

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



APRIL 2017



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van
617-730-2770 617-730-2750

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

Brookline Community Aging Network
www.BrooklineCAN.org



HIGHLIGHTS

Adventures in Mindfulness Fridays
April 7 through July 7 from 10:30 to
11:15 am. (see P. 5)

Brookline Music School Concert Series
final program for the season on
Wednesday, April 12 at 1:00 pm (See
P. 9)

Diabetic Shoes and inserts Thursday,
April 20 from 9:00am-12:00 pm
(See P. 10)

NEW REP COMES TO YOU!



The New Rep Theatre's CRC production of "ROMEO AND JULIET" will be presented at the Brookline Senior Center on **Sunday, April 2 at 2:00pm**. At a slumber party, a group of teenage girls struggle to

prepare for an exam on Romeo and Juliet. When the boys show up, their dry recitations quickly evolve into play acting, and as they get all swept up into the story, their play takes flight into a full blown production. Using only the original text, this zany and youthful 90-minute adaptation breathes new life into one of the Bard's most well-loved plays. Cost is \$5. Free to BHA residents. Light refreshments and a chance to meet the cast will take place following the play. To register, please call 617-730-2777.

VOLUNTEER LUNCHEON

On Wednesday, **April 5 at 12:30 pm**, we will honor our volunteers at a special luncheon. Invitations have been sent to Senior Center volunteers' mailboxes all over Brookline. RSVP to 617-730-2777 and come celebrate the spirit of volunteerism and our wonderful volunteers.

Part of the festivities is the announcement of the John and Molly Dolan Volunteer of the Year Award. If you would like to nominate a candidate for this award, please contact Ruthann Dobek at 93 Winchester Street, Brookline, MA 02446 or leave a message in her mail box on the 2nd floor in the COA office. You can also e-mail her at rdobek@brookline.ma.gov or call at 617-730-2756.

INDEX

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| <p>Against Doctor’s Orders.....9</p> <p>AARP TAX Preparation.....15</p> <p>Art for Pleasure.....18</p> <p>Acupuncture Consult.....15</p> <p>Alzheimer’s Caregivers Support Group.....7</p> <p>Ask A Nurse.....4</p> <p>At a Glance, April20</p> <p>Beading, Modern.....23</p> <p>Better Business Bureau 101.....25</p> <p>Board President,.....3</p> <p>Book Discussion Group, Public Issues11</p> <p>Book Discussion Group, Putterham.....10</p> <p>Bridge.....12</p> <p>BrooklineCan.....13</p> <p>Brookline Music School Concert.....9</p> <p>Brookline Open Studios3</p> <p>Brookline Pubic Health Week.....26</p> <p>Chess.....31</p> <p>Climate Week Brookline.....26</p> <p>COA Meeting.....5</p> <p>Computer, One-on-One.....15</p> <p>Dance, Tuesday Morning.....25</p> <p>Diabetic Shoe fitting.....10</p> <p>Director, from the.....14</p> <p>ELF.....31</p> <p>File of Life update.....23</p> <p>Food Commodity25</p> <p>Food Distribution Site, Senior Center.....23</p> <p>Gallery 93.....22</p> <p>Geriatrician, Ask a.....5</p> <p>Handicapped Access.....17</p> <p>Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach).....4</p> <p>Hearing Services, Brookline4</p> <p>Historical Afghans.....11</p> <p>JFK Celebration, Out of the Attack.....19</p> <p>LGBT Brunch.....19</p> <p>Let’s Go Out To Lunch Bunch.....17</p> <p>Lincoln, With Malice Towards None.....7</p> <p>Living Our Values8</p> <p>Loan, Home Modification.....9</p> <p>Lunch Menu.....16</p> <p>Luncheon Specials for April.....17</p> <p>Mahjongg.....12</p> <p>Memory Café.....11</p> <p>Mindfulness, Adventures in.....5</p> | <p>Observances, April.....3</p> <p>Ongoing Senior Center Events.....21</p> <p>Pharmacy, Mass College.....23</p> <p>Ping Pong.....31</p> <p>Remember When Fundraiser.....3</p> <p>REAP.....28</p> <p>Reiki Therapy.....29</p> <p>Savvy Consumer.....25</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security).....6</p> <p>SHOP Program.....28</p> <p>Spanish Immersion.....24</p> <p>Thank You.....30</p> <p>Travel, Easy.....7</p> <p>TRIPPS.....12</p> <p>Ukulele.....23</p> <p>Zumba Gold.....9</p> |
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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.

APRIL OBSERVANCES



Cheer up—Spring is on the way. We will see flowers, smell the freshness of gentle rain, hear the returning birds, and generally experience spring fever. We celebrate Patriot's Day

on **Monday, April 17**. This is an official state holiday so the Senior Center will be closed. Actually, since this is also the date for the Boston Marathon, it would be impossible for everyone living south of Beacon Street in Brookline to get to the Senior Center as the route through Brookline is down Beacon Street.

Easter week begins on **Sunday, April 9** (Palm Sunday) and ends on **Easter Sunday April 16**. Passover begins on **Monday, evening, April 10**, and ends **Tuesday evening, April 18**. Passover commemorates the Israelites' flight from Egypt, and their transition from slavery to freedom.

Some other dates you might like to observe include April Fools day on the 1st, Tax day on the 18th, Administrative Professional Day on the 26th and Arbor Day on the 28th.

BROOKLINE OPEN STUDIOS



The Senior Center is very pleased to once again host several artists for this year's Brookline Open Studios on both **Saturday, April 29**

and **Sunday, April 30 from 11:00 am-5:00 pm**. We hope that you will stop in to meet some of these talented artists, admire their work, and maybe take home a piece of your very own: Lora Brody, Joanne Cornell, Jean-Pierre Dubreuil, Samantha Lindsay, Maryellen Moran, Peg O'Connell, Peggy Peterson, Debra Rose, Frances Schreiber, Aaron Seidman, and David Weinberg.

FROM THE BOARD PRESIDENT

This year our endowment fund was able to donate \$47,000 to the Senior Center operations budget. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. Our new goal is to double our endowment by 2020. 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.

In April, Spring brings out everyone so go out and enjoy! Please consider an extra gift in support of the Van and its faithful drivers who can get seniors out of the isolation of their homes and to the Senior Center.

You might even consider a legacy gift that will help the Senior Center by adding funds to its endowment and thereby helping to maintain all the programs and the physical plant.

Remember that all gifts are tax-deductible.

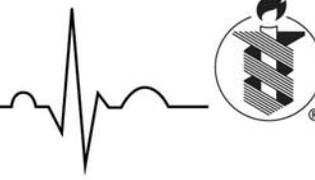
I, the board, and the entire Senior Center family thank you!

Betsy Pollock, President, Senior Center Board

REMEMBER WHEN FUNDRAISER



A musical fundraiser to benefit the Cure Alzheimer Fund. This original one-woman musical designed to harness the power of music in the treatment of Alzheimer's Disease will be held at the Coolidge Corner Theatre on **April 26 at 7:00 pm**. There will be a pre-show talk by Dr. Rudolph Tanzi. Admission is free but a donation to the Cure Alzheimer Fund is requested. This event is made possible with grants from the Boston Foundation and the New England Conservatory.



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, April 6 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 on **April 19 at 1:00pm.**



Blood Pressure Screening

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

Thursday, April 20 from 9:00-10:00 am at The Senior Center

Wednesday, April 5 from 2:00-3:00 pm at BPHD building on Pierce Street.

Wednesday, April 12 from 1:00-2:00 pm at Sussman House

Wednesday, April 26 from 1:00-2:00 pm 61 Park Street

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

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

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, April 20 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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 **DANA-FARBER/HARVARD CANCER CENTER**
A Comprehensive Cancer Center
Designated by the National Cancer Institute

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Boston Red Sox

ASK A GERIATRICIAN

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

Question: What is the thyroid and what does it do?

Answer: The thyroid gland is shaped like a butterfly or a bowtie and sits right below your Adam's apple in your neck. It is about 1 ½ to 2 ½ inches long. Unless it is enlarged or has a lump on it, you generally can't feel it. It is small, but very important, affecting your heart, brain, and general feeling of health. Thyroid disease is very common, more in women than men and increases, as we get older.

The thyroid gland produces thyroid hormone . It needs iodine to make this thyroid hormone. Many years ago, before iodine was added to salt, many people had large swellings in their neck called goiters caused by low levels of thyroid hormone. However, today, most salt is "Iodized Salt", which means iodine is added to be sure we get enough iodine. Even for people on low-salt diets, there is generally enough salt in bread, milk and other every day foods that we get enough.

The pituitary gland in the brain sends a chemical called TSH to the thyroid gland regularly to instruct the thyroid gland on how much thyroid hormone is needed.

Sometimes, whether from disease or medicines, the thyroid gland doesn't produce enough thyroid hormone. This may cause symptoms such as feeling cold or tired, but often there are no symptoms. To try to reverse this, the pituitary gland sends more TSH to get the thyroid to make more hormone. This is called hypothyroidism (underactive thyroid). There are tests which can be done to determine the cause of the low thyroid. Sometimes, replacement thyroid hormone pills are necessary.

Sometimes, the opposite happens, and your thyroid overproduces thyroid hormone. This can lead to feeling hot, nervous or losing weight, or there may not be symptoms. The pituitary lowers the TSH to try to slow down the amount of thyroid being made. This can be caused by taking too high a dose of the thyroid medicine for low thyroid or can be a growth (nodule) on the thyroid gland that overproduces the hormone or a disease called Graves' disease. It is easy to check how well your thyroid is working with a simple blood test to check the TSH

ADVENTURES IN MINDFULNESS

A Program to Cultivate the Wisdom of Your Body, Mind, and Heart. We will use Jon Kabat-Zinn's audio program on mindfulness. It combines gentle guidance with conversational narratives weaving together science, poetry, and the art of living--all in the service of deepening your appreciation of the "workability" of the present moment, no matter how hard or challenging your circumstances. We will meet on **Fridays April 7 through July 7 from 10:30 to 11:15 am**. To pre-register or for further information, contact Sharon Devine, 617-730-2769.

COUNCIL ON AGING MEETING

On **Wednesday, April 5 at 12:30 pm** we will celebrate our volunteers at the Annual Volunteer Luncheon followed by a short meeting.

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 (8) coupon books a month at a 50% discount. \$40 a month at a 50% discount. \$40 a month yields \$80 worth of cab rides. Each \$40 coupon book has 80 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 617-314-6262

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, April 5 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:dwxman@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 Alzheimer's.

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

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.

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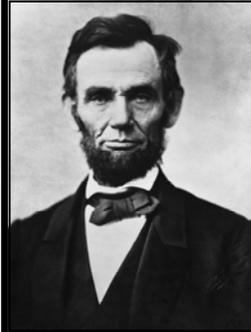
**BROOKLINE MUNICIPAL
CREDIT UNION**

334 Washington Street, P.O. Box 470776
Brookline, MA 02447-0776
Tel: (617) 232-9410 Fax: (617) 232-1402
B-Line: (781) 398-1855





WITH MALICE TOWARD NONE ABRAHAM LINCOLN



Abraham Lincoln was the president who, in his first inaugural address, told a divided nation that he hoped "the better angels of our nature" would prevail. And who, in his second inaugural, tried to set the tone for post-Civil War America:

"with malice toward none, with charity for all." As everyone knows he was assassinated not even two months into that second term - April 14, 1865.

Join us on **Tuesday, April 25 at 1:00 pm** at the Senior Center as John Dempsey does a dramatic retelling of the events around Lincoln's death from the point of view of a fictional member of his administration.

John was a teacher, assistant principal, and principal at the Edward Devotion School over the course of twenty-seven years. He is active on several civic committees in Brookline. To register, please call 617-730-2770. *Please note: This program was originally scheduled for February 13, but was rescheduled due to inclement weather.*

EASY TRAVEL

Join us on **Thursday, April 20 at 1:30 pm** as we travel to Norway with our armchair travel host (and Runkle school teacher), Lauren Carroll! Lauren has spent the last three December vacation weeks in snowy Norway. She has traveled to Oslo, Lillehammer, Stavanger and Bergen. Come hear stories of an amazing museum dedicated to sardines and see pictures of the fjords!!



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- Our Commitment to the LGBTQ Community

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.

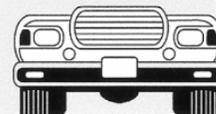
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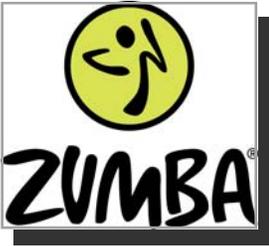
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ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays through May 11 from 1:30-2:30 p.m.** Classes are \$7 per

session and free to Brookline housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 ©(3) corporation that supports Senior Center programming.



AGAINST DOCTOR'S ORDERS

Join us at the Senior Center on **Tuesday, April 25 at 6:00 pm** for an interesting reading and talk by Ali Weinberg Barton, author of "Against Doctor's Orders." If that name sounds familiar to you, it is probably because Ali is also the daughter of our "Drawing for Pleasure" teacher, Louise Weinberg and our Gallery 93 Curator, David Weinberg. Many of you may have followed Ali's harrowing medical tale via Louise and David, but here is your opportunity to hear the story firsthand!

In 2012, after multiple failed in vitro fertilization cycles, Ali became pregnant. Early in the pregnancy she experienced troubling symptoms and at 21 weeks, she was told that she was in acute heart failure. A team of cardiologists and OB/GYN physicians give Ali a choice: abort the pregnancy, or both she and her son will likely die. Against the counsel of her doctors and her family, Ali refuses to end the pregnancy she and her husband had tried so hard to achieve. Learn about her life-threatening journey through a dangerous pregnancy and subsequent heart transplant. To register, please call 617-730-2770.

BROOKLINE MUSIC SCHOOL CONCERT SERIES

"Twenty Somethings"

What is it like to be in your twenties? What do you know and not know? Was it different to be a twenty-something in the 1770's and 1790's and 1990's and 2010's? What kind of music would you write? Join Marvento Duo (Weronika Balewski, flute, and Elizabeth Chladil, piano) at the Senior Center on **Wednesday, April 12 at 1:00 pm** for a concert of music by three 20-somethings plus one 31-year-old who survived his twenties and lends another perspective. Program will include Mozart, age 22, "Sonata for Piano and Violin in E minor, K. 304 (1778), Martin Kennedy, age 21, "Four Songs" (1999), Nadine Dyskant-Miller, age 21, "They Move With No One Watching: Dances" (2013), Ludwig van Beethoven, age 31, "Sonata for Piano and Violin in G Major, Op. 30, No.3" (1802).

MISTRAL

20th Anniversary Season Finale: "Atlantic Crossings" **April 8, 5:00 pm, Temple Ohabei Shalom,**
Julie Scolnik, artistic director

Mistral brings its 20th Season to a close with "Atlantic Crossings," a beguiling program that features three orchestral gems from iconic American and European composers in original and new chamber arrangements. Strauss II-The Emperor Waltz (chamber arr. by Schoenberg) Ravel-Tombeau de Couperin (chamber arr. by Suggs) and Copland-Appalachian Spring (original chamber version for 13).

Tickets: \$30/\$25 Senior. Group rates available. Buy securely online and print directly www.MistralMusic.org, or call 978.474.6222 or e-mail sales@MistralMusic.org.

ATTENTION, ADULTS WITH FOOT PROBLEMS AND DIABETES!



We will be holding a shoe fitting clinic at the Brookline

Senior Center on **Thursday, April 20 from 9:00am-12:00 pm**. Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you if you are Diabetic! Private payment for Non Diabetics will also be accepted.

Please be sure to bring your Medicare card and any other supplemental insurance cards with you to the appointment. We also accept Tufts, Fallon, Blue Cross, EverCare, Senior Whole Health, United Health Care, and Neighborhood Health.

You must also pick up a physician's order form from the Senior Center in advance and then bring the COMPLETED form to your fitting appointment. Space is limited. Please call, 617-730-2777 to make your 10-minute fitting appointment and to obtain a copy of the physician's order form.

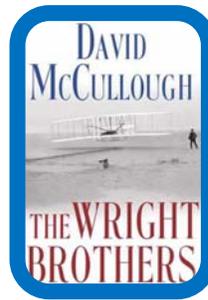
If you have any other questions, please call Amy Baxter, Pro Medical East 603-944-1311.

Please NOTE: This Clinic requires a minimum of six registrants in order to run

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.

APRIL-VACATION MONTH



May 15

The Wright Brothers

by David McCullough

-SAVE THE DATE-

YOUR PERSONALIZED EATING PLAN WITH WWW.CHOOSEMYPLATE.GOV

Join us on **Friday, April 7 at 1:00 pm** for this peer-led discussion group with Senior Center participant, Estelle Record-Stanley. Estelle will give a short presentation and then she will facilitate a discussion on the effects of malnutrition on the aging process. Hand-outs will be available as partial guidelines for NESTS (Nutrition, Exercise, Sleep, Tension-release, and Social-support). Participants will have an opportunity to develop plans, online or on paper, for healthier eating and exercise. Estelle continues to read Julia Ross, Deepak Chopra, Natasha Turner, Barry Sears, Peter D'Adamo, Harvey Diamond, and Adelle Davis for inspiration.

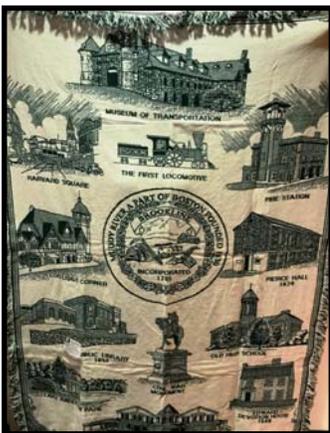


MEMORY CONNECTIONS CAFÉ



On Wednesday, April 26 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care-partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care-partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's event is sponsored by Right at Home.

HISTORICAL BROOKLINE AFGHANS



Brookline residents, Nancy Johnson and Jim Lawton, designed beautiful afghans several years ago that showcase many historic places in Brookline. A number of these afghans have been generously donated to the Senior Center. We will be selling them at

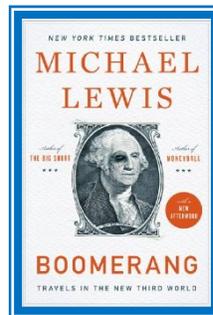
the Gift Cart for \$25. Proceeds from the afghans will support the programs and services of the Brookline Senior Center. Be sure to stop by and take a look!

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.

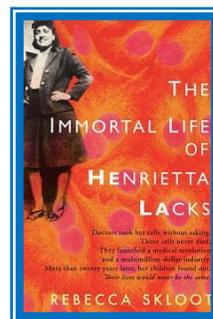
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



April 25

Boomerang: Travels in the New Third World

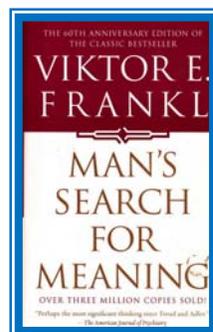
by Michael Lewis (W.W Norton & Company, Inc.)



May 23

The Immortal Life of Henrietta Lacks

by Rebecca Skloot (Crown Publishing Group-Random House LLC)



June 27

Man's Search for Meaning

By Viktor E. Frankl (Beacon Press)

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 12:30-3:00 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 re-

volving bridge game a try.

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@ivkdllaw.com

web: www.ivkdllaw.com

Coolidge Corner

Wills • Probate • Trusts • Estates

SPRING INTO SUMMER WITH SHAKESPEARE

All the library's a stage! April is the Bard's birthday month, and the Brookline Public Library is celebrating with a host of presentations, interactive performances, and films. **The kick-off event, on April 2 at 1:00 pm, is an interactive show in the Brookline Village Library by the Knighthorse Theatre Company** – with plays suggested by the audience and roles for the entire family. Subsequent events include scenes from Julius Caesar offered by the Commonwealth Shakespeare Company (April 25). Please check the Library's website for further details. All events are free and open to the public, and are supported by the Staff Programming Committee and the Trustees of the Brookline Library

TRIPPS PROGRAM

SMARTPHONES FOR TRAVEL

Would you like to learn to use your smartphone for travel, and become more experienced with ride share apps like Uber and Lyft? Learn about these new transportation options, using your handheld device. You can bring other questions about using your smart phone too! The first class is an **introduction and will be held on Wednesday, April 5 from 3:00-5:00 pm** at the Brookline Senior Center.

Additional classes will be held on **Wednesdays, April 12, April 19, and April 26 from 3:00-5:00 pm**. at the Brookline Senior Center. Please register with Tripps at (617) 730-2644. Classes are limited to 10 people each day. Make sure to bring your smart phone.

TRIPPS EXPANDED OFFICE HOURS

Wednesday 10:00 am-12:00 noon and Thursday 11:00 am-1:00 pm.



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

THE AGE OF LONGEVITY

BrooklineCAN and Goddard House are sponsoring an evening with authors Rosalind C. Barnett and Caryl Rivers on **Thursday, April 6, 6:00 to 7:45 pm** at Goddard House, 165 Chestnut Street. They will discuss their book *The Age of Longevity: Re-Imagining Tomorrow for Our New Long Lives*. Dr. Barnett is a senior scientist at the Women's Studies Research Center at Brandeis University and Caryl Rivers is a professor of journalism at Boston University - both are nationally-known writers. Light refreshments will be served. Free of charge; RSVP to Michaela Barrows by calling (617)731-8500 ext.130 or mbarrows@goddardhouse.org.

BROOKLINECAN ELECTION FORUM

BrooklineCAN is sponsoring a forum for candidates for Town-wide offices on **Monday, April 24 at the Senior Center from 4:00 to 6:00 pm**. This year, Brookline has contested races for Board of Selectmen, School Committee, and Library Board. Candidates for all three offices will have opportunities to make brief opening statements followed by questions from the public. The forum will be open to all. However, we hope that issues of greatest interest to seniors will receive attention from the candidates.

WISDOM AND MEMORIES BROOKLINE SENIORS & THE REUNION PROJECT

The Brookline Senior Center and Goddard House are hosting the Reunion Project, a photography exhibit displaying photos by Lora Brody of approximately 50 women from age 65 to 100 as they appear now, along with photos of their younger selves. The exhibit may be viewed at both the Senior Center and Goddard House from April 3 to June 30. A reception will be held at the Senior Center on **Thursday, April 20 from 6:00-8:00 pm**. The project is sponsored by Brookline Senior Center, BrooklineCAN, Goddard House, and Center Communities. (See P.22).

-SAVE THE DATE:-

“How to Stay Young While Growing Older – and Have Fun Doing it”

Join us on **May 18, from 5:30 -7:30 pm**. at the Senior Center, for “**How to Stay Young While Growing Older – and Have Fun Doing it**”. Refreshments, light beverages and wine will be served. Guests will be treated to an amusing look at aging through cartoons, as well as presentations by Steve Shain and Stacy Greenspan on easy exercises you can do at home and also ways to “Make it Safe” at home. Steve is the popular exercise coach at the Center and Stacy has been an active member off BCAN’s Providers Network. Ample time will be scheduled for interactive table discussions.

This gathering will educate, enlighten and amuse you so **be sure to bring a friend** who may not already know about BrooklineCAN or has become inactive. Space is limited so sign up early for yourself and your friend (s)! To register, please call 617-730-2770.

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens on April 3rd and when we celebrate our volunteers on Wednesday, April 5. The theme for this year is “Volunteers Make the World a Better Place”. Volunteers surely give their heart and soul to the Brookline Senior Center. Your kindness always shines through and does make a difference. Please accept our thanks for all the great work that you do! Our volunteers contribute to making this a better world and we are delighted to honor them. Please join us for the celebration at 12:30 pm. Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to make Brookline a better community. Please send your nomination note to Ruthann Dobek by e-mail at rdobek@brooklinema.gov or by putting a nomination note in my mail box in the Director’s office on the second floor of the Senior Center. I am personally moved by the nominations we have already received. Your thoughtfulness and words of appreciation are inspiring. A reminder all nominations are deliberated by the committee and not selected by number of votes. In addition, at the luncheon we also give an award to a Community Partner. Last year this award went to the Trader Joe’s. If you would like to, you may also nominate an organization for this year’s award.

According to a recent study by Harvard Public Health, for every minute that you exercise, you are adding seven minutes to your life. This study recommends that you exercise at least 150 minutes per week. Physical activity has beneficial effects on many diseases—cancer, heart, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning and mood. My personal favorite is how physical activity reduces my own stress. After a difficult day, nothing makes me feel better than taking a brisk walk. So, dance, lift weights, walk, and do yoga—MOVE! Join our Fitness Center for a bargain price. With the nicer weather, there is no excuse as almost everyone can walk. Take a stroll around Coolidge Corner. Enjoy a walk around the reservoir. Do not delay—start today!

Ruthann Dobek, Director

*Volunteers do so much, with the gift of time you share.
You make a world of difference, and we appreciate your care.
We are grateful for your energy and heartfelt ways.
By touching lives and lifting spirits you brighten everyone's
days.*

NOMINATE A VOLUNTEER

The *Volunteer of the Year* award. Staff/employees are not eligible for this award; it is not an election where the person with the highest number of votes wins; final selection is made from the eligible nominated volunteers by the Volunteer Award Committee. In addition, at the luncheon we also give an award to a Community Partner. You may also nominate an organization for this year’s award. Nominations for Volunteer of the Year and/or Community Partner of the Year should be sent to Ruthann either by email rdobek@brooklinema.gov or voicemail (617-730-2756), or by leaving a note in her mailbox on the 2nd floor.

OPEN COMPUTER LAB

The open computer lab schedule is currently undergoing some restructuring. Please stay tuned for additional details.

AARP TAX PREPARATION

The annual April 15 tax deadline approaches, our wonderful AARP tax volunteers are booked solid! If you still require assistance with preparing your taxes and you were not able to secure an appointment here, you can contact the following resources for assistance.

ABCD (Boston, Brookline, Newton) 640
Washington Street Brighton, MA
617-903-3640 Provides free tax preparation assistance to low income individuals (earned less than \$54,000). Appointments are needed.

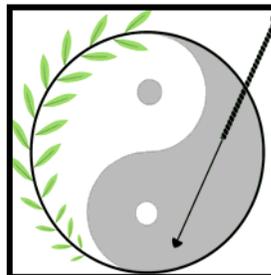
ALLSTON BRIGHTON APAC 617-783-1485
406 Cambridge Street Allston, MA Provides free tax preparation assistance to people who are of low to moderate income. **Walk in service:** Tues., and Thurs. 10am-4pm. And on Saturdays 10-3 at the BPL in Brighton on 40 Academy Hill Rd.

Bentley Volunteer Income Tax Assistance (VITA) Bentley University 781-891-2714 175 Forest Street Waltham, MA (bottom floor Morrison Hall 101) **Provides free IRS sponsored tax preparation assistance.** There are no income limits but they do not prepare taxes for individuals with business or rental income.

CEOC CAMBRIDGE 617-868-2900 You must call for an appointment.

H&R BLOCK 617-738-0209 247 Harvard Street, Brookline, MA Offer tax preparation services for a fee.

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.

MOUNT PLEASANT HOME



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who need a little help**



**All-inclusive & affordable!
Near the Brookline Border**



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3. HOT: Hot Dog*** on Hot Dog Roll w/ Ketchup, Mustard & Relish; Baked Beans; Sauted Peppers & Onions. COLD: Roast Beef w/American Cheese & Mustard on Rye Bread; Carrot Raisin Salad; Orzo Vegetable Salad. Ice Cream Cup</p> | <p>4. HOT: Hamburger w/American Cheese & Ketchup on Hamburger Bun; Cole Slaw; Home Fries. COLD: California Chicken Salad on Scallion Bread; Macaroni Salad; Root Vegetable Salad. Pears</p> | <p>5. No Springwell Lunch today due to the Annual Volunteer Lunch</p> | <p>6. Chicken Orzo Soup HOT: Greek Chicken; Mashed Potatoes; Mixed Vegetables; Wheat Dinner Roll. COLD: Seafood Salad on Oat Bread; Summer Squash Salad; Potato Salad. Applesauce</p> | <p>7. Minestrone Soup HOT: Fish w/Mediterranean Sauce; Herbed Brown Rice; Broccoli; Multigrain Bread. COLD: Mediterranean Plate (V); Hummus; Pita Bread; Cucumber, Feta & Onion Salad; Israeli Couscous. Fruit Loaf</p> |
| <p>10. Split Pea Soup HOT: Turkey w/Gravy; Cranberry Sauce; Mashed Potatoes; Broccoli; Garlic Dinner Roll. COLD: Curry Chicken Salad w/Wheat Bread; Cauliflower Carrot Salad; Greek Pasta Salad. Pears</p> | <p>11. HOT: Beef Stew; Chuckwagon Corn; Tossed Salad w/Lite Italian Dressing; Wheat Dinner Roll. COLD: Tuna Salad on Rye Bread; Tomato Cucumber Salad; Summer Potato Salad. Vanilla Pudding w/Topping Pears</p> | <p>12. HOT: Chicken Marsala; Creamy Parmesan Polenta; Zucchini & Tomatoes; Wheat Bread. COLD: Egg Salad (V) on Oatmeal Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Lemon Rice Salad. Tropical Fruit</p> | <p>13. Beef Vegetable Soup HOT: Fish Florentine; Sweet Potatoes; Tuscan Vegetable Blend; Oatmeal Bread. COLD: Turkey Chef Salad w/Lite Italian Dressing; English Pea Salad; Multigrain Bread. Oatmeal Raisin Cookie</p> | <p>14. Cream Of Butternut Squash Soup HOT: Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Stewed Tomatoes; Multigrain Bread. COLD: Cottage Cheese & Fruit Plate (V); Orange Juice; Potato Salad; Wheat Dinner Roll. Orange</p> |
| <p>17. PATRIOT'S DAY HOLIDAY NO MEAL SITE SERVICE TODAY MEAL SITE CLOSED TODAY</p> | <p>18. Potato Leek Soup HOT: Baked Fish Filet w/Newburg Sauce; Mashed Sweet Potatoes; Spinach; Multigrain Bread. COLD: Roast Beef w/Cheddar Cheese & Mustard on Multigrain Bread; Potato Salad; Roman Blend Salad.</p> | <p>19. Lentil Stew (V); Brown Rice; Italian Green Beans; Oatmeal Bread. COLD: Chicken Pesto Caesar Salad; Rice Salad; Garlic Dinner Roll. Vanilla Pudding w/Topping BIRTHDAY LUNCH</p> | <p>20. Beef Vegetable/Spinach Barley Soup HOT: Lasagna w/Marinara Sauce & Meatball; Kale; Wheat Dinner Roll. COLD: Tuna Salad on Rye Bread; Pesto Pasta Salad; Riviera Salad. Peaches</p> | <p>21. SPRING SPECIAL Broccoli & Cheese Stuffed Chicken Breast Sour Cream & Chives Mashed Potatoes Summer/Spring Vegetable Blend Dinner Roll Carrot Cake w/Cream Cheesecake</p> |
| <p>24. HOT: Macaroni & Cheese*** (V); Stewed Tomatoes; Wheat Bread. COLD: Oriental Chicken Salad; Lo Mein Pasta Salad; Carrot Pineapple Salad; Oatmeal Bread. Mandarin Oranges</p> | <p>25. Vegetable Soup HOT: Creole Chicken; Rice & Beans; Collard Greens & Onions; Multigrain Bread. COLD: Tuna Salad on Rye Bread; English Pea Salad; Beet Salad. Apple Raisin Compote w/Topping</p> | <p>26. Tomato Basil Soup HOT: Turkey Roasted w/Gravy; Cranberry Sauce; Butternut Squash; Green Beans; Wheat Roll. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Pumpernickel; Summer Squash Salad; Balsamic Pasta Salad .Orange</p> | <p>27. Chicken Rice Soup HOT: Meatloaf w/Beef Gravy; Mashed Potatoes; Country Vegetable Blend; Oatmeal Bread. COLD: Seafood Salad on Wheat Bread; Tomato Red Pepper Salad; German Potato Salad. Birthdate Cake</p> | <p>28. HOT: Salmon Boat w/Lemon Dill Sauce; Whipped Sweet Potatoes; Zucchini & Red Peppers; Oat Grain Bread. COLD: Turkey w/Cheddar Cheese & Lite Mayo on Multigrain Bread; Greek Salad; Macaroni Salad. Lemon Pudding</p> |





APRIL 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 Wednesday, April 19 (Note change of date due to Passover) we celebrate April birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all April birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. 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.

NOTE

No Springwell Lunch on April 5 Due to the Annual Volunteer Lunch. See P. 1 for more information.

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Greg's, 821 Mt. Auburn St., Watertown on Tuesday, April 25. The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, call 617-730-2770.

-SAVE THE DATE-

OSTEOPOROSIS AND YOU

Join Meghan Ostrander, Springwell Dietitian, on Friday, May 5 at 1:00 pm at the Senior Center to learn how you can slow the damage of osteoporosis and improve bone health through lifestyle changes. We hope to see you there! If you would like to join us at noon for lunch first, please call 617-730-2747 and reserve by 10:30 am on Thursday, May 4. The talk is free, but there is a suggested \$2 donation for lunch.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

BrooklineBank

BrooklineBank.com

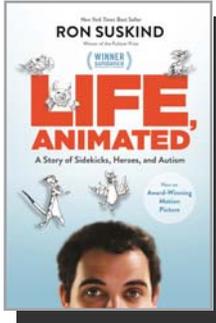
Member FDIC

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.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in April 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, April 4

Life, Animated

(2016)

1hr. 32min.

A coming of age story about a boy and his family who overcame great challenges by turning Disney animated movies into a language to express love, loss, kinship and brotherhood.



Tuesday, April 11

All About Eve- part of our Bette Davis tribute series

(1950)

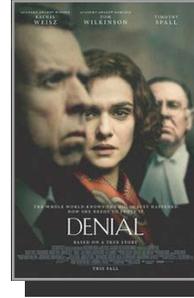
2 hr. 18 min.

An ingénue insinuates herself into the company of an established but aging stage actress and her circle of theater friends. **Stars:** Bette Davis, Anne Baxter, George Sanders

***Please Note:**

Due to a problem with Netflix availability last month, we were unable to show "All About Eve" as planned on March 21.

We now have the movie in hand for April 11 as part of our Bette Davis film series.



Tuesday, April 18:

Denial

(2016)

1hr. 49min.

Acclaimed writer and historian Deborah E. Lipstadt must battle for historical truth to prove the Holocaust actually occurred when David Irving, a renowned denier, sues her for libel.

Note:

We will not have a movie on Tuesday, April 25 due to Abe Lincoln program.

Taken from IMDb <http://www.imdb.com>

ART FOR PLEASURE BROOKLINE SENIORS CREATE

Art for Pleasure, the painting group led by Nancy Marks, has been invited to exhibit work at the Museum of Fine Arts' Hunt Memorial Library, **thorough May 19.**

Please be sure to drop by and view their wonderful work if you are able.

**The William Morris Hunt Memorial Library
Horticulture Hall, 300 Massachusetts Ave,
Boston, MA 02115**

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
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& C**

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starting soon!

www.brooklineadulted.org
617-730-2700

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 April we will meet on the 15th 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

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OUT OF THE ATTIC



In honor of JFK's Centennial Celebration, the National Park Service will present "Out of the Attic: The Maids of 83 Beals Street" at the Brookline Senior Center on Monday, April 3 at 1:00 pm. "The Maids" is a living history program featuring

Alice Michein, the Kennedy family nursemaid, and Mary O'Donahue, the maid of all work. The program reveals the once-hidden lives of the domestic servants.

Find out what life was like for servants in the Kennedy household and gain a greater appreciation for the lives of all residents at the Beals Street home. A National Park Ranger will also be available to tell you more about the JFK birthplace and to answer any questions that you may have so please plan to join us for this interesting event! To register, please call 617-730-2770.

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 scarlson@hrca.harvard.edu



APRIL AT A GLANCE

Saturday, April 1

10:00am-12:00pm 3R Depot at Pierce School
(Visit The Senior Center Booth) *

Sunday, April 2

2:00pm The New Rep "Romeo and Juliet" ***

Monday April 3

1:00pm JFK Centennial Program***

1:00-2:30pm Ukulele Group

Tuesday, April 4

1:00pm Movies for film lovers-*Life Animated*

Wednesday, April 5

9:00am-12noon Brookline Legal Assistance Bureau

12:30pm Volunteer Lunch***

2:00-3:00pm Blood Pressure Clinic BPHD*

Thursday, April 6

11:00am Ask A Nurse

1:30pm Zumba Gold (free to BHA)

6:00-8:00pm "Age of Longevity" at Goddard House*

Friday, April 7

1:00pm Nutrition Discussion ***

Monday April 10

Tuesday, April 11

1:00pm Movies for film lovers-*All About Eve*

Wednesday, April 12

1:00pm Brookline Music School

100-2:00pm Blood pressure Clinic Sussman House*

Thursday, April 13

1:00pm Mass College of Pharmacy

Friday, April 14

Saturday, April 15

11:00am-1:00pm LGBT OUT 2 Brunch Bunch*

Monday April 17

Closed for Patriots Day Holiday

Tuesday, April 18

1:00pm Movies for film lovers

Wednesday, April 19

12:00 noon March Birthday Lunch (Date Change due to Passover)***

1:00pm Better Business Bureau Presentation***

1:00pm Low Vision Group

1:30pm Modern beading

Thursday, April 20

9:00-10:00am Blood Pressure Clinic

9:00am-12:00 noon Diabetic Shoe Clinic***

1:00-2:00pm Brookline Hearing Service

1:30 pm Easy Travel-Norway

6:00-8:00 pm Lora Brody Reception

Friday, April 21

Monday April 24

4:00pm Candidates Afternoon ***

Tuesday, April 25

9:00-10:00am Public issues Nonfiction Book Group-Boomerang

1:00pm With Malice Towards None*** **No Movie**

6:00pm Ali Weinberg Barton - Author Talk ***

Wednesday, April 26

1:00-2:00pm Blood Pressure Clinic -Park Street*

1:30pm Memory Café ***

7:00pm Remember When Fundraiser *

Thursday, April 27

1:00-3:00 LinkedIn Basics***

Friday, April 28

Saturday, April 29

11:00am-5:00pm Brookline Open Studios

Sunday, April 30

11:00am-5:00pm Brookline Open Studios

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
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and
Balance
10:30 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 Member-
ship required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-3:00pm Scrabble
3:00-5:00pm TRIPPS Rideshare Training***

Thursday

8:30 am-4:30 pm Fitness Center Open member-
ship required
9:30-11:45am Drawing for Pleasure Figure
Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***

Thursday continued

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
10:30-11:15 Adventures in Mindfulness***
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 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 **
3:30 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

GALLERY 93

Hours: Monday-Friday 8:30-5:00

The Reunion Project: "Then I was...now I am..."

Portraits by Lora Brody

Reception Thursday, April 20 from 6:00-8:00 pm

WISDOM AND MEMORIES

BROOKLINE SENIORS & THE REUNION PROJECT

The Brookline Senior Center and Goddard House are hosting the Reunion Project, a photography exhibit displaying photos by Lora Brody of approximately 50 women from age 65 to 100 as they appear now, along with photos of their younger selves. The exhibit may be viewed at both the Senior Center and Goddard House from April 3 to June 30. A reception will be held at the Senior Center on **Thursday, April 20 from 6:00-8:00 pm** and at **Goddard House on April 29 and 30 at 2:00 pm**. The project is sponsored by Brookline Senior Center, BrooklineCAN, Goddard House, and Center Communities.

The Reunion Project: "Then I was.... Now I am..."



Portraits by Lora Brody

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.

FILE OF LIFE UPDATE

| | |
|---------------------|---------|
| FILE OF LIFE | |
| Name: | |
| Address: | |
| Doctor: | Phone#: |
| EMERGENCY CONTACTS | |
| Name: | Phone#: |
| Address: | |
| Name: | Phone#: |
| Address: | |

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.

UKULELE FUN

Ukulele fun will be held on **Thursday, April 3 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!

MASS COLLEGE OF PHARMACY OSTEOPOROSIS SCREENING



Join students and faculty from MCPHS University on Thursday, April 13 at 1pm for a second interactive information session on osteoporosis. Faculty and students will be administering bone density testing and providing information about osteoporosis! As always questions are encouraged!

MODERN BEADING

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, April 19 at 1:30 pm** at the Senior Center. 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. 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. **NOTE:** Join us for the Brookline Recreation trip to the Beading Expo on **Friday, May 12 from 11:00am-4:30pm** To register call Brookline Recreation at 617-730-2069. Cost: Residents \$16 Non-Residents \$22

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.

HOME MODIFICATION LOAN

This program is offered by the Massachusetts Rehabilitation Commission (MRC) offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home. Loans can help finance projects such as: Ramps, stair lifts and wheelchair lifts, kitchen and bathroom adaptations, home security hard-wired alarm systems, safety windows, and fences. This program offers generous income guidelines, approximately 95% of borrowers qualify for a 0% loan with no monthly payments. Repayment is required when the home is sold or transferred. For more information, visit: www.cedac.org/hmlp ... or call Susan Gillam at 1-866-500-5599.

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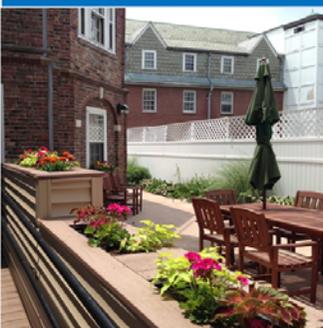
COUPON

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.

BE A SAVVY CONSUMER

Are you having a dispute with a business regarding the purchase of goods or services for personal use? Do you have questions about your rights as a tenant? Do you have a concern about an offer that will provide you with a financial gain that sounds too good to be true? If so, assistance is available – quickly and easily by calling **617-796-1292 from 9:30 am - 3:45 pm, Monday-Friday** to reach the Newton-Brookline Consumer Office, working in cooperation with the office of the Massachusetts Attorney General. Residents of Newton, Brookline, Belmont and Watertown are all in our area of jurisdiction. There is no need to visit our office. We're just a phone call away! Mimi Cole and Judy Zohn, Co-Directors.



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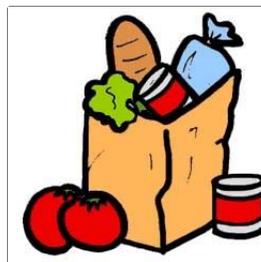
BETTER BUSINESS BUREAU (BBB) 101



The Better Business Bureau is a nonprofit public service organization with a mission to be the leader in advancing marketplace trust. BBB encourages and supports

best practices by engaging with, and educating, consumers and businesses. For over 100 years BBB has helped people make smarter decisions and is evolving to meet fast changing marketplace needs. Join us on **Wednesday, April 19 at 1:00 pm** at the Senior Center for the **BBB101 program**, a discussion on the Better Business Bureau's mission and how consumers can best utilize all of BBB's free services to help make educated and informed consumer decisions. To reserve your place, please call 617-730-2770.

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 Brook-

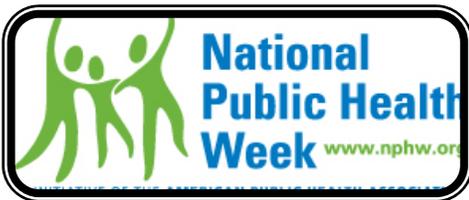
line Senior Center @ 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House @ 61 Park Street on the 3rd Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia 617-730-2743 to set up an appointment.

BROOKLINE CLIMATE WEEK

3R Depot: Pitch In to Reduce, Reuse, Recycle

Come to Climate Week's hub at the **Pierce School on Saturday, April 1 from 10am-2:00pm** for climate education, action, and fun. Donate and drop off eyeglasses, aluminum can pop tops, cell phones and chargers, learn about Mothers Out Front-Gas Leaks, Pay as you Throw and choose buns, learn about sustainable packaging, Bicycle Safe Streets, Medical Reserve Corp Emergency Preparedness, League of Women Voters, Grab lunch, test drive an electric car, take out a book from the Library Book Bike and shred your documents for only \$5.00 per box. **The Senior Center will have a table and we will be collecting eyeglasses, cell phones and pop tops. Stop by and say hello.**

BROOKLINE CELEBRATES NATIONAL PUBLIC HEALTH WEEK APRIL 3-9



April 4, 2017. It's Easy Being Green At Home. Chemical-free cleaning products and makeup. Create samples of cleaning products to test at home. Learn about chemicals in cosmetics; how to read makeup labels. **3:30-5:00pm Brookline Main Library, Hunne-man Hall, 361 Washington Street, Brookline Village.**

April 4, 2017. TB: A New Look at an Old Problem.

Kelly Holland, MD, Family Physician, Lynn Community Health Center;
Patricia Iyer, MSN, RN, Mass. Dept. of Public Health TB Control and Prevention Program. CEUs: Nurses, EMTs, RS, REHS, CHOs. **7:00-8:30pm Brookline Main Library, 361 Washington Street, Brookline Village.**

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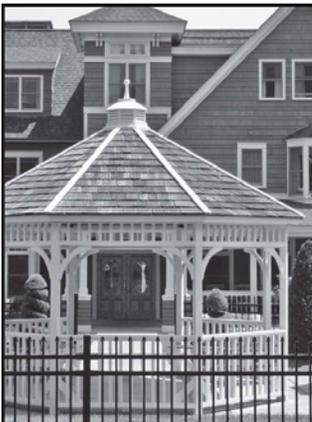
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Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing by 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.

LINKEDIN BASICS

Thursday, April 27 from 1:00-3:00 pm at the Brookline Senior Center. Patricia Burns will familiarize us with this important job search tool. Registration is required. Please call Patricia @ 617 730 2743 or email her @ pburns@brooklinema.gov

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.

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



ANNUAL VOLUNTEER SURVEY & FILE AUDIT

Check your mail! We will be sending you two important mailings. The first will contain our annual volunteer survey The survey gives us valuable data for the Brookline Senior Center annual report so please fill it out and return it to Patricia. The second will include any missing or very outdated forms from YOUR particular volunteer file. Both mailings will include a self-addressed envelope to either mail or drop off for Patricia, Volunteer Coordinator. Any questions, please contact her at 617-730- 2743 or pburns@brooklinema.gov

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APRIL SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Food Commodity program on 3rd Wednesday of each month. We need Russian interpreters for the afternoons and people able to help lift 30-35 lbs. in the morning, assistance for seniors with their Smartphones on Wednesday afternoons from 3:00-5:00 pm, as well as audio and video interviewing of seniors after they complete a TRIPPS Transportation Challenge. If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator @ 617 730 2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and opportunities to volunteer at the Brookline Senior Center.

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.



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- We believe education leads to personal and professional growth.
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- We believe everyone deserves respect.

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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. -*Da, 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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from Charlott Millman
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from Bernice and Edward Bayer
Frank Farlow
from Colleen
Jerry Silverman by Marilyn Silverman
Maury Childs by Lee Cooke Childs

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.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

ELF: The Equipment Loan Fund has a floor peddler available for one's exercise needs. If you or anyone you know could use this, please call Jamie at 617-730-2753.

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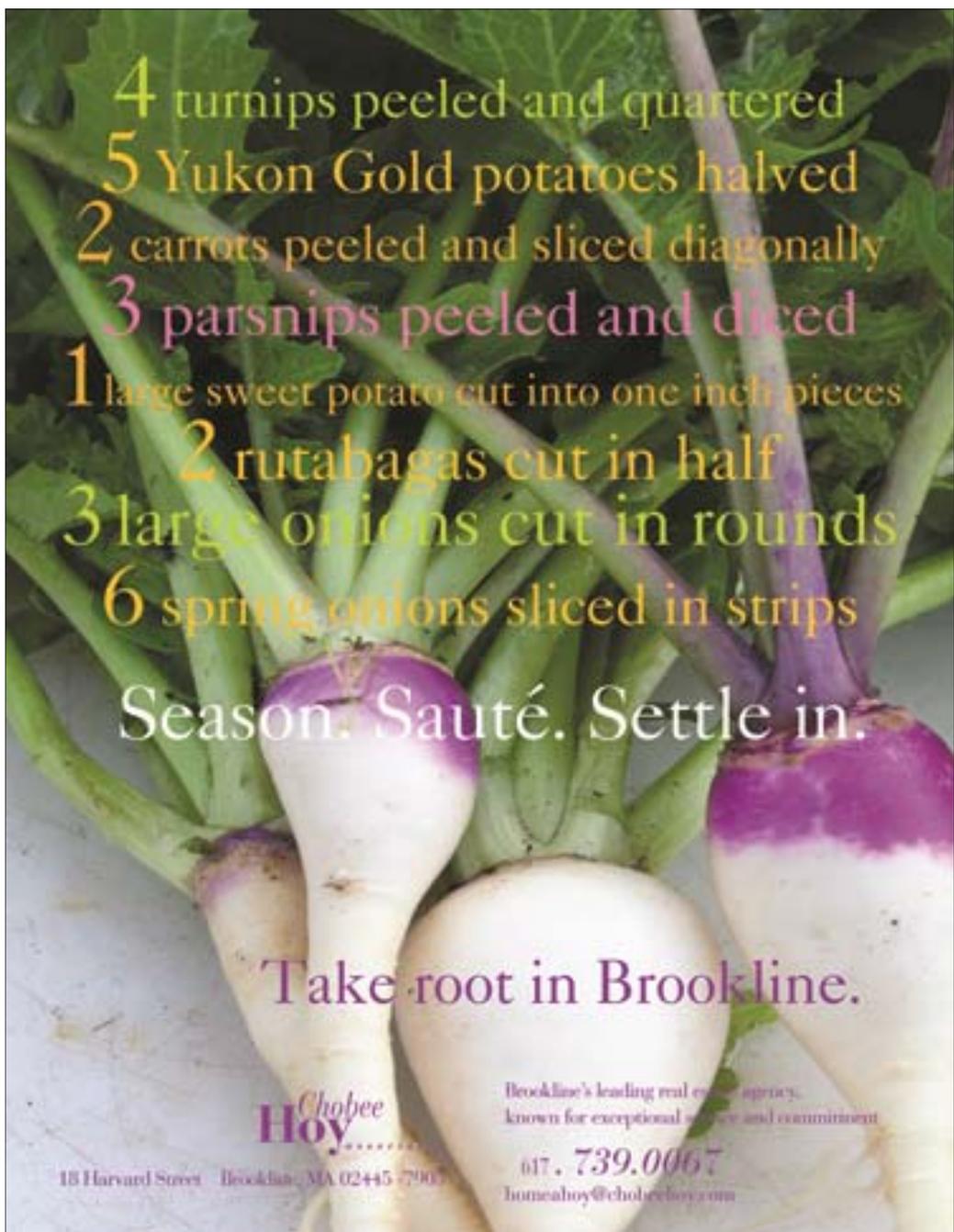
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6 spring onions sliced in strips

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