TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging	**Information Hotline**
617 730 2777	617 730 2778
Senior Center	**Van**
617 730 2770	617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Indulge your chocolate cravings at the Chocolate for Caregivers event on **July 15**. See p. 8.

Come to the Senior Chorus concert in memory of Sara Rossi on **July 19**. See p. 3.

Find out about senior living options on **July 31**. See p. 9.

Mark Your Calandars!!

…for these important upcoming events at the Senior Center!

Wednesday, October 23,
the 12th annual Autumn Benefit supporting the renovations of the Senior Center
AND
In early November,
the 29th Annual Holiday Craft Fair

JULY 2013

REAP

The Brookline Senior Center, partnering with Brookline-CAN and other organizations, has begun a newly revised JOBS program for Brookline residents 60 and older called the ***Retirement Engagement Alternatives Program (REAP)***. We recognize that adults 60 and over, whether working part-time or in full retirement, want to remain engaged in the world around them and the community in which they live. **REAP** attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for, a fulfilling retirement; those wishing to volunteer and stay active in the community post-retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pensions and Social Security.

There will be a free community-wide kickoff of **REAP** on **Wednesday, July 24, from 1:00 to 3:00 pm** at the Senior Center, featuring a panel of speakers and a presentation called "Boomers Shifting Gears" for those enthusiastic about exploring possibilities bringing meaning and satisfaction to themselves and others approaching retirement.

Carol Lieberman, from the Cambridge Senior Volunteer Clearing House, will be a featured panelist, addressing the possibilities and promise of volunteering. Other panelists will include people who have successfully transitioned from full-time jobs to fulfilling part-time and volunteer work. We will also give a presentation and list of current volunteer opportunities in and around Brookline.

Because space is limited, registration is required. For more information or to register, contact Deidre Waxman at 617-730–2767 or dwaxman@brooklinema.gov.

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

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The Town of Brookline *Senior News and Events* is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

JULY HOLIDAYS

The Senior Center will be closed on **Thursday, July 4**, for Independence Day, a great day to go to the shore, to barbecue, or to have a clambake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks (and bonfires if you are lucky enough to know a community where this New England custom still exists) while the country celebrates its birthday. And don't forget that it is on July 4 that the annual turning of the USS Constitution occurs.

According to Doyle's (that venerable Jamaica Plain institution) calendar, July 2 is the official beginning of Dog Days—the sultry days of summer. For us who dwell in the Northern Hemisphere, the dog days of summer are most commonly experienced in the months of July and August, which typically have the warmest, stickiest summer weather. *(excerpted from Wikipedia)*

COUNCIL ON AGING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet in mid-August to consider new member for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

PLANNING MEETING FOR THE 29TH ANNUAL HOLIDAY CRAFT FAIR

It's that time of year again! Time to start planning for the 29th Annual Holiday Craft Fair in November. If you want to help plan and execute the fair, come to the first planning meeting at the Senior Center on **Monday, July 29, at 1:00 pm**.

J.E. PIERCE APOTHECARY

We learned in mid-June that the J.E. Pierce Apothecary has been sold to CVS. We know that many Brookline seniors and others depended on this old-fashioned pharmacy that delivered to their homes for so many years.

However, we have discovered that the CVS at the corner of Beacon and Harvard (617-731-4410) is retaining the Pierce delivery people to continue delivering customers' drugs.

And our wonderful Social Work staff has been busy finding other pharmacies that will deliver prescriptions to Brookline residents:

- Health First Pharmacy (1670 Commonwealth Ave, Brighton, 617-206-3233—free delivery)
- Melvin's Pharmacy (1558 Commonwealth Ave, Brighton, 617-566-2281)
- Walgreens (1324 Beacon St, Brookline, 617-566-3086—limited delivery area in Coolidge Corner).

Stay tuned to the *Senior News and Events* for more information.

SENIOR CHORUS CONCERT

Our Senior Center Senior Chorus will give a concert of summery songs in memory of former chorus member Sara Rossi on **Friday, July 19, at 11:00 am**.

Since it will be just before lunch, we would like to encourage people to plan on staying for lunch and to enjoy dessert refreshments after lunch.

Sara was a very active senior who, in addition to participating in the Senior Chorus, was manager of the Gift Cart and co-recipient of the 2013 John and Molly Dolan Volunteer of the Year Award.

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on Friday mornings at 10:30 am and make a joyous sound with the group led by Zhora Shaw.

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, July 11, from 11:00 am to 12:00 noon** 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, July 1, 15, and 29 and August 5 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 will meet at the Senior Center on **Wednesday, July 17, at 1:00 pm**.

Blood Pressure Screening
Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, July 18, from 9:00 to10:00 am**. She will also provide blood pressure screenings:

- • On **Wednesday, July 3, from 2:00 to 3:00 pm** at the BPHD building at 11 Pierce Street
- • On **Wednesday, July 10, from 1:00 to 2:00 pm**, at Sussman House, 50 Pleasant Street
- • On **Wednesday, July 24, from 1:00 to 2:00 pm**, at O'Shea House, 61 Park St.

And Jinghong Yang, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, July 29**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Keep Cool Remember to keep cool this summer. The Senior Center is an official Brookline Cooling Center. Come and participate in our programs, have lunch, or just chat with your friends and peers. And follow the Town's guidelines for preventing heat-related illnesses:

- Slow down, avoid strenuous activity and too much sun.
- Plan outdoor activities for early morning or evening.
- Stay indoors as much as possible and use air conditioners when the temperature gets high as fans alone will not prevent heat-related illness.
- Take cool showers or baths.
- Wear loose-fitting, lightweight, and light-colored clothing covering as much skin as possible.
- Wear wide-brimmed hats to protect head and face.
- Drink plenty of fluids. Avoid alcoholic beverages and drinks with caffeine and large amounts of sugar as these actually cause loss of body fluid.
- Use the stove less and cook only in the cooler part of the day.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at 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 and Events.*)*

Question: What exactly is a urinary tract infection and how can I avoid it?

Answer: Urinary tract infections (UTIs) are the most common bacterial infections in the United States. 80% of all women will have at least one UTI in their lifetimes, and many have more than one. The infection can be anywhere in the urinary tract: the kidneys, the ureters (the tubes that connect the kidneys to the bladder), the bladder, or the urethra (the tube that connects the bladder to the outside).

UTIs become more common as we get older because of decreased immune systems, being less active, bowel incontinence, changes in the bladder 's ability to squeeze out all the urine, and for men, enlarged prostates. The most common bacteria is one that is found normally in stool, but that causes an infection if it touches the opening to the urinary tract.

How do we know if we have a UTI? Symptoms can include a strong urge to urinate, even if you just urinated; cloudy, bloody, or foul-smelling urine; pain or burning on urination; abdominal or back pain; or vague symptoms such as fatigue, weakness, confusion, or loss of appetite. People who have recently had a urinary catheter in the hospital are at high risk for a UTI, and hospitals are encouraged not to use them unless absolutely necessary.

To prevent UTIs, it is helpful to drink a lot of fluids to wash bacteria from the bladder. Try to completely empty the bladder. And urinate after sex to flush out bacteria that might have entered the urethra.

To determine if you have a UTI, it is important to get a urine test to see if there are white cells (a sign of infection) and bacteria (to see which antibiotic will work).

Treatment of a UTI depends entirely on which bacteria grows out of the urine test, which can take 2 to 3 days. If you are in a lot of discomfort, your doctor may prescribe an antibiotic until the test is ready, but this is discouraged because of side effects of antibiotics as well as the growing problem of building up resistance to antibiotics.

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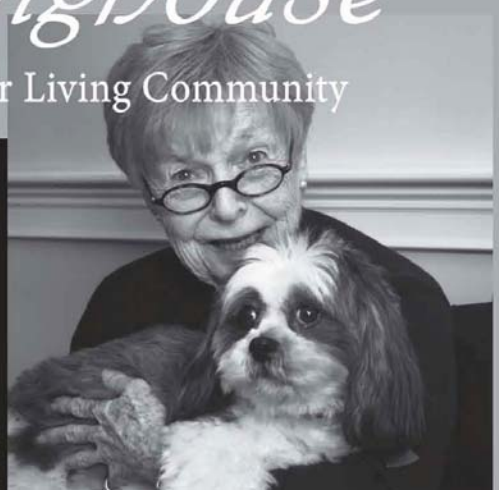

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SENIOR SERVICES

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 taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount ($25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5). BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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 2012 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 $47,150; a couple's, $53,900.

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.

BLAB A 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, July 3, 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. (See also p. 28.)

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!

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. 7 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.

NEW MEDICARE PROGRAM FOR DURABLE MEDICAL EQUIPMENT

Effective July 1, Medicare will have a new program for Durable Medical Equipment. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have Original Medicare (*not* a Medicare Advantage HMO or PPO plan), these changes will apply to you.

Among items covered under this new ***Durable Medical Equipment*** program are:

- Oxygen and oxygen equipment
- Standard (power and manual) wheelchairs and scooters
- Hospital beds
- Walkers

If you are already renting any of this durable medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances, you may be able to keep your supplier. *Make sure Medicare will continue to pay for your item to avoid any disruption of service!*

To have Medicare pay for ***diabetic testing supplies*** delivered to your home, you need to use a Medicare national mail-order supplier. If you don't want to use mail-order, go to a local pharmacy or storefront ***that accepts Medicare assignment*** and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, go to www.medicare.gov/supplier or call 1-800-633-4227.

Assistance is also available from the SHINE program. Call the Senior Center at 617-730-2777 for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by calling 1-800-243-4636, then pressing or saying "3." Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

Moving? Downsizing?

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

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CHOCOLATE FOR CAREGIVERS

If you love chocolate, this is the event for you! Come to this fantasy for chocoholics at the Senior Center on **Monday, July 15 from 2:00 to 3:30 pm** and sample a four-piece plate of gourmet chocolate creations and iced coffee for a donation of $4 per person, purchase bake sale goodies to take home, and participate in a raffle drawing for many prizes. Space is limited so preregistration is necessary. To register, call 617-730-2770.

We would appreciate it very much if all you bakers out there baked something for the bake sale, and because the event is on a Monday, if you could bring your goodies in on Monday morning so that they are fresh for the sale.

Proceeds go to supporting our Alzheimer's Caregiver Support Group. Proceeds from this event will help provide group members, who are loving and dedicated caregivers, with a much needed break from caregiving for a few hours.

.

STEPHEN COLLINS ON ROBERT FROST

Robert Frost

Stephen Collins's "An Afternoon of Frost" was such a success that he is coming back to the Senior Center with more Robert Frost—this time as a four-session seminar—**Tuesdays, July 9, 16, 23, and 30—from 1:00 to 2:00 pm**.

Mr. Collins feels that Robert Frost is a greatly misunderstood poet. Many people, have tried to pigeonhole him, but Frost is far more complicated than the surface indicates. He voted for Socialist Eugene Debs, but was vehemently opposed to Franklin Roosevelt and the New Deal. Frost once said of himself: "I never dared to be radical when young for fear it would make me conservative when old." It is this complex man that can be seen in his poems.

The seminar will cost $27, payable on registration. Mr. Collins needs a minimum of 10 people in order to do the series, so sign up as soon as possible for this July series. And, since space is limited, sign up as soon as possible by calling 617-730-2770.

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MONET'S MIRROR

And award-winning pastel artist Gregory Maichack is presenting this one-day pastel workshop at the Senior Center on **Wednesday, July 10, from 1:00 to 3:00 pm**.

Imagine using the actual imagery that inspired Monet to paint his "Water Lily" paintings. Maichack, a Museum of Fine Arts (MFA) pastel demonstrator, offers a new workshop for everyone, sheer beginners to advanced, in which you produce your own Impressionist pastel painting. Expressive and fun, you will quickly learn how easy and direct pastel painting is—from Maichack's long experience teaching pastel techniques.

Since space is limited, sign up as quickly as you can for this workshop by calling 617-730-2770. This program is funded by a generous grant from the Brookline Commission for the Arts, which is funded by Massachusetts Cultural Council.

INTRODUCTION TO SENIOR LIVING OPTIONS

On **Wednesday, July 31, at 1:00 pm**, come to a presentation by Karen Pollack from Springhouse Senior Living and take part in the subsequent discussion about four basic types of senior living options. Learn more about Independent Living, Continuing Care Retirement Communities, Assisted Living (including Assisted Living with memory support), and Skilled Nursing Facilities. Discover the differences and choose the best option you!

FRENCH CONVERSATION

Brush up your conversational skills **every Tuesday in July at 12:00 noon** with the French Conversation Group led by Agnes Serenyi.

MY LIFE, MY HEALTH

Don't miss this summer's edition of "My Life, My Health," the evidence-based program developed by Stanford University and offered by Springwell on **6 Thursdays from July 11 through August 15 from 9:30 am to 12:00 noon** at the Senior Center. This year's workshop focuses on adults who are living with the challenges of a persistent health condition. If your chronic condition is preventing you from enjoying life, this interactive workshop will help you take control of your health by teaching you how to:

- Share what you know and learn from others experiencing similar challenges
- Try simple techniques improving your quality of life
- Manage stress and difficult emotions
- Reduce fatigue, anxiety, sleep loss, and pain
- Manage medication
- Set and meet personal goals
- Increase your energy level
- Make choices about your treatment
- Have fun!

The program is free but space is limited so preregistration is required. Call 617-730-2770 to register and for more information. The program is sponsored by Massachusetts Executive Office of Elder Affairs and the Tufts Health Plan Foundation.

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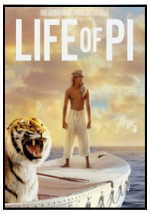
MOVIES FOR FILM LOVERS

Come to the Senior Center **every Tuesday in July at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 15-16 for menus and reservation instructions), and make an afternoon of it in the air conditioned comfort of the Center.

July 2 93 minutes
Beasts of the Southern Wild (2012)
(Finally, it's here. This film was postponed from June 4 when the projector was held hostage in the elevator after the power outage) This fantastical drama follows a little girl named Hushpuppy who lives in a dilapidated pocket of homes in the Mississippi Delta. When her father falls ill and natural disasters strike, Hushpuppy sets off to find her long-lost mother. With Quvenzhané Wallis, Dwight Henry, and Levy Easterly.

July 9 96 minutes
When Harry Met Sally (1989)
Nora Ephron's episodic screenplay introduces womanizing, neurotic Harry (Billy Crystal) and ambitious, equally neurotic Sally (Meg Ryan) as chums who resist sexual attraction to maintain their friendship, a relationship that's always teetering on the brink of love.



July 16 127 minutes
Life of Pi (2012)
Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi (Suraj Sharma), an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

July 23 157 minutes
Les Misérables (2012)
The musical version of Victor Hugo's epic tale of love and sacrifice, first produced for the stage in 1985, now receives the big-screen treatment. The bloody era of the French Revolution is the backdrop to Jean Valjean's long struggle for redemption. Starring Hugh Jackman, Russell Crowe, and Anne Hathaway.

July 30 138 minutes
Flight (2012)
After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government's inquiry into the causes soon puts the new hero's reputation at risk. Starring Denzel Washington, John Goodman, and Don Cheadle.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, July 17, 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. No registration is required.

AT THE GALLERY

The Senior Center cordially invites you to Just a Gesture *an exhibit of figure drawings by the members of Louise Weinberg's* Drawing for Pleasure *class*

Just a Gesture...

Through Friday, September 6

at the Senior Center Gallery

Hours: Monday through Friday from 8:30 am to 5:00 pm

MORE SUMMER ENTERTAINMENT

Brookline is full of summer programs for people of all ages. In July, for example:

There are ongoing film programs at the ***Coolidge Corner Branch Library*** (Senior Cinema—every Thursday—except July 4—with refreshments at 1:00 pm and a film at 1:30 pm) and the ***Putterham Branch Library*** (Midday Movies every Wednesday at 2:30 pm). And there are free outdoor movies at the ***Devotion School*** on **Mondays, July 8, 15, and 22, from 8:30 to 11:00 pm**.

There are concerts at the **Daniel F. Ford Playground at Emerson Garden** in the summertime. On **Wednesday evenings in July**, you can enjoy:

- Beatle Cover Tracks with Beatletracks on the **10th**
- Soul music with Hipsockets on the **17th**
- Oldies with The Corvairs on the **24th**
- Children's music with Vanessa Trien and the Jumping Monkeys on the **31st**

This is a great treat to share with your children and grandchildren. All shows **begin at 6:00 pm** and are free. For more information, visit www.brooklinerec.com or call 617-730-2069.

Moving right along, ***ARTZ***, Artists for Alzheimer's is having a free photo workshop on **Thursday, July 11, from 2:00 to 4:30 pm** at Brookline Booksmith. This free interactive workshop is open to the public. Candace Walker, Research Assistant for Hearthsonte Alzheimer Care's Research Division and practicing photo artist, will run a workshop related to photography. There will be objects and models to photograph or you can bring your own object. For more information, call Dee Brenner at 978-985-4427, or e-mail her at Brenner@artzalz.org.

So have a happy time with your friends and family, and enjoy a wonderful July! And add these to the many other events that are listed on the pages of this newsletter!

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 and Fridays from 12:30 to 3:00 pm** at a special, discounted rate—a a donation of $7 per session. You can also buy a book of 5 treatments is $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 and/or to schedule an appointment, call 617-730-2777.

MEDITATION IN MOVEMENT

One of our lovely ongoing programs is Meditation in Movement with instructor Jennifer Winslow. In this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center, the focus is on gentle, simple movements to improve posture, balance, lung capacity, overall joint health, and movement.

Fee: $5/session. Note that there will be **no class on July 5**. For more information about this course, call Julie at 617-730-2760 or Sharon at 617-730-2769.

EXERCISES FOR HEALTH AND REJUVENATION

In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine — tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

SUMMER FITNESS PROGRAMS

The summer fitness program ***at the Morse Apartments*** at 90 Longwood Avenue continues into July. This series of classes on **Mondays in July**, sponsored by the Senior Center and the Brookline Community Foundation are free for Brookline Housing Authority residents. Sessions still to come include:

- Ageless Grace® (Chair Aerobics) on **July 1 from 2:30 to 3:15 pm**
- Zumba Gold® on **July 8 from 2:30 to 3:30 pm**
- Nia Technique® on **July 15 from 2:30 to 3:30 pm**

For more information, call Sharon at 617-730-2768. Wear comfortable clothing.

And at the Senior Center, Steve Shain is offering two very special free exercise classes **from 1:00 to 2:00 pm**:

- On **July 8**, come to an overall fitness class aimed at improving strength, flexibility, cardiovascular levels, and muscular endurance.
- On **July 22**, enjoy a boot camp on fall prevention and balance

Both classes are open to people of all levels of fitness. For more information and to register for Shain's classes, call 617-730-2770.

Steve Shain is the owner of *Train with Shain Fitness*, which specializes in designing fitness programs for seniors of all levels. His main focus is balance and fall prevention. He is certified through the American College of Sports medicine, has a BS/MS in exercise physiology from the University of Massachusetts, and is certified in the "Fallproof" program through University of California/Fullerton.

FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much here at the Senior Center. Come in to enjoy special programs as well as our regular programming all summer long. And remember if there is a heat wave, stop by as we are a cooling center for your comfort. (See p. 4.)

We are especially pleased to present a new program REAP. Learn more by attending the kickoff event on Wednesday, July 24 from 1:00 to 3:00 pm. It is aimed at a broad group of people, including the newly retired who are looking to increase their income with a part-time job; those who are thinking about, and planning for, a fulfilling retirement; those who want to volunteer and stay active in the community post -retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pensions and Social Security. (See also p. 1.)

This summer we welcome a variety of student interns to the Senior Center. When you see the students in the building, give them a warm welcome and chat with them.

Congratulations to Maya Ribot who graduated from Wheelock College this year with a degree in Social work. Maya's interest in social work began when she volunteered at the Senior Center in 2004 in the Careers and Aging Program. She later returned as a leader in Careers in Aging Program. (See also p. 23.)

Several exciting day trips from Recreation still have openings. Drop by the Senior Center to pick up their flyer and see more information on p. 15.

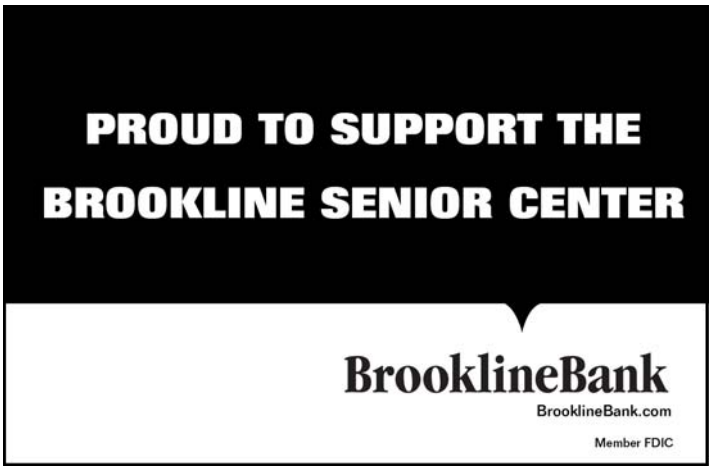
The Senior Center Theater Club certainly is not taking the summer off! Make your reservations now to see great summer shows. For complete details, see page 15.

The heat of summer will be felt as Mary Stevenson continues her great workout Zumba Gold classes on Thursday afternoons (see p. 24). For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of the Brookline Community Foundation.

And finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy delicious summer foods. I especially enjoy juicy grilled burgers, sweet watermelon, and fresh corn on the cob.

Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool—come to the Senior Center to enjoy our air conditioned building and drink extra water this month (see p. 4 for additional tips on keeping cool), and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors (see p. 14).

Ruthann Dobek, Director



BROOKLINE FARMERS' MARKET

The Brookline Farmers' Market is in full swing! What a wonderful place to spend a summer afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, turkey, beef, and lamb. And when they are in season, you will also find strawberries, plums, apples, blueberries, peaches, pears, cherries, and nectarines. If you need a cooling break from shopping, get a yummy ice cream cone or cup.

The Farmers' Market is open on **Thursdays from 1:30 pm until dusk**, rain or shine, **through October 31** at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy and the eye—and it's fresh and local!

SENIOR CENTER FOOD DISTRIBUTION SITE

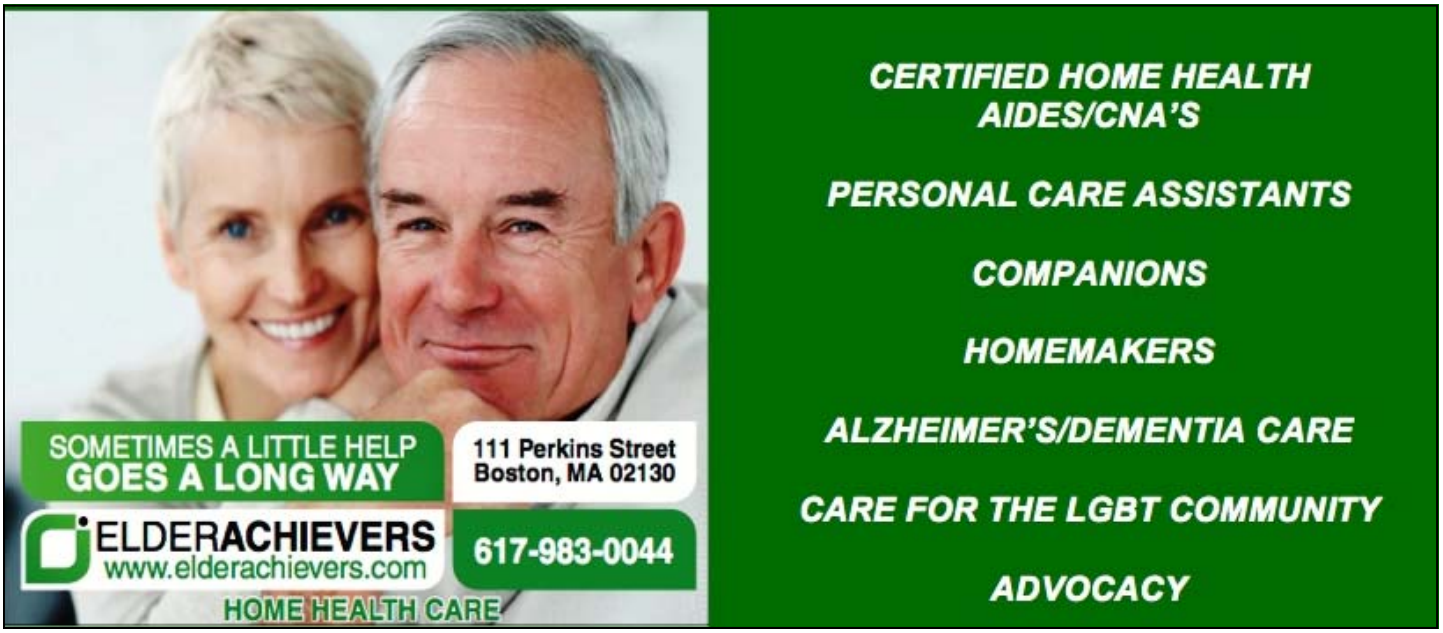
There is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called.

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. Also bring lots of patience and courtesy so that everyone enjoys the process and avoids conflicts.

We want everyone to be able to receive a fair allocation of the food available every week. Therefore, 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 to help, see Lydia Pearl at the Senior Center on Tuesday mornings.



BROOKLINE RECREATION ADULT EXCURSIONS

Arnold Arboretum
Friday, July 12, 11:00 am to 1:00 pm
Explore the Arnold Arboretum. It occupies 265 acres filled with a living collection of trees, shrubs, and woody vines recognized as one of the most comprehensive and best-documented places of its kind in the world. As a university-based living collection, the Arnold Arboretum can share a wealth of knowledge with the public in a way that is engaging, substantive, and long lasting. *Cost: Residents-$8, nonresidents $11.*

Castle Island
Friday, July 26, 11:00 am to 3:00 pm
A wonderful place to spend a summer afternoon whether you take a leisurely stroll, purchase lunch from Sully's, or just sit and enjoy the breeze. *Cost: Residents-$8, nonresidents $11.*

Kennebunkport, Maine
Friday, August 2, 8:00 am to 6:00 pm
Historically a fishing village, Kennebunkport has become a popular seaside tourist destination with a small district of souvenir shops, art galleries, seafood restaurants, and inns. *Cost: Residents-$15, nonresidents-$21.*

BBQ at Larz Anderson Park
Friday, August 23, 11:30 am to 2:00 pm
Enjoy a summer day at Larz Anderson Park with hot dogs, hamburgers, and drinks! The BBQ will take place at the BBQ tables with plenty of shade for all! *Cost: Residents-$15, nonresidents-$21.*

Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call Elizabeth at 617-730-2082, the Recreation Dept. at 617-730-2069, or you can register and pay on the second floor of the Senior Center.

SENIOR CENTER THEATER CLUB

Les Miserables $38
Saturday, August 10 (2:00 pm)
at the Reagle Music Theatre in Waltham
This celebrated Tony- and Oscar-winning musical in Reagle's sumptuous and exciting new production features such unforgettable songs as "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," and "One Day More."

And more and more and more, including:

- Travel to Pawtucket on **Wednesday, August 14** to a baseball game between the ***PawSox and Buffalo*** at what is possibly one on the most charming baseball venues around. The game starts at 12:15 so the bus will leave Brookline midmorning. When you make your reservations, check on the time the bus will be leaving for the game. The round-trip bus fare and reserved seats at the game will be $15. Come one come all, bring friends!
- ***All the Way*** by Robert Schenkkan at the American Repertory Theater in Cambridge on **Sunday, September 15 at 2:00 pm** for $39.
- An exciting presentation of ***Great Expectations*** to be performed at the Senior Center on **Sunday, September 29 at 1:30 pm**. Tickets are only $20, and refreshments will be served.

Look forward to yet more: **The Jungle Book** (Sunday, October 6, at 2:00 pm at the Huntington Theatre); **Rancho Mirage** (Sunday, October 20, at 2:00 pm at the New Repertory Theatre); a **Mozart and Beethoven** concert (Sunday, November 3, at 3:00 pm at Symphony Hall; and ***Camelot*** (Sunday, November 24 at 2:00 pm at the New Repertory Theatre).

For more information and reservations, call 617-730-2770.

Note: There will be a meeting of the Senior Center Theater Club at the Senior Center on **Tuesday, July 2, at 2:00 pm**.

Springwell Nutrition Program JULY 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
1) Corn Chowder **HOT** Meatloaf w/Mushroom Gravy, Mashed Potatoes, Zucchini & Tomato Sauté, Multigrain Bread **COLD** Mediterranean Tortellini Salad, Purple Cabbage Coleslaw, Rye Bread Fresh Fruit	2) **Independence Day Special** BBQ Chicken Leg Summer Potato Salad Tossed Garden Salad Lite Italian Dressing Whole Wheat Dinner Roll Sponge Cake w/Strawberries & Whipped Topping	3) Florentine Soup **HOT** Breaded Fish Sandwich Lemon Sauce & Tartar Sauce, Wheat Roll, Rice Pilaf, Roasted Red Onions, Peppers & Zucchini **COLD** Chef Salad w/Turkey, Cheese, & Egg, Lite Italian Dressing, Potato Salad, Oat Bread Tropical Mixed Fruit
8) Cream of Tomato Soup **HOT** Potato Pollock Filet Lemon Butter Sauce, Brown Rice Pilaf, Vegetable Blend, Wheat Bread **COLD** Turkey w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Cole Slaw, Orzo Vegetable Salad, Oat Bread Chef's Choice Dessert	9) Vegetable Consommé **HOT** Stuffed Shells w/Meatball & Marinara Sauce Parmesan Cheese, Zucchini & Summer Squash, Multigrain Bread **COLD** Grilled Chicken Caesar Salad w/ Croutons, Parmesan Cheese, & Dressing, German Potato Salad, Scali Bread Fresh Fruit	10) **HOT** Veggie Burger, American Cheese, Ketchup, Diced Roasted Red Potatoes, Coleslaw, Wheat Roll **COLD** Tuna Salad w/Lettuce Leaf, Three Bean Salad, Summer Squash Salad, Multigrain Bread Pears
15) Escarole Bean Soup **HOT** Cheese Lasagna Roll Up w/Meatball & Marinara Sauce, Riviera Vegetable Blend, Oat Bread **COLD** Roast Beef, Provolone Cheese, Lite Mayo, Lettuce Leaf, English Pea Salad, Beet Salad, Wheat Bread Pears	16) **Birthday Lunch** Cream of Sweet Potato Soup **HOT** Pot Roast w/Gravy, Baked Potato w/Sour Cream, Jardinière Style Vegetables, Multigrain Bread **COLD** Egg Salad w/Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Rye Bread Peaches	17) Vegetable Soup **HOT** Chicken à la King, Buttered Penne Pasta, Broccoli & Carrots, Wheat Roll **COLD** ***Ham w/Swiss Cheese, Lettuce Leaf, Mustard, Orzo Vegetable Salad, Coleslaw, Oat Bread Oatmeal Raisin Cookie
22) Mushroom Barley Soup **HOT** Greek Chicken, Lemon Olive Rice, Green Beans, Oat Bread **COLD** ***Ham w/Swiss Cheese, Lite Mayo, Greek Pasta Salad, Tomato Pepper Salad, Multigrain Bread Mixed Fruit	23) **HOT** Meatball Sub, Tomato Sauce, Caesar Salad w/Croutons, Parmesan Cheese & Dressing, Roasted Vegetables, Sub Roll **COLD** Turkey, Provolone Cheese, Lettuce, Lite Mayo, Purple Cabbage Coleslaw, Potato Salad, Rye Bread Peaches	24) Clam Chowder **HOT** Salmon Boat w/Dill Sauce, Whipped Sweet Potato, Broccoli & Cauliflower, Wheat Bread **COLD** Roast Beef w/American Cheese, Lettuce Leaf, Lite Mayo, English Pea Salad, Summer Squash Salad, Oat Bread Chocolate Cake
29) **HOT** Roast Pork w/Cinnamon Apple Glaze, Baked Potato w/Sour Cream, Beets, Pumpernickel Bread **COLD** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Tomato & Red Pepper Salad, Macaroni Salad, Wheat Bread Fresh Fruit	30) **HOT** ***Baked Macaroni & Cheese, Baked Tomato Half, Italian Bread **COLD** Roast Beef w/Provolone Cheese, Lite Mayo, Summer Potato Salad, Riviera Salad, Rye Bread Mandarin Oranges	31) Cream Of Mushroom Soup **HOT** Bone-In Chicken Leg w/Gravy, Apple Raisin Bread Stuffing, Green Beans, Multigrain Bread **COLD** Seafood Salad, Lettuce Leaf, Tomato & Cucumber Salad, Three Bean Salad, Multigrain Bread Tropical Mixed Fruit

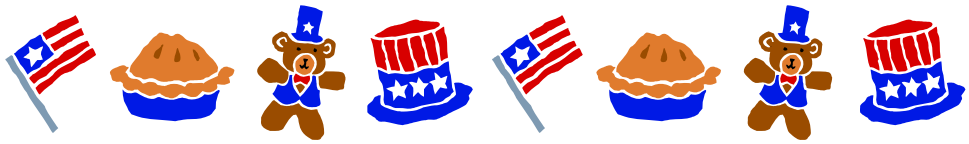
THURSDAY	FRIDAY
4) **INDEPENDENCE DAY HOLIDAY** **Senior Center is closed.** **No meal service.**	5) **HOT** Lentil Stew, Roasted Turnips, Caesar Salad w/Croutons, Parmesan Cheese & Dressing, Mini Corn Loaf **COLD** Egg Salad w/Lettuce Leaf, Riviera Salad, English Pea Salad Pumpernickel Bread Pistachio Pudding
11) **HOT** Chicken Cacciatore, Creamy Parmesan Polenta, Collard Greens, Oat Bread **COLD** Seafood Salad, Lettuce Leaf, Potato Salad, Spinach & Mandarin Salad, Rye Bread Ice Cream	12) **HOT** Beef Stew, Corn, Rye Bread **COLD** California Chicken Salad, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad, Wheat Bread Mandarin Oranges
18) **HOT** Broccoli Mushroom Quiche, Roasted Potatoes, Red Peppers & Onions, Tossed Garden Salad, Lite Italian Dressing, Pumpernickel Bread **COLD** Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Potato Salad, Scali Bread Butterscotch Pudding	19) **HOT** Breaded Fish Sticks, Lemon Butter Sauce, Tartar Sauce, Coleslaw, Chuckwagon Corn, Rye Bread **COLD** Turkey Salad, Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Multigrain Bread Fresh Fruit
25) Cream of Carrot Soup **HOT** Roast Turkey w/Gravy, Mashed Potato, Spinach, Wheat Roll **COLD** Grilled Chicken Salad w/Lite Dressing, Garden Shell Pasta Salad, Scali Bread Fresh Fruit	26) **HOT** ***Hot Dog, Baked Beans, Coleslaw, Ketchup, Mustard, & Relish, Hot Dog Roll **COLD** Egg Salad, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad, Lite Dressing, Multigrain Bread Vanilla Pudding

*****Higher Sodium Content** Menu subject to change **$1.75 suggested donation**

All meals include 8 oz. of 1% milk and margarine, all soups come with crackers.
Please Note: Soups may contain chicken, beef, fish, or shellfish bases.
Low sugar desserts are available, and need to be ordered with the site manager.

Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and based desserts. These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well being. If you have questions, call Springwell at 617-826-4100.

Reservations musty be made by 11:00 am on the weekday before the day on which you want to eat.



LUNCHEON SPECIALS FOR JULY

Reservations for ALL 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 12:00 noon unless otherwise noted.

On **Tuesday, July 2**, celebrate the country's birthday at the Springwell ***Independence Day Special*** lunch.

On **Tuesday, July 16**, join in the celebration of birthdays in July at the ***Birthday Lunch***. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July birthday celebrants so let us know if you or someone in your party has a birthday when you call to make your reservations.

On **Tuesday, July 30**, the Let's Go Out to Lunch bunch will eat at the new Bernard's at The Street in Chestnut Hill. Don't forget to tell us that you need transportation when you make your reservations.

JULY AT A GLANCE*

Monday, July 1
9 am-12 noon Podiatry Clinic***
10 am-12 noon Getting to Know Your Digital Camera**
10 am-12:30 pm Introduction to Watercolor**
2:30-3:15 pm Ageless Grace® at the Morse Apartments*

Tuesday, July 2
8:30-9:30 am Zumba® Gold-Toning**
12 noon Springwell Independence Day Special lunch***
1 pm Movie for Film Lovers—"Beasts of the Southern Wild"
2 pm Senior Center Theater Club meeting

Wednesday, July 3
9 am-12 noon BLAB lawyer
9:30-11:30 am "The Fixer" by Bernard Malamud**
9:30-11:30 am Facebook for Seniors**
11:45 am-1:45 pm Introduction to Computer Basics for Seniors**
2-3 pm Blood pressure screening by Barbara Westley of Brookline Public Health Department (BPHD) at BPHD building*

Thursday, July 4
Independence Day. The Senior Center is closed.

Friday, July 5
2 pm Modern Dance and Movement
1-2 pm Balance and Strength for Seniors**
1-3 pm Tai Chi for Seniors**

Monday, July 8
10 am-12:30 pm Introduction to Watercolor**
1-2 pm Overall fitness class with Steve Shain
2:30-3:30 pm Zumba Gold at the Morse Apartments*

Tuesday, July 9
8:30-9:30 am Zumba® Gold-Toning**
1 pm Movie for Film Lovers—"When Harry Met Sally
1-2 pm Stephen Collins on Robert Frost seminar***

Wednesday, July 10
9:30-11:30 am Kindle Tutorial for Seniors**
9:30-11:30 am "The Fixer" by Bernard Malamud**
11:45 am-1:45 pm Intermediate Computer Basics for Seniors**
1-2 pm Blood pressure screening by Barbara Westley of BPHD at Sussman House*
1-3 pm Monet's Mirror***

Thursday, July 11
9:30-11:30 am Basic Drawing***
9:30 am-12 noon My Life, My Health***
10:30-11:30 am Arthritis Exercise Class***
11 am-12 noon Ask a Nurse
11:45 am-1:45 pm iPhone Tutorial for Seniors**
1:30 pm Easy Travel to Atlanta

Friday, July 12
11 am-1 pm Brookline Rec excursion to the Arnold Arboretum* & ***
2 pm Modern Dance and Movement
1-2 pm Balance and Strength for Seniors**
1-3 pm Tai Chi for Seniors**
Afternoon Alzheimer's Caregivers Support Group—call for time

Saturday, July 13
2 pm Senior Center Theater Club excursion to "Fiddler on the Roof"*

Monday, July 15
9 am-12 noon Podiatry Clinic***
10 am-12:30 pm Introduction to Watercolor**
2-3 pm Putterham Book Discussion Group*
2-3 pm Chocolate for Caregivers***
2:30-3:30 pm Nia Technique® at the Morse Apartments*

Tuesday, July 16
8:30-9:30 am Zumba® Gold-Toning**
12 noon July Birthday lunch***
1 pm Movie for Film Lovers—"Life of Pi"
1-2 pm Stephen Collins on Robert Frost seminar***

Wednesday, July 17
9:30-11:30 am Kindle Tutorial for Seniors**
9:30-11:30 am "The Fixer" by Bernard Malamud**
11:45 am-1:45 pm Intermediate Computer Basics for Seniors**
1 pm Low Vision Group
1:30 pm Modern Beading Workshop

Thursday, July 18
9-10 am Blood pressure screening by Barbara Westley of BPHD
9:30-11:30 am Basic Drawing***
9:30 am-12 noon My Life, My Health***
10:30-11:30 am Arthritis Exercise Class***
11:45 am-1:45 pm iPhone Tutorial for Seniors**

Friday, July 19
11 am Senior Chorus Concert in memory of Sara Rossi
2 pm Modern Dance and Movement
1-2 pm Balance and Strength for Seniors**
1-3 pm Tai Chi for Seniors**

Monday, July 22
1-2 pm Boot camp on fall prevention and balance with Steve Shain

Tuesday, July 23
9-10 am Public Issues Nonfiction Book Discussion Group
1 pm Movie for Film Lovers—"Les Misérables"
1-2 pm Stephen Collins on Robert Frost seminar***

Wednesday, July 24
11:45 am-1:45 pm Intermediate Computer Basics for Seniors**
1-2 pm Blood pressure screening by Barbara Westley of BPHD at O'Shea House*
1-3 pm REAP Kickoff

Thursday, July 25
9:30-11:30 am Basic Drawing***

9:30 am-12 noon My Life, My Health***
10:30-11:30 am Arthritis Exercise Class***
Evening Alzheimer's Caregivers Support Group—call for time

Friday, July 26

11 am-3 pm Brookline Rec Adult Excursion to Castle Island* & ***

Monday, July 29

9 am-12 noon Podiatry Clinic***
12:30-2:30 pm Reading the Book of Job**
1 pm 1st planning meeting for the Holiday Craft Fair
2:30-3:30 pm Blood pressure screening by Jinghong Yang of the Greater Boston Chinese Golden Age Center

Tuesday, July 30

12 noon Let's Go Out to Lunch bunch dines at Bernard's at The Street in Chestnut Hill* & ***
1 pm Movie for Film Lovers—"Flight"
1-2 pm Stephen Collins on Robert Frost seminar***

Wednesday, July 31

11:45 am-1:45 pm Intermediate Computer Basics for Seniors**
1 pm Introduction to Senior Living Options
11:45 am-1:45 pm Intermediate Computer Basics for Seniors**

ONGOING SENIOR CENTER EVENTS*

Monday

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30 am-4:30 pm Fitness Center open***
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
1 pm Mah Jongg
1 pm Scrabble
2-4 pm Open computer lab
2:30 pm Chinese programs

Tuesday

9 am-12 noon Reiki Therapy***
9:30 am-4:30 pm Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
10:30 am-12:30 pm Literary Discussion Group: Summer**
12 noon French Conversation
12 noon-4 pm BETS
12:30-3:30 pm Canasta Group
1 pm Movies for Film Lovers
1 pm Bingo
1-3:30 pm Senior Center Food Distribution Site (hours are approximate)
2-3 pm Exercises for Health and Rejuvenation
2-3 pm ESL Conversation Group
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
3-4:45 pm Latino instrumental and vocal music sessions***
One-on-One Computer Sessions***

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 20th Century Bowling Alley in Hyde Park*
9:30 am-4:30 pm Fitness Center open***
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
2-4 pm Open Computer Lab

Thursday (except July 4)

9:30 am-4:30 pm Fitness Center open***
10:30 am and 1:30 pm Knit and Crochet
12 noon-1 pm Intermediate Spanish class***
1:15-2:15 pm Beginning Spanish class***
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
1:30-2:30 pm Zumba Gold
1:30 pm-Dusk Brookline Farrmers' Market at Centre Street West parking lot
2:30-3:30 pm Spanish Conversation group***

Friday

9 am Bridge
9:30 am Solemates Walking Group
10 am-3 pm Fitness Center open***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-3 pm Reiki Therapy***
12:30-2 pm Basic Computer Class in Spanish***
1-2 pm Meditation in Movement (no class July 5)
1-3 pm Tai Chi for Seniors**

** 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.*

Brookline Health Care Center
A HealthBridge Management Company

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.

We strive to exceed all expectations of the patient and family through individualized evaluations and treatment plans. Interdisciplinary team members include:

- Physical and Occupational Therapists
- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

For more information, please contact our Admissions Department at **617-991-2580**

Our rehabilitation professionals are also supported with every medical specialty through consultation services coordinated in-house.

Physical Therapy
- Range of motion exercises
- Increasing overall stamina and endurance
- Pain reduction
- Gait training
- Bed mobility
- Transfer training
- Prosthetics

Occupational Therapy
- Activities of Daily Living (ADL) training
- Energy management
- Range of motion/strengthening exercises
- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

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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Boston University - Charles River Campus Institutional Review Board

BOSTON UNIVERSITY

DO YOU WANT TO PARTICIPATE IN RESEARCH?

Researchers at Boston University are currently seeking volunteers to participate in our studies who are:

- Age **4-100** with no history of **voice, speech, hearing, swallowing, or upper extremity disorder and no history of neurological disease or stroke**
- Adults **18-100** years who have **Parkinson's Disease**
- Adults **18-100** years who have **suffered a stroke** and are currently experiencing swallowing problems

Participants will be asked to come in for 1 – 10 sessions no longer than 3 hours and will be compensated $10/hr.

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EASY TRAVEL

Tour Georgia's capital and cultural center—Atlanta—with Alice Fastov and Julie Washburn on **Thursday, July 11, at 1:30 pm**.

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*** will meet on **Friday, July 12**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The ***Evening group*** will meet on **Thursday, July 25**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

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ONE-ON-ONE COMPUTER SESSIONS

Note that there will be one-on-one computer sessions for the computer phobic in July on **Tuesday afternoons**. 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.

PARKINSON SUPPORT GROUP

The group will be on vacation in July and August. Stay tuned for information about the September meeting, which will be on Friday, **September 6, from 1:00 to 2:30 pm**.

BROOKLINE CAN NEWS

Members should look to their mail for a BrooklineCAN survey and SAVE **Monday, September 16** for the BrooklineCAN annual meeting at the Senior Center. More details to come in the August and September issues of the Senior News and Events and the BrooklineCAN eNews.

SENIOR SCENE

The program being aired presently is scheduled to run through early July. Senior Scene host Betty Joel has interviewed Dorothy Kelly Gay, Executive Director of Centre Communities of Brookline and Vice President of Government Relations at Hebrew SeniorLife, and Laura Baber, Community Life Coordinator, Centre Communities Brookline. The subject of the interviews is Hebrew SeniorLife's Health Clinic at 100 Centre Street, which has been in operation for over a year. Funded by the Sloan Family Century Bank, the clinic is available to the public, providing resident and nonresident with geriatric care.

Senior Scene airs on Brookline Access Television (BATV) on **Thursdays at 7:00 pm** and **repeats on Fridays at 1:00 pm and Sundays at 7:30 pm**.

VOLUNTEER NEEDED!

We are still looking for a volunteer. Paula Horowitz, who has been faithfully making coffee and greeting people at the Senior Center for many years, is cutting back on her time so that we need someone to fill the days that Paula will no longer service.

The time slot we need to fill is **Tuesday, Wednesday, and Friday, from 7:30 to 9:30 am**. If you have a sunny disposition and don't mind the early hours, apply to Ruthann at 617-730-2756 or e-mail rdobek@brooklinema.gov.

STAFF AND VOLUNTEERS IN THE NEWS

In June, we bid a bittersweet farewell to retiring Volunteer Coordinator Vivian Freeman. We will miss her cheerful and highly competent presence after all these years.

And we want to extend a warm welcome to the new Volunteer Coordinator Maureen Cosgrove-Deery. On Wednesdays, she will be interviewing and working those interested in volunteering at the Senior Center. Call her at 617-730-2743 for an appointment if you wish to volunteer.

The Senior Center helps seniors get on with their lives in very real terms. For example, many seniors living in Brookline over the years have become US citizens with help from Senior Center volunteers.

Kudos to Karen Brody, a dedicated care manager who worked with an elderly French-speaking client for 6 years and went above and beyond her role as a care and financial manager to help this woman at age 90 become a US citizen.

And from the *Brookline TAB* (Thursday, June 20, 2013-Your News on p. A4) comes this item:

> Maya Ribot of Brookline…graduated from Wheelock College's Master of Social Work program on Friday, May 17.
>
> Ribot's interest in social work and service began in high school as a volunteer with the Brookline Senior Center in the Careers in Aging [program] working with the elderly population. During this experience, she was exposed to the field of social work for the first time…

And Maya is not alone in finding her calling through Careers in Aging. For instance, Allison Kanter has also received a Masters in Social Work after being exposed to it in the Careers in Aging program.

We welcome in July the added help of Steps-to-Success Clarissa Miller and social worker Kerri Hamberg.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm,** with small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate level Spanish classes on **Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Thursday afternoons from 2:30 to 3:30 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 **Tuesday afternoons from 3:00 to 4:45 pm** with instructor Gillian De Lear.
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016. These programs are co-sponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.

Note: Beginning and Intermediate Spanish classes' summer sessions schedule may vary.

Healthy adults, 18-85,
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Research conducted at Boston College

Complete pen-and-paper and computerized tasks. Receive $10/hr. For information, call Halle Zucker at 617-552-6949 or e-mail canlab@bc.edu.

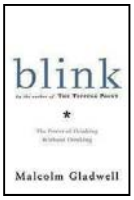
ZUMBA GOLD

Get in shape and have fun doing so in this dynamic and effective fitness program. The summer season of Zumba Gold at the Senior Center **run on Thursdays through August 1 (excep-tion: no class on July 4), from 1:30 to 2:30 pm**. Drop-ins are always welcome at $7 per session.

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

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



July 23
Blink: The Power of Thinking Without Thinking by Malcolm Gladwell (Little Brown and Company/Hachette Book Group)

August 27
Only Yesterday: An Informal History of the 1920s by Frederick Lewis Allen (Harper Perennial Modern Classics)

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

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.

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.

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center on Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

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!

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(1-800-AGE-INFO)

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BROOKLINE ADULT & COMMUNITY EDUCATION JULY OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and summer term is no exception. For more information about these courses, consult the BA&CE Summer 2013 catalog available widely in Brookline or online at broolineadult ed.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brookline-adulted.org. Summer courses starting in July are:

Reading the Book of Job *Judy Weiss, Instructor* 4 Mondays, 12:30 to 2:30 pm, beginning July 29 Course code: **H096** Cost: $95

Intermediate Computer Basics for Seniors *Michael Toon, Instructor* 4 Wednesdays, 11:45 am to 1:45 pm, beginning July 10 Course code: **C157** Cost: $72 (no senior discount)

iPhone Tutorial for Seniors *Marjorie Wein, Instructor* 2 Thursdays, 11:45 am to 1:45 pm, beginning July 11 Course code: C277 Cost: $41 (no senior discount)

Kindle Tutorial for Seniors *Joyce Graff, Instructor* 2 Wednesdays, 9:30 to 11:30 am, beginning July 10 Course code: **C278** Cost: $41 (no senior discount)

MODERN DANCE AND MOVEMENT

Dance with instructor Lynn Modell **on Fridays, July 5, 12, and 19, at 2:00 pm**. Note the new time. This is an excellent way to exercise and have fun at the same time. And for only $2 per session.

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CANASTA GROUP

Welcome to the new Canasta group, which is joining the Senior Center games community. It will meet on **Tuesdays, from 12:30 to 3:30 pm**. Everyone is welcome to join in the fun. No reservations are necessary.

If you want to learn to play, come and observe the game, then talk with Earl Anspach either at the game or by calling 617-730-2777 and leaving your name and number so that he can call you back. You can make arrangements for lessons with him.

ELF

Need a wheel chair? A walker? A big-button telephone? Whatever? The Equipment Loan Fund (ELF) has lots of medical equipment available for borrowing year round! Whatever you need, call and ask. We may well have it.

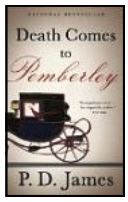
Call Karin Wannamaker at 617-730-2753 to borrow or donate an item or even multiple items. Because of space limitations and other guidelines, ELF is not able to accept all items you might have to donate, so please call and speak to Karin before dropping items off.

ESL CONVERSATION GROUP

If you want to practice your English, come to the 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.

PUTTERHAM BOOK DISCUSSION GROUP

This group meets on **Monday, July 15, from 2:00 to 3:00 pm,** at the Putterham Branch Library. The discussion leaders are Jean Kramer and Charlotte Millman. This month the book under discussion is *Death Comes to Pemberley* by P.D. James.



In their 6 years of marriage, Elizabeth and Darcy have forged a peaceful, happy life for their family at Pemberley. Her father is a regular visitor; sister Jane and husband Bingley live nearby; marriage prospects for Darcy's sister Georgiana are favorable. Preparations for their annual autumn ball are proceeding. On the eve of the ball, chaos descends as Lydia Wickham, Elizabeth's disgraced sister arrives shrieking that Wickham has been murdered.

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112 Centre Street

Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

GODDARD HOUSE NEWS

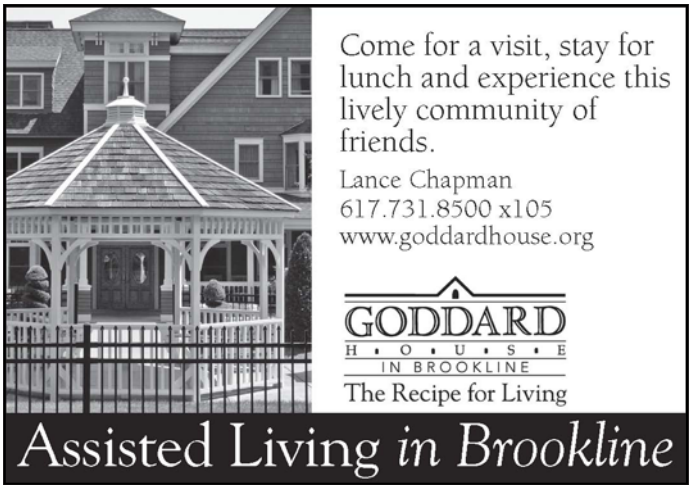
John Moniz has joined Goddard House Assisted Living as Executive Director, bringing an extensive background of working with seniors. Moniz has experience in assisted living management, finance, and compliance on state and national levels.

Saturday, July 6 at 3:30 pm
Aurora Duo Multicultural Concert
The Aurora Duo, husband-and-wife team Loren Pearson, viola/violin, and Kevin McGinty, piano—a couple who have performaed all over the world—will perform a program of Eastern European works.

Sunday, July 21 at 3:30 pm
Zulu Time
A collaboration of violinist Gabriel Solomon with World Champion Accordionist Cory Pesaturo and bassist Richey Tally. The dynamic acoustic trio has cemented a magnetic onstage chemistry that is both serious and slightly irreverent. Their omnivorous musical appetite spans genres—jazz, musette, tango, klezmer, and Balkan folk music.

Monday, July 22 at 3:30 pm
***Broadway Lady* with Andrea Lyman**
Andrea Lyman has been fortunate to perform on stage, film, television, and radio. She has played a variety of character roles in many genres—horror films, musicals, corporate videos, and melodramas as well as standard comedies and dramas. She will share her musical talents as she performs her solo cabaret style musical show.

Sunday, July 28 at 3:30 pm
Performance by Classical Pianist, Slava Samadarov
Russian pianist, Slava Samadarov earned his Master of Arts degrees in Piano Performance from the St. Petersburg Conservatory in Russia. After immigrating to the United States, he continued his career. Slava plays works by composers such as Beethoven, Handel, Debussy, Chopin, and Gershwin.



FRAUDS AND SCAMS AIMED AT SENIORS

A COA board member recently reminded us of one of the more prevalent consumer frauds that are aimed at seniors. She recently received a phone call from someone who identified himself as being from Medicare. He had her name, address, and telephone number, but said Medicare needed to have the name of the bank her Social Security check was sent to. Luckily, our board member was wise to this scam and started to question the caller's right to ask these questions. The caller cursed and hung up.

Unfortunately, these scams are rampant. By phone and by e-mail, we are assaulted with requests for personal information and even for money. Do not respond to these people. Medicare and Social Security never call people. They have all the information they need. Should you get calls asking for information, hang up and call the police to give them all the information you can about the call or e-mail. Then let us know at the Senior Center. Give the same information to Ruthann at 617-730-2756 or rdobek @brooklinema.gov.

EMERGENCY PREPAREDNESS

Recent weather disasters—hurricane Sandy, devastating tornadoes in Oklahoma, widespread wildfires in Colorado and California—and the Boston Marathon bombings and rioting and terrorism all over the globe—all this and medical emergencies can all disable the pace of normal life. The world is crowded and vulnerable, and we need to respond with careful planning rather than panic.

BUILDING AN EMERGENCY KIT

For seniors, having an emergency kit can indeed be a life-saver. As much as possible, it should be packed in a backpack, but since you should plan on having a kit containing at least a week of supplies, it might well exceed backpack capacity so you might consider packing it in the trunk of your car or even a specific place in your home so that someone can easily find it should an emergency arise. You should also plan on keeping a list of phone numbers of people to contact in case you are incapacitated and need help. You should also have a File of Life card prepared and ready for use (see below).

Your emergency kit should include:

Food and Water

- Bottled water—one gallon per person per day
- Canned fruits, vegetables, and meats or fish (the latter needing no cooking)
- Manual can opener
- Juice boxes, canned milk (powdered milk will not do as you might have to use your bottled water supply to make milk from powdered packets)
- Dried fruit, nuts, crackers, cereal bars
- Pet food (and litter and a portable box)

First Aid

- Bandages, gauze, rubbing alcohol
- Medical gloves, tape, and scissors
- Pain reliever
- Prescription medication and nonprescription medication that you use regularly and that is necessary for maintaining good health)

General, but important items

- Soap, toilet paper, toothbrush and toothpaste
- Towels (at least a hand towel)
- A change of clothing (at least underwear)
- Crank-up (or at least battery-powered and if so add batteries to the list) flashlight and radio
- Important documents (or copies of them), such as birth certificate, will, deeds, and a list of bank account numbers (and PINs)
- The name and phone number of a local and out-of-area contact

Information for this article courtesy of Garrett Simonsen, Dawn Sibor, and Michael Raskin

FILE OF LIFE

Cards that contain your medical information and tell who to call if there is an emergency. They come in a magnetic case that will stick to the door of your refrigerator. Emergency medical people and the police and fire departments are trained to look on the refrigerator door for this information. You can also get a small card with the same information on it to carry in your wallet or purse. It will serve to make hospital admission easier and also help ensure the right treatment in an emergency.

You can get the File of Life from the Senior Center. Call 617-730-2777 for the form and for help with filling it out. Or pick a form up on your next visit to the Senior Center.

Once you have filled out the form, return it to the Senior Center for processing. They will send you the packet to be attached to the refrigerator and the wallet card. **Do not delay this.** It is really important that this information be available in the proper form and placement.

PARKS AND OPEN SPACES NEWS

Asian Longhorned Beetle Update

This summer the ***ALB survey teams*** will be out in full force in your neighborhoods. You can expect to see representatives from the USDA and DCR completing ground surveys on host trees in southeast Brookline. Surveys will begin near the Jamaica Plain and West Roxbury lines and move clockwise through impacted neighborhoods. Teams will progress as far west as Hammond Street to the northern border of Heath Street, continuing east toward Cypress Street.

You can assist the program by allowing surveyors access to your property to complete their surveys. Field staff can address any questions you may have. In the meantime, if you have questions or concerns contact the ALB Eradication Program offices at 866-702-9938. To see a map of the regulated area and for further ALB information, visit www.brookline ma.gov/parks.

Other insects of concern to Brookline

- **Emerald Ash Borer** This beetle has only been observed feeding on ash trees, where larvae tunnel through the wood, leading to death of branches and eventually the entire tree. Infested trees may exhibit vertical splits in the bark above feeding sites and D-shaped holes where adults have emerged. If you find a beetle that may be the Emerald Ash Borer or a tree with damage that is consistent with this beetle, contact the Parks and Open Space Division immediately.

- ***Winter Moth*** A defoliating caterpillar, an insect pest whose population is growing in the northeast. The insect detrimentally affects all deciduous trees and shrubs where it lays its eggs, when caterpillars feed on buds, leaves, and flowers. Adult moths are visible and active during the early winter months. In accordance with the Park Division's proper integrated pest management approach, either Btk or Conserve is used to control the Winter moth in a few selected areas of the Town. The Town will continue to monitor the insect's population and impact.

- ***Hemlock Woolly Adelgid*** An aphid-like insect that attacks hemlocks. It has led to the death of many of the hemlocks that once flourished in this area. It is believed to be present in most hemlocks at this point. It feeds on the sap of the tree, leading to galls and/or woolly masses on the needles and stems. The Parks Division closely monitors Brookline's hemlocks and those that need treatment are sprayed or injected with a dormant horticultural oil as part of an integrated pest management approach.

The Green Dog Program

This is an innovative approach to meeting our dogs' and dog owners' desire to have time off-leash while sharing the spaces with other park users in our urban community. Brookline has 14 off-leash areas scattered across the Town, with specific off-leash hours established by the Park and Recreation Commission.

This program requires a fee to participate. See the Parks and Open Space Division Green Dog Program page on the Town web site www.brookline ma.gov. A map showing the off-leash areas is appended to the right.

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 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. We thank June donors:

To Annual Appeal Donors Cornelia Brown & Henry Warren, Morgan Daly & the Colburne Crescent Poker Association, Gertrude Jonas, Mary P. McShane, Mr. & Mrs. John T. Mulhane, Dina Oliver, Connie & Martin Rabinovitz, Nancy Sang, Elmer D. Sprague, Donna Ullrey, Waneta Louise West, and Joanne Womboldt

To BrooklineCAN Donors Margaret Cain, Laura Crosby, Gail Horowitz, David Kieffer, F. Judith Klayman, Michelle LaPointe, Alberta & Roger Lipson, Norma Markson, Hugh Mattison, Suzanne Modigliani, Lucy & Richard Robb, Gustav Schachter, Stephen & Peg Senturia, Mildred Siegel, Rena & Michael Silevitch, Ellen Wade, Elaine White, and Judith & Allen White

To an anonymous donor ***for the gift in honor of*** Father's Day

To an anonymous donor ***for the gift in honor of*** Zumba

To Ruthann Dobek ***for her gift (a birthday wish) in honor of*** Kathryn Kilpatrick

To Jean Dwyer ***for her gift in honor of*** Karin Wannamaker

To Frances Miller ***for her gift in honor of*** the volunteers

To Dina Oliver ***for her gift in honor of*** the 4th of July

To Margarita Orengo ***for her gift in honor of*** the Brookline Senior Center Bridge Players

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

To Carolyn & Ted Colton ***for their gifts in memory of*** Constance Gresser and Mark Leipman

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

To Ruthann Dobek ***for her gifts in memory of*** Robert DeSimone, Marsha Frankel's father, and Cippy MacDougall

To Jean Kramer ***for her gift in memory*** of Cippy MacDougall

To Sonia & William Wong and Julie Washburn ***for their gifts in memory of*** Sara Rossi

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

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

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

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

At this, the beginning of our new fiscal year, help us cover the added expenses of renovations that will expand our exercise and physical fitness programs and create more program space at the Senior Center.

We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

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

SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

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SUPPORT THE BROOKLINE SENIOR CENTER

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

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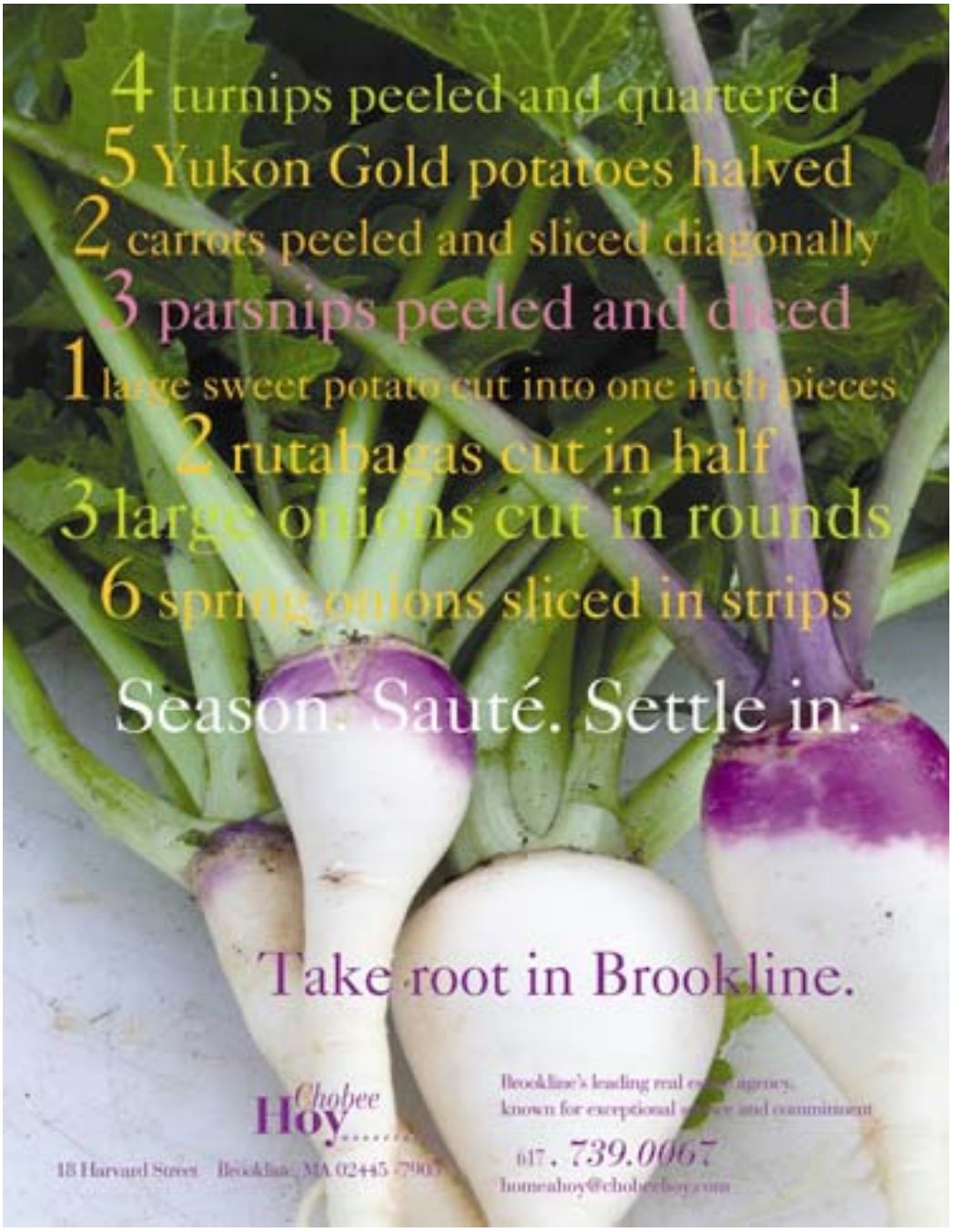

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