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

Monday, June 5 from 1:00-4:00 pm Shredding Event (See P. 25).

Thursday June 15 from 10:00 am to 2:00 pm Annual Sidewalk Sale (See P. 3).

Tuesday, June 20 at 1:00 pm The Powder and the Glory Documentary (see P.15).

Wednesday, June 21 from 6:00-9:00 pm Annual Pubic Health Policy Forum (See P. 26)

JUNE 2017

MARIE LAVINE MEMORIAL CONCERT

Come and enjoy the 13th annual Marie Lavine Memorial Concert on **Thursday, June 8, at 2:00 pm.** The concert is a tribute to the memory of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater. It is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine.

This year will feature the outstanding Winiker Band. The Winikers need no introduction to Brookline. These fabulous musicians and entertainers knew Marie personally. Afterwards, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite! To register, please call 617-730-2770.

GREAT SCOTT!

A Joplin Centennial Celebration

Join us **on Thursday, June 29 at 1:00 pm as** we welcome back pianist Richard Dowling for an exciting performance commemorating the 100th anniversary of Scott Joplin's death in 1917. Richard Dowling's *Great Scott!* piano concert features the beloved Scott Joplin ragtime piano works used in the 1973 Academy-Award-winning movie *The Sting*, (including *The Entertainer*) plus many other dazzling, delightful, and rarely-heard Joplin compositions. Continued on P. 17.

INDEX

Adult Excursions, Brookline……..15
Alzheimer's Caregivers Support Group…….……....7
Art for Pleasure……25
Ask A Nurse……...4
Assistive Technology……...23
At a Glance, June.. . ....….....……..……..20
Barbecue……25
BIG TV Award……...3
Board President,……...…14
Book Discussion Group, Public Issues ……11
Book Discussion Group, Putterham……..11
Bridge...……..12
BrooklineCan……13
CharlieCard Event……9
Chess……...……9
COA Meeting……2
Community Chorus Spring Concert……...3
Computer Lab……...23
Concert, Marie Lavine……...1
Dance, Tuesday Morning……24
Director, from the……11
ELF……31
File of Life Update…...……23
Fitness Center……4
Food Distribution Site, Senior Center……...23
Gallery 93..……22
Geriatrician, Ask a.....5
Great Scott: A Joplin Centennial Celebration……...1
Handicapped Access……...31
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach)…….….....4
Hearing Services, Brookline ……....4
Historical Afghans…...……9
LGBT Brunch……19
LGBT Pride Event……15
Let's Go Out To Lunch Bunch……17
Living Our Values ……...……8
Losing Body Fat……18
Lunch Menu.……16
Luncheon Specials for June....…...…....……17
Mahjongg……..12
Memory Café…….. ...9
Memory, Seven Steps to Managing……...13
Movies for Film Lovers……...18
Observances, June...…...…….…….…….……...3
Ongoing Senior Center Events……...21
Ping Pong……..29
Preserving Your Photographs and Memorabilia…13
REAP...……...28
Reiki Therapy……...29
Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security)..….....6
Shredding Event……...25
Sidewalk Sale……3
Spanish Immersion……..24
Tax Work-Off ……...17
Thank You……30
Theatre Cub……7
Tour The Senior Center……..19
Travel, Easy……...……3
TRIPPS ……...……...14
Ukulele……..……31
VAN Hours……..19
Walking Club……...26
Yoga, International Day……..12
Zumba Gold……....9

COUNCIL ON AGING MEETING

On **Wednesday, June 14 at 1:00 pm** join us for a presentation by John Hodgman, Brookline Foundation Trustee and the Chair of the Brookline High School Scholarship Committee.

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.

JUNE OBSERVANCES

There are no holidays in June for which the Senior Center is closed. You can plan on enjoying the many and varied facilities and programs every weekday in June from 8:30 am to 5:00 pm. There are only a couple of holidays of note that actually fall in June: Father's Day and Flag Day.

Father's Day is celebrated on **Sunday, June 18.** Flag Day, celebrated on **Wednesday, June 14,** commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. It is not an official federal holiday.

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.

ANNUAL SIDEWALK 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 are also 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.

CONGRATULATIONS BIG TV SHOW AWARD

The multi segment Age Friendly City Project has received the Best Show of 2017 Award. Nancy Daly, Ruthann Dobek, Frank Caro and Patricia Burns were interviewed in separate segments. Since some of our seniors do not have internet or Smartphones, it was decided that we would show this series at the Brookline Senior Center in the near future.

EASY TRAVEL

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!

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster**,** a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, June 1 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The **cost is $40**. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in June but will return on **Wednesday, July 19 at 1:00pm**

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

Thursday, June 15 from 1:00-2:00 pm at The Senior Center **NOTE CHANGE IN TIME**

Wednesday, June 7 from 2:00-3:00 pm at BPHD building on Pierce Street.

Wednesday, June 14 from 1:00-2:00 pm at Sussman House 50 Pleasant Street

Wednesday. June 28 from 1:00-2:00 pm 61 Park Street

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, June 15 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.

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.

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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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.*

Summer is around the corner. This is a wonderful time of the year, but it's important to make sure that while we are enjoying those warm rays, we keep ourselves safe from the potential dangers of the sun.

Too much sun can cause problems. For example years of sun exposure can cause the skin to appear older. This is called photo aging. It can increase the incidence of wrinkles and can cause age spots, which are spots on the hands, arms and face. The best way to fight photo aging is through prevention with a daily use of sunscreen with an SPF of 15 or higher to areas that are exposed to the sun. SPF stands for Sun Protection Factor. The higher the number, the longer you should be able to stay in the sun without getting burned.

The sun is the strongest between 10:00 a.m. and 4:00 p.m. This is a good time to sit in the shade. In addition to wearing sunscreen, it helps to cover up your exposed skin with clothes and a broad hat. Many places now carry clothes and hats which are especially made for sun protection and have SPF protection themselves. Sunglasses with 100% ultraviolet (UV) protection are extremely important in protecting your eyes from sun damage.

In addition to aging the skin, too much sun exposure can lead to skin cancer. We worry the most about a dangerous form of skin cancer called melanoma, which is often related to sun exposure. People with fair skin and light-colored eyes are particularly susceptible to this form of skin cancer, but it can happen to anyone. Higher SPF sunscreen can help prevent skin cancer. Anyone with a mole that is new or changing in any way should see a dermatologist to be sure this is not skin cancer.

People often think that they get needed Vitamin D from the sun. However, the amount of Vitamin D we get from the sun is very small and not worth the risky over-exposure. To get the necessary amount of Vitamin D we need, it is far better to take a vitamin supplement in the form of Vitamin D3 (usually a minimum of 800-1000 IU) every day.

There is some research that suggests that certain foods can help prevent skin cancer. Some of these include:

- Beta-carotene: carrots, squash, mangoes, spinach, kale, sweet potatoes.
- Lutein: collard greens, spinach, kale.
- Lycopene: tomatoes, watermelon, guava, apricots.
- Selenium: Brazil nuts, some meats and breads.
- Vitamin A: sweet potatoes, milk, egg yolks, mozzarella.

However, the best way to protect yourself is to limit your exposure to the sun, cover yourself with sunscreen, protective clothing, a hat and sunglasses. AND ENJOY THE SUMMER!!

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 $54,750 a couple's annual income cannot exceed $62,550. 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 **on vacation during June and July but will return on Wednesday, August 2 from 9:00am-12:00** noon to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

The Senior Center offers two ongoing support groups designed to help caregivers cope with the stress and demands of loved ones struggling with 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. Center. You will receive a call about your pick up time and location.

ALL SHOWS TAKE PLACE AT THE REAGLE THEATRE IN WALTHAM

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LIVING OUR VALUES

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

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 August 3* from 1:30-2:30 p.m. ***Please note that there will be no classes on June 8, June 22, or July 20.** Classes are $7 per session and free to Brookline housing Authority residents thanks to the Brookline Multi-service Senior Center Corp, a 501 ©(3) corporation that supports Senior Center programming.

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.

MEMORY CONNECTIONS CAFÉ

On **Wednesday, June 28 from 1:30-3:00 pm,** the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming 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 Landmark Senior Living-Longwood.

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.

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.

FROM THE DIRECTOR

June is a splendid month here in Brookline with the return of the Famers Market, the glorious long days and some fabulous annual events as well as some special programs. One of our memorable programs of the year will be held on Thursday, June 8. The 14th annual concert in memory of Marie Lavine will begin at 2:00 p.m. with the outstanding Winiker Band. The Winikers need no introduction to Brookline. They are fabulous musicians and entertainers who personally knew Marie. The concert will feature Cindy Gale accompanied by pianist, Neil Greene. Cindy is a talented musician who regularly performs with the Bo Winiker Band. She has had the extreme pleasure to have performed with the Boston Pops Orchestra for their New Year's Concerts. Music will be songs from the Great American Song Book. Afterwards, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite. This is one concert not to be missed. We appreciate Marie's daughters, Eileen and Kathy, who lovingly sponsor this annual event in memory of their mother.

In addition, on Wednesday, June 21 at 6:00 pm we are pleased to host the Public Health Policy Forum 21st. Annual Report Card on Health Care. Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages, encourage a younger friend to attend (See page 26 for details).

Thank you for your support of the Brookline Senior Center. Many of you honor loved ones through your donations. I am especially touched when someone includes a note with their contribution. Here is an excerpt from one recent one. "Thank you for the beautiful memorial and photo in the May newsletter. Going back to the early day's you always held a special place in Mom's heart and of course you know how she loved all the people at the Center. My sincere thanks for all you've done for her."

On Sunday, June 4 from 3:00-7:00 pm the LGBT community celebrates their 14th annual event, "The Silver Party" a dinner dance at the Brookline Holiday Inn on Beacon St. Pride activities allow LGBT seniors to know what it feels like to be out, open and supported in the LGBT community. We will have a couple of free tickets. See me if you want to attend.

Finally, Happy Father's Day to the fathers and grandfathers. My own father was a very special man. He was a teacher and humanitarian who instilled in me to find the good in all people. Indeed, every day his spirit is here in the Senior Center as his lesson to me was to always be warm and welcoming, and open to all types of people striving to make the world a better place one kind act at a time. Please join me in doing something extra nice this month for someone in his memory.

Ruthann Dobek-Director

Well Done Cleaning

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welldoneclean@hotmail.com

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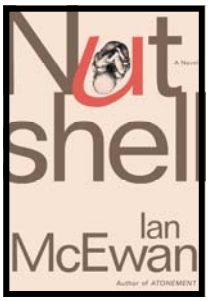
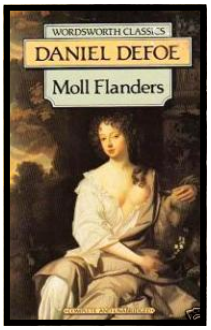
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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

June – On Vacation



July 17
Nutshell
by Ian McEwan



August 21
Moll Flanders
by Daniel Defoe

September 18
The Summer Before the War
by Helen Simonson

October 16,
When Books Went to War: The Stories That Helped Us Win World War II
by Molly Guptill Manning

November 20
LaRose
by Louise Erdrich

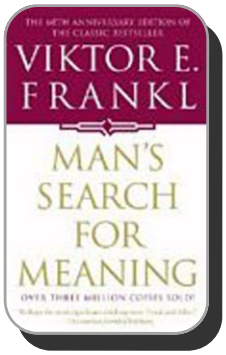
December 18
A Man Called Ove
by Fredrik Backman

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

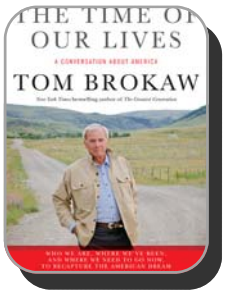
At the Senior Center

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.

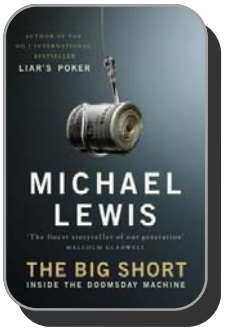
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



June 27
Man's Search for Meaning
By Viktor E. Frankl (Beacon Press)



July 25
The Time of Our Lives: A Conversation About America
By Tom Brokaw (Penguin Random House, LLC)



August 22
The Big Short: Inside the Doomsday Machine
By Michael Lewis (W.W. Norton & Company, Inc.)

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

MAHJONG

Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 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.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
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INTERNATIONAL DAY OF YOGA

Brookline celebrates International Day of Yoga with an open-air free class on eve of Summer Solstice. Brookline will join yogis from all over the world on **Tuesday evening, June 20** to celebrate the third International Day of Yoga, which also marks the Summer Solstice. **Popular local yoga teachers will conduct a free open-air yoga class, 7:00 pm – 8:30 pm, at Cypress Field, directly across from Brookline High School, 115 Greenough Street.** (Rain location is the high school gym across the street). All Brookline residents are invited to participate, no experience necessary. The yoga event is being co-sponsored by Brookline on the Move and the Brookline Departments of Public Health and Recreation. The first International Day of Yoga, organized by the United Nations in 2015, attracted more than two billion people from 192 countries, including China, France, Afghanistan, Sri Lanka, United States, South Korea, and several locations in India. India's Prime Minister led close to 35,000 people in a class in Delhi promoted by health and fitness advocates for its ability to reduce stress and boost well-being. Scientific research also is being conducted to examine the physical benefits of this form of exercise. For further information: Lynne Karsten, 617-730-2336;

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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

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 **Thursday, June 1 from 4:00 to 6:00 pm** at the Brookline Senior Center, 93 Winchester Street. At this free event, you can learn how to put extra space in your home to work for you. Ideas will be presented by some seniors who are already doing that in various ways.

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 putting extra space in their homes will illustrate some of the possibilities. The workshop is designed to stimulate thinking and provide answers to questions.**

Free of charge but please call 617-730-7220 to register

SEVEN STEPS TO MANAGING YOUR MEMORY
WHAT'S NORMAL, WHAT'S NOT, AND WHAT TO DO ABOUT IT

As you age, you may find yourself worrying about your memory. Where did I put those car keys? What time was my appointment? What was her name again? With more than 41 million Americans over age 65 in the United States, the question becomes how much or perhaps, what type of memory loss is to be expected as one ages and what should trigger a visit to the doctor.

Dr. Andrew Budson a professor of Neurology at BU School of medicine will discuss his book on **Tuesday, July 25** at Goddard House Assisted Living, 165 Chestnut Street, Brookline **from 6:30-7:30 pm with a reception at 6:00 pm**. RSVP to Michaela Barrows at mbarrows@goddardhouse.org or call 617-731-8500 x 130. This event is sponsored by Goddard House and Boston University Alzheimer's Disease Center.

PRESERVING YOUR PHOTOGRAPHS AND MEMORABILIA

Ever wonder what to do with that shoe box full of old photos and memorabilia? Join us on **Thursday, June 22 at 1:00 pm** for a workshop with Claire Goodwin, a retired archivist from Simmons College, to learn some helpful ways to organize, "edit", and preserve your photos and other memorabilia. There will be ample time for questions so be sure to bring them along with your enthusiasm! Space is limited. To register, please call 617-730-2770.

TRIPPS

CAR-FREE DAY TRIPS AND SWEET DIPS

You're invited to an ice cream social hosted by TRIPPS! Want to plan a summer getaway but don't want to drive? Come hear about various day trips in and around Boston that you can get to without a car. Your peers will share ways you can get from home to the beach, a summer festival, or that special outdoor concert, all without the hassles of traffic or parking. Senior discounts will be covered. Ice cream will be provided. **June 28 from 1:00-3:00 pm**. Call 617-730-2644 to register--space is limited. Join us for some summer fun!

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 options? Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone…on Medicare) program for assistance. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

FROM THE BOARD PRESIDENT

Did you know – "Exercise is the only thing that helps everything associated with aging." That's according to Dr. Janice Schwartz, a professor of medicine at the University of California at San Francisco. I am continually amazed by the amount of new research that shows the value of fitness for older adults – improving physical health, boosting memory and helping prevent dementia! We are so grateful to have our Fitness Center at the Brookline Senior Center.

Unfortunately, not everyone is able to afford the Fitness Center membership fee, even though it costs much less than other fitness centers in our community. To help alleviate the need, we are raising money for Fitness Center scholarships for low-income seniors. **Just $35/month ($420/year) keeps one more older adult active. Please join me in supporting this important cause. Our fiscal year ends June 30th. Your contribution today will help sustain these programs for our next fiscal year.**

With much appreciation,
Betsy Pollock

SMARTPHONE QUESTIONS

Drop-In sessions for Smartphone support at the Brookline Senior Center from **3:00-5:00 pm on the following Wednesdays, June 7, 14, 21, 28.** Learn how Smartphones can make your life easier and give you more freedom and independence. We can help you find ways to use your Smartphone for travel, entertainment, shopping and other activities that help you connect with family, friends and community.

THE POWDER & THE GLORY

Join us on **Tuesday, June 20 at 1:00pm** for a screening of ***The Powder & the Glory*, a documentary film about pioneering entrepreneurs Helena Rubinstein and Elizabeth Arden.** Immigrating to the United States in the early 20th century, they established and grew their businesses at a time when that was a most unusual thing for women to do. The film airs regularly on PBS for Women's History Month. Most recently, it is the inspiration for the Broadway musical *War Paint*, starring Patti LuPone as Helena Rubinstein and Christine Ebersole as Elizabeth Arden.

Following the film, Filmmaker Ann Carol Grossman will be at the Center to describe how this story developed from idea to television to the stage and to answer any questions that you may have. We hope to see you there!

BROOKLINE ADULT EXCURSIONS

Friday, June 2 from 2:00-4:00 pm
D. Blakely Hoar Wildlife Sanctuary-Brookline
The walk will focus on the natural history of the sanctuary as well as the plants and animals.
Cost: Residents $13 Non-Residents $18

Tuesday, June 27 from 12:00-5:00 pm
The Butterfly Place-Westford
Cost: Resident $24 Non-Residents $32

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).

OVER 55 AND UNEMPLOYED?

Enroll in A.B.L.E. Senior Service Employment Program

Program includes:

- Paid-on-the-job training opportunities ($11/hr.) in your community
- The chance to update your skills and learn new ones
- Current job experience for your resume
- Job search assistance

Eligibility criteria:

- Resident of Brookline
- Be currently unemployed
- Age 55 or older
- Meet federal low-income guidelines
- Be committed to finding a job!

For additional information:
Greg Haig – ghaig@operationable.net
or call 617-542-4180.

ANNUAL LGBT PRIDE EVENT

The LGBT community is celebrating the 14th anniversary of the annual Pride week and the culminating parade on Saturday, June 11. This year, Pride week runs from June 3 through June 12.

On **Sunday, June 4** from **3:00-7:00pm** we are proud to announce our fabulous new event; The Silver Party dinner dance held at the Holiday Inn Brookline. This special event often boasts over 200 guests and kicks off the Pride week activities with a fabulous party with over 100 LGBT seniors. Many of Our Pride week activities allow LGBT seniors to know what it feels like to be out, open and supported in the LGBT community. For more information read the online list of activities at.
https://issuu.com/bostonpride/docs/bostonprideguide2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium $2.00 Suggested donation per meal All soups served with crackers **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**			**1. Cream of Mushroom Soup** **HOT:** Spinach & Red Pepper Frittata (V), Red Bliss Potatoes, Green Beans, Garlic Dinner Roll. **COLD:** Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, English Pea Salad, Beet Salad. **Chef's Choice Dessert**	**2.** **HOT:** Macaroni Cheese***(V), Fresh Baked Tomato Half, Wheat Bread. **COLD:** Chef Salad w/Turkey, Cheddar Cheese & Lite Italian Dressing, Ziti Broccoli Salad, Dinner Roll. **Peaches**
5. **HOT:** Stuffed Shells w/Tomato Sauce (V) & Meatball, Fresh Broccoli, Wheat Roll. **COLD:** Roast Beef w/American Cheese & Mustard on Rye Bread, Summer Squash Salad, Orzo Vegetable Salad. **Chocolate Pudding w/Topping**	**6. Mushroom Barley Soup** **HOT:** Greek Chicken, Italian Roasted Potatoes, Mixed Vegetables, Wheat Dinner Roll. **COLD:** Mediterranean Plate (V), Hummus, Pita Bread, Cucumber, Feta & Onion Salad, Israeli Couscous. **Applesauce**	**7. Chicken Vegetable Soup** **HOT:** Meatloaf w/Gravy, Mashed Potatoes, Country Blend Vegetables, Oatmeal Bread. **COLD:** Vegetarian Chef Salad (V) w/ Lite Italian Dressing, Multigrain Bread, Roman Blend Salad. **Orange**	**8.** **HOT:** Hot Dog*** on Hot Dog Roll w/ Ketchup, Mustard & Relish, Baked Beans, Cole Slaw. **COLD:** Turkey w/Swiss Cheese & Lite Mayo on Oat Bread, Cauliflower Carrot, Potato Salad. **Pears**	**9. Minestrone Soup** **HOT:** Fish w/Broccoli Cheese Sauce, Herbed Brown Rice, Fresh Summer Squash & Zucchini, Multigrain Bread. **COLD:** California Chicken Salad on Scali Bread, Macaroni Salad, Root Vegetable Salad. **Fruit Loaf**
12. Split Pea Soup **HOT:** Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Mixed Vegetables, Multigrain Bread. **COLD:** Tuna Salad on Wheat Bread, Cauliflower Carrot Salad, Greek Pasta Salad. **Mixed Fruit**	**13.** **HOT:** Ground Beef Stuffed Peppers, Fresh Cauliflower, Tossed Garden Salad w/Lite Italian Dressing, Oatmeal Bread. **COLD:** Curry Chicken Salad on Rye Bread, Tomato Zucchini Salad, Summer Potato Salad. **Chocolate Chip Cookie**	**14.** **HOT:** Chicken Marsala, Buttered Noodles, Fresh Zucchini, Wheat Bread. **COLD:** Egg Salad (V) on Oatmeal Bread, Spinach Mandarin Salad w/ Lite Italian Dressing, Corn Salad. **Tropical Fruit**	**15. FATHER'S DAY SPECIAL** **Italian Garden Vegetable Soup** Beef Tips w/Mushroom Gravy Mashed Potatoes Creamed Corn Dinner Roll **Boston Cream Cup w/Topping**	**16. Cream of Butternut Squash Soup** **HOT:** Spinach & Red Pepper Frittata (V), Roasted Red Bliss Potatoes, Stewed Tomatoes, Rye Bread. **COLD:** Roast Beef w/Cheddar Cheese & Mustard on Multigrain Bread, Potato Salad, Roman Blend Salad. **Orange**
19. **HOT:** Beef Stew, Chuckwagon Corn, Tossed Garden Salad w/Lite Italian Dressing, Wheat Dinner Roll. **COLD:** Seafood Salad on Wheat Bread, Tri Color Pasta Salad, Broccoli Slaw. **Orange**	**20. Potato Leek Soup** **HOT:** Baked Fish Filet w/Newburg Sauce, Mashed Sweet Potatoes, Spinach, Multigrain Bread. **COLD:** Chicken Pesto Caesar Salad, Ziti Broccoli Salad, Garlic Dinner Roll. **Birthday Lunch**	**21.** **HOT:** Macaroni & Cheese*** (V), Fresh Tomato Half, Wheat Bread. **COLD:** Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Three Bean Salad, Tossed Garden Salad w/ Lite Italian Dressing. **Tropical Mixed Fruit**	**22. Beef Vegetable Soup** **HOT:** Lasagna w/Marinara Sauce (V) & Meatball, Collard Greens, Scali Bread. **COLD:** Tuna Salad on Rye Bread, Pesto Pasta Salad, Riviera Salad. **Peaches**	**23.** **HOT:** Chicken w/Creamy Italian Sauce, Italian Roasted Potatoes, Fresh Broccoli, Multigrain Bread. **COLD:** Cottage Cheese & Fruit Plate (V), Orange Juice, Potato Salad, Wheat Dinner Roll. **Tapioca Pudding w/Topping**
26. **HOT:** Lentil Stew (V), Brown Rice, Italian Green Beans, Whole Wheat Roll. **COLD:** Southwest Chicken Salad on Oatmeal Bread, Macaroni Salad, Carrot Pineapple Salad. **Mandarin Oranges**	**27. Vegetable Soup** **HOT:** Chicken Lo Mein, Oriental Mixed Vegetables, Fortune Cookie, Oat Bread. **COLD:** Turkey w/Swiss Cheese & Lite Mayo on Pumpernickel Bread, Summer Squash Salad, Balsamic Pasta Salad. **Brownie**	**28.** **HOT:** Roasted Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Jardinière Vegetable Blend, Wheat Bread. **COLD:** Tuna Salad on Rye Bread, English Pea Salad, Beet Salad. **Chocolate Pudding w/Topping**	**29. Italian Garden Vegetable Soup** **HOT:** 3 Swedish Meatballs Over Buttered Noodles, Dill Carrots, Rye Bread. **COLD:** Seafood Salad on Wheat Bread, Tomato Red Pepper Salad, German Potato Salad. **Orange**	**30. Seafood Chowder** **HOT:** Fish Florentine, Whipped Sweet Potatoes, Fresh Zucchini & Red Peppers, Oatmeal Bread. **COLD:** Roast Beef w/Cheddar Cheese & Lite Mayo on Multigrain Bread, Three Bean Salad, Roman Blend Salad. **Apple Raisin Compote w/ Topping**

JUNE 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, June 20** we celebrate June birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all June birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER

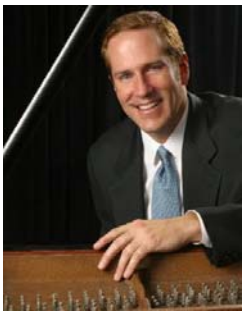
BrooklineBank
BrooklineBank.com
Member FDIC

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Pho Lemongrass, 239 Harvard St., Brookline on **Tuesday, June 27 at 12:00 noon.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

GREAT SCOTT! CONTINUED (P. 1)

A Joplin Centennial Celebration



The program also features an *Audience Choice* selection — a Joplin work randomly selected by an audience member from the remaining complete Joplin piano repertoire (53 rags, waltzes, marches and cakewalks).

Richard Dowling is the first pianist in the world to perform all of Scott Joplin's piano works in public. On April 1, 2017 — exactly 100 years to the day that Joplin died in New York City — Mr. Dowling performed the complete Joplin cycle in two historic sold-out recitals at Carnegie Hall in New York. Rivermont Records recently released Mr. Dowling's 3-CD definitive set of *The Complete Piano Works of Scott Joplin*, recorded on a magnificent Hamburg Steinway concert grand piano. To register, please call 617-730-2770.

BROOKLINE TAX WORK-OFF

The program begins on **July 1**. Eligible seniors 60 plus who own their own home or condo in Brookline with income under $54, 750 for tax year 2016 are welcome to apply. The work off includes a property tax reduction of $1,250 in exchange for 125 hours of work for a Town of Brookline department between July 2017 and March 2018.

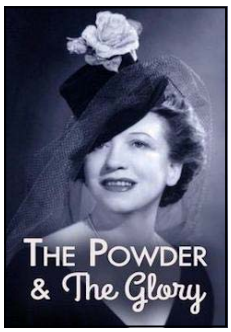
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in June 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, June 6
Hidden Figures (2016)
2hr. 7min.

As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Based on the unbelievably true life stories of three of these women, known as "human computers", we follow these women as they quickly rose the ranks of NASA alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return.

Tuesday, June 13
NO MOVIE DUE TO STAFF TRAINING



Tuesday, June 20
The Powder and the Glory
86min.
A documentary film about pioneering entrepreneurs Helena Rubinstein and Elizabeth Arden. Immigrating to the United States in the early 20th century, they established and grew their businesses at a time when that was a most unusual thing for women to do.

Following the film, Filmmaker Ann Carol Grossman will be at the Center to describe how this story developed from idea to television to the stage and to answer any questions that you may have. We hope to see you there!

Tuesday, June 27
Moonlight (2016)
1hr. 51 min.
A chronicle of the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami.

LOSING BODY FAT WITHOUT LOSING BONE DENSITY

Join us on **Friday, June 16th at 1:00 pm** for this peer-led discussion group with Senior Center participant, Estelle Record-Stanley. Estelle will give a short presentation on the relationship between the popular low fat dieting and the development of osteoporosis and then she will facilitate a discussion on the effects of malnutrition on the aging process. Bringing a record of your Typical Day of Eating (with amounts and calories) will be helpful.
Hand-outs will be available as partial guidelines for the peer-led program of NESTS (Nutrition, Exercise, Sleep, Tension-release, and Social-support).
Estelle continues to guide her own healthier eating by reading Julia Ross, Natasha Turner, Barry Sears, Peter D'Adamo, Harvey Diamond, and Adelle Davis for inspiration. To register, please call 617-730-2770.

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 June we will meet on the 17th 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

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

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.

UKULELE FUN

The Ukulele group will be meeting at the BROOKLINE PORCHFEST this month on **Saturday, June 10 at 2:00 pm** on Naples Road. Check the Porchfest map for directions. All Ukers, arrive at 1:30 to practice and everyone is invited to come and play and/or sing at 2:00.

THE SENIOR CENTER VAN HOURS:

Monday-Thursday 9:00-4:00 and on the following **Fridays: June 2 and 16**
To schedule a ride call 617-730-2750.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

MAY AT A GLANCE

Thursday, June 1
11:00am Ask A Nurse
1:30pm Easy Travel-Japan 1980
1:30-2:30pm Zumba Gold $7/class; free to BHA
4:00-6:00pm Creative Use of Extra Space at Home: Workshop***
Friday, June 2
D. Blakely Hoar Wildlife Sanctuary Trip***/*
Saturday, June 3
Coolidge Corner Community Chorus Concert*
Sunday, June 4
4:00-7:00pn Annual LGBT PRIDE Silver Party ***/*
Monday, June 5
1:00-4:00pm Free Shredding Event
Tuesday, June 6
1:00pm Movies for Film Lovers-Hidden Figures
Wednesday, June 7
2:00-3:00pm Blood Pressure Screening at BPHD*
3:00-5:00pm Smartphone Drop In
Thursday, June 8
2:00pm Marie Lavine Memorial Concert***
Friday, June 9
Saturday, June 10
12:00-6:00pm Brookline Porchfest*
Sunday, June 11
2:00pm Joseph and the Amazing Technicolor Dream Coat***
Tuesday, June 13
No Movie
Wednesday, June 14
1:00-3:00pm CharlieCard Event
1:00pm COA Meeting
1:00-2:00pm Blood Pressure Screening 50 Pleasant St*
3:00-5:00pm Smartphone Drop In
Thursday, June 15
10:00am-2:00pm Annual Sidewalk Sale
1:00-2:00pm Blood Pressure Screening BSC
1:00-2:00pm Brookline Hearing Services
1:30-2:30pm Zumba Gold $7/class; free to BHA ***
Friday, June 16
9:30am Walking Club-Castle Island***/*
1:00pm Losing Body fat without Losing Bone Density ***
6:00-8:30pm Spanish Immersion Fundraiser
Saturday, June 17
11:00am-1:00pm LGBT Out 2 Brunch Bunch *
Monday, June 19
1:00-4:00pm Wisdom Works***
Tuesday, June 20
12:00pm June Birthday Lunch***
1:00pm The Powder and The Glory Documentary Film
7:00-8:30pm International Yoga Day Program*
Wednesday, June 21
3:00-5:00pm Smartphone Drop In
6:00-9:00pm Health Care Reform Policy Forum
Thursday, June 22
1:00pm Preserving Your Photographs and Memorabilia***
1:30-2:30pm Zumba Gold $7/class; free to BHA
Monday, June 26
1:00-3:00pm Wisdom Works***
Tuesday, June 27
9:00-10:00am Public Issues Book Discussion Group-Man's Search for Meaning
12:00pm Out to Lunch Bunch ***
1:00pm Movies for Film Lovers-Moonlight
12:00-5:00pm Butterfly Place***/*
Wednesday, June 28
1:00-3:00pm Car Free Trips and Sweet Dips***
1:00-2:00pm Blood Pressure Screening 61 Park Street*
1:30-3:30pm Memory Café
3:00-5:00pm Smartphone drop In
Thursday, June 29
1:00 Great Scott: A Joplin Centennial Celebration***

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 ***
10:30-11:30 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 Membership 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 Drop-In Smartphone Help

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:45am Drawing for Pleasure Figure Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30-11:15 Adventures in Mindfulness***
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:30 pm Latino Instrumental and Vocal ***

*Not at the Senior Center
** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
*** Registration Required

Mount Auburn Lifeline

Personal Response & Medication Dispensing Services

Maintain independence with dignity, at home . . . and on the go!

- **Philips AutoAlert** help button will place a call for help if a fall is detected and you cannot push your button when in the environs of your home.
- **Philips GoSafe** help button also provides fall detection and access to help when at home as well as on the go.
- **Philips Medication Dispenser** reminds you when and how (such as with food, with 8 oz. of water, etc.) to take your medications.

A program of
Mount Auburn Hospital
Member of CareGroup

Founding Hospitals:
Beth Israel Deaconess Medical Center
New England Baptist Hospital
Mount Auburn Hospital

For More Information
please call:
617-499-5525

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

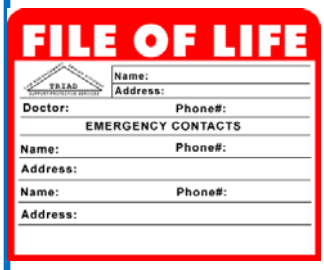
FOOD DISTRIBUTION SITE

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



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.

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.

SPANISH IMMERSION MUSIC AND DANCING NIGHT

FUNDRAISER

Join Claudia Medina and her Latin Jazz Band from the Berklee School of Music on **Thursday, June 15 from 6:00-8:30 pm** at the Brookline Senior Center. Tickets can be purchased in advance for $13 or $12 for seniors and students by calling 617-953-7016 or email: spanishimmersionjpbr@gmail.com. At the door tickets can be purchased for $15. Included with your ticket is one free Bingo Card, an appetizer and door prize. Food will also be available for purchase.

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. All for a suggested donation of $2 per class.

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ELK'S BARBECUE

On **Saturday, July 1 at 1:00 pm** come to the Senior Center for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a marvelous job on their special meals—whether a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, you need to make reservations. To make reservations, call 617-730-2770.

DRAWING FOR PLEASURE

Learn to draw on **Thursdays, June 8 through July 27 from 9:30-11:30 am. PLEASE NOTE there will not be a class on June 22.** This class is open to people with little or no drawing experience and to those who want to refresh their drawing skills. Instructor Louise Weinberg developed this course on the premise that drawing can be learned. Each session builds on the previous one therefore it is helpful to attend all sessions. Materials will be provided for a fee of $10. Space is limited for this very popular class so register earlier by calling 617-730-2770.

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ONE-ON-ONE COMPUTER SESSIONS

Computer One on One is resuming in the computer lab. Dan Siagel is back for 1/2 hour appointments on **Tuesdays from 2:00-4:00 pm.** Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. He will also help you with Smartphones, (Apple and PC). If you have questions, call Olga Sliwa at 617-730-2768.

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 1:00-4:00 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.

HEALTH CARE REFORM: NAVIGATING UNCHARTED WATERS

21st Annual Public Health Policy Forum

Brookline—On Wednesday, **June 21, following a reception from 6:00-9:00 pm the** 21st Annual Public Health Policy Forum will provide an up-to-date look at the current status of health care reform. **Health Care Reform: Navigating Uncharted Waters** will be held at the Brookline Senior Center. The event is free and open to the public; registration is not required.

Former Governor Michael Dukakis will moderate the panel, which features: Monica Bharel, MD MPH, Commissioner of the Massachusetts Department of Public Health; Dr. Jennifer Childs-Roshak, MD, MBA, President and CEO of Planned Parenthood League of Massachusetts; and Jon Kingsdale, Ph.D., Associate Professor of the Practice, Boston University School of Public Health and inaugural Director of the MA Health Connector, which became the model for national health reform.

This event is sponsored by the Friends of Brookline Public Health and the Brookline Adult and Community Education Program, the forum offers Brookline residents an opportunity to hear experts discuss the impact to date and challenges ahead for health care reform from the government, consumer, and research perspectives.

Please join us at the annual health policy forum to learn the latest developments at the Federal level, examine the impact on health care including women's health and treatment of opiate addiction in the Commonwealth, and consider ways to assure adequate health care coverage for the residents of Massachusetts.

The Public Health Policy Forum is co-sponsored by the Brookline Department of Public Health, the Brookline Council on Aging, the League of Women Voters of Brookline, the Brookline Commission for Women, and the Brookline Department of Veterans Services. For further information, contact the Brookline Department of Public Health, 617-730-2336 or Brookline Adult and Community Education, www.brooklineadulted.org.

WALKING CLUB

Nature Explorations in Our own Backyard

This inclusive program welcomes people with dementia and their care partners. Included is: A complimentary lunch at Goddard House or at site, transportation or you are welcome to meet us at the site, (the Shuttle from Brookline Senior Center to Goddard House leaves at 9:30 am). For Shuttle reservations call the Senior Center at 617-730-2770. Rides are available back to Senior Center after lunch at Goddard House. For directions and to confirm meet-up with us at site and for general info, call Goddard House at 617 -731-8500.

Friday, June 16 Castle Island, South Boston (Register by June 13)
Friday, July 21 Hall's Pond Reservation, Brookline (Register by July 18
Friday, August 18 Gardner Museum (Register by August 15)
Friday, September 22 Habitat Nature Sanctuary, Belmont (Register by September 19)

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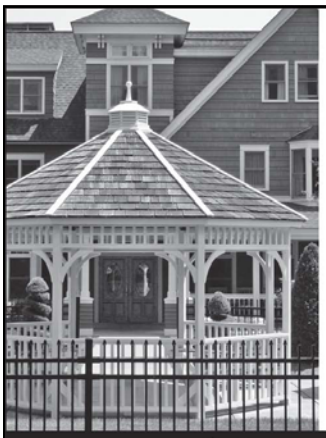

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REAP

INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing by phone, skype, in-person or mock as well as identifying transferrable skills from past experience to use in your next job. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.

GENERATION 2 GENERATION BROOKLINE SENIORS FOR KIDS

Join the REAP program for our summer event at the Brookline Senior Center on **July 24 from 1:00-3:00 pm.** Generation 2 Generation is part of the Encore Boston Movement. They will present a panel of speakers from their seven sponsors to discuss work and mentoring opportunities with young people in and around Brookline. If interested or for more information please contact: Deidre Waxman 617-730-2767

-SAVE THE DATE-

BEREAVEMENT SUPPORT GROUP

We hold a Bereavement support group for those who have lost a love one in the past year or two. Join us on the following **Wednesdays: July 12, 19 and 26 and August 2 and 9.**
If interested please call Deidre Waxman 617-730-2767 for details. All interested participants must be prescreened on the phone.

WISDOM WORKS

This is a participative and interactive workshop that will help you identify your transferable skills and give you the basic job search tools. Topics include: Elevator pitch, resume, references, transferable skills, LinkedIn profiles, ageism into your age advantage and more! This is a three day program that will run from **1:00-4:00 pm each day. Sessions will be Mondays June 19, 26 and July 3.** Registration is required. Please contact Patricia Burns the facilitator at 617 730 2743
or pburns@brooklinema.gov to register.

JUNE SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Preparing coffee and breakfast snacks early mornings Monday-Friday at the Brookline Senior Center (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 3:00-5:00pm. If you would like to apply for these or other volunteer opportunities at the BSC, 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 potential volunteer opportunities.

ANNUAL VOLUNTEER FILE AUDIT

It's that time of year again! It's time for our annual volunteer file audit. Check your mail! We will continue to mail any missing or very outdated forms from YOUR particular volunteer file. Keeping our records up-to-date is a requirement of the Town of Brookline and must be taken seriously. The mailing includes a self-addressed envelope to either mail or drop off for Patricia, the Volunteer Coordinator in her mailbox on the 2nd floor or in her office. Any questions, or if you need a new copy of the forms, please contact her at 617 730 2743 or pburns@brooklinema.gov.

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.

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

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Thanks to Judy, the sales process was super easy. Your honesty will not be forgotten. I will fondly cherish the memory of you sharing with me "I will make more money with this buyer but this is not the best buyer for you." Human beings like you are rare. We are lucky to know you. *-Dd, past buyer and seller*

I found Judy to be professional, responsible and amazingly service oriented...It's all about taking care of you during the selling or buying process and that's what Judy does best. *–David, past buyer and seller*

She always had our best interest in mind. Her knowledge about the real estate market is excellent. *–Tzu-Chun and Zhongjun, past buyer*

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The Equipment Loan Fund is low on stock and is in need of new tub/shower benches and chairs, standard and transport wheelchairs, rolling walkers, and rollators. Please call Jamie at 617-730-2753 to donate.

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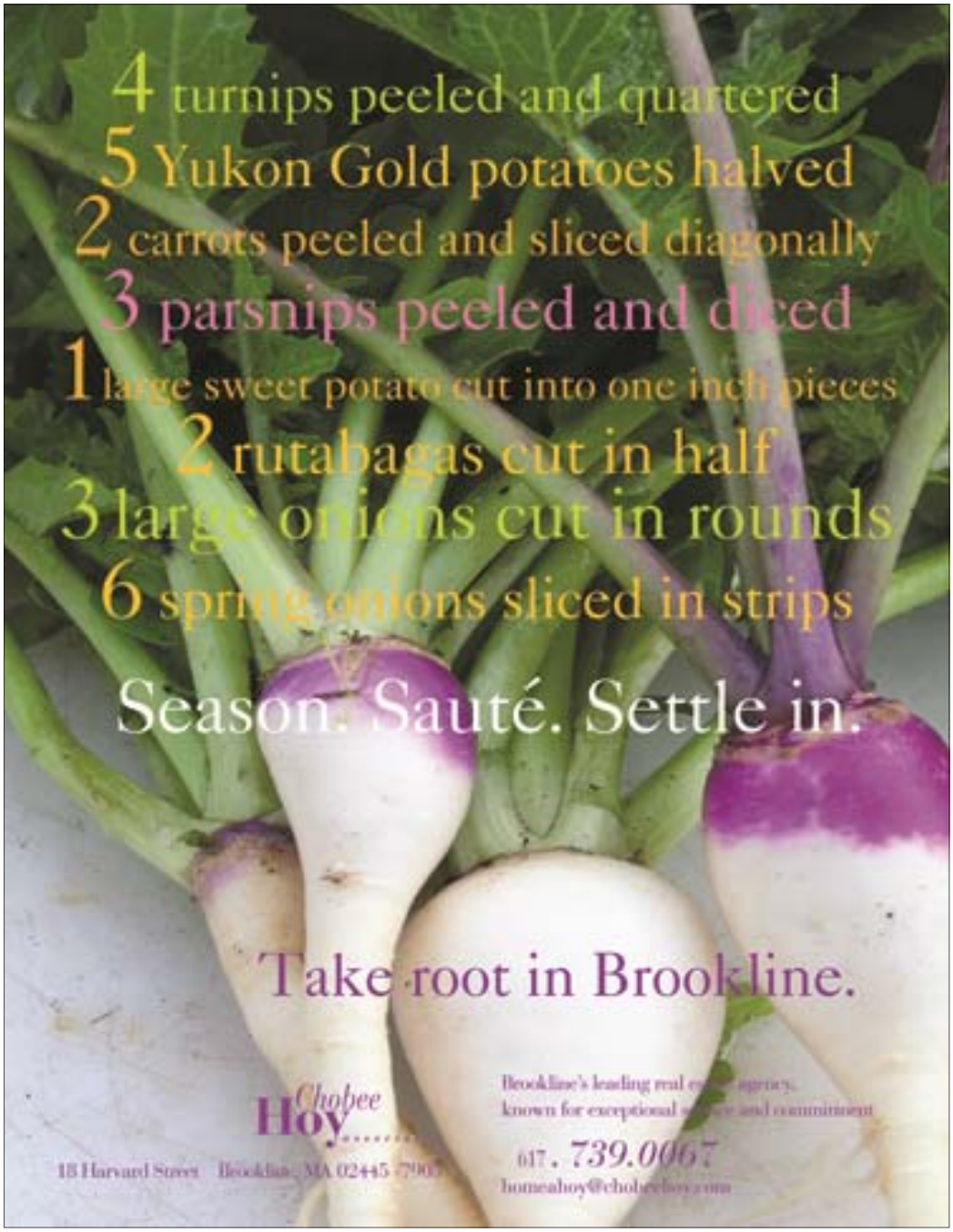
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