617-730-2743.

CAN I STILL CHANGE MY MEDICARE PLAN?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2017.

Medicare's **5-Star Special Enrollment Period**

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Blue Cross Blue Shield Medicare HMO plans, their two Blue Medicare Rx drug plans, and the Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2017. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

For those with a **Medicare Advantage Plan (HMO or PPO)**:

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone…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.

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ABR, CRS, ePro, GRI, PMN

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- We're a small company with a big heart.
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- 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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In Honor of:

Myrna Seidner *honoring* Eleanor Small
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Eileen Kaminsky *honoring* Diane Honig
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Clara Chin *honoring* Claire Yung
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In Appreciation of:

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FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your resolutions whether it is exercising, volunteering, learning something new or staying healthy. Whatever your interest- please consider getting to know the senior center as one of your personal goals this year. Resolve to donate your time and talents that will make us the best senior center around. Thanks to your generosity our van will be able to run 5 days a week. We will be able to extend our hours and purchase needed supplies. I am especially grateful for those who included kind words with their holiday wishes. Some of my favorites: "Always with gratitude for your powerful creative leadership of all things "Senior" in Brookline!!" "Congratulations on this past year's excellent programming!" "Thank you for all of you who continue work to add to the lives of thousands of seniors living here in Brookline!"

We remind you all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a mere donation. Our concerts and movies are free and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, SNAP-food stamps, income taxes and more. I wish each one of you a happy, healthy and prosperous 2017. Remember to resolve to be kind and welcoming to all.

Ruthann Dobek-Director

COUNCIL ON AGING MEETING

Join us on **Wednesday, January 11 at 1:00pm** at the Senior Center. Our Guest speaker Kerri Ann Tester, Coordinator of the TRIPPS program will give us an update and the new information transportation resource guide.

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.

SUGGESTED BEQUEST LANGUAGE FOR GIVING

(Please consult with your lawyer or financial advisor)

"I give $_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

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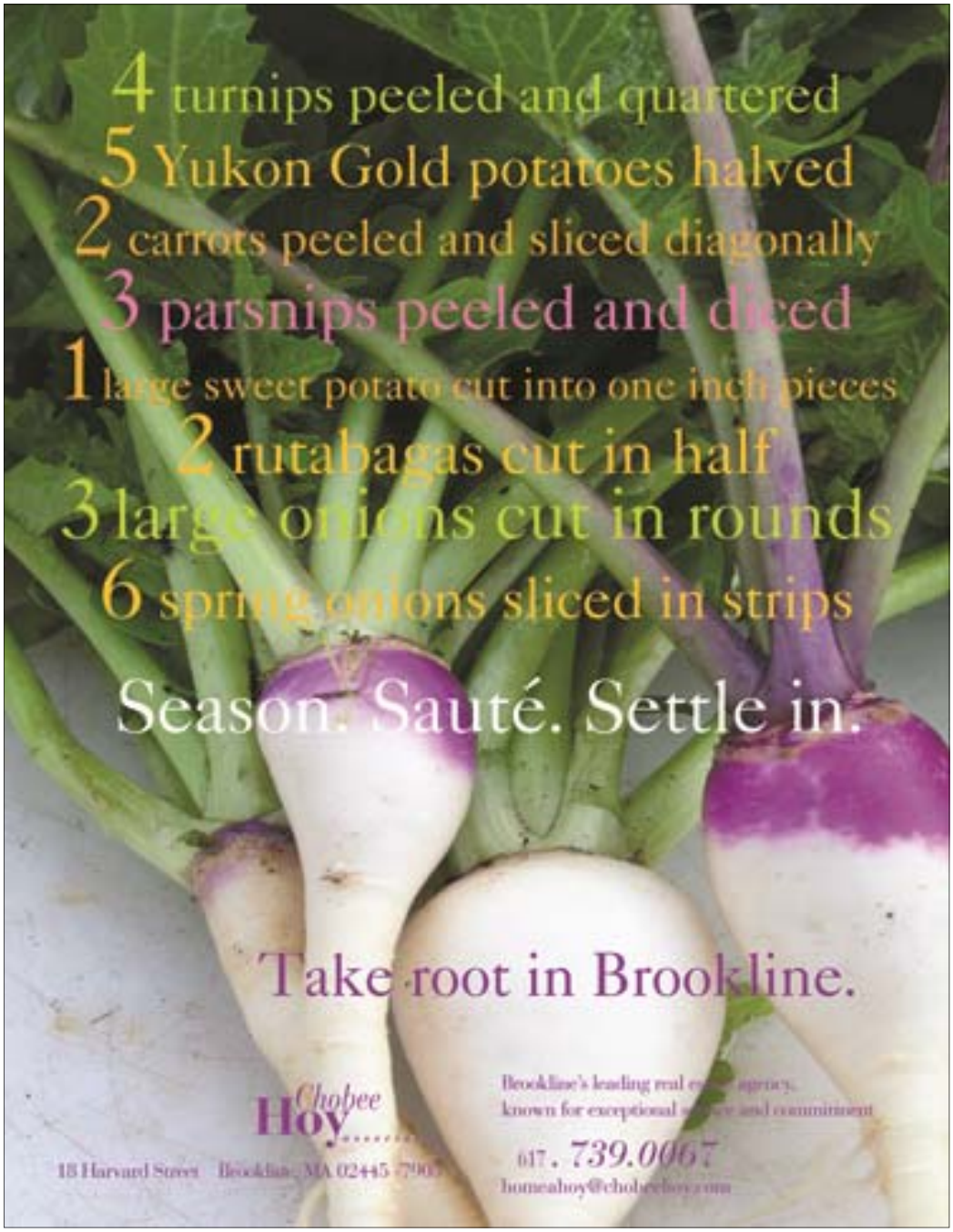
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