

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



FEBRUARY 2013

BLACK HISTORY MONTH

Council on Aging Information Hotline

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Senior Center Van

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Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org

Since 1976, every US president has officially designated the month of February as Black History Month, an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in US history. The event grew out of *Negro History Week*, the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history. (from *History.com*)

And the Brookline Senior Center has wonderful offerings to celebrate the month.

SILVER LEAF GOSPEL SINGERS

On **Wednesday, February 27 at 1:00 pm**, the Silver Leaf Gospel Singers will perform at the Senior Center. Deacon Randy Green has led the Silver Leaf Gospel Singers for over 60 years, and he's still stirring audiences to their feet with his old-time, toe-tapping, heart-lifting sound. The group of men, all in their 70s and 80s, perform a form of a *cappella* singing called "jubilee," full of call and response. Don't miss these Boston treasures. Their motto testifies to the strength of the commitment of the group: "Coming together means progress. Keeping together means success."



Photo by Anne Hwang

AT THE GALLERY

The West African Research Association (WARA) has collaborated with the Brookline Senior Center and the Daughters of Yemaya Collective (DYC) to present an African art show in honor of Black History Month. The show will be on display from **Friday, February 1, through Friday, March 1**, at the Senior Center Gallery, which is open from **8:30 am through 5:00 pm Monday through Friday**. There will be an opening reception on **Friday, February 8, from 6:30 to 8:30 pm**.



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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

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FEBRUARY HOLIDAYS

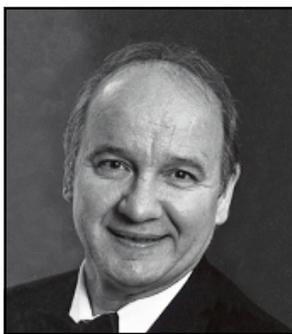
The Senior Center will be closed on Monday, February 18, for President's Day—the day on which we remember the birthdays of Presidents George Washington and Abraham Lincoln.

And of course there is Valentine's Day on February 14. We don't close for this holiday but it holds a special place in many hearts as the most romantic day in the year. This holiday, that began its life as a religious day to honor Saint Valentinus. The day was first associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. By the 15th century, it had evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.



BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, February 6, at 1:00 pm**, the Brookline Music School and the Senior Center are happy to sponsor the return of one of our favorite Brookline Music School faculty members—Emilian Badea accordionist and bassoonist. Mr. Badea has performed with Boston Ballet, Boston Lyric Opera, Boston Classical Players, Boston Academy of Music, New Hampshire Symphony, and Rhode Island Philharmonic. He is also on the faculty of the University of Massachusetts, Boston.



CHINESE NEW YEAR

Chinese New Year is an annual celebration marking the start of the new year according to the Chinese calendar. Chinese New Year always falls in either January or February, and each year is represented by one of the twelve creatures of the Chinese Zodiac – 2013 is the year of the Snake. Chinese New Year is also known as the Spring Festival, and in premodern times, it would signal to farmers in China that they must begin preparation for the sowing of their fields.



Celebrate the Chinese New Year on **Monday, February 4, from 12:30 to 2:00 pm**. The festivities are always colorful and the food is plentiful and yummie. Tickets are \$7 and are on sale now. Call 617-730-2770 to make your reservations.

COUNCIL ON AGING NEWS

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. There will not be a COA board meeting this month.

That being said, everyone (new board members, old board members, and interested members of the public) is invited to an orientation meeting for new board members that will take place on **Wednesday, February 13 at 1:00 pm**. Come and learn about the COA board's mission and the working of the group.

And **SAVE THE DATES** for the March COA board meeting at which Stacy Greenspan of Make It Safe will speak about fall prevention in your home; the April meeting that is our Volunteer Appreciation meeting and lunch; and the May meeting that will feature Emma Oakley of the Boston University Stepp Lab.

FRENCH CONVERSATION

Brush up your French conversational skills **every Tuesday in February at 12:00 noon** with a friendly group led by Agnes Serenyi.



Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **February 7**—at **11:00 am** to help you with your health questions. For more information, call 781-396-2633.



Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, February 4 and 11, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight is on vacation in February.

Blood Pressure Screening

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

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, February 21, from 9:00-10:30 am** (be there by 10:00 am), and she will also provide blood pressure screenings:

- On **Wednesday, February 6**, at the BPHD bldg at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, February 13**, at Sussman

House, 50 Pleasant St., **from 1:00 to 2:00 pm**

- On **Wednesday, February 27**, at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, February 25**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Flu The flu has been particularly virulent this year. In addition, we have been told that the shots this year are only 62% effective as there are many strains in play this year. So you really need to get a flu shot, and in addition, you need to take other precautions like washing your hands thoroughly and often, staying home if you feel ill, and wearing a mask when you are in public places where the flu might well be around.

And note that you can still get flu shots from your health-care provider and at most pharmacies as well as from the BPHD (the latter by calling Public Health Nurse Barbara Westley at 617-730-2320 for an appointment).

And Medicare should pay for these shots. Remember that prevention is better by far than the alternative of being sick with the flu.

Blood sugar screening A nurse from the Jewish Family & Children's Services will be at the Senior Center on **Thursday, February 14, at 11:00 am** to provide blood sugar screening.

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

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your general questions about aging and geriatric medicine in this column every month.

(Editor's note: *If you have questions, e-mail them to me at jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Senior News & Events.*)

Question: Can you give an update on this year's flu season?

Answer: We are having an exceptionally active flu season this year, so it is important for everyone to take precautions to stay healthy. The Centers for Disease Control constantly is updating its website with current information.

The *flu* is caused by an influenza virus that attacks the respiratory system (nose, throat, and lungs). It can cause serious illness and even death. Unlike a cold, the flu usually comes on suddenly with such symptoms as fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness, and (rarely) vomiting and diarrhea. Most people recover from the flu in a few days, but some can develop complications such as pneumonia.

The flu is very contagious. A person can be infected with the flu virus 24 hours before he/she gets sick and can spread the flu during this time by coughing, sneezing, or even talking. The virus can remain alive on surfaces such as doorknobs, computers, and table tops for several hours. For this reason, it is very important for sick people to stay home and for healthy people to wash their hands with soap and water or alcohol hand rub frequently. When you sneeze or cough, do it in the crook of your elbow, not in your hands.

The best protection against getting the flu is to get the flu vaccine. Some people refuse to get the vaccine because they believe that in the past, the vaccine gave them the flu. However, this is NOT possible, because the vaccine is a *dead* virus. It takes our bodies about 2 weeks to build up immunity, so if someone is exposed to the flu during these 2 weeks, they may catch the flu because they are not yet protected.

Some people over 65 have gotten the High Dose flu vaccine that was developed with the idea that older people might need a higher dose to get their immune systems fully boosted. However, this is still experimental, and we won't know for a few years if this will in fact prevent the flu in more people.

To diagnose the flu, your doctor takes a small sample of mucus from your nose with a small brush like a Q-tip. Within hours, it will tell if you have the flu.

If you do get the flu, there are antiviral medicines you can take to decrease the duration and severity of the flu, such as *Tamiflu* and *Relenza*, which are taken for 5 days. In addition, you can take medicines to help reduce the fever and aches as well as cough and cold medicines as needed. And drink a lot of fluids (particularly chicken soup!). Try to stay away from people until you are better. If you are caring for someone with the flu, wash your hands frequently, and consider wearing latex gloves and masks, both of which you can get at your pharmacy.

The flu season usually peaks in February, then quiets down in March, so there is still time to get your vaccine if you haven't already done so.

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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon group meets next on **Friday, February 8**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, February 28**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

PARKINSON SUPPORT GROUP

Our Parkinson Support Group on **Friday, February 1, from 1:00 to 2:30 pm** at the Senior Center will feature Lindsay McGrath, MDiv, speaking on "Embracing Hope, Enhancing Health." Ms. McGrath—director of the Spirited Movement Foundation, a local organization that offers retreat events for people living with Parkinson's disease and other Movement Disorders, their loved ones, and caregivers—lives with Cervical Dystonia.

She will offer attendees the opportunity to learn about the importance of cultivating hope in life and how that spiritual process can increase one's sense of well being. She will discuss some of the research featured in *The Anatomy of Hope*, a book by renowned Boston physician Dr. Jerome Groopman. She will also share with group members what many of the world's major religious traditions have to say on the subject of optimism.

The session will include time for sharing and a special guided meditation for people living with chronic conditions. All are welcome.

This program is cosponsored by the Senior Center and the American Parkinson Disease Association. For more information, call Vanessa Blais at 617-638-7729 or e-mail her at vblais@bu.edu.



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Institutional Review Board
Approved: 10/25/2017 - 07/28/2018

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

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

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2011 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$45,500; a couple's, \$52,000.

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please use cash.

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, February 6, from 9:00 am to 12:00 noon**. This service is offered free of charge, and no appointment is needed.

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

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 13 for more Medicare and SHINE information.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number—800-772-1213. (See p. 13 for update information.)

ENERGY CONSERVATION PROGRAMS FOR 2013

Fuel assistance Our social work interns — Delisa, Julie, and Kerri — are available for assisting people with applying for, or renewing, their fuel assistance benefit for the 2012-2013 heating season. Make an appointment by calling 617-730-2777. Note that you don't have to be an elder to apply, but you do have to meet eligibility requirements. For more information, call 617-730-2772.

AND there are three more programs you might want to look into (see below). If you are interested in these three programs, contact your assigned social worker at the Senior Center or by calling 617-730-2777 for more information and help.

Weatherization is a program designed to help keep the heat in your home through insulation of attics and walls and weather-stripping throughout. Those with oil or electric heat may receive improvements, at no cost totaling \$4500 on average through the federally funded Department of Energy and our local utility company, NSTAR.

Heating System Repairs/Replacement Program Repairs of heating systems in emergency no-heat situations are possible for homeowners and, in some cases, tenants. Replacement of heating systems will be considered for inoperable or inefficient furnaces and boilers. During the spring and summer months, tune-ups are performed for both owners and renters.

NSTAR Conservation Action Program The electrical appliance audit program is designed to help reduce your electric bill. An assessment of all major appliances is performed to determine high usage and to provide a savings plan. Clients will receive energy-efficient light bulbs, water conservation materials, and possibly a new refrigerator or freezer if the existing appliance is using too much energy.

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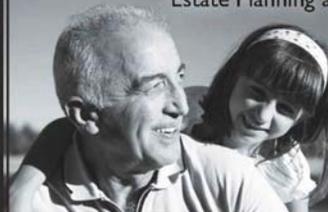
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BA&CE ENERGY EFFICIENCY COURSES

Three new classes being offered through Brookline Adult & Community Education (BA&CE) this season focus on residential energy efficiency. Green Homes Brookline encourages everyone to come check them out!

Do It Yourself Home Energy Efficiency Tuesday, February 12, from 6:00-7:30 pm at Brookline High, \$6.

This workshop will teach you what you can do to save energy and money in your home, going above and beyond what is covered under utility-funded programs. From improved insulation and compact-fluorescent light bulbs, to low-flow shower heads and programmable thermostats, you'll learn how you can enjoy a more comfortable home while creating a win-win for your pocketbook and the planet.

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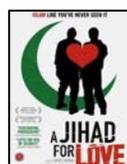
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Community Driven Energy Efficiency Tuesday, February 26, from 6:00-7:30 pm at Brookline High, \$6

This workshop will explore ways that community members can come together to promote opportunities for energy savings, local job creation and pollution reductions through energy efficiency measures. Using Green Homes Brookline, an innovative partnership between municipal government, nonprofits, businesses, and utilities, as a model, participants will envision what it means to create an energy efficient community and learn the outreach and organizing skills to make that vision a reality.

LGBT

Join us over the next four months on **Thursday afternoons at 3:00 pm** for a series of documentary films examining lesbian, gay, bisexual, and transgender individuals' experiences within their communities and cultures.



February 21
A Jihad for Love (2007) 81 min.

In this documentary director Parvez Sharma chronicles the struggles of gay Muslims to square their sexual orientation with their faith, which forbids homosexuality.

And coming are three more films:

- **March 21** *Trembling Before God*
- **April 18** *I Exist*
- **May 23** *Tongues Untied*

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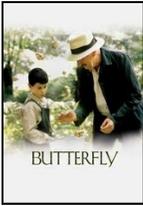
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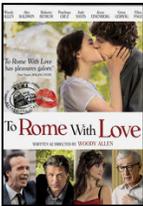
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MOVIES FOR FILM LOVERS

Come in out of the cold every Tuesday afternoon in February at 1:00 pm for a fine film shown at the Senior Center. Better yet, come early, have lunch at 12:00 noon, and make an afternoon of it. See pp. 16-17 for menus and information about making reservations for lunch.



February 5
Butterfly (1999) 97 min.
In Spanish with English subtitles
 At the onset of the Spanish Civil War, a sheltered boy (Manuel Lozano) in rural northern Spain forms an indelible bond with his kindly leftist teacher (Fernando Fernán Gómez), who imparts his love for nature to the young student. Director Jose Luis Cuerda's gentle and nostalgic drama, based on the short stories of Manuel Rivas, was nominated for 13 Goya Awards (the Spanish Oscar), winning for Best Adapted Screenplay.



February 12
To Rome with Love (2012) 112 min.
 In this Woody Allen-directed romp through Rome, an opera director discovers a potential new star in an unexpected place, a young architect battles feelings for his girlfriend's gal-pal, and an average guy suddenly finds himself hounded by paparazzi. With Woody Allen, Alec Baldwin, Roberto Benigni, and Penelope Cruz.



February 19
Dial M for Murder (1954) 105 min.
 Director Alfred Hitchcock's masterpiece of double-cross and intrigue stars Ray Milland as former tennis champ Tony Wendice, who concocts a plan to kill his rich but unfaithful wife (Grace Kelly), who's embroiled in a liaison with a writer (Robert Cummings). When Tony's plans go awry, he improvises a second act of deceit, but the entire bloody affair turns out to be far messier than he expected. John Williams plays a sly Scotland Yard inspector.



February 26
Ascent of Man, Disc 5 (1972)
 This disc includes the final two episodes of this prestigious BBC television series narrated by Jacob Bronowski: "Generation upon Generation" and "Long Childhood." This landmark series traces human development from the dawn of evolution to the rise of technology and the computer age.



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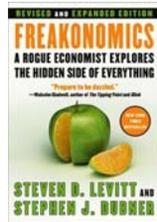
EASY TRAVEL

Come to Easy Travel on **Thursday, February 7, at 1:30 pm** and enjoy "Life Along the Mekong River." Visit Angkor Wat and the Temples of the Khmer. Then board the Toum Teave River barge for a journey from Siem Reap in Cambodia to Ho Chi Minh City (formerly Saigon) in Vietnam and view life along the river. In Cambodia, enjoy a floating village, ride in an ox cart, and see pottery made and fish farmed. Cross the border into Vietnam's Mekong Delta with its numerous canals and floating markets. Learn about cultural differences between the two countries and hear about the "hungry ghosts." Your guide for this adventure will be Mary Gallagher.



PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Come to the Senior Center **one Tuesday every month from 9:00 to 10:00 am** to participate in this group centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates. The Coolidge Corner branch of the library will have copies of the books available several weeks before each meeting.



February 26

Freakonomics: A Rogue Economist Explores the Hidden Side of Everything by Steven D. Levitt and Stephen J. Dubner (William Morrow/HarperCollins)

March 19

The Baby Business: How Money, Science, and Politics Drive the Commerce of Conception by Debora L. Spar (Harvard Business School Press)

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FROM THE DIRECTOR

A WARM (and cold) THANK YOU!!

As a result of many wonderful and generous responses to our Annual Appeal, we now have a *new warming oven* and a *new freezer*. Our old ones had broken down and needed to be replaced. With the new warming oven, we will continue to be able to serve hundreds of hot meals every week—over 20,000 healthy and nutritious meals a year! Meanwhile, the new freezer will keep donated food safe and nutritious for our food distribution site (see p. 13). Did you know that in 2012, the Senior Center made over 3700 lifesaving distributions to our elder neighbors! Again a *big* warm (and cold) *thank you* to everyone who contributed to these wonderful new additions, especially to the Bank of Canton and the Bay Stqte Federal Savings Charitable Foundation..

If you haven't done so, it's not too late to contribute to our Annual Appeal. We are still raising money to replace the outdated and inadequate audiovisual system and to buy new tables. We hope to report to you in an upcoming newsletter that we've met these goals, too.

February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. One of my favorite programs, which is sure to help you beat the blues, happens this month as we welcome back the famous gospel group the Silver Leaf Singers (see p. 1). Join us!

I am always in awe our elders who bundle up and refuse to let the weather get them down. Your hearty dispositions inspire us all. So much is happening at the Senior Center that will keep your blood pumping. For example, our Theater Club (see p. 28) has a host of offerings.

I continue to be very concerned about the high cost of living. However, if you have turned down your thermostat to save money, make sure you wear warm clothing like polar fleece. Please call our information and referral desk about the fuel assistance program if you are having trouble with your heating bills for some assistance (see also p. 8). We are also helping with food stamp applications in a program called SNAP (see p. 7). In addition, for frugal living always, come to the Center for a nutritious hot meal (see pp. 16-17) and visit our food distribution site on Tuesdays (see p. 13).

Finally, the news this winter is that the flu season is horrid (see pp. 4 and 5). If you get sick make sure that you contact your doctor and stay home.

And there is a wonderful reminder that the days are getting longer as the light returns this month. On January 1, the sunset was at 4:22 pm; on February 1, at 5:12 pm; and by February 28, it will be 5:44 pm—giving us more sunshine (or at least daylight) each day even though we are still in the midst of winter.

—Ruthann Dobek, Director

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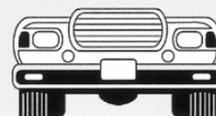
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HELP! MY NEW PART D PLAN DOESN'T COVER ALL MY MEDICATIONS!!

If you have a *new* Medicare Part D plan and have just found out *that your new plan does not cover a drug you have been taking*, you should know about *transition refills*, which may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary *or* that has restrictions (prior authorization or step therapy).

It is important to understand that a *transition refill is only a temporary solution*. You need to call your doctor right away to talk about switching to a drug your plan does cover all your drugs *or* filing a request with your Part D plan for a *formulary exception* (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the new plan. Also, a transition refill does *not* apply to drugs Medicare doesn't require Part D plans to cover.

SOCIAL SECURITY UPDATE

Social Security has expanded the services available with a *my Social Security* account. Using this online account, more than 60 million people who receive Social Security or Supplemental Security Income (SSI) will now be able to immediately request *and* receive benefit verification letters online. This is a significant event because last year, Social Security processed almost nine million benefit verification requests. And beneficiaries will also have access to their payment history and earnings record. In addition to benefit verification letters, Social Security beneficiaries can now start or change their direct deposit and change their addresses using their *my Social Security* account. Individuals not receiving benefits can create a *my Social Security* account and quickly receive their online Social Security *Statement*. For more information and help, contact your assigned social worker at the Senior Center, or call 617-730-2777 for more information.

If you are in the same plan as last year, you may still be able to get a transition refill if your plan removed a drug you had been taking in 2012 from its 2013 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.



Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777, and ask for a SHINE appointment.

You can also call 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.

SENIOR CENTER FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. **Do not** go down to the basement until your number is called.



A variety of food is available at the site—many choices of bread and rolls and lots of produce. And you might just find some wonderful soups, specialty salads, and sandwiches.

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

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

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, February 20, at 1:30 pm.**

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

MASS COLLEGE OF PHARMACY WORKSHOP

Don't miss the **February 21** Massachusetts College of Pharmacy workshop **at 1:00 pm**, when a light will be shined on over-the-counter products, vitamins, minerals, and supplements. There will be ample time after the presentation for questions and audience discussions.

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.

Eligibility criteria: • You must be a Brookline resident, or a • caregiver for a Brookline resident and be/have a • caregiver who drives, whose working time exceeds 2 hours at a time or involves working overnight.

For more information and help in navigating the PARC process, call 617-730-2752.

PUTTERHAM

BOOK DISCUSSION GROUP

This group, led by Jean Kramer and Charlotte Millman, is on vacation in February. However, it will be back at its usual stand on **Monday, March 18, from 2:00 to 3:00 pm** at the Putterham branch Public Library.

The March book is *Wolf Hall: A Novel* by Hilary Mantel. It is set in England, in the 1520s. Henry VIII is on the throne, but has no heir. Cardinal Wolsey is his chief advisor, charged with securing the divorce the pope refuses to grant. Into this atmosphere of distrust and need comes Thomas Cromwell, first as Wolsey's clerk and later his successor. Cromwell is a wholly original man: the son of a brutal blacksmith, a political genius, a briber, a charmer, a bully, a man with a delicate and deadly expertise in manipulating people and events. Ruthless in pursuit of his own interests, he is as ambitious in his politics as he is for himself. His reforming agenda is carried out in the grip of a self-interested parliament and a king who wavers between romantic passion and murderous rage.

Wolf Hall is that very rare thing: a truly great English novel, one that explores the intersection of individual psychology and wider politics. It peels back history to show us Tudor England as a half-made society, molding itself with passion, suffering, and courage.

MODERN DANCE AND MOVEMENT

Come and dance with instructor Lynn Modell **on Fridays, February 1 and 8, at 3:30 pm.** This is an excellent way to exercise and have fun at the same time. And for only \$2 per session.

GAMES

There is a little extra cash in our budget to devote to buying some new games. Chess, Checkers, and Yahtzee have been suggested. If there are any games that you would like to see made available at the Senior Center, let us know by calling Julie at 617-730-2760.

BROOKLINECAN NEWS



The *Age-Friendly Cities Committee* needs volunteers. The Town has been accepted as a member of the World Health Organization's network of age-friendly cities and communities. The initiative will call attention to Brookline's many age-friendly features and seek to make the Town even more age friendly. Brookline has joined over 100 cities in 18 countries in this effort.

The Town will rely primarily on volunteers to carry out projects for the initiative. Volunteers are needed for this committee that will coordinate the effort and for subcommittees concerned with specialized aspects of the initiative such as transportation, housing, the libraries, health, and participation. Volunteers are needed also for some needs assessment projects concerned with transportation, parks, and health.

For information about Age-Friendly-Cities volunteer opportunities and to volunteer, e-mail Frank Caro at frank.g.caro@gmail.com or call him at 617-739-9228.



BrooklineCAN is pleased to announce that there is a new chair of the Membership Committee—Molly Turlish. She can be reached by e-mail at mturlish@comcast.net.

ELF

FEATURED ITEM FOR FEBRUARY

Replacement Rubber Tips Have you noticed that the rubber tips on your walker or cane have worn down from use? Don't throw the whole device away—replace the tips and your walker or cane will be as good as new! This item is free for you to borrow today!



Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, the Equipment Loan Fund (ELF) is not able to accept all items. Please be sure to call ahead and speak to Karin before dropping items off.

WISDOM WORKS

Interested in brushing up your job search skills? Looking for employment and want a fresh approach? Need some ideas on how to update your resume? If you are a Job Seeker residing in Brookline and are age 60 or older, join this engaging three-week job-search program, *Wisdom Works*, at the Senior Center. Deidre Waxman and Anne Spangler will lead the series of weekly workshops that will be held **from 2:00 to 5:00 pm on Wednesdays, February 20 and 27 and March 6.**

Plan to attend all three sessions, as each week will build on the previous topics. The program begins with a review of participants' skills, values, and accomplishments, and progress through résumés, cover letters, networking, online job boards, electronic job applications, telephone screens, and behavioral interviews.

Wisdom Works will give you tools to navigate a job search in the 2013 marketplace. Along the way, it will address some of the challenges and concerns that older job seekers sometimes face.

One of the best aspects of these workshops is learning from peers—everyone has something to contribute, whether it be a shared personal experience, a new insight, a helpful suggestion, or a networking contact—so if you are a job seeker, join us and share your wisdom.

There is a materials fee of \$5. per person. To register or for more information, contact Deidre Waxman at 617-730-2767 or Anne Spangler at aspangler@brooklinema.gov.

SENIOR CENTER DECORATORS

Join this fun crafting group on **Monday, February 4 from 1:00 to 3:00 pm** and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center.

Springwell Nutrition Program

617-730-2770

FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. ALL SOUPS COME WITH CRACKERS.</p> <p>LOW SUGAR DESSERTS ARE AVAILABLE, AND NEED TO BE ORDERED WITH THE SITE MANAGER.</p> <p>***Higher Sodium Content Menu subject to change \$1.75 suggested donation</p> <p>Reservations must be made by 11:00 am the weekday before the day on which you want to eat.</p> <p>Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts Executive Office of Edler Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.</p>		
<p>4) Chinese New Year Celebration</p>  <p>No Springwell Meal Service</p>	<p>5) Italian Vegetable Soup</p> <p>Tortellini w/Meatballs & Tomato Sauce, Parmesan Cheese, Riviera Vegetable Blend, Whole Wheat Bread</p> <p>OR</p> <p>Chef Salad w/Ham, Cheese, & Boiled Egg, Lite Italian Dressing, Corn Salad, Wheat Roll</p> <p>Pears</p>	<p>6) Cream of Carrot Soup</p> <p>Vegetable Cheese Quiche, Lyonnais Potatoes, Broccoli & Cauliflower Marinara, Oat Bread</p> <p>OR</p> <p>Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad, Oat Bread</p> <p>Vanilla Pudding</p>
<p>11) Lentil Stew, Spinach & Mushrooms, Corn Bread</p> <p>OR</p> <p>***Ham w/American Cheese, Mustard, Lettuce Leaf, English Pea Salad, Carrot Pineapple Salad, Bulkie Roll</p> <p>Fresh Fruit</p>	<p>12) Minestrone Soup</p> <p>Meatball Stroganoff w/Noodles, Diced Beets, Multigrain Bread</p> <p>OR</p> <p>Chicken Salad w/Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Pumpernickel Bread</p> <p>Mixed Fruit</p>	<p>13) Cream of Mushroom Soup</p> <p>Fish w/Lemon Dill Sauce, Brussels Sprouts, Mashed Potatoes, Oat Bread</p> <p>OR</p> <p>Tuna Salad w/Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Wheat Bread</p> <p>Peaches</p>
<p>18) Presidents' Day Holiday</p>  <p>Senior Center closed.</p>	<p>19) <u>Birthday Lunch</u></p> <p>Cream of Tomato Soup Roast Turkey w/Gravy, Mashed Sweet Potatoes, Carrots & Peas, Wheat Roll</p> <p>OR</p> <p>Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, Carrot Pineapple Salad, Three Bean Salad, Rye Bread</p> <p>Mandarin Oranges</p>	<p>20) ***Hot Dog, Ketchup/Mustard/Relish, Baked Beans, Cole Slaw, Hot Dog Roll</p> <p>OR</p> <p>Chicken Salad w/Lettuce Leaf, Potato Salad, Broccoli Tomato Salad, Hamburger Roll</p> <p>Pistachio Pudding</p>
<p>25) Sloppy Joe on Hamburger Bun, Baked Beans, Cole Slaw</p> <p>OR</p> <p>Chicken Salad w/Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Multigrain Bread</p> <p>Vanilla Cake w/Chocolate Frosting</p>	<p>26) Cream of Butternut Squash Soup</p> <p>Roast Pork w/Cinnamon Apple Glaze, Baked Potato, Sour Cream, Country Vegetable Blend, Whole Wheat Bread</p> <p>OR</p> <p>Tuna Salad w/Lettuce Leaf, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread</p> <p>Fresh Fruit</p>	<p>27) Tomato Fish Stew w/Ditalini Pasta, Caesar Salad, Lite Creamy Italian Dressing, Corn Bread</p> <p>OR</p> <p>***Ham w/American Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Pumpernickel Bread</p> <p>Peaches</p>

LUNCHEON SPECIALS FOR FEBRUARY

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12 noon unless otherwise noted.

Thursday, February 14, is *Valentine's Day*, and Springwell is having a special lunch. Don't miss this treat.

And **Tuesday, February 19**, is our monthly *Birth-day Lunch*. Don't forget to tell us if you or someone in your party has a February birthday when you call for reservations.

On **Tuesday, February 26**, the *Let's Go Out to Lunch group* is dining at the Cheesecake Factory at the Atrium Mall at 300 Boylston Street in Chestnut Hill. The menu has items to suit every taste, including a large selection of luncheon special plates. Call 617-730-2770 for reservations and transportation.

THURSDAY	FRIDAY
	<p>1)</p> <p>***Baked Macaroni and Cheese, Broccoli & Cauliflower Marinara, Oat Bread OR Roast Beef w/Provolone Cheese, Lite Mayo, Summer Potato Salad, Tomato Red Pepper Salad, Rye Bread</p> <p style="text-align: center;">Tropical Mixed Fruit</p>
<p>7) Oriental Soup</p> <p>Chicken Lo Mein w/Peas, Oriental Vegetable Blend, Rye Bread OR Turkey w/Provolone Cheese, Lite Mayo, Potato Salad, Cole Slaw, Wheat Bread</p> <p style="text-align: center;">Carnival Cookie</p>	<p>8) Florentine Soup</p> <p>Tuna Noodle Casserole, Green Beans & Carrots, Snowflake Dinner Roll OR Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Garden Salad w/Lite Italian Dressing, Multigrain Bread</p> <p style="text-align: center;">Fresh Fruit</p>
<p>14) Valentine's Day Special</p> <p>Italian Vegetable Soup Bruschetta Chicken Au Gratin Potatoes French Green Beans Almandine Snowflake Dinner Roll</p> <p style="text-align: center;">Red Velvet Cake w/Frosting</p> 	<p>15) Chicken Consommé w/Vegetables</p> <p>Whole Grain Cheese Lasagna, w/Tomato Sauce & Parmesan Cheese, Broccoli & Cauliflower, Whole Wheat Bread OR Egg Salad w/Lettuce Leaf, Potato Salad, Riviera Salad, Oat Bread</p> <p style="text-align: center;">Tapioca Pudding</p>
<p>21) Seafood Chowder</p> <p>Baked Fish w/Butter Crumb Topping & Sauce, Whipped Sweet Potatoes, Spinach & Mushrooms, Multigrain Bread OR Turkey w/Swiss Cheese, Lite Mayo, Macaroni Salad, Riviera Salad, Oat Bread</p> <p style="text-align: center;">Fresh Fruit</p>	<p>22) Escarole & Bean Soup</p> <p>Eggplant Parmesan, Tortellini Pasta w/ Tomato Sauce, Italian Blend Vegetables, Whole Wheat Bread OR Seafood Salad w/Lettuce Leaf, Tri Color Pasta Salad, Roman Blend Salad, Multigrain Bread</p> <p style="text-align: center;">Peaches</p>
<p>28) Minestrone Soup</p> <p>Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Tuscany Style Vegetable Blend, Rye Bread OR Chicken Caesar Salad w/Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, Summer Potato Salad, Whole Wheat Roll</p> <p style="text-align: center;">Mandarin Oranges</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><i>Orange chicken and Oreo Dream Extreme Cheesecake... Yum, yum</i></p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="margin-left: 10px;"> <p><i>Cheesecake Factory sampler!</i></p> </div> </div>

FEBRUARY AT A GLANCE*

Friday, February 1

8:30 am-5 pm West African Research Association gallery show begins (runs through Friday, March 1)

1-2 pm Balance and Strength for Seniors**

1-2:30 pm Senior Citizen Police Academy***

1-2:30 pm Parkinson Support Group

3:30 pm Modern Dance and Movement

Saturday, February 2

1-2 pm Brookline Climate Week event: Opportunities of Urban Agriculture: Feeding Our Community at the Coolidge Corner Library*

3:30 pm The Dissipated Eight at Goddard House*

Sunday, February 3

12 noon-5 pm Brookline Winter Farmer's Market at the Arcade Building*

Monday, February 4

9 am-12 noon Podiatry Clinic***

11:15 am-1 pm Tax Exemption information

11:45 am-1:45 pm iPad Tutorial for Seniors**

12:30-2 pm Chinese New Year celebration

1-3 pm Senior Center Decorators

Tuesday, February 5

8:30-9:30 am Zumba® Gold-Toning**

1 pm Movie for Film Lovers—"Butterfly"

2-4 pm One-on-One Computer Sessions***

Wednesday, February 6

9 am-12 noon BLAB lawyer

11:45 am-1:45 pm Kindle Tutorial for Seniors**

1 pm Brookline Music School Concert (Emilian Badea, accordionist)

1-3 pm The Modern Jewish American Novel**

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

Thursday, February 7

11 am Ask a Nurse

1:30 pm Easy Travel—"Life Along the Mekong River" with Mary Gallagher

Friday, February 8

9:30-11:30 am Intermediate Computer Basics for Seniors**

10 am-2 pm Brookline Rec excursion to Butterfly Place

1-2 pm Balance and Strength for Seniors**

1-2:30 pm Senior Citizen Police Academy***

1:30 pm Modern Dance and Movement

6:30-8:30 pm West African Research Association opening reception

Afternoon Alzheimer's Caregivers Support Group—call for time

Saturday, February 9

3:30 pm Four Hands on a Piano with Ellina Blinder and Janara Khassenova at Goddard House*

Monday, February 11

11:15 am-1 pm Tax Exemption information

2:30 pm Motown and the Civil Rights Movement Lecture with Tom Ingrassia at Goddard House*

Tuesday, February 12

Income Tax Preparation***

8:30-9:30 am Zumba® Gold-Toning**

1 pm Movie for Film Lovers—"To Rome with Love"

6-7:30 pm Do It Yourself Home Energy Efficiency**

Wednesday, February 13

10 am-2 pm Brookline Rec excursion to Butterfly Place* & ***

11:45 am-1:45 pm Kindle Tutorial for Seniors**

1 pm Orientation meeting for new COA board members—public is welcome.

1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD at Sussman House*

1-3 pm The Modern Jewish American Novel**

Thursday, February 14

11 am Blood sugar screening with nurse from Jewish Family & Children's Services

12 noon Springwell Valentine's Day Special lunch

Friday, February 15

9:30-11:30 am Intermediate Computer Basics for Seniors**

Saturday, February 16

Acoustic Duo Franny and Katrina at Goddard House*

Monday, February 18

Presidents' Day holiday. The Senior Center is closed

Tuesday, February 19

Income Tax Preparation***

12 noon February Birthday Lunch

1 pm Movie for Film Lovers—"Dial M for Murder"

Wednesday, February 20

1-3 pm The Modern Jewish American Novel**

1:30 pm Modern Beading Workshop

2-5 pm Wisdom Works***

Thursday, February 21

9-10:30 am Blood pressure screening with Barbara Westley, nurse from BPHD

1 pm Mass College of Pharmacy Workshop

3 pm LGBT film—"A Jihad for Love"

Friday, February 22

9:30-11:30 am Intermediate Computer Basics for Seniors**

12:45-4 pm Brookline Rec excursion to the Isabella Stewart Gardner Museum* & ***

Saturday, February 23

3:30 pm Musical Program with Mena Levit at Goddard House*

Sunday, February 24

2 pm Theater Club—Hadyn in Paris at Symphony Hall* & ***

Monday, February 25

1-2 pm Heart Healthy Presentation

2:30-3:30 pm Blood pressure screening with Megan

Cheung, nurse from the Greater Boston Chinese Golden Age Center

Tuesday, February 26

Income Tax Preparation

9-10 am Public Issues Nonfiction Book Discussion Group—"Freakonomics" by Steven D. Levitt and Stephen J. Dubner

12 noon Let's Go Out to Lunch group dines at the Cheesecake Factory* & ***

1 pm Movie for Film Lovers—"Ascent of Man," Disc 5

6-7:30 pm Community Driven Energy Efficiency**

6:30-8 pm Women Growing Older: Our Bodies Ourselves at Brookline High* & **

Wednesday, February 27

1 pm Silver Leaf Gospel Singers

1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD at O'Shea House*

2-5 pm Wisdom Works***

Thursday, February 28

Evening Alzheimer's Caregivers Support Group—call for time

* All events are at the Senior Center unless otherwise noted above.

** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.

***Registration, appointments, or reservations required.

ONGOING SENIOR CENTER EVENTS

Monday (no events on Monday, February 18)

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

9-11 am One-on-One Computer Sessions***

9:30-4:30 Fitness Center open—membership required

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

10 am-12:30 pm Introduction to Watercolor**

10:30-11:00 am Balance drop-in class for Fitness Center members

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

12:30 pm Chinese programs (except Feb. 5)

12 noon-4 pm BETS

1 pm Mah jongg/Scrabble

1-3 pm The Bible as Literature: the Book of Exodus**

2-4 pm Open computer lab

Tuesday

Income Tax Preparation (not on February 5)

9:30-4:30 Fitness Center open—membership required

10 am Flexibility, Resistance Training, and Balance Exercise

10:15 am Brookline Bees, Quilters

10:30 am-12:30 pm Literary Discussion Group: Winter term**

12 noon French Conversation

12 noon-4 pm BETS

1-3:30 pm Food distribution (hours are approximate)

1 pm Bingo

1 pm Movies for Film Lovers

2-3 pm ESL Conversation Group***

2-3 pm Exercises for Health and Rejuvenation

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

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

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

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

Wednesday

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

9-10 am Living Our Values

9:30 am Bowling at Ron's Bowling Alley in Hyde Park

9:30-11:30 am Introduction to Blogging for Seniors**

9:30-4:30 Fitness Center open—membership required

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

10:30 am Retired Men's Club

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

12 noon-4 pm BETS

12:30 pm Bridge

12:30-3 pm Reiki Therapy***

2-4 pm Open Computer Lab

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

3:40-4 pm Balance drop-in class in Fitness Center members

Thursday

9:30-11:30 am Introduction to Computer Basics for Seniors**

9:30-11:30 am Drawing for Pleasure—drawing and watercolor

9:30-11:45 am Drawing for Pleasure—figure drawing

9:30-4:30 Fitness Center open—membership required

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

10:30-11:30 am Arthritis Exercise Class

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

1:30-2:30 pm Zumba Gold

2:30-3:30 pm Spanish Conversation Group***

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

Friday

9 am Bridge

10 am Solemates, Walking Group

10 am Project Volunteer

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

10am-3 pm Fitness Center open—membership required

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

1-2 pm Meditation in Movement

2-3:30 pm Tai Chi for Seniors**

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

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- Physical and Occupational Therapists
- Speech-Language Pathologists
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- Splinting and positioning
- Cognitive therapy
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- Family/caregiver training
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Speech Therapy

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



Brookline Health Care Center
A Nursing and Rehabilitation Center

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416172

BROOKLINE CLIMATE WEEK

This week, dedicated to giving Brookline a greener future by showing how everyone can participate in climate action, is drawing to an end in the first three days in February with two final events.

- ***Opportunities of Urban Agriculture: Feeding Our Community***
Saturday, February 2, from 1:00 to 2:00 pm at the Coolidge Corner Library. A panel of organizations making ground-breaking progress will report on the potential and opportunities for citizens in urban areas like Boston and Brookline to raise their own food and lower their carbon footprints. An informal reception will follow the panel discussion.
- ***Brookline Winter Farmer's Market***
Sunday, February 3, from 12:00 noon to 5:00 pm at the Arcade Building in Coolidge Corner. This Sunday indoor market gives Brookline residents the opportunity to eat fresh and local.

NUTRITION TALK —SAVE THE DATE—

March is Nutrition Month and Springwell—a private, nonprofit agency that has been creating, managing, and coordinating services for seniors, individuals with disabilities, and those who help care for them for more than 30 years and who provides among its many services the Senior Center nutrition program (see February menus on pp. 16-17)—is sponsoring “Super Foods for Seniors,” a talk by Meghan Ostrander, RD, on **Thursday, March 14 at 12:30 pm**. Ms. Ostrander will speak about nutrition and chronic disease prevention. She will expand on such buzz words as “free radicals” and “antioxidants” and will have much to say about which super foods can help seniors get and stay healthy. Plan to come with curiosity and ques-

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up, and applying for, benefits online. If you have questions, call Olga Sliwa at 617-730-2768. Preregistration is required.

Sessions are being held **on Monday mornings in February (and one Tuesday afternoon—February 5)**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment and that repeaters are limited to two sessions per month. Also note that we now have trainers available for both PCs and MACs.

ESL CONVERSATION GROUP

If you want to practice your English, come to the new English as a Second Language (ESL) Conversation Group that meets on **Tuesdays from 2:00 to 3:00 pm** at the Senior Center. This supportive group—led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. For more information and to register, call Julie at 617-730-2760.

TAX EXEMPTIONS

Once more tax time is approaching so Sandy Spector will be at the Senior Center on **Mondays, February 4 and 11, from 11:15 am to 1:00 pm**, to offer tax exemption information for seniors.

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.

MBTA SENIOR ACCESS PASSES

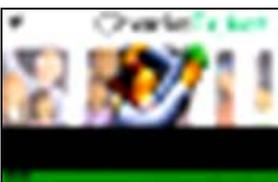
The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and an event is now planned for **Wednesday, March 27, from 1:00 to 3:00 pm**. Stay tuned to the TAB and the March *Senior News and Events* and **SAVE THE DATE!**

The MBTA has reorganize the management and physical presence of their services group and has opened a new, improved, 1800 square-foot CharlieCard Store inside the concourse of Downtown Crossing that has replaced the old Downtown Crossing and Back Bay service centers.

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

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200 to renew. If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone,

the new card will be sent to you in two to six weeks.



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ASSISTED LIVING • MEMORY CARE

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.

FITNESS NEWS

Exercises for Health and Rejuvenation This new and exciting exercise class is now being offered at the Senior Center. On **Tuesdays from 2:00 to 3:00 pm**, enjoy “Exercises for Health and Rejuvenation” — simple movements based on principles of Chinese medicine that include tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone. Drop in and try it, you’ll like it.

Treadmill New at the Fitness Center: Our very own treadmill. Now Fitness Center members can add a brisk walk to their exercise routines. And we thank Gabriel Padawer for the donation of the treadmill in memory of his wife, Martha Padawer. We are grateful for the generous support.

Meditation in Movement Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class will focus on gentle, simple movements that can, if done consistently, help to improve posture, balance, lung capacity, and overall joint health and movement. Fee: \$5/session.

Heart Health Presentation The Greater Medford Visiting Nurse Association (GMVNA) will be on hand at the Senior Center on **Monday, February 25 from 1:00 to 2:00 pm** to do a heart-health program about the benefits of being heart healthy. Michele Caron, RN, who is giving the presentation will discuss the importance of cardiac strength as well as how the heart and the vascular system works. The nurse will also review diet and exercise in relationship to good cardiac health. This program will also review what it means to be heart healthy and how to become more aware of how the heart works. There will also be time for questions.

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

The full winter season of Zumba Gold will run **on Thursdays through March 7, from 1:30 to 2:30 pm**. The cost for the full season is \$45, but drop-ins are always welcome at \$7/session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.



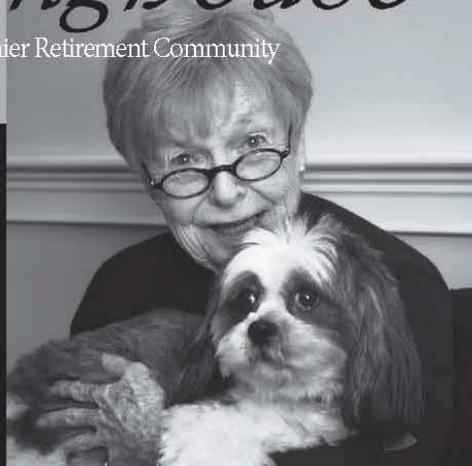
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INCOME TAXES

Once again, we face the inevitability of filing income taxes. And once again help will be available at the Senior Center courtesy of the AARP tax prep service. At present, our preparers plan to be here **on Tuesdays** starting **February 12**. However, this year, as you cannot help knowing, our national legislators have only just come up with a tax plan so the implications of it and the details of implementation are still being worked out. In addition to details being worked out, forms must be adapted and AARP preparers trained and tested.

We have started to take appointments for tax preparation help, and since this service is extremely popular sign up as soon as possible so as to not miss out. If it turns out that things will not be ready in time for the earliest appointments to be honored, we will save time for rescheduling. To make an appointment, call 617-730-2777.



BOWLING

A group of seniors go bowling every Wednesday morning at 9:30 am at Ron's 20th Century Bowling Alley in Hyde Park (at 1231 Hyde Park Avenue, next door to the police station). Ron's is a very friendly place, and it is also an ice cream parlor serving yummie homemade ice cream. And the staff is very friendly as well.

The alleys are candlepin (small ball), only played in New England. The cost is \$7 for three strings. Coffee is free. Everyone is welcome to bowl with the group. And if you need transportation (or indeed want any other information), feel free to call 617-730-2777 and ask to have Nancy Johnson or someone with the bowling group call you. Someone will be happy return your call.

BA&CE SPECIALS

Of particular interest to seniors are the following lectures that are part of the Brookline Adult & Community Education (BA & CE) Winter 2013 lineup:

Women Growing Older: Our Bodies Ourselves

Joan Ditzion, Author, Geriatric Social Worker, and Educator

Tuesday, February 26, from 6:30 to 8:00 pm.

Brookline High. Cost: \$6. Course code: X271.

Joan Ditzion, founder of the Boston Women's Health Book Collective (now known as Our Bodies Ourselves) will discuss some of the key aspects that affect our health and social, emotional, and sexual well-being and will focus on our need to change the aging paradigm so women over 60 can age well and healthfully — with a sense of power and purpose.

There will be ample time for women to share their experiences, concerns, and questions.

Aging Behind the Wheel: Considerations for Older Drivers and Their Families

Dr. Angela Catic, Academic Geriatrician

Cosponsored by BrooklineCAN in partnership with BA&CE

Wednesday, March 13, from 6:00 to 7:30 pm (with hors d'oeuvres from 5:30 to 6:00 pm)

Goddard House in Brookline. Cost: Free, but preregistration is required. (Call Bridie Johnson at 617-731-8500, ext. 113). Course code: X270.

As people age, there is often increasing concern from elders, families, and health-care providers about the ability to continue driving. Dr. Catic will explore the physician's role in determining patient's ability to continue driving and discuss various assessment tools. Then there will be a panel discussion with an elder who has stopped driving and/or a family member of an elder who has stopped driving and a local geriatrician will share their experiences.

BA&CE COMPUTER COURSES FOR SENIORS

BA&CE, in cooperation with the Brookline Council on Aging, offers a variety of classes in computer and related technologies. These classes are designed especially for people aged 60 and older and are given at the Senior Center. Students interested in taking these courses, but unsure of which class to enroll in, should contact BA&CE at 617-730-2700. No senior discounts are available.

Introduction to Computer Basics for Seniors

Michael Toon, Instructor

Section 02: 4 Thursdays, from 9:30 to 11:30 am, beginning February 7.

Cost: \$72. Course code: C116.

Intermediate Computer Basics for Seniors

Michael Toon, Instructor

Section 02: 4 Fridays, from 9:30 to 11:30 am, beginning February 8.

Cost: \$72. Course code: C157.

iPad Tutorial for Seniors

Marjorie Wein, Instructor

2 Mondays, from 11:45 am to 1:45 pm, beginning January 28. Cost: \$41. Course code: C279.

Kindle Tutorial for Seniors

Megan Parker, Instructor

2 Wednesdays, from 11:45 am to 1:45 pm, beginning February 6. Cost: \$41. Course code: C278.

Introduction to Blogging for Seniors

Jana Pickart, Instructor

4 Wednesdays, from 9:30 to 11:30, beginning February 6. Cost: \$72. Course code: C280.

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GODDARD HOUSE IN FEBRUARY

The Dissipated Eight

Saturday, February 2 at 3:30 pm

This group, also known as D8, is Middlebury College’s premier and oldest all-male *a cappella* group. It began in 1952 when two quartets on campus joined forces to sing for college events and weddings and on local radio broadcasts. Today, the group continues on the tradition of the original octet singing barbershop songs along with classic *a cappella* pieces.

Four Hands on a Piano with Ellina Blinder and Janara Khassenova

Saturday, February 9 at 3:30 pm

Pianists Ellina Blinder and Janara Khassenova play piano works by Mozart, Bach, and Fauré. Ellina Blinder is a graduate of the New England Conservatory. Janara Khassenova is a native of Almaty, Kazakhstan, and a graduate of the Moscow Conservatory. Both have performed in Europe, Russia and the United States as soloists and chamber musicians.

Motown and the Civil Rights Movement Lecture with Tom Ingrassia

Monday, February 11 at 2:30 pm

Celebrate the 54th Anniversary of Motown Records with a multimedia presentation by pop music historian Tom Ingrassia. Tom traces the development of, and interconnections between, the burgeoning popularity of the Motown Sound—“The Sound of Young America”—and the Civil Rights Movement of the 1960s.

Acoustic Duo Franny and Katrina

Saturday, February 16 at 3:30pm

Having met in an improvisation class at Berklee College of Music, Franny (Keyboards) and Katrina (voice) began writing songs together in early 2011.

Musical Program with Mena Levit

Saturday, February 23 at 3:30 pm

Mena Levit is a soloist—with pearls of Yiddish and Hebrew songs in celebration of Purim.

BROOKLINE RECREATION—ADULT EXCURSIONS

Butterfly Place

Friday, February 8, 10:00 am to 2:00 pm

This indoor garden is a fantasy of butterflies. Hundreds of butterflies surround you and fill your field of vision. Be sure to bring a camera, to make memories of the trip.



Cost: Residents-\$18, nonresidents-\$24.

Isabella Stewart Gardner Museum

Friday, February 22, 12:45 to 4:00 pm

Take a guided tour of this marvelous museum, which is full of fine art spanning 30 centuries. Three floors of exhibits surround a garden that blooms magnificently in every season. Admission, guided tour, and transportation to and from the museum is included in the cost.



Cost: Residents-\$15, nonresidents-\$21.

Boston Flower and Garden Show

Friday, March 15, 11:30 am to 5:00 pm

A burst of color: Celebrating the container garden. Spend the afternoon at this magnificent show. It is Boston's biggest horticultural event at the Seaport World Trade Center. Admission to the show and round trip transportation are included in the cost.

Cost: Residents-\$24, nonresidents-\$33.

Mount Auburn Cemetery

Tuesday, April 30, 9:30 am to 3:00 pm

This is a garden cemetery in Cambridge famous for the number of notable people buried here and the architectural and landscaping marvels. It is a National Historic Landmark, a botanical garden, an outdoor museum of art and architecture, and an important habitat for urban wildlife. Following the tour of the cemetery, you can buy a meal at the Deluxe Town Diner.

Cost: Residents-\$15, nonresidents-\$21



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

All Goddard House events are free and open to the public at **Goddard House** in Brookline at 165 Chestnut Street. RSVP to 617-731-8500 or by e-mail mbushmich@goddardhouse.org For more information, access www.goddardhouse.org



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Haydn in Paris

Sunday, February 24 (2:00 pm) \$40

Discussion at 2:00 pm, concert at 3:00 pm at Symphony Hall in Boston

Program: Haydn #6 Le Matin, Violin Concerto #4, Overture to L'Isola disabitata, and Symphony #82 The Bear



The Glass Menagerie

Sunday, March 10 (2:00 pm)

\$38

at The American Repertory Theatre

(ART) in Cambridge

While Amanda Wingfield desperately struggles to provide her fragile daughter with at least one "gentleman caller," her son, Tom, dreams of escaping from his job at a warehouse and his oppressive life at home. This is exquisite family drama filtered through Tom's memory.



Concert

Sunday, March 17 (3:00 pm) \$45

at Symphony Hall

Program: Mozart: Masonic Funeral Music, Mozart: Clarinet Concerto, Beethoven: Symphony No. 7.



Richard Egarr conducting with clarinet solo by Eric Heoprich.



Master Class

Saturday, April 20 (3:00 pm) \$40

at the New Repertory Theatre in Watertown

Terrence McNally's play gives an insightful look at the life and art of Maria Callas. Now in the twilight of her career, through a series of master classes, she reflects on her life, reliving theatrical, artistic, and painful intimate disappointments. The play explores the complexity of celebrity, ego, ambition, achievement—and ultimately, the loss of identity and self-worth while struggling to let go of the past.



Amadeus

Saturday, May 11 (3 pm) \$40

at the New Repertory Theatre in Watertown

Winner of 7 Tony Awards including Best Play, *Amadeus* explodes with musical masterpieces and richness of language, harkening back to times of excess and indulgence. Called "triumphant" by *The New York Times*, this Renaissance drama takes us back to 18th-Century Europe and the tumultuous rivalry between Wolfgang Amadeus Mozart and Antonio Salieri. Falsely befriending Mozart, the jealous and power-hungry Salieri hopes to ruin his opponent socially and politically and inhibit Mozart's legacy. Jim Petosa directs this engaging drama, in which Salieri questions God for unfairly

ORDERING TICKETS

When ordering tickets, please make every effort to make payment in full. If you are unable to do so, a promise to make payment shortly will be accepted as an order. If your payment is not made within ten days, you will be contacted, and if payment is not forthcoming, the order will be cancelled.

No purchased ticket may be used to trade for a ticket for another play.

The proper procedure to follow is: A refund request within the confines of the rules must be made, then purchase order with full payment of wanted play must be made.



Romeo and Juliet

Sunday, April 14 (1:30 pm) \$25

at the SENIOR CENTER

Arguably one of the greatest tragic love stories of all time. Revel in the story of young love foiled by an old feud between two families. And weep for the fate of teen love. And you don't even have to leave Brookline. Just come to the Senior Center.

There will be a discussion period and refreshments after the performance.

FROM THE BOARD PRESIDENT

Announcing a Major Milestone: At the end of 2012, the Senior Center reached a major milestone—our endowment reached \$1 million. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. It took us 11 years to reach our first million. Our new goal is to double our endowment by 2018. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society.

A Valentine's Gift Idea: Join our Legacy Club. With Valentine's Day coming, I think of how much the Senior Center means to me. I love coming here and seeing the joy and friendship—and yes the LOVE—that takes place every day among the guests, the volunteers, and the staff.

You probably feel the love, too. Please think about how much that means to you; and how important it is to preserve that love into the future. If you feel that way too, *please consider*

adding the Brookline Senior Center to your will. Make your future count and help our future be strong. For help with doing this, please call Ruthann Dobek at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

*I, the board, and the entire Senior Center family thank you!
Elizabeth (Betsy) Pollock, President, Senior Center Board*

PASSPORT TO HEALTH AND FITNESS

The very popular Brookline Passport to Health and Fitness is back for a second year. For just \$10, Brookline residents 18 years old and older can purchase a passport to staying healthy and fit. It gives you a total of 10 classes at Brookline gyms and fitness centers—yoga, pilates, martial arts, and lots more. Individuals with this passport can try out one complimentary class at each of 10 different partner locations any time before April 30, 2013.

The passport program has been introduced as part of Brookline Climate Week, the town's climate action initiative that is being celebrated through February 3 and is being supported by the Brookline Departments of Economic Development, Public Health, and Recreation. For more information or to purchase a passport, call 617-730-2069 or visit www.brooklinerec.com.

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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 scarsen@hrca.harvard.edu



THANK YOU

The Senior Center depends on donations to its nonprofit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to give list all the contributions to the end of the month. We will list all contributions so your end-of-month donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column. That said, we thank February donors:

Annual Appeal Donors Judith Ferber & Gary Altman, Robert W. Basile, Joan T. Batchelor, Bank of Canton (supporting the Kitchen/AV equipment/classroom tables Fund), Bay State Federal Savings Charitable Foundation (supporting the Kitchen Equipment Fund), Dorothy Bell, Selma Bengis (supporting the Van Fund), Milton C. Berman, Ellen Bick, Katie Hope & Ron Blackman, Marcie Hershman & Rebecca Blunk, Janet L. Brown, Esther A. Bullitt, Charlotte & Nicholas Burrage, Center Communities of Brookline, Rev. George & Margie Chapman, Roberta G. Cohen, Mary B. Comstock, Marilyn & André Danesh, Robert & Janet DeSimone, Ruthann Dobek, Allen Elstein, Susan Erickson, Doris & Saul Feldman, Rhoda L. Frankl, Renee Gelman, Hinda Goodstein, Alfred & Ruth Gutmann, Shael & Helen Herman, Marilyn Hershfield, Marcia Hnatowich, C. Anthony Broh & Jennifer Hochschild, Robert Houseman, Pauline R. Katz, Judith Kidd, Janice Kahn & Ira Krepchin, Sherry C. Lee, V. Celia Lascarides & William Manley, Lea J. Mannion, Phyllis & Murray Marcus, Joanne R. Marks, Margaret McKinney, Marena Morrison, E. Melvin & Susan Nash, Robert M. O'Brien, Jennifer Pieszak, Milton B. Popkin, Anita & Sidney Redner, Hilde Rotenberg, Robert Rudnick, Yolanda E. Santo, Stephen & Margaret Senturia, Pam Goodman & Michael Shwartz, Regina Healy & Robert Sloane, Ruthann Sneider, Diane L. Sokal, Ethel Spellman, Dr. Robert I. Sperber (supporting the Van Fund), Diana & Stanley Spiegel, The New York Community Trust-James Talcott Fund, Judith Vanderkay, Barbara Walshaw, and Waneta Louise West

BrooklineCAN Donors Peter Ames, Jewel & David Chin, Ruthann Dobek, Nettie Lesser, and Geraldine M. Phillips

To Linda & Charles Stephen Bressler for *their gift in honor of* Agnes Rogers & Elenor Small

To Jewel Chin for *her gift in honor of* Seasoned Voices

To Patricia H. Dobek for *her gift in honor of* Claire Yung (for her wonderful knitting)

To Ruth Geller for *her gift in honor of* Sonia Wong

To Marge Harvey for *her gift in honor of* Ruthann Dobek

To Kathryn Kilpatrick for *her gift in honor of* Bobby Joe Bell (for his care and devotion to Elizabeth)

To Nettie Lesser (supporting the Van Fund) for *her gift in honor of* Sharon Devine

To William H. Pike for *his gift in honor of* Adele W. Pike & John F. Hodgman

To Arline Wetreich for *her gift in honor of* Julie Washburn

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

To Lillian Aronson for *her gift in memory of* Ruth Abrams

To Ethel Blumenthal (supporting the Van Fund) for *her gift in memory of* Shirley Radlo

To Jonatha Ceely for *her gift in memory of* Mildred Adelson

To Ted & Carolyn Colton for *their gift in memory of* Mark Leipman

To Patricia H. Dobek (supporting the Van Fund) for *her gift in memory of* John F. Dobek

To Ruthann Dobek for *her gift in memory of* Gerald Cronin

To Ruth Kaplan for *her gift in memory of* Sydney Pollock

To Kathleen Lamothe for *her gift in memory of* Bea Crews

To Gabriel Padawer for *his gift in memory of* Martha Padawer

SUPPORT THE SENIOR CENTER

Help support the Senior Center and the many programs and services it offers. You can honor Brookline's seniors and help them age with respect and dignity by sending a gift:

\$25 \$50 \$100 \$250 \$500

Other: \$ _____

My donation is in honor of in memory of:

I am interested in making a gift of securities or in estate planning opportunities.

Please contact me.

My employer will match my gift.

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I want to make a monthly contribution of:

\$10 \$25 \$50 Other: \$ _____

Name(s): _____

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Please make your checks payable to "BROOKLINE SENIOR CENTER"

To pay securely online by credit card, go to <http://www1.networkforgood.org/for-donors#>. Ender "Brookline Senior Center" after "Charity Name" in the box at the right.

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

I would like to subscribe renew my subscription to the *Senior News and Events*. My check for \$10 for a one-year subscription is attached.

(DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.)



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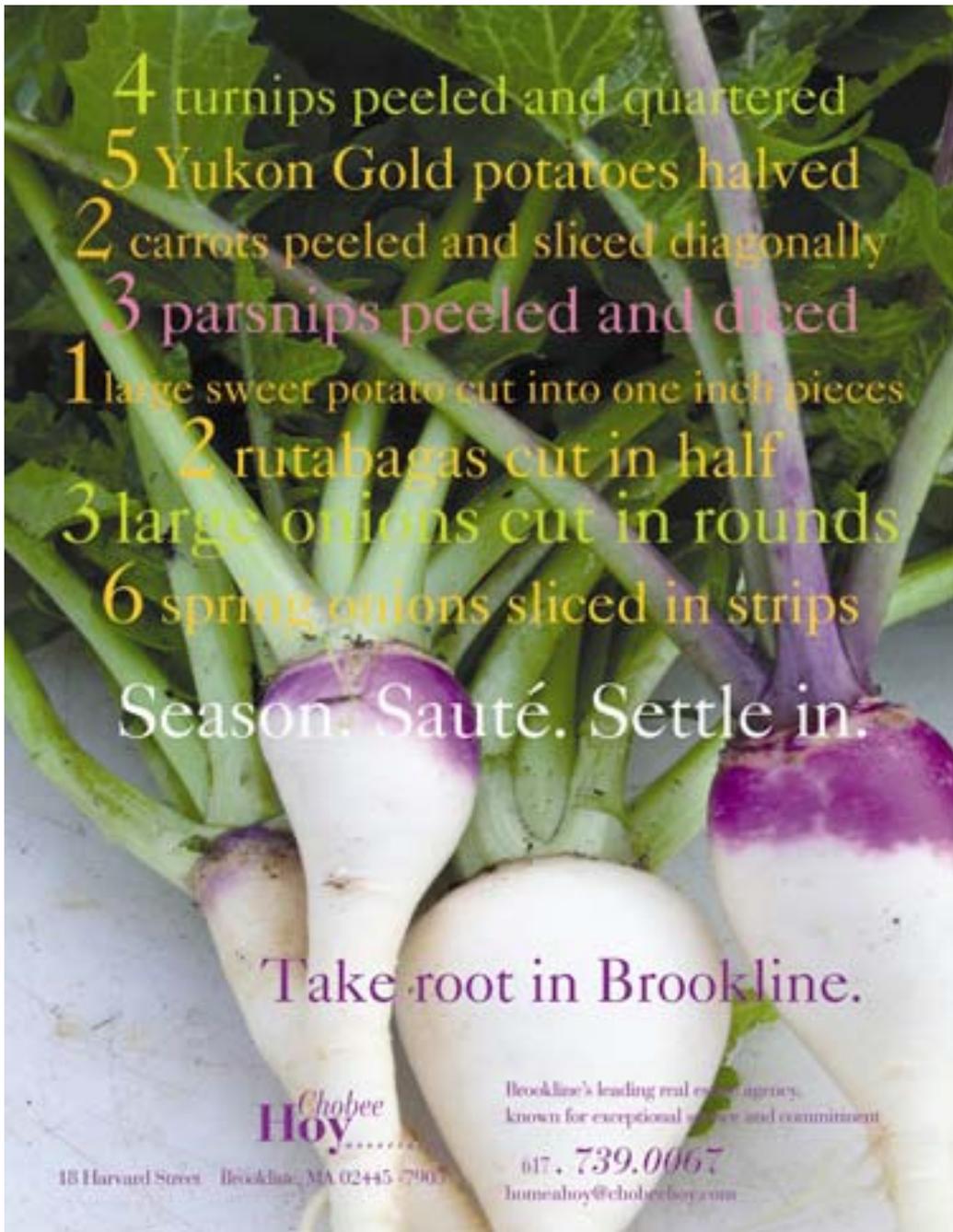
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4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced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

Season. Sauté. Settle in.

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