

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



MAY 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



Tuesday, May 2
Annual Town
Elections.

Thursday, May 11 Mother's Day
Brunch (See P. 12).

Monday, May 22 American Song-
book Reimagined (See P. 12).

Wednesday, May 31 Silver Leaf Gos-
pel Singers return (See P. 26).

THIS CHAIR ROCKS A MANIFESTO AGAINST AGEISM



Join us at the Brookline Senior Center on **Thursday, May 4** from **6:00-7:30 pm** for an evening with author Ashton Applewhite. She is a leading spokesperson for a movement to mobilize against discrimination on the basis of age. In 2016, she joined the PBS site Next Avenue's annual list of 50 Influencers in Aging as their Influencer of the Year.

In her book, Applewhite challenges society's prevailing belief with a new perspective: "People are happiest at the beginnings and the end of their lives. The vast majority of Americans over 65 live independently. The older people get, the less afraid they are of dying. Aging is a natural, lifelong, powerful process. So how come so many of us unthinkingly assume that depression, diapers and dementia lie ahead? Underlying all the handwringing is ageism: discrimination that sidelines and silences older people." We hope you will join us for an evening with the author. Refreshments will be served from 6:00-6:30 pm. This program is co-sponsored by the Brookline Community Aging Network and its founding partners. To Register, Call 617-730-2770 .

BROOKLINECAN MEMBERSHIP EVENT

How to Stay Young While Growing Older—and Have Fun Doing it. (See P. 13) for more information.

INDEX

Adult Excursions, Brookline.....14	Observances, May.....3
Alzheimer’s Caregivers Support Group.....7	Ongoing Senior Center Events.....21
American Songbook Reimagined.....12	Ping Pong.....31
Art for Pleasure.....19	REAP.....28
Ask A Nurse.....4	Reiki Therapy.....30
Assistive Technology.....23	Savvy Consumer.....25
At a Glance, May..20	Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security).....6
Balance Exercise Workshop.....12	SHINE.....10
Beading, Modern.....14	SHOP Program.....28
Board President,.....26	Spanish Immersion.....24
Bone Health Presentation.....17	Thank You.....30
Book Discussion Group, Public Issues11	Theatre Cub.....7
Book Discussion Group, Putterham.....10	Telling Your Story.....3
Bridge.....12	This Chair Rocks.....1
BrooklineCan.....13	Tour The Senior Center.....5
Chess.....7	Travel, Easy.....14
COA Meeting.....3	TRIPPS APP.....7
Coolidge Corner Community Chorus Concert.....9	TRIPPS MIT Age Lab.....13
Dance, Tuesday Morning.....25	Ukulele.....24
Director, from the.....15	Volunteer of the Year Presentation.....14
Dentistry with a Heart.....8	Wellness Workshop.....10
Einstein, Albert-Relatively Speaking.....15	You and Broadway.....3
ELF.....31	Zumba Gold.....9
File of Life update.....23	
Fitness Center.....9	
Food Commodity17	
Food Distribution Site, Senior Center.....23	
Gallery 93.....22	
Geriatrician, Ask a.....5	
Gospel Singers, Silver Leaf.....	
.....26	
Handicapped Access.....31	
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach).....4	
Hearing Services, Brookline4	
Historical Afghans.....11	
LGBT Brunch.....19	
Let’s Go Out To Lunch Bunch.....17	
Living Our Values9	
Loan, Home Modification.....24	
Lunch Menu.....16	
Luncheon Specials for May.....17	
Mahjongg.....12	
Memory Café.....11	
Mindfulness, Adventures in.....5	
Movies for Film Lovers.....18	

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

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MAY OBSERVANCES



On **Monday, May 29**, we celebrate Memorial Day and the Senior Center will be closed. May has many other significant days:

Cinco de Mayo on **Tuesday, May 5** has become a celebration of Mexican culture and heritage. Mother's Day is on **Sunday, May 14**, Armed Forces Day, on **Saturday, May 20** in honor of our armed forces. May is also National Mental Health Awareness Month and Lupus Awareness Month. Lily of the valley is the May flower and emerald is the birthstone for those born in



May.

Each May, the Administration for Community Living leads our nation's celebration of Older

Americans Month. ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

At the Brookline Senior Center we will celebrate with our Gallery 93 Reunion Project, The Silver Leaf Gospel Singers and This Chair Rocks: A Manifesto Against Ageism.



YOU AND BROADWAY

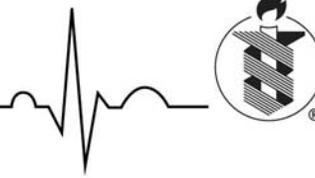
Dan Marshall, BCCA President and host Howie D. Jordan, present a musical variety show with the Happytime Band at the **Brookline Senior Center on Sunday, May 7 from 1:00-3:00 pm**. Songs include country, pop, rock, show tunes, and oldies. Join Steve Labonte, drummer, Mike Devlin, bass guitarist, and Eddie Pasco, piano player/bandleader, as well as guest singers for a fun afternoon of musical entertainment. Some previous shows can be seen at youandbroadway.com. For more information, please call 617-642-1444. To register, please call 617-730-2770.

TELLING YOUR STORY

Join us at the Senior Center on **Wednesday, May 24 at 10:15 am** for the annual public reading of memoirs by members of the BA&CE autobiographical writing group, Telling Your Story. Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories that re-affirm the richness of resources that older writers offer us all. This event is free and open to everyone. Bring your friends to this magical event.

COUNCIL ON AGING MEETING

The next meeting is on **Wednesday, May 10 at 1:00pm**. Our speaker will be Justin Lukoff from the Department of Public Works. Justin will provide updates from the Sanitation Department including information about the new Hybrid Pay-As-You-Throw (HPAYT) system for waste collection. Be sure to bring your questions about HPAYT and any other sanitation questions you may have!



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, May 4 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 **May 17 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, May 18 from 1:00-2:00 pm at The Senior Center **NOTE CHANGE IN TIME**

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

Wednesday, May 10 from 1:00-2:00 pm at Sussman House

Wednesday, May 24 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, May 18 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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A Comprehensive Cancer Center
Designated by the National Cancer Institute

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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: *The flowering trees and bushes are beautiful, but every spring, my nose and eyes start to water. I assume this is from allergies. Is there anything I can do about this?*

Answer: Spring is a beautiful time of the year, with flowering trees and flowers everywhere. However, for many people, the large amounts of pollen that are released from grass, trees and flowers can cause or exacerbate allergies, often called "hay fever" or "allergic rhinitis". Symptoms can include runny nose, sneezing, watery and itchy eyes, and sometimes, cough. Often people think they have a cold. However, allergies are not associated with a fever or aches and pains.

Most allergy symptoms are mild and resolve as the season progresses. However, some people have severe symptoms. People with asthma can find that their breathing can be worse during allergy season. Some people find that their allergy symptoms last all year long, not just during springtime. They can find out what they are allergic to by having allergy skin testing, called a "prick test" by a specialist in Allergy and Immunology.

Interestingly, there is more evidence that we are seeing more allergies now than in the past because we are becoming "too clean." Throughout our lives, when we are exposed to "dirt" or such things as pollen or even peanuts, we develop antibodies to these, which then protect us from allergic reactions later in life. A recent study showed that Israeli children who eat a snack similar to cheese-its, only made from peanuts have far fewer peanut allergies than American children, who are protected from peanut products by cautious parents. Similarly, antibiotic

soaps may wash away some of the bacteria we need to be exposed to in order to develop antibodies.

Treatment for allergies can start with air purifiers, filters and to try to clear the inside air of pollen. After gardening or walking in grassy areas, wash clothes and hands, and take off shoes at the door.

Often people need medications to control severe symptoms. Unfortunately, the most effective drugs, over the counter antihistamines, can cause drowsiness and other side effects. The newer antihistamines, such as fexofenadine (Allegra) and loratidine (Claritin), which are also over the counter medicines, help control symptoms with fewer side effects. There are also some antihistamine nose sprays and eye drops available. Steroid nose sprays are often used, but long term use of these steroid sprays can cause some of the negative side effects of steroids. Decongestants such as pseudoephedrine can help, but can cause high blood pressure or heart problems.

Over the counter normal saline nose sprays or irrigation with a neti pot where you pour a salt water solution into one nostril and drain it out the other to flush out old mucus and other pollutants can help wash out pollen from your nose and have no side effects. This has been used for centuries and is extremely effective in treating the symptoms of seasonal allergies such as runny nose.

TOUR THE SENIOR CENTER

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

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 2016 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, May 3 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.

THEATRE CLUB



Sunday, June 11, 2017 at 2:00 pm: "Joseph and the Amazing Technicolor Dream Coat"

Cost \$39

Audiences of all ages will fall in love with this energetic, vibrant musical inspired by the Biblical story of Joseph and his coat of many colors - with a score ranging from pop and rock 'n' roll to country-western and calypso. Music by Andrew Lloyd Webber; lyrics by Tim Rice.

Sunday, July 16, 2017 at 2 pm: "Show Boat"

Cost: \$39

From the team behind last season's Carousel, this sweeping new production of the epic, groundbreaking musical follows the lives, loves, and heartbreaks of three generations of show folk from the 1880s to the 1920s. Music by Jerome Kern; book and lyrics by Oscar Hammerstein II.

Sunday, August 13, 2017 at 2 pm: "42nd Street"

Cost: \$39

This song and dance extravaganza tells the story of a starry-eyed young dancer who gets the unexpected chance of a lifetime in a Broadway show. Reagle's production is inspired by the legendary original Broadway production. Featuring, "We're in the Money", "Lullaby of Broadway", and "Shuffle Off to Buffalo."

Transportation is provided, but space is limited. To register, please call 617-730-2777. Payment can be made via cash or check. Please make checks payable to the Brookline Senior.

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CALLING CHESS PLAYERS

of all abilities on Thursday afternoons from 1:00-3:00 pm. You can bring your own board or use one of ours.



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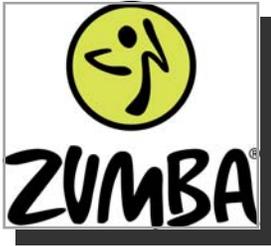
- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

LONGWOOD DENTAL GROUP

Dentistry from the Heart

On **Saturday, May 13** the Longwood Dental Group gives back to the community. 100 patients without access to dental care will receive either free fillings, extractions or cleaning at the Longwood Dental Group 1842 Beacon Street in Brookline. Registration for those 18 years or older begins at 7:30 am. Arrive early we will serve the first 100 patients on a first come first serve basis between the hours of **8:00am and 1:00pm** For more information call 617-566-5445.

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.

FITNESS CENTER



If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm.** For more information or to register call Sharon Devine at 617-730-2769.

COOLIDGE CORNER COMMUNITY CHORUS SPRING CONCERT



Mark your calendars for the Coolidge Corner Community Chorus spring concert, "Anima Mundi" at All Saints Parish on **Saturday, June 3 at 8:00 pm.** The concert will feature the music of Bach, Brahms, Bruckner, & Lauridsen and a wonderful time is sure to be had by all! Tickets are \$15 (\$10 for seniors) and can be purchased at the door.

In addition, the Chorus would also like to invite you to attend their first "dress" rehearsal with the orchestra at the Senior Center on **Wednesday, May 24 from 6:15-9:15 pm.**

Guests are free to watch as much or as little of the rehearsal as they wish, but we do ask that the audience refrain from conversations and phone calls in the rehearsal room. Hope to see you there!

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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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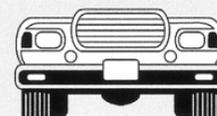
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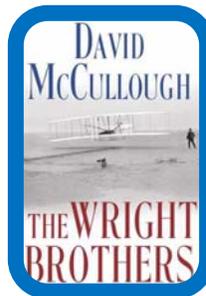
On **Wednesday, May 3 from 2:00-2:30 pm**, join us for a concert by Isla Chasin and Emma Far-
rer. These two girls are both thirteen years old
and seventh grade students at John D. Runkle
School. They are performing for Isla's Bat Mitz-
vah project, which involves spreading the joy
of music. They really hope you can attend, as
the concert is only thirty minutes! They hope to
see you all there!

INTEGRATIVE WELLNESS WORKSHOP

Join Allyson Steinmetz, an *Integrative Wellness
Practitioner* licensed in North American Herbal-
ism & Restorative Yoga, on Thursday, May 11
at 11:00am for an engaging workshop compar-
ing prescription drugs to their herbal counter-
parts and what actions in our own lives hinder
or harness our body's natural ability to combat
some of the most common ailments experi-
enced by adults & seniors today. To register,
please call 617 730 2770.

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 availa-
ble at the Putterham Branch Library. The dis-
cussion leaders for this Book Group are
Charlotte Millman and Roberta Winitzer.



May 15

The Wright Brothers

by David McCullough

HOW CAN SHINE HELP YOU?

Are you turning 65 in the next three months?
Are you over 65 and planning to retire soon?
Do you understand all your Medicare plan op-
tions? Are you having trouble paying for medi-
cal expenses and prescription drugs?

If any of these apply to you, contact the
SHINE (Serving Health Insurance Needs of
Everyone...on Medicare) program for assis-
tance. SHINE is not just here during Medicare
Open Enrollment. Trained volunteers are avail-
able all year to help you! They offer free, con-
fidential counseling on all aspects of health in-
surance to anyone on Medicare. To schedule a
SHINE appointment, call your local Senior
Center. For other SHINE related matters, call 1
-800-AGE-INFO (1-800-243-4636), then press or
say 3. Once you get the SHINE answering ma-
chine, leave your name and number. A volun-
teer will call you back, as soon as possible.

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MEMORY CONNECTIONS CAFÉ



On Wednesday, May 24 from 1:30-3:00pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care-partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care-partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's event is sponsored by Rogerson House Assisted Living & Day Program.

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!

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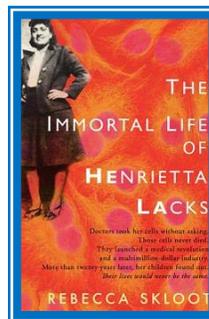
Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

At the Senior Center

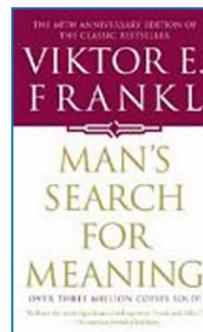
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

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.**



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 revolving bridge game a try.

Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
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e-mail: lisrael@ivkdlaw.com
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THE AMERICAN SONGBOOK REIMAGINED

Exploring Music from the Golden Age of Song to our Contemporary Composers

Come join Artists-in-Residence from the Metropolitan Chorale on Monday, **May 22 at 1:00 pm at the Senior Center** as they celebrate the heritage of



American music. Soprano Bethany Worrell, mezzo-soprano Megan



Roth, and pianist Julia Scott

Carey will perform tunes from the Golden Age of Song by composers like Jerome Kern, Irving Berlin, and Cole Porter. Songs by contemporary American composers like Jake Heggie, Lori Laitman, and Daron Hagen will also be featured. We hope that you will join us for this program dedicated to remembering and discovering the best of American Song! To register, please call 617-730-2770.



NOTE: Postponed from March due to weather.

BALANCE EXERCISE WORKSHOP

Improving your strength and balance can often help to minimize the risk of serious injury in the event of a fall. Join personal trainer, Steve Shain on **Monday, May 15 at 1:00 pm** for a one hour workshop in which you'll learn valuable exercises to help improve your balance. Space is limited to first 30 registrants. Please call 617-730-2770 to register.



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

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 Green-span 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 of 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.

-SAVE THE DATE-

CREATIVE USE OF EXTRA SPACE AT HOME: A WORKSHOP

BrooklineCAN is sponsoring a workshop for seniors and their families on how to put extra space in their homes to good use. The workshop is scheduled for **June 1 from 4:00 to 6:00 PM** at the Senior Center. Len Fishman, a senior housing expert and Director of the Gerontology Institute at UMass Boston, will provide an overview of the possibilities. Staff of the Brookline Building, Planning, and Health Departments will be on hand with information on what the Town allows people to do with their homes and what obligations homeowners have if they rent space to others. Some Brookline seniors who are already making creative use of the space in their homes will share their experiences. The workshop is designed to stimulate thinking and provide answers to questions. To register, call 617-730-2770.

TRIPPS

MIT AGE LAB PRESENTATION

Join us **May 23 from 6:00-8:00pm** at the Brookline Senior Center as we welcome Lisa D’Ambrosio, Ph.D. from the MIT AgeLab. Dr. D’Ambrosio will give a talk titled, *Keeping People Mobile Today and Tomorrow: Research at the MIT AgeLab*. This talk will describe the purpose and perspective of the MIT AgeLab and present the results of several recent projects at the lab. She will describe research on changes drivers make to how they drive and get around as they age, and what older drivers think about new vehicle technologies and self-driving cars. She will also introduce AGNES (the Age Gain Now Empathy Systems suit) to the audience and describe how this tool is used in AgeLab work. Register by calling the TRIPPS line at (617) 730-2644.

BROOKLINE ADULT EXCURSIONS

MODERN BEADING BEAD EXPO



Join the recreation Dept. on **Friday, May 12 from 11:00am-4:30pm** for this fabulous jewelry exhibition in Marlborough Ma.

The expo brings hundreds of companies, designers and manufacturers together to provide customers with high-quality jewelry at the lowest prices. The show features one-of-a-kind exotic gems, beads, fine jewelry, estate collections and much more!

Marge Harvey will be at the Senior Center at 10:30 to discuss the show so come early.

Fee: Residents \$16 Non-Residents \$22

TOWER HILL BOTANICAL GARDEN – BOYLSTON, MA



Join us on **Wednesday, May 24 from 12:30-4:30 pm** for a **trip to the Botanical Garden.**

The garden includes 17 distinct gardens on more than 130 acres, much of it preserved as woodland and

open space. Tower Hill is dedicated to the cultivation and display of some of the most exquisite plants in the world.

Fee: Residents \$30 Non-Residents \$40

Register by calling 617-730-2069 online at www.brooklinerec.com Bus pick up/Drop off Locations Brookline Senior Center)93 Winchester Street) or Soule Recreation Center) 652 Hammond Street Brookline).

VOLUNTEER OF THE YEAR



We had some wonderful nominees for the 2017 John and Molly Dolan Volunteer of the Year Award.

The following nominees we presented certificates: Corey Cohen, Frank d'Entremont, Rita d'Entremont, Regina Frawley, Carol Fullerton, Phil Fullerton, Rhona Hirschowitz, Charlotte Millman, Michelle Moshin, Fran Pechenick, Vera Sharma, Eleanor Small, Muriel Stark, David Weinberg, Louise Weinberg, Ada White and Roberta Winitzer.

The 2017 Volunteer of the Year Award was presented to Barbara Kean by Ruthann Dobek, Director. Ruthann outlined some of the ways Barbara has volunteered and most importantly her position as Brookline Senior Center ambassador. Barbara exemplifies kindness and concern in a quiet way. In addition to the certificate of award, Barbara was given a beautiful plant, and a Brookline historical afghan. Congratulations Barbara!

The Community Partner Award was given to Goddard House.

EASY TRAVEL

Easy Travel will be on vacation for the month of May, but please plan to join us on **Thursday, June 1 at 1:30 pm** as Alice Fastov, our armchair travel host shows us slides from her trip to Japan in 1980. It will certainly be interesting to hear Alice's reflections on what things were like then in Japan!

FROM THE DIRECTOR

As Mother's Day approaches, I think fondly of the special women in my life – such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. She lived downstairs, and often took care of me when my parents worked. I cherish some of my earliest memories of her; being in her garden, her holding me close, and sharing her fragrant lilacs. She was a true role model for aging-in-place.

In honor of Mother's Day, I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek who is a generous benefactor of the Brookline Senior Center and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so. Please make a donation in honor of or in memory of the special women in your life.

The Senior Center is hosting a treasure trove of fabulous events in May. We are proud to celebrate older American's month. I urge you to attend one of our special events that interest you and invite a friend as well. You can't go wrong by attending the Senior Center activities.

May is also the time to say goodbye to our excellent students-Claire, Faith, Samantha, and Kayla. They all contributed much to our community and we wish them well in their future careers.

Again, Happy Mothers' Day! This is the 112th year we celebrate Mother's Day. Our celebration will be a Springwell brunch on May 11. For those of you who are mothers, a special thank you for all the hard work and love and sacrifice you do for your families and for everyone else. Sons and daughters, honor your mothers by doing something kind for someone this month.

Ruthann Dobek-Director

ALBERT EINSTEIN: RELATIVELY SPEAKING

Join us **on Monday, May 8 at 1:00 pm** for this one-hour, interactive performance, as George Capaccio invites you to enter the boundary-breaking universe that is the mind of Albert Einstein. You'll discover that time and space are inseparable, that time actually slows down the faster you go, and that if you could travel at the speed of light, time would actually stop! But there's a lot more to the story than Einstein's insights into the nature of reality.

George focuses on the great scientist's very human qualities, including his sense of humor, his fondness for Jewish jokes, and his trials and tribulations as a family man. It promises to be a very interesting afternoon and so we hope to see you there! To register, please call 617-730-2770.

SAVE THE DATE - ANNUAL SIDE-WALK SALE!

We have all been cleaning our closets and cupboards and we have a variety of treasures for our annual "white elephant" sidewalk sale on Thursday, June 15, from 10:00 am to 2:00 pm—rain or shine. Come and take your pick of the goodies that are available! All proceeds will benefit the programs and services of the Brookline Senior Center. There are many bargains to be had so stop by and shop!

We will also be accepting donations for the sale in May. If you have knick-knacks, costume jewelry, and other small household items that you'd like to pass along, bring them to the Council on Aging offices (2nd floor) at the Senior Center. Please note that we do not accept donations of clothing, linens, or appliances.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Vegetable Spinach Barley Soup HOT: Stuffed Shells w/Tomato Sauce & Meatball, Fresh Broccoli, Wheat Bread. COLD: California Chicken Salad on Oatmeal Bread, Macaroni Salad, Tomato Red Pepper Salad. Mixed Fruit</p>	<p>2. Springwell's Staff Training NO MEAL SERVICE TODAY</p>	<p>3. HOT: Broccoli Mushroom Quiche (V), Potatoes w/Cream Sauce, Spinach Mandarin w/Lite Italian Dressing, Rye Bread. COLD: Seafood Salad on Multigrain Bread, Garden Shell Pasta Salad, Riviera Salad. Orange</p>	<p>4. HOT: Oven Fried Chicken Breast, Collard Greens & Onions, Wheat Dinner Roll. COLD: Turkey w/Lite Mayo & Provolone Cheese on Wheat Bread, Lo Mein Pasta Salad, Cole Slaw. Brownie</p>	<p>5. HOT: Mild Beef & Bean Chili, Fiesta Mixed Vegetable, Tossed Garden Salad w/Lite Italian Dressing, Corn Bread Loaf. COLD: Egg Salad on Pumpkin-nickel Bread, Orzo Vegetable Salad, Spinach Mandarin Salad w/Lite Italian Dressing. Lime Mousse w/Topping</p>
<p>8. Chicken Noodle Soup HOT: Orange Almond Chicken, Italian Roasted Potatoes, Fresh Zucchini, Pumpkinnickel Bread. COLD: Tuna Salad on Rye Bread, Roman Blend Salad, Lo Mein Pasta Salad. Orange</p>	<p>9. Vegetable Barley Soup HOT: Meatloaf w/Gravy, Fresh Vegetable Ratatouille, Wheat Bread. COLD: Seafood Salad on Oatmeal Bread, Carrot Raisin Salad, Greek Pasta Salad. Ambrosia Pudding w/Topping</p>	<p>10. HOT: Whole Grain Lasagna w/Tomato Sauce & Meatball, Italian Vegetable Blend, Tossed Garden Salad w/Lite Italian Dressing, Multigrain Bread. COLD: Curry Chicken Salad on Wheat Bread, Macaroni Salad, Tomato Red Pepper Salad. Peaches</p>	<p>11. MOTHER'S DAY SPECIAL BRUNCH Fresh Fruit Cup Cheese Omelet w/Mushroom, Onions & Cream Sauce (V); Home Fries Croissant Margarine Pat Apple Coffee Cake</p>	<p>12. Split Pea Soup HOT: Fish Florentine, Orzo w/Peas & Onions, Dill Carrots, Multigrain Bread. COLD: Turkey Chef Salad w/Lite Italian Dressing, Three Bean Salad, Scallion Bread. Cinnamon Applesauce</p>
<p>15. HOT: Roasted Turkey w/Gravy, Cranberry Sauce, Whipped Sweet Potatoes, Green Beans, Corn Bread Loaf. COLD: BBQ Chicken Sandwich w/Mozzarella & Red Onion on Bulkie Roll, Vegetable Pasta Salad, Root Vegetable Salad. Fresh Fruit</p>	<p>16. Tomato Basil Soup HOT: Salmon Boat w/Dill Sauce, Herbed Brown Rice Pilaf, Spring/Summer Vegetable Blend, Wheat Roll. COLD: Roast Beef w/Lite Mayo & Provolone Cheese on Pumpkinnickel Bread, Summer Squash Salad, Summer Potato Salad.  Chocolate Mousse w/Topping</p>	<p>17. Beef Noodle Soup HOT: Chicken Paprika, Red Bliss Potatoes, Kale, Oat Bread. COLD: Egg Salad(v) on Multigrain Bread, Cole Slaw, Pesto Pasta Salad. Mixed Fruit</p>	<p>18. Vegetable Soup HOT: American Chop Suey, Fresh Cauliflower & Broccoli Blend, Scallion Bread. COLD: Seafood Salad on Wheat Bread, German Potato Salad, Riviera Salad. Pears</p>	<p>19. HOT: Hot Dog***on Hot Dog Roll w/Ketchup, Mustard & Relish, Cole Slaw, Baked Beans. COLD: Tuna Salad on Oatmeal Bread, Beet Salad, English Pea Salad. Oatmeal Raisin Cookie</p>
<p>22. Escarole & Bean Soup HOT: Chicken Marsala, Buttered Ziti w/Parmesan Cheese, California Vegetable Blend, Multigrain Bread. COLD: Egg Salad (V) on Oatmeal Bread, Roman Blend Salad, Lo Mein Pasta Salad. Apple Raisin Compote w/Topping</p>	<p>23. HOT: Ground Beef Stuffed Peppers, Peas & Onions, Oatmeal Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Wheat Bread, Potato Salad, Cucumber, Feta & Onions Salad. Birthdate Cake</p>	<p>24. COLD LUNCH BOX DAY COLD: Ham Chef Salad w/Lite Italian Dressing, English Pea Salad, Scallion Bread. Mixed Fruit</p>	<p>25. Minestrone Soup HOT: Roast Pork w/Apple Glaze, Mashed Sweet Potatoes, Tuscan Vegetable Blend, Scallion Bread. COLD: Vegetable Chef Salad (V)w/Lite Italian Dressing, Wheat Dinner Roll, Orzo Vegetable Salad. Peaches</p>	<p>26. HOT: Lentil Stew (V), Herbed Brown Rice, Italian Green Beans, Multigrain Bread. COLD: Chicken Salad on Rye Bread, Tri Color Pasta Salad, Cauliflower Carrot Salad. Vanilla Pudding w/Topping</p>
<p>29. MEMORIAL DAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>30. Chicken Vegetable Soup HOT: Herbed Honey Mustard Chicken, Lyonnaise Potatoes, Spinach & Mushrooms, Oatmeal Bread. COLD: Egg Salad (V) on Pumpkinnickel Bread, Tomato Cucumber Salad, Italian Pasta Salad. Orange</p>	<p>31. HOT: Cheese Burger w/Ketchup & Mustard on Hamburger Bun, Home Fries, Sauté Peppers, Mushrooms & Onions. COLD: Chicken Salad on Oatmeal Bread, Southwest Black Bean Salad, Cole Slaw. Tapioca Pudding w/Topping</p>	<p>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</p>	

MAY LUNCHEON SPECIALS



Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have

lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On **Tuesday, May 16** we celebrate May birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all May birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. And on **Thursday May 11 a special Mother's Day Brunch** will be served. 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:

- **Tuesday, May 2** Lunch will not be served due to a Springwell Staff Training.
- **Thursday, May 11** Mother's Day Brunch
- **Wednesday, May 24** a Box lunch only
- **Monday, May 29** No Lunch Memorial Day

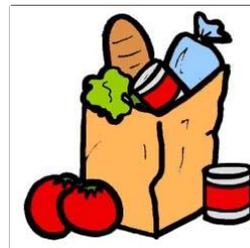
LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Bamboo Thai On **Tuesday, May 30 at 12 noon.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

MAXIMIZE YOUR BONE HEALTH

It's not just about calcium and Vitamin D! Please join Meghan Ostrander, Springwell's Registered Dietician on **Friday, May 5 at 1 pm** to learn what you can do to make the most of your bone health. If you would like to join us at noon for lunch first, please call 617-730-2747 and reserve by 10:30 a.m. on **Thursday, May 4.** The talk is free, but there is a suggested \$2 donation for lunch.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline

Senior Center @ 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House @ 61 Park Street on the 3rd Wednesday of each month.

We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia @ 617 730 2743 to set up an appointment.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in May 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, May 2

Fences

(2016)

2hr. 19 min.

A working-class African-American father tries to raise his family in the 1950s, while coming to terms with the events of

his life.

Stars: Denzel Washington, Viola Davis, Stephen Henderson



Tuesday, May 23

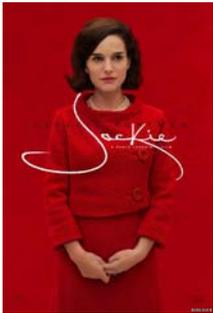
Manchester by the Sea

(2016)

2hr. 17min.

A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.

Stars: Casey Affleck, Michelle Williams, Kyle Chandler



Tuesday, May 9

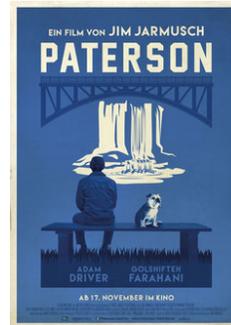
Jackie

(2016)

1hr. 40min

Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy.

Stars: Natalie Portman, Peter Sarsgaard, Greta Gerwig



Tuesday, May 30

Paterson

(2016)

1hr. 58min.

A quiet observation of the triumphs and defeats of daily life, along with the poetry evident in its smallest details.

Stars: Adam Driver, Golshifteh Farahani

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



Tuesday, May 16

Little Foxes

(1941)

1hr. 56 min.

The ruthless, moneyed Hubbard clan lives in, and poisons, their part of the deep South at the turn of the twentieth century.

Stars: Bette Davis, Herbert Marshall, Teresa Wright

THE SENIOR CENTER VAN HOURS:



Monday-Thursday 9:00-4:00 and on the following **Fridays: May 12 and 19 and June 2 and 16**

To schedule a ride call 617-730-2750.

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 May we will meet on the 20th 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

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, **through 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
617-552-6949 or e-mail canlab@bc.edu.

Brookline
Adult &
Community
Education



*Join us,
new classes
starting soon!*

www.brooklineadulted.org
617-730-2700

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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



MAY AT A GLANCE

Monday, May 1

Tuesday, May 2

No Springwell Lunch today

1:00pm Movies for Film Lovers-*Fences*

Wednesday, May 3

9:00am-12:00noon BLAB

2:00-2:30pm Violin Duets

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

Thursday, May 4

11:00am Ask A Nurse

1:30-2:30 ZUMBA (\$7 class/free to BHA residents)

6:00-8:00pm "This Chair Rocks"***

Friday, May 5

1:00pm Maximize Your Bone Health

Sunday, May 7

1:00-3:00pm "Broadway and You" ***

Monday, May 8

1:00pm Einstein Program***

Tuesday, May 9

1:00pm Movies for Film Lovers-*Jackie*

Wednesday, May 10

1:00pm COA meeting-Justin Lukoff

1:00-2:00pm Blood Pressure Clinic at Sussman House*

Thursday, May 11

11:00pm Herbalist Presentation ***

12:00noon Mothers Day Brunch***

1:30-2:30 ZUMBA (\$7 class/free to BHA residents)

Friday, May 12

11:00am-4:30pm Bead EXPO**

Saturday, May 13

8:00am-1:00pm Longwood Group Dentistry with a Heart*

Monday, May 15

1:00pm Balance Workshop with Steve Shain***

1:00-2:30pm Ukulele Group

2:00-3:00pm Putterham Book Group-Wright Brothers***

Tuesday, May 16

12:00noon Birthday Lunch for May Birthdays***

1:00pm Movies for Film Lovers-*Little Fences*

Wednesday, May 17

1:00pm Low Vision Support Group

Thursday, May 18

1:00-2:00pm Blood Pressure Clinic **Note:** Time Change

1:00-2:00pm Brookline Hearing Service

5:30-7:30 pm BrooklineCan Membership Event*

Friday, May 19

Monday, May 22

1:00pm Metropolitan Chorale***

Tuesday, May 23

9:00-10:00am Public Issues Book Group-The Immortal Life of Henrietta Lacks

1:00pm Movies for Film Lovers-*Manchester-By-the-Sea*

6:00-8:00pm TRIPPS Program-MIT Age Lab Presentation***

Wednesday, May 24

10:15am Annual Telling Your Story Public Reading Event

1:00-2:00pm Blood Pressure Clinic at 61 Park Street*

1:30pm Memory Café ***

Thursday, May 25

Friday, May 26

Monday, May 29

Memorial Day Closed

Tuesday, May 30

12:00noon Out to Lunch at Bamboo Thai***

1:00pm Movies for Film Lovers-*Paterson*

Wednesday, May 31

1:00pm Silver leaf Gospel Singers***

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

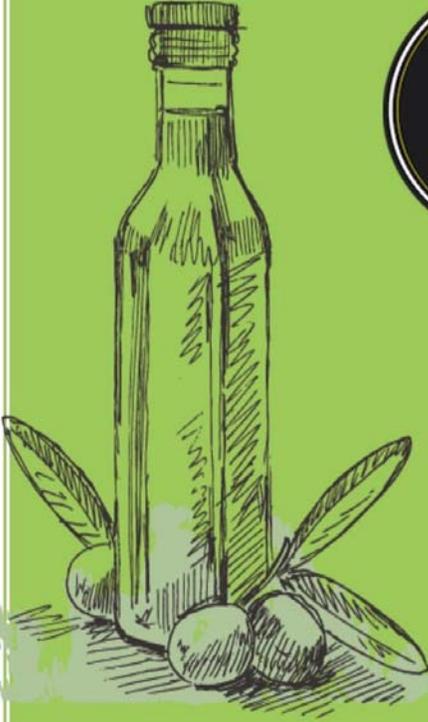
8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30-11:15 Adventures in Mindfulness***
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in Spanish

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.brooklineadulthood.org to register

*** Registration Required




At Goddard House
165 Chestnut St Brookline Ma

Taste & Talk

Join us for an evening with the local Brookline shop, The Olive Connection. Experience a guided tasting of new olive oils and vinegars led by Carol Sapoznik!

Thursday June 15th
6:00 Appetizers & Refreshments
6:30 Taste & Talk

RSVP

Michaela Barrows
617-731-8500 ext. 130
mbarrows@goddardhouse.org

GALLERY
93

Hours:

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

**The
Reunion
Project:
"Then I
was...now
I am..."
Portraits
by
Lora Brody**

***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.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to announce the VIBRANT program in partnership with the Centers on Aging and the Brookline Senior Center. What is VIBRANT? It is assistive technology, empowerment, and you. If you are losing your vision, we can help train you on technology that makes your life easier, and makes things accessible to you again. Assistive technology is any piece of hardware or software designed for use by a person with a disability who could not use the technology without adaptation or modification. Assistive technology can help with all kinds of tasks, from cooking and cleaning, to shopping, reading, watching TV, browsing the internet, creating documents, spreadsheets, banking and personal finance management, travel, health and fitness, independent living and so much more. Anyone with low vision, blindness or questions is welcome to reach out to us and find out about our program.

After an application and assessment, conducted by Sassy Outwater, the Brookline Senior Center Assistive Technology Coordinator, you will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals .

Sassy can be reached at: 617-780-9037, or send email to: soutwater@mabcommunity.org. Or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Sassy. We look forward to working with you soon.

OPEN COMPUTER LAB

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

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.

UKULELE FUN

Ukulele fun will be held on **Monday, May 15 from 1:00 to 2:30 pm**. If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. The more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!



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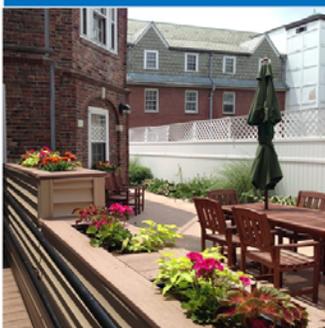
COUPON

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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ACUPUNCTURE UPDATE

We want to say a big thank you to our wonderful acupuncturist, Julia Herskowitz, LicAc., MAc., who has volunteered her time for the last several months by providing acupuncture consultations to seniors in need at the Center. Julia is retiring her license in May and so she will no longer be able to provide this service. However, Julia is an active participant at the Center and so we are glad that we'll still be able to enjoy her company!

-SAVE THE DATE- SHREDDING EVENT

Visit from mobile shredding truck and identity theft presentation.

Clean out your file cabinets and declutter your house to protect yourself from identity theft and fraud. Brookline residents are invited to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. Visit the Brookline Senior Center on Monday, June 5 from 1-4 pm to speak to DA Morrissey's staff and shred personal documents safely and free of charge. This event, organized to heighten awareness about identity theft and fraud, is sponsored by Norfolk District Attorney Michael Morrissey.

There will also be a presentation on identity theft from 1-2 pm at the Senior Center as well. Light refreshments will be served. **Please call 617-730-2770 to register for presentation portion of the event.** All others are welcome to pull up to the mobile shredding truck for assistance with their boxes, bags and bundles of documents to shred. For assurance, shredding can be viewed through a screen on the truck. Computer hard drives welcome.

FROM THE BOARD PRESIDENT

May is such a special month at the Brookline Senior Center. Spring is in full bloom. We have some of the most comfortable and beautiful days and nights. And we honor the women in our lives. May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their memory.

If you would like to create a tribute gift contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756. Families such as Marie Levine's daughters and Corinne Long's family have already insured that their mothers are honored on an annual basis with their special gift.

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

Betsy Pollock, President, Senior Center Board

SILVER LEAF GOSPEL SINGERS



On **Wednesday, May 31 at 1:00 pm**, the Silver Leaf Gospel Singers will perform at the Senior Center. Deacon Randy Green has

led the Silver Leaf Gospel Singers for over 60 years, and he's still stirring audiences to their feet with his old-time, toe-tapping, heart-lifting sound. The group of men, perform a form of a *cappella* singing called "jubilee," full of call and response. Don't miss these Boston treasures. Their motto testifies to the strength of the group's commitment. "Coming together means progress. Keeping together means success." To register please call 617-730-2770.

Mount Auburn Hospital Lifeline offers an innovative help button, Philips AutoAlert



The Philips AutoAlert help button gives you an added layer of protection by automatically placing a call for help if a fall is detected and you cannot push your button.

"I was taking some trash out, and when I came back, I tripped on some wood and just fell flat. I broke my wrist, so I couldn't put any weight on my hands to push myself up from the ground. I was just out there, in the dark.

Off in the distance, I heard an ambulance, and I thought, 'I wish that ambulance was coming for me.' And it was"

Virginia M.
Lifeline with AutoAlert Subscriber

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For More Information
please call:
617-499-5525

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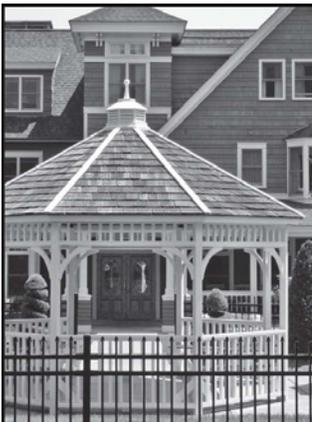
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MAY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Preparing coffee and breakfast snacks early morning Monday-Friday at the BSC, Food Commodity program on 3rd Wednesday of each month - Russian interpreters afternoons and people able to help lift 30-35 lbs. in the morning, and assistance for seniors with their SmartPhones on Wednesday afternoons 3-5. 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 BSC.

SHOP

"Students Helping Older People"

The S.H.O.P. Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to biweekly commitment that is usually shared with a partner. It starts with visiting the elder's home to get a grocery list and money, then shopping, and returning with the groceries. Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

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.



-SAVE THE DATE-

SENIOR CHARLIECARD EVENT



We are holding a Senior Center CharlieCard event on Wednesday, June 14 from 1:00-3:00 pm at the Brookline Senior Center.

You must bring in a picture ID with your date of birth indicated as you must be 65 or older to qualify for a Senior CharlieCard. You will fill out an application and we take your picture. The MBTA will mail your CharlieCard to your home in 6-8 weeks.

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

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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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 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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Molly Turlish *honoring* the Brookline Senior Center
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the tax preparation program
Claire Yung and the Chinese Mah Jong group *hon-*
oring the Chinese Mah Jong program
Marena Morrison *honoring* Ilse Leaser and her
Thursday class

In Memory of:

Maurie Stiefel *from* Miriam Goldman
Friend *from* Yolanda Santo
Nettie Lesser *from* Anita Garlick
Nettie Lesser, Allen Sweet, Barbara Goldberg,
Richard Benjamin and Nat Myers *from* Sharon
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Vivian Freeman *from* Ruthann Dobek
Marguerite Ference and Bernardine Thomas
from Patricia Burns
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IN MEMORY OF VIVIAN H. FREEMAN



Warm, gracious, kind and giving are some of the personal traits that Vivian brought to our volunteer program. Vivian's spirit lives on at the Brookline Senior Center. She is missed by all.

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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 2 floor peddlers available for one's exercise needs. If you or anyone you know could use these, please call Jamie at 617-730-2753.

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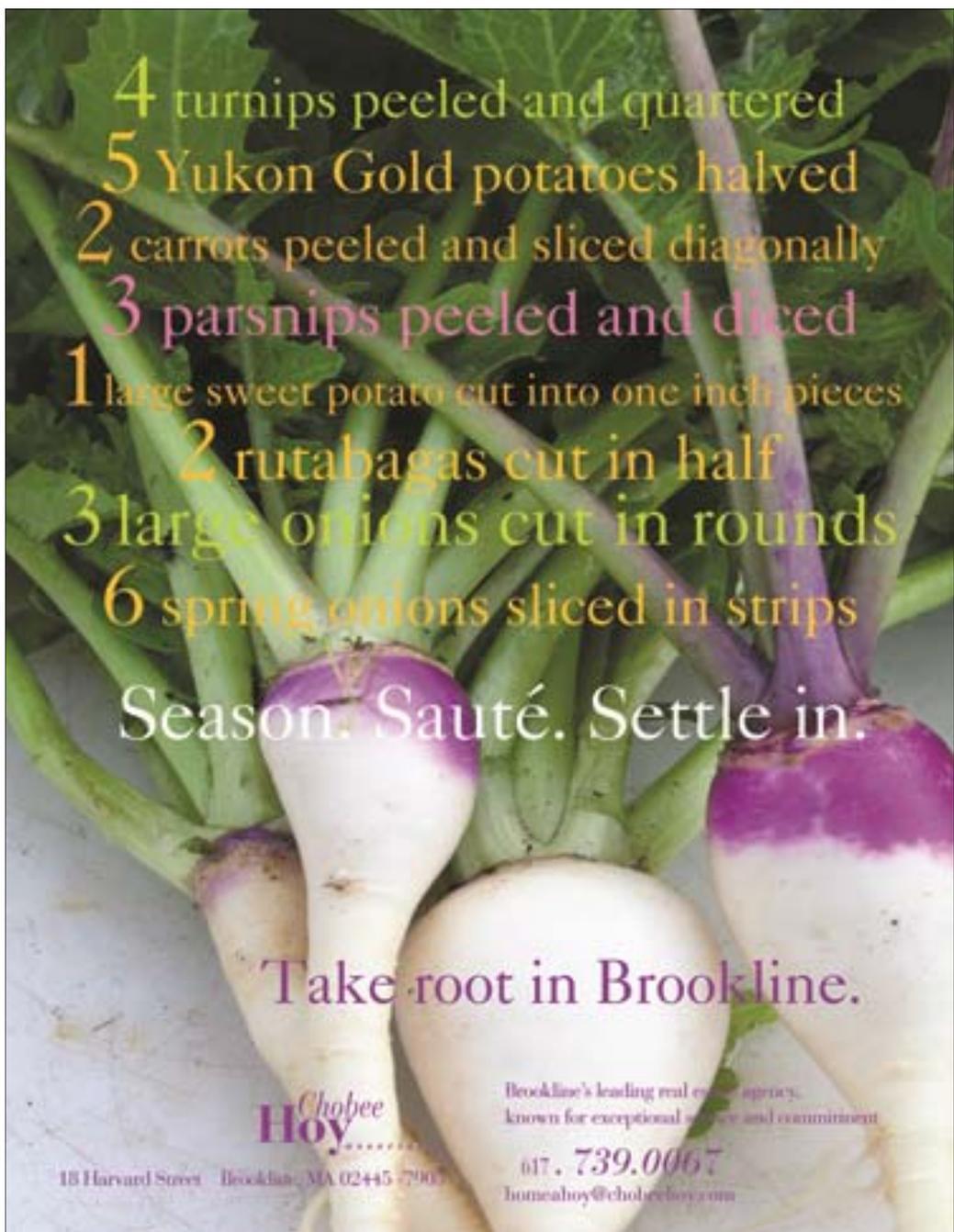
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