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, October 13 Stephen Collins Class (see P. 7).

Sunday, October 15 Theater Club-*To Kill a Mockingbird* (See P. 3).

Monday, October 16 Enchanted Sounds (See P. 7)

Support your Local Soup Kitchen (See P. 31).

The flu clinic at the Senior Center is scheduled for Tuesday, October 31 (See P.3)

OCTOBER 2017

ANNUAL AUTUMN BENEFIT

Attend the **16th Annual Autumn Benefit** at the Senior Center on **Wednesday, October 25, starting at 6:00 pm**. This is a GALA event and one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget. This year we are honoring **Nancy Daly,** for her compassionate advocacy for older adults. Nancy is a long-time supporter of the Senior Center, and much-loved community benefactor.

The top floor of the Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior).

Look for your invitation in the mail, at the Senior Center, or on the Senior Center website, brooklineseniorcenter.org. **RSVP by Thursday, October 19 to ensure your space at this special event.** If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org. Special thanks to our Diamond sponsors: **Beth Israel Deaconess Medical Center, Frank McNulty, Michael Merrill and Sherrill House.**

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

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Subscription fee: $10.00/year. See page 27 for subscription/renewal form.

OCTOBER OBSERVANCES

On **Monday, October 9**, the Senior Center will be closed in observance of **Columbus Day**, a celebration of Italian-American heritage.

Columbus Day celebrations often include parades and street fairs featuring colorful costumes, music, and Italian food.

Some cities and towns use the day to honor indigenous peoples; Activities include pow-wows, traditional dance, and lessons about Native American culture.

World Sight Day on Thursday October 12, United Nations Day on Monday, October 24, and Halloween is on Monday, October 31.

ANNUAL FLU CLINIC

The flu clinic at the Senior Center is scheduled for **Tuesday, October 31 from 11:00 am-1:00 pm.** There is no charge for the vaccine. All persons (6 months and older) should receive the vaccine each year. Please remember to bring all health insurance cards and wear loose-sleeved clothing. For more information call 617-730-2336. Please NOTE: the Springwell lunch will be a cold boxed lunch and we will NOT have a movie today due to the Flu Clinic.

COUNCIL ON AGING MEETING

On Wednesday, October 11 at 1:00 pm Gary McCabe the Brookline Town Assessor will discuss property tax issues. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 e-mail her at rdobek@brooklinema.gov.

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.

BROOKLINE MUSIC SCHOOL CONCERT

Join us for the return of our monthly Brookline Music School concert series on **Wednesday, October 4 at 1:00 pm** as we welcome back the Boston Jazz Trio (Joe Conley, guitar, Tim Paul Weiner, bass, Rick Landwehr, drums). Each member of this Boston, MA based jazz band is a Berklee College of Music graduate with several years of live playing experience. The Boston Jazz Trio plays classics from the standard jazz repertoire as well as choice contemporary selections so please be sure to stop in and enjoy.

BLOOD SUGAR SCREENING

Olga Abamelik, RN, affiliated with Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, October 26 from 11:00 am-12:00 noon.**

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, October 5 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, October 18 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, October 19 from 1:00-2:00 pm at The Senior Center
Wednesday, October 11 from 1:00-2:00 pm at Sussman House 50 Pleasant Street
Wednesday, October 25 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, October 19 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.

ICARE: INDEPENDENT CLIENTS ACCESSING RIDES TO EYECARE

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.

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: I have been diagnosed with osteoporosis. My doctor told me it is very important that I take medication. I have read about the side effects and do not trust the medication. Is there anything else I can do to strengthen my bones? I walk and exercise but at 91, I have slowed down.

ANSWER: Osteoporosis is a word that describes bones that have become weaker as a result of the body losing too much bone or not making enough bone. This makes the bones more susceptible to breaking (fractures), either from a fall or even from something more minor, such as a sneeze. It is very common and increases as people get older. It is more common in women, but men also may suffer from it. Often people don't know they have osteoporosis until they break a bone. The bones that are most commonly broken are the hip, the backbone (spine) or the wrist. It can cause people to lose height.

Some medicines can make the bones more prone to osteoporosis, such as steroids, antacid medications and thyroid medicines at doses that are too high.

The best way to diagnose osteoporosis is with a bone mineral density scan (BMD), a very simple test which is painless (no needles). All women should have a BMD at age 65 and men at age 70, and then every several years (it is not necessary to have a BMD every year and probably not more than every 5 years, depending on the results.)

At this time, the recommendations for both prevention and treatment of fractures are **calcium and vitamin D3.** The **calcium** should be 1000mg daily, preferably in food (milk, yogurt, including lactose-free milk and yogurt if you are lactose intolerant). To calculate the amount of calcium in food, the nutrition label on the package will say "calcium 45%", so if you add a zero to the 45, you will get 450, which is the number of milligrams in a serving. **Vitamin D3** is best taken by pill, 1000 IU daily.

Weight bearing exercises (walking, stair climbing, dancing, tennis) and muscle-strengthening exercises such as yoga and stretch exercises also help reduce the risk of falls and fractures.

However, although calcium and Vitamin D are helpful, in order to build the bones and make them stronger, often medications are needed. People are often scared away when they read the side effects, and not everyone needs these medicines. However, for those at highest risk for fractures (people with very low BMD scores, those who fall easily, are taking certain high-risk medications, those who have already broken bones), the side effects of the medications probably are not as dangerous as the chance of falling and breaking a hip or spine. These medicines are proven to decrease the risk of fractures dramatically.

The medications come in various forms. Some are pills you take once a week. There is an intravenous form that you can get once every 1-2 years. There are also injections that help build up the bones that are either injected daily or another which is injected every 6 months.

The most important first step is to get a bone mineral density scan and then discuss the options with your doctor. Until then, exercise and take calcium foods and daily Vitamin D.

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, October 4 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

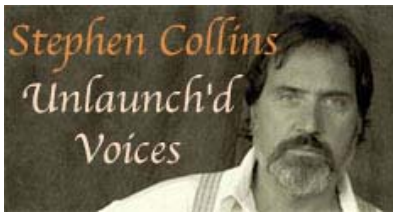
The evening group is primarily composed of adult child caregivers and meets on the last Thursday of each month. If you are interested in this group, please call the facilitator Susan Kanian-Andriole at 617-730-2754. *Note: This group is currently full. Please call to add your name to the waiting list.

CONSIDERATION OF MEDICAL MARIJUANA USE FOR SENIORS

Join us on **Thursday, October 19 at 1:00 pm** as Dr. Jennifer Rhodes-Kropf, Harvard faculty member; Internist, Geriatrician, Hospice and Palliative Medicine and Pain Specialist of Brookline will discuss Medical Marijuana for seniors.

Dr. Rhodes-Kropf will talk about indications for trial of medical marijuana, selection of medical marijuana strains, and side effects for monitoring. Space is limited so please call 617-730-2770 to register.

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.

ENCHANTED SOUNDS
GREAT COMPOSERS

Join us on **Monday, October 16 at 1:00 pm**, as we welcome back pianist Tanya Shrago for a wonderful performance of pieces by Schumann, Tschaikowsky, Shostakovich, and Beethoven. We hope to see you there! To register, please call 617-730-2770.

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.

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- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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.

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 through November 16.** *Please note that there will be **no classes on October 19.** Cost for 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.

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.

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.

COLE PORTER AND IRVING BERLIN TOGETHER!

Historian Bruce Hambro will return to the Senior Center on **Monday, October 23 at 1:00pm** to present his multimedia presentation on Cole Porter and Irving Berlin. You may remember Bruce from his past presentations on "The Genius of Gershwin" and Frank Sinatra. This time around, his PowerPoint lecture weaves together the lives and careers of Cole Porter and Irving Berlin, two legendary songwriters. The audience will hear many of the great songs of these two musical geniuses. Lecture attendees are encouraged to sing along to the lyrics which will be projected on the movie screen. Additionally, the audience members will hear about many famous Porter and Berlin musicals and as an added bonus, they will view video clips featuring such top stars as Al Jolson, Fred and Ginger, Cary Grant and others who performed in movies based on the monumental works of Cole Porter and Irving Berlin. To register, please call 617-730-2770.

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617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

FROM THE DIRECTOR

I personally invite the entire community to attend and support the Annual Benefit on October 25TH see P.1). This year we will be honoring Nancy Daly for her compassionate advocacy for Brookline Seniors during her 12 years as a selectmen. Delicious food, good company and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to afford the full ticket price, please consider donating any amount. Each dollar will help us reach our fundraising goal of $50,000 for the year. We will need every penny to keep the van running on Friday and to support all our programs and services, such as the LYFT pilot program. A special thanks to our lead business sponsors: Beth Israel Deaconess Medical Center, Michael Merrill, Sherrill House, Frank McNulty, Chobee Hoy, and Goddard House.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins. In addition, do not forget to wish the indomitable Agnes Rogers a Happy Birthday on October 15th.

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

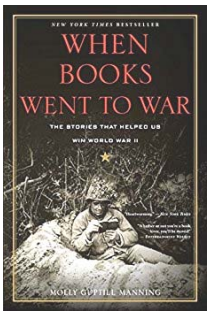
The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for our senior center.

This month as we celebrate our **16th** Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center Family and I thank you!

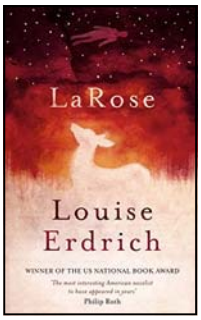
Betsy Pollock, President, Brookline Senior Center

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

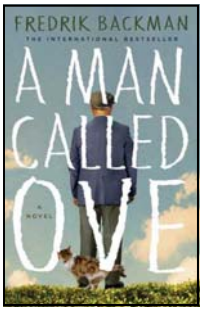
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



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

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)

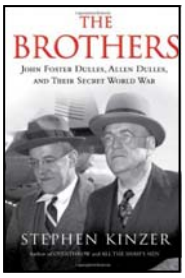
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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.**

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

December 19
Profiles in Courage
by John F. Kennedy (Harper & Row Publishers/ Harper Collins)

January 23
Fool's Gold: How the Bold Dream of a Small tribe at J.P. Morgan was corrupted by Wall Street Greed and Unleashed a Catastrophe
by Gillian Tett (Free Press/Simon & Shuster, Inc.)

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

MAHJONG

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

BRIDGE FOR EXPERIENCED PLAYERS

Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
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MEMORY CONNECTIONS CAFE

Memory Connections Cafe: On **Wednesday, October 18 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. ***Please note that this falls on the 3rd Wednesday of the month instead of the regular 4th***

UKULELE GROUP NEW DAY NEW TIME FOR OCTOBER

Come join our fun filled Ukulele Group 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! WATCH THE TAB FOR NEW DATE AND TIME.

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.

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 SISTER CITY EVENT

EXPERIENCING AGING IN BROOKLINE AND QUEZALGUAQUE, NICARAGUA

Join us at the Senior Center on **Thursday, October 12 at 7:00 pm** as representatives of Nicaragua and Brookline will examine the similarities and differences in growing older in the United States and rural Nicaragua. In the U.S., we have developed systems that enable older people to remain financially independent and to receive assistance from formal service programs. In the U.S., we can also age successfully without help from children. In rural Nicaragua, intergenerational family life is central to the aging experience. The pension programs and formal services that we enjoy do not exist; family is essential for successful aging. Both approaches have strengths and limitations. Visitors from Quezalguaque, Nicaragua, who are guests of the Brookline-Quezalguaque Sister City Program, will share their experiences with Brookline gerontologists. Co-sponsored by the Brookline-Quezalguaque Sister City Program, the Brookline Senior Center, and BrooklineCAN. Program is free, but please call 617-730-2770 to register.

-SAVE THE DATE-

TENDING TO OUR HUMANITY

At the heart of the Conversation with Ron Hoffman

Join us on **Saturday, November 4 from 10:30-11:30** am followed by a reception at 12:00 noon at Goddard House 165 Chestnut Street, Brookline for a talk and discussion with Ron Hoffman, founder and director of Compassionate Care ALS in West Falmouth. Ron is the author of Sacred Bullet a memoir about the art of living through catastrophic circumstances. For more information 617-731-8500x130.

NORFOLK COUNTY REGISTRY OF DEEDS

William P. O'Donnell, Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matters on **Thursday, October 26 from 10:00am -12:00pm** in room 111 at the Brookline Town Hall. Information will be available concerning the Massachusetts Homestead Act and internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No appointment is needed.
To learn more about these and other Registry of Deeds events and initiatives like us at Facebook.com/norfolkdeeds or follow us on Twitter @norfolkdeeds or Instagram @norfolkdeeds
Call the Registry for further information at 781-461-6104 or visit the Registry's website www.norfolkdeeds.org

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Leon Gelfand, Founder

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— Gerry C., Newton

REIKI THERAPY

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

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

E.L.F. MONTHLY FEATURED ITEMS

The program has some bariatric equipment available, including a transport wheelchair, rolling walker, and commode. Please call Jamie at 617-730-2753 to request these items or to donate other items.

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ANGEL K. MOZINA, Esq.
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OCTOBER 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, October 17 we celebrate October birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all October 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.

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.

LUNCH MENU SPECIALS

- **Monday, October 9** Columbus Day Closed
- **Tuesday, October 17** Autumn Special Lunch and October Birthday Lunch
- **Tuesday, October 31** Box Lunch only due to Flu Clinic

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Carlo's Cucina Italiana 131 Brighton Ave. Allston 617-254-0759 on **Tuesday, October 31 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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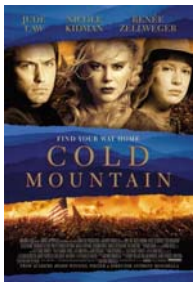
MOVIES FOR FILM LOVERS

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

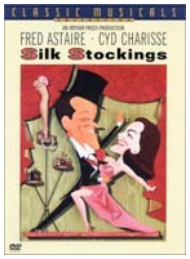
Tuesday, October 3
The Big Sick (2017)
2hrs.
Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.



Tuesday, October 10
Cold Mountain (2003)
2hr. 34min.
In the waning days of the American Civil War, a wounded soldier embarks on a perilous journey back home to Cold Mountain, North Carolina to reunite with his sweetheart.

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.



Tuesday, October 17
Silk Stockings (1957)
1hr. 57min.
A musical remake of Ninotchka: After three bumbling Soviet agents fail in their mission to retrieve a straying Soviet composer from Paris, the beautiful, ultra-serious Ninotchka is sent to complete their mission and to retrieve them. She starts out condemning the decadent West, but gradually falls under its spell, with the help of Steve Canfield, an American movie producer.

Tuesday, October 24
Wonder Woman (2017)
2hr. 21min.
When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

Tuesday, October 31
No Movie due to Flu Clinic Today

SHINE

Don't Wait Until It's Too Late! Medicare Open Enrollment ends December 7 Don't miss your chance to change plans. ***Call SHINE for help comparing options.*** Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.
Call your Senior Center and ask for a SHINE appointment. *Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information and a detailed list of your prescription drugs to your appointment.* If there are no more appointments available at your center before December 7, there are additional appointments in Framingham (508-532-5980, then press 0) and Needham (781-455-7555). Please call between 9AM and 4PM and ask the receptionist at the front desk for a SHINE appointment. 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.

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 October we will meet on the 21st 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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ANNUAL HOLIDAY CRAFT FAIR MEETING

Planning is underway for our 33rd Annual Holiday Craft Fair. The Fair will take place on **Friday, November 10 from 10:00am-3:00pm and Saturday, November 11** from 10:00am-1:00pm.

Please join **our final meeting on Monday, October 30 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!

TOWN HALL SNEAK PEEK: Please note that we will also be having a special "sneak peek" with out crafters at Town Hall on **Thursday, November 2 from 10:00am-2:00pm.**

Brookline Senior Center

33rd ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts
Holiday Gifts
White Elephant Sale

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Raffles
and more!

FRIDAY, NOVEMBER 10, 10am-3pm
SATURDAY, NOVEMBER 11, 10am-1pm

Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to the American Red Cross Hurricane Relief Fund.

93 Winchester Street, Brookline MA 02446 617-730-2770

OCTOBER AT A GLANCE

Monday, October 2
9:00am-12:00noon Hearing Testing***
1:00-3:00pm Car Free get Aways***
Tuesday, October 3
9:30-3:30 Brookline Recreation Trip to Cape Cod Canal Museum***/*
1:00pm Movies for Film Lovers-*The Big Sick*
Wednesday, October 4
9:00am-12:00noon Brookline Legal Assistance
1:00pm Brookline Music School Concert-Boston Jazz Trio
2:00-3:00pm Blood Pressure Clinic-BPHD building*
Thursday, October 5
11:00am Ask A Nurse
1:00pm Easy Travel-*Peter Reynolds*
1:30-2:30 ZUMBA GOLD $7 session; free BHA
Friday, October 6
10:30-1:00pm South Brookline Social*
10:30-11:15 Adventures in Mindfulness***
1:00pm Getting to know Uber and Lyft***
Monday, October 9
Closed for Holiday
Tuesday, October 10
1:00pm Movies for Film Lovers-*Cold Mountain*
Wednesday, October 11
1:00pm COA Meeting-Gary McCabe the Brookline Town Assessor
1:00-2:00 pm Blood Pressure Clinic- 50 Pleasant St.*
3:00-5:00pm Interviewing Skills***
Thursday, October 12
9:30-11:45am Drawing for Pleasure***
1:00pm Mass College of Pharmacy (GI issues)
1:30-2:30 ZUMBA GOLD $7 session; free BHA
7:00pm Brookline Sister City Event***
Friday, October 13
10:30-1:00pm South Brookline Social*
10:30-11:15 Adventures in Mindfulness***
1:00pm TRIPPS Getting to know Uber/Lyft***
2:00-3:00pm Stephen Collins Class***
Sunday, October 15
2:00pm Theater Club-New Rep Comes to You- *To Kill a Mockingbird****
Monday, October 16
1:00pm Tanya Shrago Concert***
2:00-3:00pm Putterham Book Group
Tuesday, October 17
12:00noon October Birthday Lunch***
1:00pm Movies for Film Lovers-*Silk Stockings*
Wednesday, October 18
1:00pm Low Vision Group
1:30pm Memory Café***
1:30pm Beading Workshop
Thursday, October 19
1:00pm Medical Marijuana.***
1:00-2:00pm Blood Pressure Clinic
1:00-2:00pm Brookline Hearing Services
Friday, October 20
10:30-11:15 Adventures in Mindfulness***
2:00-3:00pm Stephen Collins Class***
Saturday, October 21
11:00am-1:00pm LBGT Out 2 Lunch Bunch***/*
Monday, October 23
1:00pm Bruce Hambro "Irving Berlin and Cole Porter"***
3:00pm Operation A.B.L.E.***
Tuesday, October 24
9:00-10:00am Public issues Book Group-*Nothing is True and Everything is Possible*
1:00pm Movies for Film Lovers-*Wonder Woman*
Wednesday, October 25
1:00-2:00 pm Blood Pressure Clinic 61 Park St*
6:00pm Autumn Benefit***
Thursday, October 26
10:00am-12:00pm Registry of Deeds Informational at the Brookline Town Hall*
11:00am Blood Sugar Screening
1:30-2:30 ZUMBA GOLD $7 session: free BHA
Friday, October 27
10:30-11:15 Adventures in Mindfulness***
2:00-3:00pm Stephen Collins Class***
Monday, October 30
1:00pm Final Craft Fair Meeting
Tuesday, October 31
11:00am-1:00pm Annual Flu Clinic Cold Box Lunch for Springwell ONLY.
12:00noon Out to Lunch Bunch-Carlo's ***/*
NO MOVIE DUE TO FLU CLINIC

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
3:00-4:30pm Smartphone Help**

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:45am Drawing for Pleasure***
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 **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess***
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

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 12 at 1:00 pm** The students will discuss health topics of general interest with an emphasis on gastro-intestinal issues this month.

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

MODERN BEADING

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, October 18 at 1:30 pm** at the Senior Center. Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores.

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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.

THANK YOU

BrooklineCAN Donors:

Roger Blood, Susan Chipman, Dru Dailey, Abram Chipman, Josephine Ciccariello, Ruth Geller , Lorraine Goldstein, Mary M. Klatt Rosemary Green, Renny Harrigan, Robert Kroin, Frank Heffron, Jeanne Isenstein Lydia Kaufman, Judith Steinbergh, Alan Clayman, Louise Loewenstein, William Manley, V. Celia Lascarides, Deanne W Morse, Jerome Sadow, Catherine Sadow, Eleanor Small and Neil Wishinsky.

Annual Appeal Donors:

Nina Salam, Margaret Cain – supporting the LYFT program, Arsen Tashjian, Marie-Louise Gabbe, Anonymous – supporting the food programs (coffee lounge, distribution), Sondra Gotkin, Arthur J. Epstein and Bryna Litchman, Judi Bednarz, Carole Barksdale, Asha Khurana Roslin Moore, C. Anthony Broh and Jennifer L. Hochschild, Judith A. Gregory, Marilyn and Ronald Aaron, Carol and Robert Amick, Madelyn B. Donoff, Priscilla Smith, Veena C. Saini, Irene J. Laffey, Ruth F. Wolf, Mary R. Regan, Marilyn Jurich and Laura Walters.

In Honor of:

Lourdes and Benjamin Ileto *honoring* Bronwen Feeney
Rhona Hirschowitz honoring Lila Sesholtz's 90th birthday
Rita Shon Baker *honoring* the Senior Center Ping Pong program
Claire Yung and the Chinese Mah Jong group *honoring the Chinese Mah Jong program*
Lai Bing Chin *honoring* Emmeline Lee's birthday
Sonia and William Wong *honoring* August Moon festival
Brenda Caplan *honoring* Roberta Winitzer

Continued on P. 30.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.

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Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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Car-free Fall Getaways and Holiday Shopping
Join us on **Monday, October 2 from 1:00-3:00pm** for cider and donuts and a discussion on car-free getaways. We will discuss the ins and outs on how to get away comfortably without a car and we will as discuss senior discounts. To register, call TRIPPS 617-730-2644.

Getting to know the Uber & Lyft App
Are you curious about Uber and Lyft? Join us on **Friday, October 6 and 13 from 1:00-3:00pm** for an introduction to the ride-sharing phenomenon, common concerns, and the experience of using these options from a senior perspective. To register, call TRIPPS at 617-730-2644

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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.

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SPOTLIGHT ON SENIOR CENTER VOLUNTEERS

Patricia is a junior at Brookline High School where her favorite subject is English which she hopes will prepare her for a career in photojournalism. She has been part of the *Steps for Success Program* since kindergarten. She chose the Brookline Senior Center (BSC) for her summer volunteer internship. When asked her impression of the BSC, she said that there is a real sense of community, many interesting programs and opportunities for seniors, and that staff and seniors were all so friendly and welcoming to her and new visitors. During her internship, Patricia helped out at the reception desk, the information and referral desk, shadowed leaders in Zumba Gold, History of Russian Revolution and REAP, helped in the luncheon program checking participants in and serving lunch, helped with the Federal Food Commodity Program and assisted with various administrative tasks.

Earlier this year, Patricia spent two weeks at the School of New York Times in NYC where she studied photojournalism. This was her 2nd year in that program. Last year she studied law. In her spare time, Patricia likes to write poetry and explore interesting places around Boston with her friends. We are sure that we will see Patricia's name on photojournalism articles in the future!

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 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.

10/6: Fire Lt. Paul Canney, Mike Harrington: "Senior Safety Officer"

10/13: Lunch with Rep. Ed Coppinger

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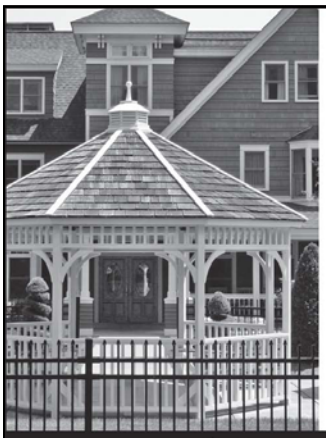

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REAP

The REAP program will be hosting an informational meeting at the Brookline Senior Center with Operation A.B.L.E. of Greater Boston on **Monday October 23 at 3:00 pm.**

If you are 55 or older, unemployed, meet federal low income guidelines, a resident of Brookline and committed to finding a job, you may want to attend this session to learn about what Operation A.B.L.E has to offer.
The SCESP (Senior Community Elder Service Employment Program) is a federally funded jobs training program that places qualified older low income adults in local community service organizations and offers: Paid on the job training opportunities ($11/hr., the opportunity to update your skills and learn new ones, job experience for your resume, and job search assistance. For additional information or to register for this program please call Deidre Waxman at 617-730-2767 or email her at dwaxman@brooklinema.gov

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.

OCTOBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Job sharing early morning (8:00am) coffee preparation a few days/week; 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 (1:00-4:00pm) in the Food Pantry. If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, 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.

ALL ABOUT INTERVIEWS & REFERENCES

October 11 from 3:00-5:00pm at the Brookline Senior Center - ***All About Interviews & References*** Workshop: BE PREPARED! Come learn new tips on all types of interviews – phone, skype, informational and in-person as well as the care and preparation of references at this workshop facilitated by Patricia Burns. Registration is required. Please call Patricia Burns 617-730-2743.

SHOP "STUDENTS HELPING OLDER PEOPLE"

The Brookline High School will start recruiting students to shop. If you are a senior who would like to have a student shop for you, please call Patricia, the Volunteer Coordinator at 617 730 2743 or email her at pburns@brooklinema.gov.

The S.H.O.P. Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to bi-weekly commitment that is usually shared with a partner student. It starts with visiting the senior's home to get a grocery list and cash, then shopping, and returning with the groceries and checking the receipt.

Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME

Are you a beginner chess player or have always wanted to learn how to play? Three Brookline High School seniors who are co-captains of the high school Chess Club will be at the Senior Center each Friday from 3:00-5:00pm. If you are interested, drop in for a lesson or a game! If you have questions, call Patricia at 617-730- 2743.

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

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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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Toni Kobarelov by Berol and Shirley Robinson
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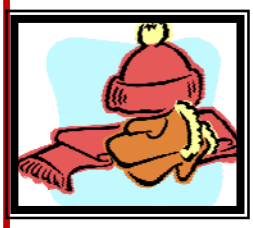
Continued on P.23

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

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

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.**

EASY TRAVEL

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!

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.

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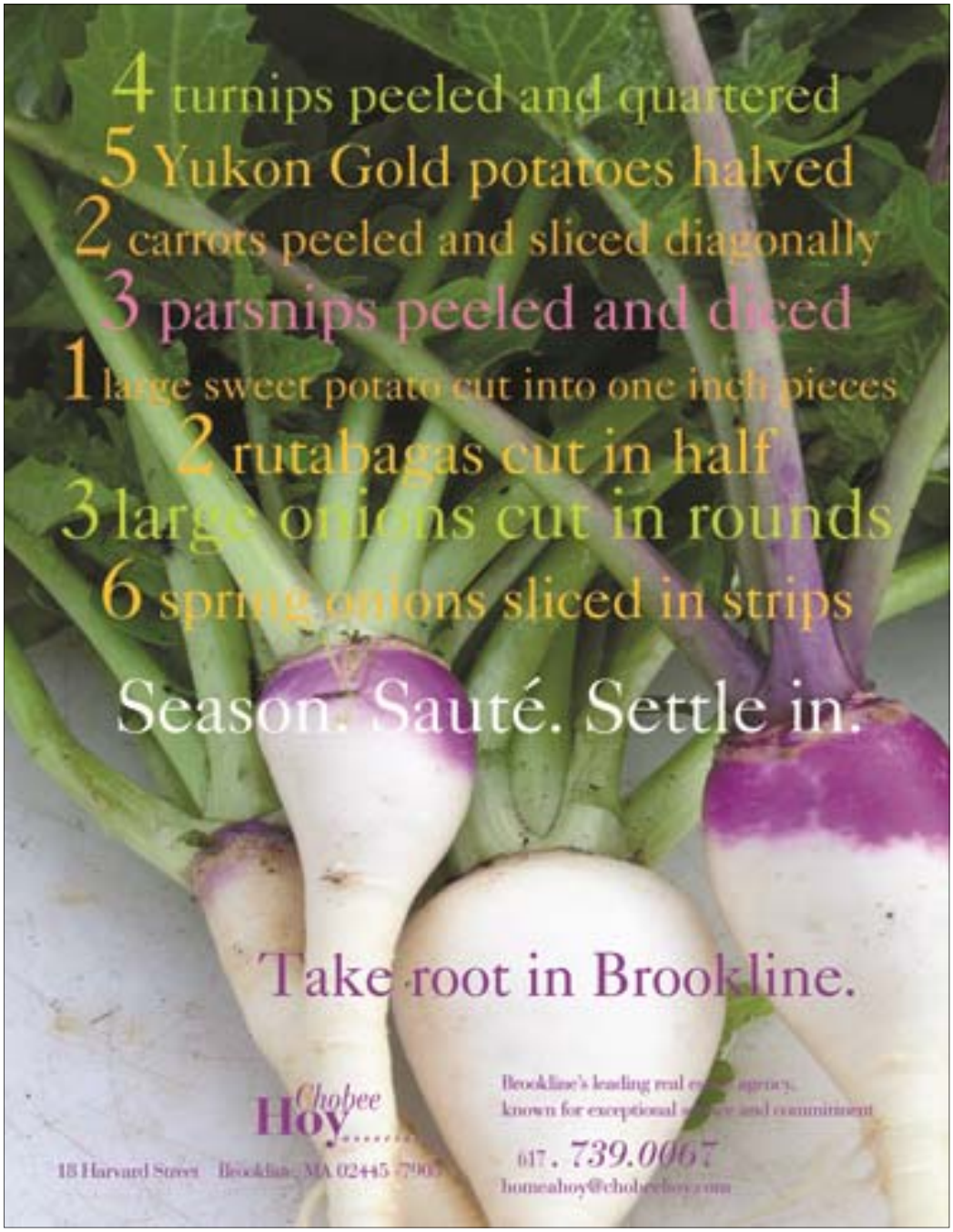
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