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

Friday, September 8 South Brookline Social Cookout (See P. 26).

Monday September 11 transportation options provided by the Council on Aging and the Senior Center (See P.14).

Thursday, September 14 BrooklineCAN annual meeting (See P. 13).

Wednesday, September 27 Memory Connections Cafe (See P. 12).

Sunday, September 24 Alzheimer's Walk (See P. 7).

Sunday, October 15 Theatre Club-New Rep Comes to you (See P. 26).

SEPTEMBER 2017

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 was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much or, perhaps, what type of memory loss is to be expected as one gets older and what should trigger a visit to the doctor. Seven Steps to Managing Your Memory addresses these key concerns!

Andrew E. Budson, M.D., co-author will join us on **Thursday, September 7 from 6:00-7:30 pm.** Refreshments will be served from 6:00-6:30 pm and the program with discussion will be from 6:30-7:30 pm. This event is free of charge so please register early by calling 617-730-2770. This program is sponsored by BrooklineCAN, its founding partners and the BU Alzheimer's Disease Center.

THE PIATIGORSKY FOUNDATION CONCERT

Once again we are pleased to invite everyone to our annual Piatigorsky Foundation Concert on **Monday, September 25 at 1:00 pm.** (cont. on P.7).

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TOUR THE SENIOR CENTER

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

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

Ruthann Dobek
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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.

SEPTEMBER OBSERVANCES

Monday, September 4, is Labor Day. The staff will have a holiday and the Senior Center will be closed. Labor Day is traditionally celebrated with parades, picnics, BBQs with family and friends and back to school preparations. Monday, September 11 Patriots Day is a day of service and remembrance.

September is designated as a month to educate ourselves about Atrial Fibrillation, Cholesterol Education and Prostate Cancer Awareness. September has some less well known days. On September 8 we celebrate International Literacy Day, on the 15th the Day of Democracy, on the 16th Constitution Day and International Day of Peace on the 21st.

Rosh Hashanah, The Jewish New Year, begins on **Wednesday, September 20** at sunset. Yom Kippur, also known as the Day of Atonement, the holiest day of the year for Jewish people begins at sunset on **Friday, September 29.**

AUGUST MOON CELEBRATION

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 18, from 12:30-2:00 pm.** This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. Tickets are $7 and are on sale now. For more information and to make reservations, call 617-730-2777.

NATIONAL SENIOR CENTER MONTH

The 2017 theme is: Senior Centers: Masters in Aging! Aging masterfully is a core ideal of what many older adults wish to achieve at senior centers. Whether through fitness classes, social activities or a vast variety of other programs, senior centers continue to be the experts on aging in their communities.

The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help you find balance in your life. The Brookline Senior Center offers a variety of health and fitness classes and lifelong learning opportunities. Everyone is encouraged to be involved at the Senior Center and in the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues, enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to live a balanced life.

To celebrate Senior Center Month, get involved by volunteering for a committee or help with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs.

SENIOR CHORUS

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

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, September 7 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, September 20 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, September 21 from 1:00-2:00 pm at The Senior Center
Wednesday, September 6 from 2:00-3:00 pm at BPHD building on Pierce Street.

Wednesday, September 13 from 1:00-2:00 pm at Sussman House 50 Pleasant Street

Wednesday, September 27 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, September 21 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.

COUNCIL ON AGING MEETING

On **Wednesday, September 13** at 1:00 pm Dr. Swannie Jett, Director of Public Health and Human Services will be our guest. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at 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: ***My doctor told me that people over the age of 50 should be tested for Hep C Why is this important? What is Hep C?***

Answer: "Hep" is an abbreviation for "hepatic" which comes from the Greek word for liver. The liver is a large organ that is under the ribs on the right side of the body. The job of the liver in our bodies is to act as a filter to remove toxins and infections. It also makes proteins that help our bodies function normally.

Generally, the liver can't be felt unless it becomes enlarged or inflamed. When the liver becomes inflamed, or sick, those important functions can be affected. This inflammation of the liver is called **hepatitis** and has several causes.

Some factors that can cause hepatitis are heavy alcohol use, some medicines, severe congestive heart failure, cancer, certain viruses and a more rare form called autoimmune hepatitis. In the USA, the most common types of hepatitis caused by a virus are Hepatitis A, Hepatitis B and Hepatitis C. "Hep C" refers to hepatitis caused by the Hepatitis C virus.

Hepatitis C ("Hep C") is a contagious liver disease that is spread mostly through contact with the blood of an infected person. Until 1992, Hep C was spread mostly through blood transfusions and organ transplants, because there was no way to test for it. However, now we have a way to test for Hep C in blood transfusions and organ transplants, so this is no longer a problem.

Now most people get Hep C through sharing drugs and needles, being stuck by an infected needle, having sex with an infected partner or getting a tattoo or body piercing from an unlicensed facility. It is also recommended not to use personal items that may have come into contact with an infected person's blood, even in amounts too small to see, such as razors, nail clippers, toothbrushes, or glucose monitors. We don't yet have a vaccine for Hep C, so prevention is very important.

Many people with Hep C have no symptoms, but others can develop jaundice (yellowing of the eyes and skin), abdominal pain, nausea and fatigue. A large majority of people will develop "chronic" Hep C, which can lead to liver cancer, cirrhosis (scarring of the liver so severe that it can't do its job anymore) and death.

We now have a blood test to determine if someone has Hep C. The CDC recommends that you should get tested if you:

- Received blood from a donor who had the disease.
- Have ever injected drugs.
- Had a blood transfusion or an organ transplant before July 1992.
- Received a blood product used to treat clotting problems before 1987.
- Were born between 1945 and 1965 (when unprotected sex and needle sharing became more widespread and Hep C was unknown).
- Have been on long-term kidney dialysis.
- Have HIV.
- Were born to a mother with hepatitis C.
- Have abnormal liver tests

In the past few years, there has been a monumental change in Hep C treatment. We now have pills that can cure Hep C. These medicines have some side effects, so prevention is still most important.

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
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.**

Refunds only authorized for one month's worth of coupons maximum that were purchased in the last six months.

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 here **on Wednesday, September 6 from 9:00 am-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.

ALZHEIMER'S WALK AND CAMPAIGN

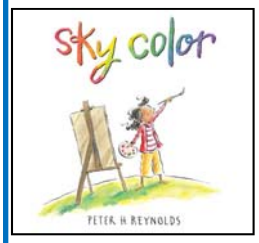
The 2017 Alzheimer's Walk will be held on Sunday morning, September 24. Everyone knows someone with Alzheimer's. Please help fund research on this disease by signing up for the Brookline Senior Center Alzheimer's Walk Team. Put your walking shoes on and get donations from your friends and families. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center and the walk site. If you cannot participate in the walk, please make a donation (cash or check) at the Senior Center. Checks should be made out to Brookline Senior Center with Alzheimer's on the memo line of the check.

THE PIATIGORSKY FOUNDATION CONCERT

Cont. from P. 1

The Piatigorsky Foundation's mission is to make live classical music a part of the fabric of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organization is named, believed that music is not a luxury for an elite few, but a necessity of life for all. This year's featured artists are Linda Rosenthal, *violinist* who performs throughout North America, Europe and Asia in recitals, as a soloist with orchestra and as a chamber musicians. She is Founder and Artistic Director of Juneau Jazz & Classics, Founder and Artistic Director of the Lake Placid Chamber Music Seminar in New York and Professor of Music at the University of Alaska Southeast. Maxim Pakhomov, *pianist* who has toured England, Scotland, Austria and Estonia in both solo and chamber music performances. He is a founding member of The Bronx Chamber Players and is principal pianist of the Bronx Opera Company. We hope that you will join us! For planning purposes, please call 617-730-2770 to register.

EASY TRAVEL



Easy Travel will be on vacation for the month of September, but we hope that you will join us on **Thursday, October 5 at 1:30 pm for a visit from Peter Reynolds, a local author and illustrator of children's books.** Peter is also the owner of The Blue Bunny Books and Toys in Dedham. He will take us on a photographic "tour" of some of the places to which he travels to find inspiration for his stories. It is sure to be an interesting afternoon!

Providence House

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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.

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- 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 from 1:30-2:30 pm. Free introductory class on Thursday, September 7 at 1:30 pm.** Subsequent fall session is on **Thursdays, September 14 - November 16 from 1:30-2:30pm** *Please note that there will be **no classes on September 21 and October 19.** Cost for fall session is $45. Drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

-SAVE THE DATE-

ADVENTURES IN MINDFULNESS

This program will cultivate the Wisdom of Your Body, Mind, and Heart. We will use Jon Kabat-Zinn's audio program on mindfulness. It combines gentle guidance with conversational narratives weaving together science, poetry, and the art of living--all in the service of deepening your appreciation of the "workability" of the present moment, no matter how hard or challenging your circumstances. **Fridays, October 6 through January 26 from 10:30 to 11:15am.** No class on Nov. 10, Nov. 24, and Dec. 22, 2017.
To pre-register or for further information, call Sharon Devine, 617-730-2769.

UKULELE GROUP NEW DAY NEW TIME FOR SEPTEMBER

Come join our fun filled Ukulele Group on **September 14 from 3:00 to 4:30 pm.** If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. The more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!

ICARE: INDEPENDENT CLIENTS ACCESSING RIDES TO EYECARE

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.

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FROM THE DIRECTOR

I want to extend a special welcome to people who may be reading this publication for the first time. Our *News and Events* is a great way to educate yourself about our programs and services. No senior should ever be bored with the wealth of activities that are available; many of which remain free due to the commitment of our non-profit fundraising arm. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on page 27) to stay abreast of all our exciting happenings!

September is Senior Center Month; this year's theme is "**SENIOR CENTERS: MASTERS IN AGING!"** Aging masterfully is the core ideal of what many older adults wish to achieve at senior centers.

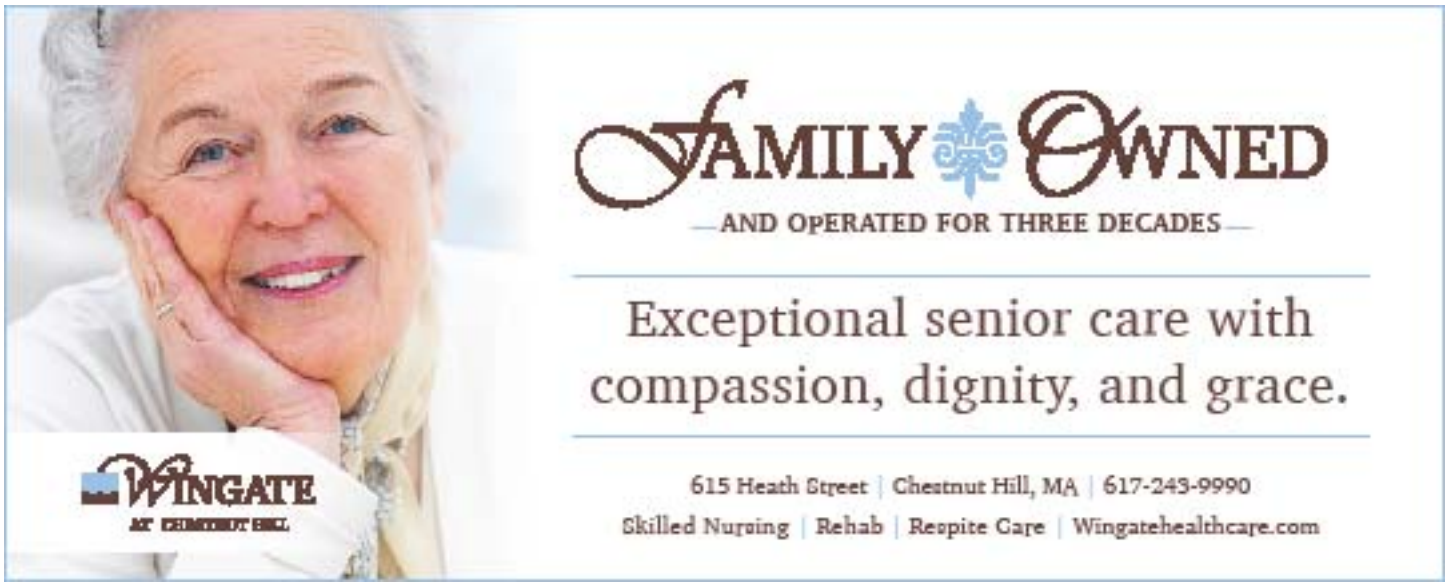
I invite you to attend the Senior Center during the month of September. We offer an impressive variety of classes and programs from Art to Zumba. All the different activities will help keep you feeling healthy and involved. Try Tai Chi, Computer Skills, a literary discussion class, or join the chorus. You can even offer to teach a new class yourself. In addition to our ongoing programs, we have special events. Some of our past events include Marie Lavine Memorial Concert, Piatigorsky Foundation Concerts, The Silver Leaf Gospel Singers, This Chair Rocks a Manifesto against Ageism, Boston Hidden Sacred Spaces, Gallery 93, and the Brookline Music School Concerts.

The Asian community celebrates the Harvest and their gratitude for abundance with the August Moon Festival at the Senior Center on September 18. Our Jewish friends celebrate the New Year, Rosh Hashanah beginning at sundown on September 20. We extend our warm wishes to both communities as they celebrate these festive holidays.

I urge you to make plans to attend our annual Autumn Benefit on October 25. This year we are honoring Nancy Daly for her compassionate advocacy for older adults. This annual event is our biggest fundraiser of the year. I guarantee a phenomenal time of celebrating our community with scrumptious food, fabulous music, entertaining conversation, and mingling with your neighbors. Buy your tickets early, and show your support for the Center. Special thanks to our early sponsors: **Beth Israel Deaconess Medical Center, Sherrill House, Harold Brown, Chobee Hoy, and Elias Audy.**

This is a great time of year; the weather is glorious and the trees begin to wear their beautiful fall colors. Enjoy the month.

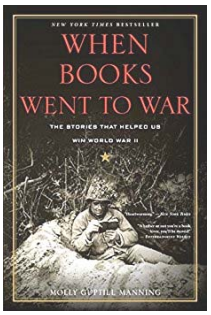
Ruthann Dobek, Director



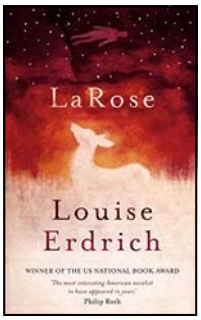
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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

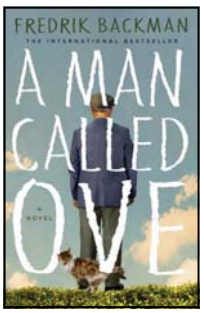
September 18
The Summer Before the War
By Helen Simonson



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



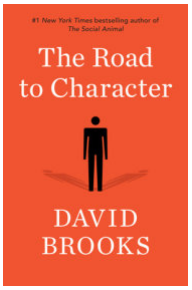
December 18
A Man Called Ove
By Fredrik Backman

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

At the Senior Center

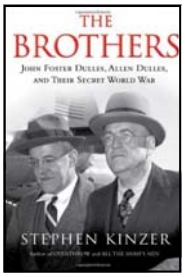
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

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.**



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)



November 28
The Brothers: John Foster Dulles, Allen Dulles, and Their Secret World War by Stephen Kinzer (Times Books/Henry Holt and Company

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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MEMORY CONNECTIONS CAFE

Join us on **Wednesday, September 27 from 1:30-3:00 pm** as 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 United Healthcare.

-SAVE THE DATE-

DRAWING FOR PLEASURE - FIGURE DRAWING

This ever popular series, taught by Louise Weinberg and Martin R. Anderson, will resume on **Thursdays, October 12-December 21 from 9:30-11:45 am**. This class uses a live model and is recommended for people with some drawing experience. Please note that there will be a small model fee of no more than $5 per session. Space is limited, so call 617-730-2770 to register.

Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit BrooklineCAN.org

BROOKLINECAN 2017 ANNUAL MEETING & RECEPTION

The BrooklineCAN Annual Meeting will be on **Thursday, September 14 from 5:00 to 7:00** pm. at the Brookline Senior Center at 93 Winchester Street. **5:00-6:15:** Expo– explore, network, enjoy food & drink **6:15-7:00** Awards Ceremony and Keynote by Judith Gonyea, professor and Associate Dean of Research Boston University School of Social Work will discuss ***The Power of Engagement***. Please RSVP: Brookline2017@ BrooklineCan.org or call 617-730-2770

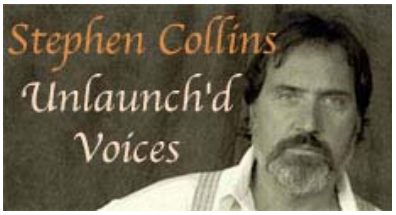
AWARDING OF THE MASSACHUSETTS MEDAL OF LIBERTY

John Mulhane invites you to attend the awarding of the Massachusetts Medal of Liberty ceremony honoring his late father, PFC John T. Mulhane, killed in Action, March 24, 1945.

The ceremony will be held at the Brookline Town Hall on **Monday, September, 18 at 8:00 am** followed by a reception at the Brookline Veteran's Post at the corner of Washington and Cypress Streets.

-SAVE THE DATE-

STEPHEN COLLINS ON EDNA ST. VINCENT MILLAY



Our friend, Stephen Collins will be back at the Center to offer a six week class on the poetry of Edna St. Vincent Millay (1892-1950). You may remember Stephen from his most recent appearance here as James Whistler in July. In this class, participants will closely examine much of Millay's poetry, beginning with the masterpiece, "Renascence" which she wrote at age 19.

In the 1920's and 30's, Millay was considered a spokesperson for personal freedom in America, particularly for women, and we turn to her lines to illuminate the social history of the period and the Bohemian lifestyle she and her friends enjoyed.

Classes will meet **on Fridays, October 13-November 17, 2017 from 2:00--3:00pm.** Cost of class is $35. Space is limited, but we do require a minimum of 10 participants in order for this course to carry. Call 617-730-2777 to register.

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.

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)

SPONSORSHIP LEVELS

Diamond—$2,500 8 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Ruby—$1,000-$2,499 6 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Sapphire—$750-$999 4 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Emerald—$500-$749 2 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Topaz—$300-$499 2 tickets to event, acknowledgment in the invitation and a business card size ad in the program book.

Individual tickets are available for $100 and $65 for seniors. Contact Ruthann Dobek 617-730-2756 or rdobek@brooklinema.gov

TAXI RIDES TO MEDICAL APPOINTMENTS

Springwell will be offering rides from two local taxi companies for medical appointments until **September 30, 2017.** There is no charge for the taxi ride but riders may voluntarily contribute a donation towards the cost of the service. Must be 60 years of age or older, individual must reside in Brookline, Belmont, Needham, Newton, Waltham, Watertown 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 made at least **3 business days before the appointment. Call SPRINGWELL at 617-926-4100.**

TRIPPS

Brookline's Senior Transportation Options
Join TRIPPS as we discuss all the transportation options provided by the Council on Aging and the Senior Center. From the Van and Bus to emergency medical rides through our Lyft Pilot, we will cover them all! Cookies and coffee will be served. **Monday September 11, from 1:00 – 3:00 pm**

Smartphone Help Drop-In Sessions
Join us to 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 connecting with family, friends, and your community. Be sure to bring your smartphone (iPhone or Android) along with your questions. Join us on **Wednesdays starting September 13, 3:00 —4:30**

REIKI THERAPY

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

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon and on Fridays from 1:00-3:30 pm during September** 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.

-SAVE THE DATE-

MASS COLLEGE OF PHARMACY

The students at the Mass College of Pharmacy and Health Sciences will be back with their fall workshops on **Thursday, October 16 at 1:00 pm and Thursday, November 16 at 1:00 pm**. The students will discuss health topics of general interest to all of us and answer questions. Check the October newsletter for more specific information on the topics that will be addressed.

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SEPTEMBER 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, September 19 we celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September 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.

LUNCH MENU

Menu's are available at the Senior Center, on the Website or you may call at 617-730-2770.

Monday, September 4 No Springwell Lunch Closed for Labor Day

Monday, September 18 No Springwell Lunch Senior Center Event-August Moon festival

Wednesday, September 27 Traveling Chef Special

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Bertucci's West Roxbury 683 VFW Parkway 617-327– 0898 on **Tuesday, September 26 at 12:00 noon.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, please call 617-730-2770.

LIVING OUR VALUES

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

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in September at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.

Tuesday, September 5 (2016)
La La Land
2 hr. 8 min.
While waiting for their big breaks, two proper L.A. dreamers, a suavely- charming, soft-spoken jazz pianist and a brilliant, vivacious playwright, attempt to reconcile aspirations and relationship in a magical old-school romance.
Stars: Ryan Gosling, Emma Stone, Rosemarie DeWitt

Please note that we are showing this again due to a problem with our A/V equipment in July.

Tuesday, September 12 (2017)
A Dog's Purpose
1 hr. 40 min.
A dog looks to discover his purpose in life over the course of several lifetimes and owners.
Stars: Josh Gad, Dennis Quaid, Peggy Lipton

Tuesday, September 19 (2016)
The Beatles: Eight Days a Week - The Touring Years
1 hr. 46 min.
A compilation of found footage featuring music, interviews, and stories of The Beatles' 250 concerts from 1963 to 1966.

Tuesday, September 26 (2016)
Unlocking the Cage
1 hr. 31 min.
Between 2013 and 2015, a group of nonprofit attorneys seek nonhuman clients for whom they can advocate in two U.S. territories, in order to establish legal personhood for elephants, cetaceans and apes in the U.S.

Taken from IMDb http://www.imdb.com/tt1753383/

E.L.F. MONTHLY FEATURED ITEMS

The program has some miscellaneous items available, such as knee exercise tools, a blood pressure cuff, a leg lifter, a sensor pad, and a "Squatty Potty." Please call Jamie at 617-730-2753 to request these items or donate other items.

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 September we will meet on the 16th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

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-SAVE THE DATE-

ANNUAL HOLIDAY CRAFT FAIR MEETING

Holiday Craft Fair

It's that time of year again! It is time to start planning for our 33rd Annual Holiday Craft Fair. The Fair will take place **on Friday, November 10 and Saturday, November 11**. Our first planning meeting was very successful so please join **our next meeting on Thursday, September 7 at 1:00 pm.** We are sorry to announce that we have filled all of our "Craft Vendor" spots for this year, but there is still plenty of room for volunteers to help out in other areas. 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!

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Center Communities of Brookline
Hebrew SeniorLife

SEPTEMBER AT A GLANCE

Monday, September 4
No Springwell Lunch due to Labor Day Closed
Tuesday, September 5
1:00pm Movies for film lovers-La La Land
Wednesday, September 6
9:00am-12:00noon Brookline Legal Assistance
2:00-3:00pm Blood Pressure Screening BPHD*
Thursday, September 7
11:00 am Ask A Nurse
1:00pm Holiday Craft Fair Meeting
1:30-2:30 Zumba Gold (free session)
6:00-7:30pm Andrew Budson***
Friday, September 8
10:30-1:00pm South Brookline Social-Cookout*
Monday, September 11
1:00pm TRIPPS Program
Tuesday, September 12
1:00pm Movies for film lovers-A Dogs Purpose
4:00-6:00pm Gallery 93 Reception with Miriam Aaronson
Wednesday, September 13
1:00pm COA Meeting-Dr. Swannie Jett, Director of Public Health and Human Services
1:00-2:00pm Blood Pressure Screening 50 Pleasant St.*
3:00-4:30pm Smartphone help drop in
Thursday, September 14
1:30-2:30 Zumba Gold ($7/per session: free to BHA)
5:00-7:00pm BrooklineCAN Annual Meeting***
Friday, September 15
1:00-3:00pm Linkedin Basics***
Monday, September 18
12:30pm August Moon Festival***
No Springwell Lunch due to August Moon Festival
2:00-3:00pm Putterham Book Discussion Group-*The Summer Before the War**
Tuesday, September 19
12:00noon September Birthday Lunch***
1:00pm Movies for film lovers-The Beatles: Eight Days a Week
Wednesday, September 20
Rosh Hashanah begins at Sundown
1:00pm Low Vision Support Group
3:00-4:30pm Smartphone help drop in
Thursday, September 21
Rosh Hashanah
1:00-2:00pm Brookline Hearing Services
1:00-2:00pm Blood Pressure Screening
No 1:30-2:30 Zumba Gold
Friday, September 22
Goddard House Walk Habitat Sanctuary-Belmont-call for information*/***
Sunday, September 24
8:30 am Alzheimer Walk check-in time
11:00am-3:00pm Brookline Day*
Monday, September 25
1:00pm Piatigorsky Foundation Concert***
Tuesday, September 26
9:00-10:00 am Public Issues Nonfiction Book Discussion Group-*The Road to Character**
12:00noon Let's Go Out to Lunch Bunch-Bertucci's***
1:00pm Movies for film lovers-Unlocking the Cage
Wednesday, September 27
12:00 noon Springwell Traveling Chef***
1:00-2:00pm Blood Pressure Screening 61 Park St.*
1:30pm Memory Café ***
3:00-4:00pm Smartphone help drop in
Thursday, September 28
9:00am-2:00pm Stone Zoo trip*/***
1:30-2:30 Zumba Gold($7/per session: free to BHA***
2:00pm Mandatory Tax Abatement Meeting
Friday, September 29
Yom Kipper begins at Sundown no special programs

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***
12:00-4:00pm BETS
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 ***
12:00-4:00 pm BETS
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
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 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 **
1:00-3:30pm Reiki Therapy ***
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:30 pm Latino Instrumental and Vocal ***

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

GALLERY 93

Fruits, Flowers and Old Streets

PAINTINGS BY MIRIAM AARONSON

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

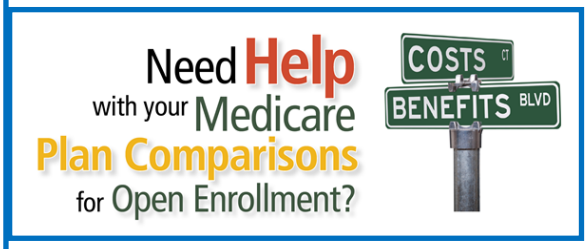
Tuesday, September 5

through

Tuesday, October 31

Reception with the Artist
Tuesday, September 12
from 4:00-6:00 pm

SHINE



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2018. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health 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.

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.

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

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.

BROOKLINE DAY

On **Sunday, September 24**, come one come all to the annual Brookline Day Festival **from 11:00 am to 3:00** pm at Larz Anderson Park! This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. We are planning the best vendors, games, inflatables, trucks, food, face painters, bands, prizes, and special activities that we can find so we hope to see you there. For the most up-to-date information, please visit Recreation's Brookline Day website www.brooklineday.org/

And be sure to stop by the Council on Aging and BrooklineCAN information tables that day to say hello!

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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.

TELLING YOUR STORY:

Senior Seminar in Autobiographical Writing

Join Irving Schwartz on **Wednesday, September 27 – November 15 from 10:15 am - 11:45.** To register call Brookline Adult Education at 617-730-2700.

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ONE-ON-ONE COMPUTER SESSIONS

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a longtime computer volunteer, helps with computer basics, email and navigating the internet. Dan Siagel, is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems. Appointments are necessary. Please call Olga Sliwa at (617) 730-2768 for more information or to book an appointment.

Brookline Adult & Community Education
BA&CE
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SPOTLIGHT ON SENIOR CENTER VOLUNTEERS

This month we are spotlighting Barbara Scotto, and the amazing work she has performed for the Brookline Senior Center and in the community. Barbara has volunteered for The Brookline Senior Center as the School Committee liaison for about 5 years. She says, "Volunteering here gives me insight into the senior community in Brookline, allows me to catch up with parents of former students and library colleagues from the late 70s. I find it fascinating to get to know people. This is an opportunity to do that". Barbara says, "Volunteering at the Brookline Senior Center helps me spread awareness of senior citizens as supporters of education as well as their concerns about increased taxes and informs seniors about the discussions going on at various Town meetings." Barbara also volunteers at *Children's Literature New England*, a nonprofit organization, where she acts as the Co- Director and Treasurer. She also runs online courses for the *Examined Life Greek Studies in the Schools Program* encouraging teaching of Greek culture. When Barbara isn't volunteering at one of these places she's most likely at a School Committee, Town Meeting or COA Board meeting. Before retiring, Barbara worked in the libraries of Brookline elementary schools. "I have a foot in the education world, but I also have a foot in the library world, and have been active in the American Library Association for a long time. I'm learning more and more about the community and people's needs which is very important". Although Barbara retired in 2006, she's doing more work than ever, continues to be proactive in our community and enjoys her children and grandchildren. Thank you Barbara for all you do for the Senior Center, Brookline seniors and the community. Photo & Narrative: Patricia Silva-Gayle, *BHS Steps for Success*

SOUTH BROOKLINE SENIOR SOCIAL

The South Brookline Senior Social meets at the Putterham Branch Library, in the Community Room 959 West Roxbury Parkway **every Friday September 8 through October 13 10:30 am to 1:00 pm**. Complimentary coffee is provided by the Brookline Council on Aging and kosher pastries by Cheryl Ann's bakery. For more information or to volunteer call Regina Millette Frawley at 617-469-0052.

9/8: Cookout, provided by Brookline Recreation Dept., Lisa Paradis, Director
9/15: Dr. Lloyd Gellineau and Ben Vivante "Seniors and Scams: in the age of the Internet"
9/22: TRIPPs: "Smart Phones for seniors"
9/29: Dr. Swanee Jett, Health Director: "Seniors Aging In Place"
10/6: Fire Lt. Paul Canney, Mike Harrington: "Senior Safety Officer"
10/13: Lunch with Rep. Ed Coppinger

SENIOR CENTER THEATER CLUB

NEW REP COMES TO YOU

TO KILL A MOCKINGBIRD

Sunday, October 15 at 2:00pm
Harper Lee's coming of age story set against the backdrop of 1930s Alabama explores themes of racial inequality, class, gender, and family. New Rep's Classic Repertory Company delves into this timeless story to ask the question – what has kept this book in American classrooms for over fifty years? Cost is $5; free for BHA residents. Space is limited so please register by calling 617-730-2777.

SUPPORT THE SENIOR CENTER

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SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

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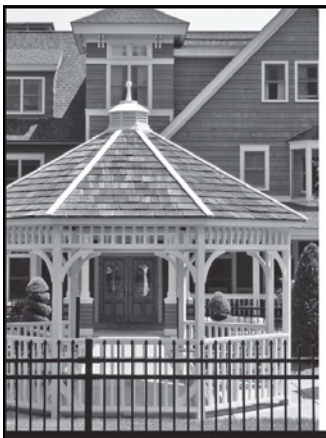

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REAP

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 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.

TAX ABATEMENT INFORMATIONAL MEETING

On **Thursday, September 28 at 2:00 pm**. Attendance at this meeting is required of all participants and each will receive one hour of credit for attending. Gary McCabe will be available to answer questions and discuss recent changes in the program. Regrets only to: Deidre Waxman 617-730-2767.

LINKEDIN BASICS

Friday, September 15 from 1:00-3:00 at the Brookline Senior Center. Patricia Burns will help you: understand the use and importance of LinkedIn as a job search tool; build a LinkedIn profile; identify and invite contacts; choose, get involved in and use LinkedIn groups; and decide when or if to upgrade LinkedIn services. Registration is required. Please call Patricia @ 617 730 2743 or email pburns@brooklinema.gov

SEPTEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Food Commodity program on 3rd Wednesday of each month – Russian & Chinese interpreters morning and afternoon shifts and people able to help with phone calls and/or lifting 30-35 lbs. in the morning; 1-on-1 assistance for seniors with their Smartphones and other technology; as well as Russian interpreters for Tuesday afternoons (1-4) in the Food Pantry,

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.

-SAVE THE DATE-

BROOKLINE MUSIC SCHOOL CONCERT

Join us on **Wednesday, October 4 at 1:00 pm** for the return of our monthly Brookline Music School Concerts. Be sure to check the October newsletter for more information on the scheduled artist.

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- We're a small company with a big heart.
- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- We always strive to improve.
- We believe an educated consumer is an empowered consumer.
- We believe education leads to personal and professional growth.
- We treat our clients like our family.
- We believe stable homes support strong family bonds and strengthen communities.
- We believe everyone deserves respect.

What do our recent clients say?

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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HEARING TESTING

Not hearing like you once did? Does everyone around you seem to mumble? Dr. Tamy Simon Chelst, an audiologist with 40 years of experience will be at the Senior Center on **Monday, October 2 from 9:00 am-12:30 pm** to test your hearing. Please note that there will be no out of pocket cost for this testing if you have Medicare. Please also be sure to bring your health insurance cards with you to the appointment.

To register for an appointment, please call 617-730-2770 with your name, birthdate, address, and telephone number along with the name, address and telephone number of your family physician.

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.**

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center on or **before Wednesday, November 1.**

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.

BROOKLINE RECREATION SENIOR TRIPS

Stone Zoo Thursday, September 28
9:00am-2:00pm
Cost: Brookline Residents $16
Non-residents $22

Cape Cod Canal Museum
Tuesday, October 3
9:30am-3:30pm
Cost: Residents $16
Non residents $22

Registration call 617-730-2069
Bus Pick-up/Drop off Brookline Senior Center and Soule Recreation Center

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, September 22 Habitat Nature Sanctuary, Belmont (Register by September 19)**

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93 Winchester Street
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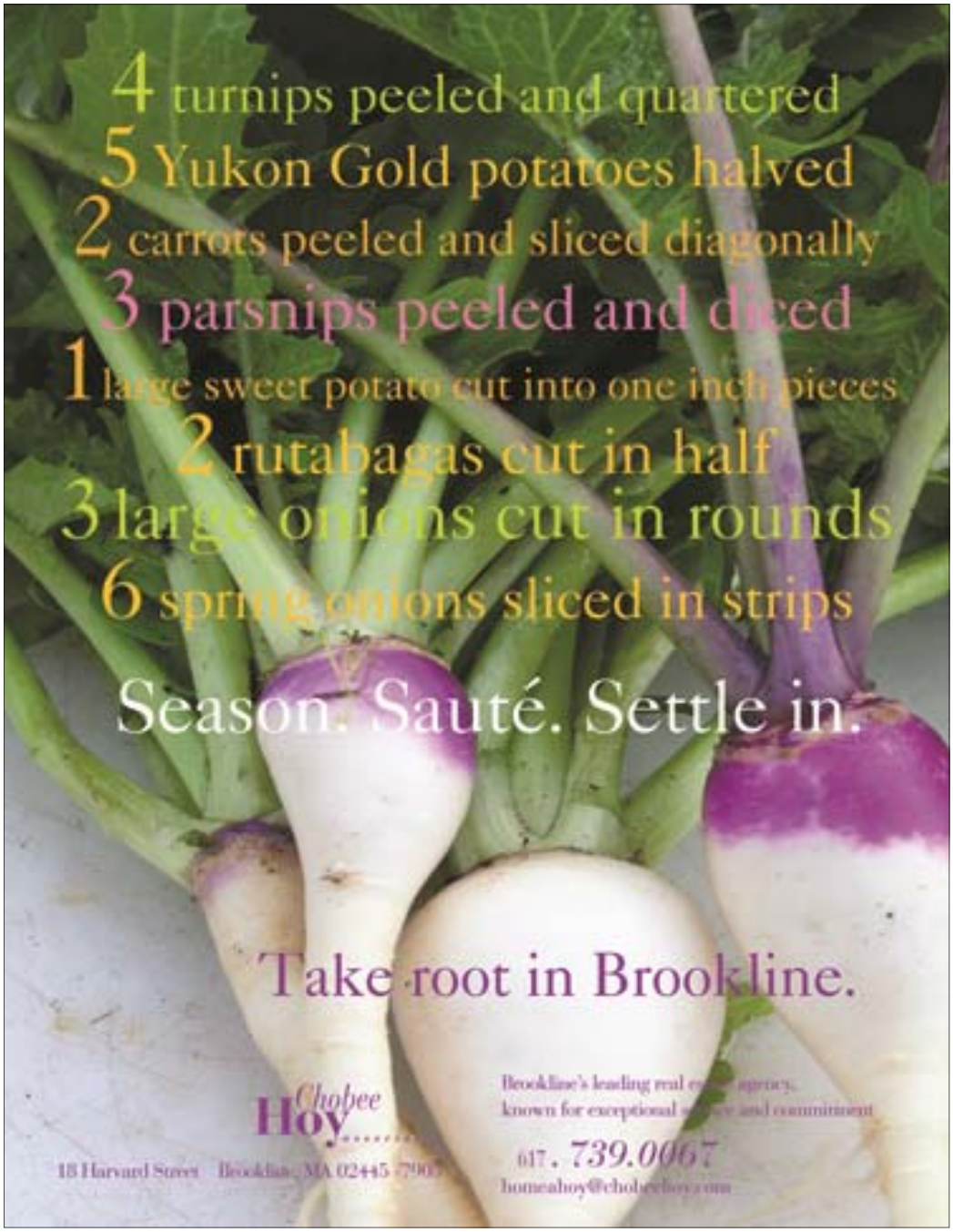
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