

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

Saturday, July 1 at 1:00 pm Elks
Lodge #866 BBQ (See P. 9).

Tuesday, July 11, from 10:00-11:00
am Tour JFK National Historical site
(See P.25).

Sunday, July 16, at 2:00 pm "Show
Boat" (See P. 7).

Monday, July 17 at 1:00 pm Stephen
Collins (See P.7).

The Arthritis Foundation Walk with
Ease Program is coming to Brook-
line! (See P. 13).



JULY 2017

STAND UP FOR KIDS

On Monday, July 24 from 1:00-3:00 pm REAP and Generation To Generation, a program of the Encore Boston Network which includes (Big Brothers Big Sisters, Generations Incorporated, Jumpstart, Playworks Mass Department of Children and Families, , 826 Boston, ReServe, and Operation Able) will offer a program at the Brookline Senior Center that we are calling STAND UP for KIDS.

Join us for a panel presentation about volunteer and stipend opportunities available to seniors who may want to help young children thrive. There will be time for questions and networking opportunities and refreshments will be provided. The program is free but you must register in advance by calling Deidre Waxman at 617-730-2767 or dwxman@brooklinema.gov.

ELVIS IS IN THE BUILDING



Want to have a little summer fun? Then join us on **Wednesday, July 19 at 1:00 pm** for a performance by our favorite Elvis Tribute Artist, Robert Black! His performance last September received such rave reviews that we just had to invite him back. So bring your dancin' shoes or just sit back and

swoon! Either way, you can plan on a wonderful time. Light refreshments will also be served. This program is generously co-sponsored by Home Instead Senior Care - Waltham Office. To register, please call 617-730-2770.

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

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JULY OBSERVANCES



On **Monday July 4**, the Senior Center will be closed as we celebrate Independence Day, a great day to go to the ocean, to barbecue, or to have a clam-bake with your friends, children, and grandchildren. Then

in the evening, sit back and watch fireworks while the country celebrates its birthday. July is also the month we celebrate National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month, National Hot Dog Month, and National Ice Cream Month so Enjoy!



IN MEMORY OF ARLENE STERN DIRECTOR OF THE BROOKLINE COUNCIL ON AGING

1980-2002

Due to Arlene's advocacy, the Council on Aging was established as a professional elder care agency, hiring dedicated social workers, to support our Brookline elders. Under her leadership and with the generosity of her husband Roger Stern the Senior Center was built and has become a state of the art center often emulated by other communities.

Arlene's sense of humor, feistiness and tenacity are trade mark qualities that continue to sustain us today.

MEMORY CONNECTIONS CAFÉ



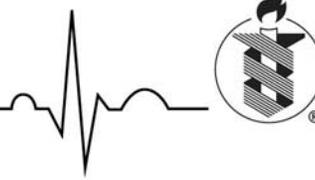
On **Wednesday, July 26 from 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their carepartners to connect with their

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 carepartner 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 All-at-Home Healthcare.

SAVE-THE-DATE

August Special Memory Connections

On **Wednesday, August 23 from 11:00 am-2:00 pm** at Larz Anderson Park picnic shelter, the Senior Center, Goddard House Assisted Living, and Brookline Recreation will be co-sponsoring "Camp Memory Connections," a pilot day camp experience for people with memory loss and their care partners. This free outdoor event (rain or shine) will include conversations with peers over camp-themed lunch & snacks, music, art, exercise, and haiku. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. To RSVP or book available transportation (parking will be available in a small lot off Goddard Ave) call Jamie at 617-730-2753 or jdonchin@brooklinema.gov. This program is in place of the monthly Memory Connections Cafe for August and is supported by a grant from the Brookline Community Foundation.



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, July 6 at 11:00 am.**

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

Low Vision Group This peer-led support group for individuals with limited eyesight will meet 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, July 20 from 1:00-2:00 pm at The Senior Center **NOTE CHANGE IN TIME**

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

Wednesday, July 12 from 1:00-2:00 pm at Sussman House 50 Pleasant Street

Wednesday, July 26 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, July 20 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

Blood Sugar Screening Olga Abamelik, RN, Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, July 13 from 11:00 am-12:00 noon.**

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.**

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

<p><i>The Health Page is sponsored by</i> Beth Israel Deaconess Medical Center</p>	<p>Affiliated with Joslin Clinic</p>	<p>A research partner of DANA-FARBER/HARVARD CANCER CENTER <small>A Comprehensive Cancer Center Designated by the National Cancer Institute</small></p>	<p> Official hospital of the Boston Red Sox</p>
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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: What is sleep apnea?

ANSWER:

The American Academy of Sleep Medicine defines sleep apnea as a disorder of sleep that causes you to stop breathing while you are sleeping. This can happen when the back of your throat closes while you are sleeping. It can be caused by the back of your throat collapsing or, if you sleep on your back, by your tongue falling back and blocking the airway. When the airway is blocked, less air can reach your lungs. This can cause less oxygen to reach your brain and other parts of your body. During the night, this lack of oxygen can wake up your body and start you breathing again. As a result, you can wake up in the morning feeling tired even after a full night's sleep because of several night time awakenings. This lack of oxygen can also cause high blood pressure, heart disease, stroke and memory loss.

One of the most common symptoms of sleep apnea is often snoring, although not everyone who snores has sleep apnea. Other symptoms include long pauses in breathing, choking sounds, and daytime fatigue.

The biggest risk factor for sleep apnea is being overweight, with a BMI greater than 30 (obese). Other risk factors for who is more likely to have sleep apnea include a large neck, older age, being male, high blood pressure and a family history of sleep apnea.

To test if you have sleep apnea, you may need an overnight sleep study done by a sleep physician. There are some sleep studies you can do at home, which can also be ordered by a sleep physician.

The best treatment for sleep apnea is to try to correct the underlying cause, such as losing weight if you are overweight, avoiding alcohol at night or sleeping pills, avoid sleeping on your back and stopping smoking. Otherwise, the main treatment is with a CPAP (Continuous Positive Airway Pressure) machine. This machine forces air into your throat to keep your throat and airway open so air/oxygen can get into your lungs. Most people feel much better rested after using the CPAP machine.

In the past, CPAP machines were large, bulky and noisy, and people often stopped using them. However, the newer machines are smaller and quieter. They come with either a mask that covers your mouth and nose, or 2 smaller prongs which fit into your nose. It will probably take some adjusting to see what the right fit and pressure are for you.

CPAP machines can take some getting used to, but most people are quite pleased with how much better they feel. There are very few side effects, but these may include discomfort with the straps on the mask (which can be adjusted), and a dry or runny nose.

There are some devices to treat sleep apnea which can be fitted by a dentist or orthodontist which can be worn at night in the mouth like a mouth guard, to try to pull the lower jaw forward or to hold the tongue in place so it doesn't fall back and block the throat. The sleep physician/clinic can advise which the best is for you.

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 The Brookline Legal Assistance Bureau volunteer lawyer will be **on vacation during 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.

STEPHEN COLLINS - "WHISTLER"

Join us on **Monday, July 17 at 1:00 pm** we welcome back our friend, Stephen Collins with his new show, "Butterfly." Butterfly is a one man show about James McNeil Whistler (1834-1903), the volatile American artist who battled mostly in Victorian England for personal expression in the arts and artistic freedom. The show depicts Whistler at two phases of his life: as a bankrupt artist in his 40's on commission in Venice and as an established yet lonely legend in his 60's in London. To register, please call 617-730-2770.

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.

THEATRE CLUB



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.

*HOWS TAKE PLACE AT THE REAGLE
THEATRE IN WALTHAM*

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

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.



Providence House

Assisted Living at Corey Park
Affordable Assisted Living for Seniors of All Incomes

Providence House at Corey Park is a distinctive senior living community providing a range of life enhancing, person-centered care for seniors of all incomes. We are dedicated to treating our residents, families and staff with respect, dignity and compassion.

To learn more please call Janice Skelley at 617-731-0505 ext.201.
180 Corey Road, Brighton, MA 02135



ELDERACHIEVERS

IN HOME CARE AND ASSISTANCE

*We deliver the extra support
and assistance you or your
loved ones need to continue an
independent lifestyle.*

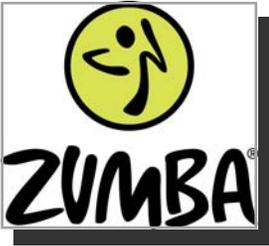


111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

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

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 10 from 1:30-2:30

p.m. ***Please note that there will be no classes on July 20. and 27.** 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.

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.



ICRE INDEPENDENT CLIENTS ACCESSING RIDES TO EYE CARE

The Council on Aging, through the HELP program, is excited to announce a new program in partnership with ITNAmerica, through their generous grant funding. The HELP program will be able to provide free transportation to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least a week before your scheduled appointment.

SENIOR CHORUS SUMMER CONCERT



Our joyful Senior Chorus will be performing everyone's favorite patriotic songs at their annual Summer Concert on **Thursday, July 20 at 1:00 pm**. Plan to join us and sing along to many old favorites! The performance will be followed by some light summer treats. To register, Please call 617-730-2770.

Get A Grip On Bath Safety!
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Certified Aging-In-Place Specialist
617-678-2087



MA CS License: 043676 HIC Reg: 171424

COUNCIL ON AGING MEETING

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

FROM THE DIRECTOR

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

I am especially pleased to give an update on the REAP-STAND UP for KIDS program. I invite you to learn more by attending the event on Monday July 24 1:00-3:00 pm. REAP attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for a fulfilling retirement; those wishing to volunteer and stay active in the community post retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pension and Social Security.

Another fabulous program in July will be an Elvis show sponsored by Home Instead. Join us for dancing to Elvis on July 19 at 1:00 pm.

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

The theater club certainly is not taking the summer off! Make your reservations now to see several great summer shows. For complete details, see page 7.

The heat of summer will be felt as Emily Brenner continues her great workout Zumba Gold classes on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of our donors. If you haven't already given to support our fitness program please do so today.

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

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

Ruthann Dobek-Director

UKULELE FUN

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! Please call 617-730-2777 for date and time.

Well Done Cleaning

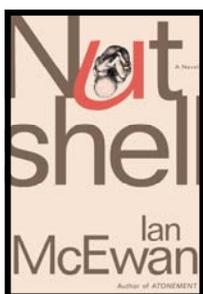
Vivi Nogueira
207 Washington St. #657

PH: 857-318-9076
welldoneclean@hotmail.com

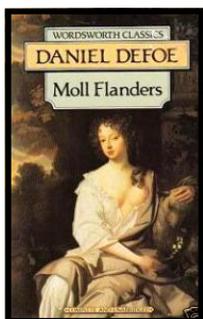
Hi, I'm Vivi Nogueira and I'm your neighbor. I've owned a professional house cleaning company for over one year now and I'm really good at what I do. I am available to meet your household needs.

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



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

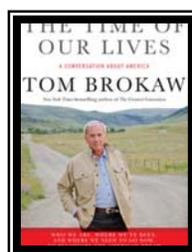
November 20
LaRose
By Louise Erdrich

December 18
A Man Called Ove
By Fredrik Backman

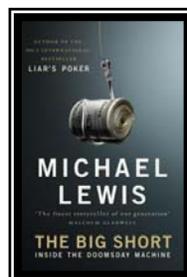
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP *At the Senior Center*

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.**



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.)

September 26 *The Road to Character*
By David Brooks (Random House, Inc./ Bertelsmann)

October 24
Nothing is True and Everything is Possible: The Surreal Heart of the New Russia
By Peter Pomerantsev (Public Affairs/The Perseus Books Group)

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

MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 pm** for a social game of Mahjong.

BRIDGE FOR EXPERIENCED PLAYERS



Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the re-

volving bridge game a try.

Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@ivkdllaw.com
web: www.ivkdllaw.com
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FREE FUN FRIDAYS



Free Fun Friday's offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. This program was created to increase access and enrichment opportunities throughout Massachusetts during the summer months. Every Friday, from the end of June through the end of August, multiple sites are open for free.



Friday, JULY 7

Isabella Stewart Gardner
Museum-Boston
New England Historic
Genealogical Society-
Boston



Friday, JULY 14

Edward M. Kennedy In-
stitute-Boston

- The Metropolitan Waterworks Museum-Chestnut Hill
- Harvard Museums of Science & Culture-Cambridge
- Larz Anderson Auto Museum-Brookline

Friday, JULY 21

- Museum of Fine Arts, Boston
- Boston Athenæum
- The Museum of the NCAA-Boston

Friday, JULY 28

- JFK Presidential Library and Museum-Boston
- Commonwealth Museum-Boston
- Arnold Arboretum-Boston

Visit HighlandStreet.org or call 617-969-8900 for more information.



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

BROOKLINE RECREATION

WALK WITH EASE

a program for better living

The Arthritis Foundation Walk with Ease Program is coming to Brookline! This exercise program can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease. This program will help you: motivate yourself to get in shape, walk safely and comfortably, improve flexibility, strength, stamina and reduce pain. Classes are one-hour on **Monday, Wednesday and Friday beginning on Monday, July 10 through Friday, August 18 from 10:00-11:00 am** at Downes Track. This program is free and transportation is available at the Senior Center for the first 13 participants. To register call Sara at Brookline Recreation 617-730-2082.

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.

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

EASY TRAVEL BOTSWANA



Join Patricia Burns on **Thursday, July 6 at 1:30 pm.** She will share another of her African experiences. This presentation will highlight her 8+ years working in Botswana.

Come enjoy pictures relating to the beautiful animals of the Okavanga Delta, nearby Victoria Falls and art forms from naturally available resources. She will discuss the geography & culture that led to Botswana being the country with the highest rate of HIV/AIDS in the world as well as the pro-active political climate that prevented the population from becoming extinct.

FROM THE BOARD PRESIDENT

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

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

*With much appreciation,
Betsy Pollock*



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.



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NCUA MSIC

BROOKLINE ADULT EXCURSIONS



Plimoth Plantation- Plymouth, Ma.

Thursday, July 6 from
9:00 am-4:00 pm.

Plimoth Plantation offers
a fascinating and personal

look at the lives of the native Wampanoag People and the Pilgrims. The tour will focus on indigenous and colonial life. The trip includes transportation, guided tour, admission and lunch in the café.

Cost: Residents \$65 Nonresidents \$88

New England Aquarium Whale Watch-Boston Monday, July 24 from 9:00 am-3:00 pm.

Enjoy a 3 hour cruise on a high-speed catamaran which is the fastest, most comfortable way to view these magnificent creatures. Sightings are guaranteed and narrated by professional naturalists. You may enjoy climate controlled cabin space and outside viewing decks. This trip includes transportation and admission.

Cost: Residents \$70 Nonresidents \$94

Newburyport-Newburyport Ma.

Tuesday, August 1 from 10:00 am-5:00 pm.

Enjoy this coastal city in Essex County boasting delicious restaurants and store boutiques. The day is yours to explore this quaint seaside town. The trip included transportation.

Cost: Residents \$20 Nonresidents \$27

Assembly Row-Somerville

Thursday, August 17 from 11:00 am-3:00 pm.

Cost: Residents \$16 Nonresidents \$22

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).

TAXI RIDES TO MEDICAL APPOINTMENTS



Springwell will be offering rides from two local taxi companies for medical appointments from **June 15, 2017 through September 30, 2017.**

There is no charge for the taxi ride but riders may voluntarily contribute a donation towards the cost of the service.

ELIGIBILITY:

- ◆ Must be 60 years of age or older.
- ◆ Individual must reside in Brookline, Belmont, Needham, Newton, Waltham, Water-town or Weston.
- ◆ Individual must be fairly independent with mobility and get in and out of a taxi with minimal assistance.
- ◆ Location of medical appointment must be outside the town of residence.
- ◆ Medical appointments must be on the approved list of destinations.

RESERVATIONS:

Must be make at least **3 business day before the appointment.** Call **SPRINGWELL** at 617-926-4100.



BROOKLINE FARMERS MARKET



On **Thursdays through October 30** the Brookline Farmers Market will be open from **1:30 pm until dusk**, rain or shine. Check out the locally grown food items at the Center Street west parking lot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. Vegetable Soup HOT: Stuffed Shells w/Tomato Sauce (V) & Chicken Meatball, Fresh Broccoli & Wheat Bread. COLD: California Chicken Salad on Oatmeal Bread, Macaroni Salad & Tomato Zucchini Salad. Mixed Fruit</p>	<p>4. Independence Day Holiday NO MEAL SERVICE TODAY MEAL SITE CLOSED</p>	<p>5. COLD LUNCH BOX DAY COLD: Turkey w/Swiss Cheese & Lite Mayo on Rye Bread, Garden Shell Pasta Salad & Broccoli Slaw. Apple Raisin Compote w/Topping</p>	<p>6. Independence Day Special Oven Fried Chicken Breast Potato Salad Fresh Summer Squash & Zucchini Corn Bread Berry & Pudding Swirl w/Topping</p>	<p>7. Veggie Burger (V) w/Cheese & Ketchup on Hamburger Roll, Roasted Potatoes & Cole Slaw. COLD: Egg Salad (V) on Pumpernickel Bread, Spinach Mandarin Salad w/Lite Italian Dressing & Orzo Vegetable Salad. Plum</p>
<p>10. Chicken Noodle Soup HOT: Orange Almond Chicken, Brown Rice, Spinach & Pumpernickel Bread. COLD: Tuna Salad on Rye Bread, Roman Blend Salad, Balsamic Vinaigrette Pasta Salad. Fresh Fruit</p>	<p>11. Macaroni & Cheese (V), Fresh Baked Tomato Half & Multigrain Bread. COLD: Seafood Salad on Oatmeal Bread, Carrot Raisin Salad & Greek Pasta Salad. Peaches</p>	<p>12. Broccoli Cheese Soup HOT: Swedish Meatballs over Egg Noodles, Green Beans, & Wheat Bread. COLD: Curry Chicken Salad on Wheat Bread, Macaroni Salad & Tomato Zucchini Salad. Fruit Loaf</p>	<p>13. Vegetable Barley Soup HOT: Broccoli & Mushroom Quiche (V), Potatoes in Cream Sauce, Dill Carrots & Dinner Roll. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Wheat Bread, Corn Salad & Cauliflower Carrot Salad. Ambrosia Pudding</p>	<p>14. Fish Florentine, Orzo w/Peas & Onions, Fresh Vegetable Ratatouille & Oat Grain Bread. COLD: Turkey Chef Salad w/Lite Italian Dressing, Pesto Pasta Salad & Scall Bread. Cinnamon Applesauce</p>
<p>17. Italian Garden Vegetable Soup HOT: Roasted Turkey w/Gravy, Cranberry Sauce, Whipped Sweet Potatoes, Spring/Summer Vegetable Blend & Multigrain Bread. COLD: Egg Salad on Wheat Bread (V), German Potato Salad & Riviera Salad. Chocolate Pudding w/Topping</p>	<p>18. Aloha Chicken, White Rice, Spinach Mandarin Orange Salad w/Lite Italian Dressing & Oat Bread. COLD: Ham w/Provolone Cheese & Lite Mayo on Pumpernickel Bread, Summer Squash Salad & Summer Potato Salad. Pineapple Upside Down Cake w/Topping</p>	<p>19. Vegetable Soup HOT: American Chop Suey, Fresh Cauliflower & Broccoli Blend & Scall Bread. COLD: Seafood Salad on Multigrain Bread, Broccoli Slaw & Pesto Pasta Salad. Watermelon Slices</p>	<p>20. Seafood Chowder HOT: Salmon Boat w/Dill Sauce, Roasted Potatoes, Fresh Zucchini & Whole Wheat Roll. COLD: BBQ Chicken w/Mozzarella Cheese & Red Onions on Bulkie Roll, Vegetable Pasta Salad & Cole Slaw. Pears</p>	<p>21. Hot Dog***w/Ketchup, Mustard & Relish on a Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Tuna Salad on Oatmeal Bread, Tossed Garden Salad w/Lite Italian Dressing & English Pea Salad. Peaches</p>
<p>24. Escarole & Bean Soup HOT: Chicken Marsala, Buttered Ziti w/Parmesan Cheese, California Vegetable Blend & Multigrain Bread. COLD: Cold Meatloaf Sandwich on Oatmeal Bread, Roman Blend Salad & Potato Salad. Apple Raisin Compote w/Topping</p>	<p>25. Summer Cookout Hot Dog and Hamburger Cole Slaw and Potato Salad Lemonade Watermelon</p>	<p>26. Clam Chowder HOT: Sweet Potato Pollack w/Cream Sauce, Mashed Potatoes, Fresh Broccoli & Wheat Roll. COLD: Egg Salad (V) on Multigrain Bread, English Pea Salad & Beet Salad. Plum</p>	<p>27. Chicken Vegetable Soup HOT: Ground Beef Stuffed Pepper, Cauliflower, and Oatmeal Bread COLD: Vegetable Chef Salad (V)w/Lite Italian Dressing, Wheat Dinner Roll & Orzo Vegetable Salad. Mixed Fruit</p>	<p>28. Roast Pork w/Pineapple Raisin Sauce, Butternut Squash, Tuscan Vegetable Blend & Scall Bread. HOT: Chicken Salad on Rye Bread, Garden Shell Pasta Salad & Cauliflower Carrot Salad. Vanilla Pudding w/Topping</p>
<p>31. Minestrone Soup HOT: Herbed Honey Mustard Chicken, Lyonnaise Potatoes, Spinach & Mushrooms & Oatmeal Bread. COLD: Seafood Salad on Rye Bread, Ziti Broccoli Salad & Summer Squash Salad. Orange</p>	<p>AS OF AUGUST 2017 THE FULL MONTHLY SPRINGWELL MENU WILL NOT BE INCLUDED IN OUR MONTHLY NEWSLETTER (SEE P. 17).</p>			

JULY 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, July 18** we celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July 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.

AS OF AUGUST 2017 THE FULL MONTHLY SPRINGWELL MENU WILL NOT BE INCLUDED IN OUR MONTHLY NEWSLETTER.

Copies of our monthly menu will be available at the Brookline Senior Center during the last week of the previous month. For example the August menu will be available during the last week of July.

NOTE:

No meal will be served on **Tuesday, July 4** because the Senior Center will be closed for the Independence Day Holiday.

Springwell Lunch on **Tuesday, July 25** will be a special Summer Cookout Lunch which includes Hot Dogs, Hamburgers, Cole Slaw, Potato Salad Lemonade and Watermelon.

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine at Tin Tin Buffet, 200 North Beacon St., Brighton on **Tuesday, July 25 at 12:00 noon**. The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

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BrooklineBank.com

Member FDIC

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.

MOVIES FOR FILM LOVERS

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

No Movie Holiday - Brookline Senior Center will be closed.

Tuesday, July 11



Lion (2016)

1hr. 58min.

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets

out to find his lost family. **Stars:** Dev Patel, Nicole Kidman, and Rooney Mara

Tuesday, July 18



Casablanca (1942)

1hr. 42min.

Casablanca in December 1941, a cynical American expatriate encounters a former lover, with unforeseen complications.

Stars: Humphrey Bogart, and Ingrid Bergman

Tuesday, July 25



La La Land (2016)

2hr. 18 min.

A jazz pianist falls for an aspiring actress in Los Angeles.

Stars: Ryan Gosling, Emma Stone, Rosemarie DeWitt

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

BOOK ART WORKSHOP

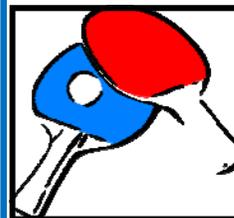
Join Brookline Village Branch librarian, Robin Brenner at the Senior Center on **Wednesday, July 26 at 1:00 pm** to learn the basics of creating art from discarded books, including paper folding, creative cutting, and thinking outside the box (or the binding!). Attendees will be provided with the materials needed to make a small decorative ornament to take home. Space is limited so please call 617-730-2770 to register.

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.

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.

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 July we will meet on the 15th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

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)



-SAVE THE DATED-

ANNUAL HOLIDAY CRAFT FAIR MEETING

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair in November. Our first planning meeting will be held at the Senior

Center on **Monday, July 31 at 1:00 pm** and all are welcome. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. So let's make this our most successful year yet!

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday 1-4 and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing

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



JULY AT A GLANCE

Saturday, July 1

Elks Barbecue***

Tuesday, July 4

Holiday Closed

Wednesday, July 5

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

Thursday, July 6

9:00 am-4:00 pm Plimoth Plantation***

11:00 am Ask A Nurse

1:30-2:30 Zumba Gold

1:30 pm Easy Travel to Botswana

Friday, July 7

Fun Fridays See P. 13

Monday, July 10

10:00-11:00 am Walk with Ease Class*

Tuesday, July 11

10:00 am Van trip to JFK Birthplace***

1:00 pm Movies for Film Lovers-Lion

4:00-6:00 pm Gallery 93 Meet the Artist

Evelyn Berde

Wednesday, July 12

10:00-11:00 am Walk with Ease Class*

1:00-3:00 pm Greg Maichack Workshop***

1:00-2:00 pm Blood Pressure Clinic 50 Pleasant

1:30-3:00 pm Bereavement Group begins 5 week session ***

Thursday, July 13

11:00 am Blood Sugar Screening

1:00-3:30 pm Springwell My Life my Health Workshop***1:30-2:30 Zumba Gold

Friday, July 14

10:00-11:00 am Walk with Ease Class*

Fun Fridays See P. 13

Saturday, July 15

11:00-1:00 LBGT Out to Brunch***

Sunday, July 16

2:00 pm Theatre Club-Show Boat***

Monday, July 17

10:00-11:00 am Walk with Ease Class

1:00 pm Stephen Collins-Whistler***

2:00-3:00 pm Book Discussion Group at the Putterham Library-Nutshell*

Tuesday, July 18

12:00 noon Birthday Lunch***

1:00 pm Movies for Film Lovers-Casablanca

Wednesday, July 19

10:00-11:00 am Walk with Ease Class*

1:00 pm Low Vision Support Group

1:00 pm Elvis is in the Building***

Thursday, July 20

1:00-2:00 pm Senior Chorus Concert***

1:00-2:00 pm Blood Pressure Clinic

1:00-2:00 pm Brookline Hearing Services

1:00-3:30 pm My Life My Health Series (6 weeks)***

Friday, July 21

9:30 am Walking Club to Hall's Pond Reservation***

10:00-11:00 am Walk with Ease Class*

Fun Friday's See P. 13

Monday, July 24

9:00am-3:00 pm New England Aquarium Whale Watch***

10:00-11:00 am Walk with Ease Class

1:00-3:00 pm REAP Program-Stand Up For Kids***

Tuesday, July 25

9:00-10:00 am Public Issues Nonfiction Book Group-*The Time of Out Lives*

12:00 noon Lets Go to Lunch Bunch***

12:00 noon Springwell Lunch Cookout***

1:00 pm Movies for Film Lovers-La La Land

6:30-7:30 Seven Steps To Managing Your Memory*

Wednesday, July 26

10:00-11:00 am Walk with Ease Class*

1:00 pm Book Art Workshop***

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

1:30 Memory Café ***

Thursday, July 27

1:00-3:30 pm My Life My Health Series (6 weeks)***

Friday, July 28

10:00-11:00 am Walk with Ease Class*

Fun Fridays See P. 13

Monday 31

10:00-11:00 am Walk with Ease Class*

1:00 pm Holiday Craft Hair Meeting

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 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

Thursday

8:30 am-4:30 pm Fitness Center Open member-
ship required
9:30-11:30am Basic 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.brooklineadulthood.org to register

*** Registration Required

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Mount Auburn Hospital

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617-499-5525

GALLERY 93

Hours:

Monday-Friday

8:30-5:00

July 5-August 31

**A Passion for
Color by
Evelyn Berde**

**Reception with the
Artist Tuesday,
July 11 from 4:00-
6:00 pm.**



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.

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.

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SHINE

Delaying Medicare Enrollment

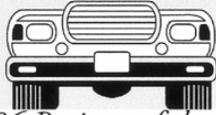
Most people first become **eligible to enroll in Medicare during the 7 month Initial Enrollment Period (IEP) surrounding their 65th birthday.** If you are still working and covered through your employer group health plan, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's active employment. However, once employment ends, other coverage, such as COBRA, will not prevent the penalty.

If you are covered by a plan through the Health Connector, you can drop it and enroll in Medicare during your IEP. Otherwise, you will be subject to a delay in Medicare enrollment and premium penalty. Also, any subsidies or premium tax credits you've been getting will end with Medicare enrollment. If you missed enrolling during your IEP, help may be available. **You should contact Social Security before September 30, 2017.**

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. 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.

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COUPON

TOUR OF JFK BIRTHPLACE



On Tuesday, July 11, from 10:00-11:00 am we will travel to the JFK National Historical Site on Beals Street for a guided tour. As a boy, JFK's parents

never expected he would grow up to be president. Yet in his birthplace home he learned values that inspired a life in public service. His mother, Rose Kennedy, recreated her family's first home to share her memories of those early years with visitors. We hope that you will join us! Please remember that this is an historic site and therefore accessibility is limited. You must be able to ambulate independently as the upper floor cannot accommodate walkers and you also must be able to navigate at least 13 stairs independently. Given the size of the site, space is limited. Van will leave the Senior Center at 9:45 am sharp. To register, please call 617-730-2770.



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.

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, 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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If you are between the ages of 65-84 with a family history of Alzheimer's and a BMI over 25 call us at 617-998-6333. We are seeking participants for a 3-year research study, designed to compare two weight loss diets and their effects on brain health and cognitive decline. Participants will be enrolled in a weight loss program that uses lifestyle and behavior changes to help you lose weight and live healthier. Harvard School of Public Health

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.

45 MILLION DOLLAR FLOWER

Gregory Maichack will make his annual visit to the Senior Center on **Wednesday, July 12 from 1:00-3:00 pm** to present his adult hands-on pastel painting workshop, "Pastel Paint the 45 Million Dollar Flower." This workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, in this fun pastel painting workshop.

In this *new*, highly researched two-hour workshop, participants have fun producing their own pastel painting of Georgia O'Keeffe's elegant Jimson flower that sold for just short of \$45 million. Maichack is an award winning artist who creates a supportive and positive environment for his workshops. Questions are encouraged and everyone will take home their original pastel painting. To learn more about Greg Maichack, please visit his website at www.gregorymaichack.com. This program is sponsored by Waterstone at the Circle and the Brookline Senior Center. Space is limited, so please call 617-730-2770 to register.

SPOTLIGHT ON SENIOR CENTER VOLUNTEERS



Muriel Stark: Started getting involved in Brookline senior activities around 1978 after her husband passed. Once the Senior Center was built, Muriel started volunteering in various activities such as the Quilting Group, the Annual Craft Fair, the Tuesday Food Pantry, the Friday Mailing Team, as a BSC Ambassador and the giver of 'I Love You's' to all who come to the BSC. She feels that socializing here, having a good time and meeting with a great group of people are all good reasons to come to the BSC. Muriel says that she loves people and that they bring something to her and have allowed her to forget her problems, live the life she wants to live and think about others. She says that she is truly blessed.

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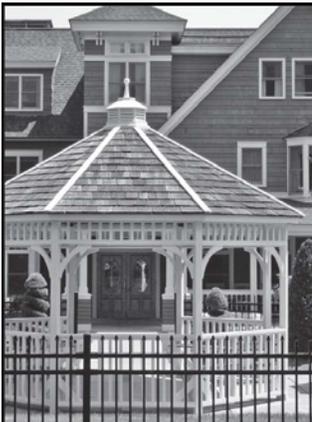
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Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing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

BEREAVEMENT SUPPORT GROUP

We will hold a Bereavement support group for those who have lost a loved 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.

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.

JULY SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: Preparing coffee and breakfast snacks early mornings Monday-Friday at the Brookline Senior Center (BSC) – perhaps job share with a friend; backup for the Information Desk, Food Commodity program on 3rd Wednesday of each month - Russian interpreters afternoons and people able to help with phone calls and/or lifting 30-35 lbs. in the morning, and assistance for seniors with their Smartphones on Wednesday afternoons 3:00-5:00 pm.

If you would like to apply for these or other volunteer opportunities at the BSC, please call Patricia, the Volunteer Coordinator at 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

Annual Volunteer File Audit: It's that time of year again! We are trying to complete our annual volunteer file audit. Check your mail – old and new! 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 help filling them out or need a new copy of the forms, please contact her at 617 730 2743 or pburns@brooklinema.gov.

FILE OF LIFE UPDATE

If you have completed a File of Life card it is important to update it. 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. Give yourself greater "peace of mind" and update your File of Life today.

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

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

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

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

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In Honor of:

Muriel Stark *honoring* Datha Davidson
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
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Ellen Zellner *honoring* Anna Higgins and the poetry writing group
Phyllis Bram *honoring* Olga Sliwa
Carol and Morry Sapoznik *honoring* Betsy Pollock – transportation program

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In Memory of:

Enid Shapiro from Carol and Frank Caro
Alice Gyongy from Livia Frank
John F. Dobek from Patricia H. Dobek
"Maggie" from Jean Dwyer
Jacob Shekel from Dotty Bell
Robert W. Basile from Beverly Basile
Esther Seroll from Doris and Bill Seroll
Dorothy Wolfson from Kathryn Kilpatrick

MY LIFE, MY HEALTH (CHRONIC DISEASE SELF-MANAGEMENT)

This 6 week workshop will take place at the Senior Center **on Thursdays, July 13-August 17 from 1:00-3:30 pm.** It was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Participants learn techniques to help take control of their health and life, including healthy eating and exercise, how to deal with difficult emotions, stress, depression, and pain, relaxation techniques, fall prevention, the importance of sleep, how to make difficult decisions and communicate better with their doctor, family, and friends, how to keep track of medications, evaluate treatments, and plan for the future. This program is brought to you by Springwell and it requires a minimum of 10 participants to run. The course is free, but a copy of the book, "Living a Healthy Life with Chronic Conditions" is required for a \$15 fee that is due at time of registration. Space is limited so please call 617-730-2777 to register.

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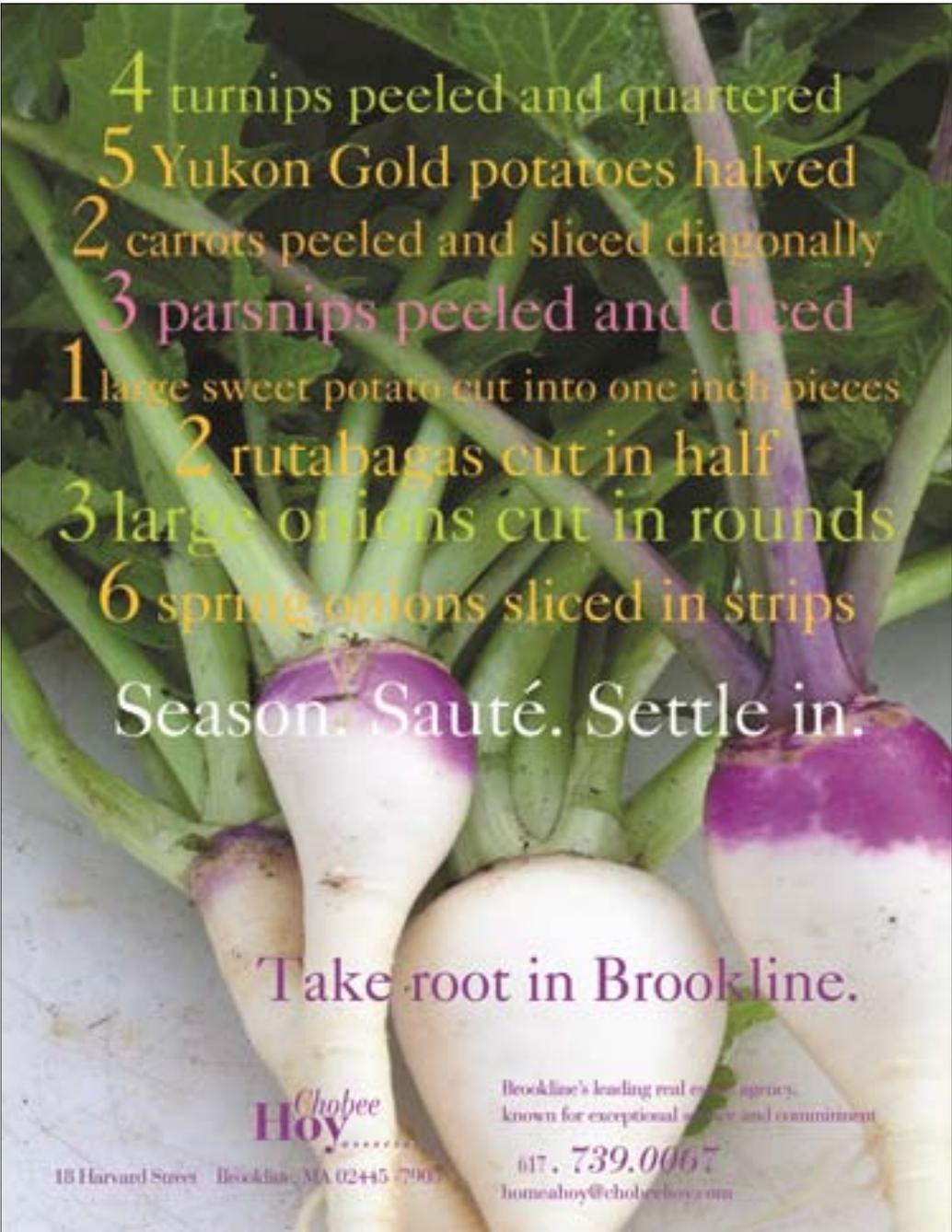
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