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

Monday, November 6 Senior Theatre Club (See P. 3)

Monday, November 13 Holiday Poetry Workshop (See P. 7)

Thursday, November 30 Senior Chorus at First Light (See P. 9)

Sunday November 5

NOVEMBER 2017

THIRTY-THIRD ANNUAL HOLIDAY CRAFT FAIR

Once again we are inviting everyone to come to the our Annual Holiday Craft Fair at the Senior Center on **Friday, November 10 from 10:00 am to 3:00 pm** and **Saturday, November 11 from 10:00 am to 1:00 pm.** Shop for holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-made goodies, raffles, and fun. Don't miss this fair. Come on both days and enjoy. Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to American Red Cross Hurricane Relief Fund Inc. Please note that there will also be a special sneak peek with our crafters at Town hall on **Thursday, November 2 from 10:00 am-2:00 pm.**

HOLIDAY FRAUD PREVENTION

The holidays are right around the corner. Are you armed with vital information to keep yourself safe from scammers? Join us at the Senior Center on **Monday, November 27 at 1:00 pm** as Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation and Amy Schram, Senior Community Relations Specialist from the Better Business Bureau lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention. To register, please call 617-730-2770.

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FLU SHOT DATES

Wednesday, November 8 Baker School from **5:30 pm -7:30 pm.**

Sunday, November, 19 Brookline High School from **10:00am-1:00pm.**

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

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 27 for subscription/renewal form.

NOVEMBER OBSERVANCES

On Thursday November 23, the Senior Center will be closed for Thanksgiving Day. However, we will be open on Friday, November 24 from 8:30 am to 5:00 pm as usual.

BROOKLINE MUSIC SCHOOL CONCERT

The ever popular Justin Meyer Trio will be back at the Center on **Wednesday, November 1 at 1:00 pm** to entertain us with American popular music of the 1920's through the 1940's, including jazz, swing and Dixieland. The Trio is comprised of Justin Meyer, acoustic bass, Billy Novak, clarinet and saxophone, and Jimmy Mazzy, Banjo and vocals. We hope you'll join us for this upbeat, toe tapping concert!

COUNCIL ON AGING MEETING

Join us at the COA meeting on Wednesday, November 8 at 1:00 pm as we welcome our speaker, Susan Goodman. Since 2015, Susan has been interviewing older women for her blog *Acting Our Age: Women's Lives at 85+*. She has met with over 30 women ages 85 - 105 to discuss their experiences from the past, insights about the present, and their hopes for the future. In doing so, Susan challenges the stereotypes that suggest that we are unable to live productively and meaningfully in our later years. The women celebrated in her blog offer a unique opportunity to be inspired by those who live and age with grace, grit and humor. Susan will discuss her interesting process and share lessons learned with us.

SENIOR CENTER THEATER CLUB

THURGOOD

New Rep comes to you with "THURGOOD" on **Monday, November 6 at 7 pm.** Featuring Johnny Lee Davenport as Justice Thurgood Marshall, THURGOOD spans Marshall's impressive career as a lawyer, arguing such landmark cases as Brown v. Board of Education and it is a remarkable tribute to Marshall's enduring legacy as the first African-American to sit on the Supreme Court. This program is co-sponsored by the Brookline Office of Diversity, Inclusion and Community Relations and the Brookline Senior Center. Cost is $5. Free for BHA residents. Space is limited so please register by calling 617-730-2777.

HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Already have Medicare, but wonder if you have the right coverage? Medicare can be confusing and this seminar seeks to explain your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices. Join us on **Tuesday, November 14 at 1:00 pm,** as Sue Flanagan, a Blue Cross and Blue Shield of Massachusetts representative, presents a brief overview of Medicare (Parts A, B, and C), the Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans (HMOs and PPOs), and Medicare Part D prescription drug plans. This program is NOT just for Blue Cross/Blue Shield enrollees. All are welcome regardless of insurance coverage. To register, please call 617-730-2770.

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, November 2 at 11:00 am.**

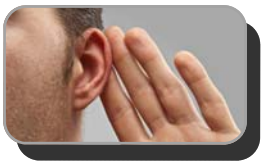
Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is $40. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, November 15 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:

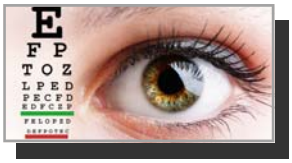
Thursday, November 16 from 1:00-2:00 pm at the Senior Center
Wednesday, November 1 from 2:00-3:00 pm BPHD building on Pierce Street.
Wednesday, November 8 from 1:00-2:00 pm at Sussman House

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. 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, November 16 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 Eye care The Council on Aging, through the HELP program, is excited to announce a new program in partnership with ITNAmerica, through their generous grant funding. The HELP program will be able to provide free transportation to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.



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: Are there special health issues that men need to be aware of as they get older?

Answer: Generally, men and women have similar health issues as they age. However, there are a few areas which are unique to men.

One of these "men only" issues is the prostate gland. The prostate is about the size of a walnut and is located between the bladder and the penis, just in front of the rectum. The urethra is a tube which runs through the center of the prostate, from the bladder to the penis, letting urine flow out of the body. The prostate's job is to secrete fluid that nourishes and protects sperm. If the prostate becomes enlarged, which is common in older men, it presses on the urethra and can block it. This can cause the bladder not to completely empty all the urine in it. This in turn is why many men feel the urge to urinate frequently and also get up at night to urinate. If the prostate gets too large, it can completely block the urine flow out of the bladder and cause a condition called "urinary retention". In more severe cases, a catheter needs to be inserted to get the urine out and relieve the obstruction. The most common cause of prostate enlargement is benign prostatic hypertrophy (often called BPH). About half of men will have BPH by age 50, and 80% will have BPH by age 80. Medicines such as some cold pills can make this condition worse. There are medicines, however, which can help shrink the prostate which your doctor can prescribe.

Some men will get prostate cancer, but it tends to be slow-growing and only occasionally causes death.

Another health topic is heart disease, which is the Number One cause of death in the US. Heart disease affects both men and women, but men are affected at an earlier age because they don't have the protective effects of estrogen. After women reach menopause, this protection decreases. Because people now know many of the factors that increase the risk for heart disease, the incidence of heart attacks has dropped. Some of these risk factors are cholesterol, blood pressure, smoking and physical inactivity unfortunately; the prevalence of being overweight has started to reverse the gains we made over the years in lowering the heart attack risk.

Finally, a topic that often goes unaddressed is the fact that older men are at higher risk for depression and suicide. White men 85 and older are more likely to commit suicide than Americans in any other age group — taking their lives at four times the rate of the general population.

According to 2012 statistics from the Centers for Disease Control and Prevention, about 51 of every 100,000 white men age 85 and older committed suicide, compared with the national average for all ages of 12.6. Of the 40,600 Americans who took their own lives in 2012, 6,648 were older than 65. We don't know exactly why this is, but it is thought to be due to changes in financial, job or living status. Signs of seniors who may be at risk for suicide include withdrawal from activities that they ordinarily enjoy; negative thoughts; frequent talk about death, impoverishment or physical decline; and behaviors such as getting wills or finances in order.

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, November 1 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.

OUR WALK TEAM

HOLIDAY POETRY WORKSHOP

Join Zvi A. Sesling, Brookline Poet Laureate, on **Monday, November 13 from 1:00-2:30 pm** at the Senior Center, for a workshop on writing holiday poetry. Regardless of whether you celebrate Christmas, Hanukkah, Kwanzaa, or the winter solstice, all you will need is a pen, paper and some good thoughts. Zvi will provide prompts to work from and participants will write their own poems. Those who wish may read their poems aloud and we will welcome supportive feedback. It is sure to be a fun time! Space is limited so please call 617-730-2770 to register.

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 at the Senior Center on or **before Monday, November 13.**

DANIEL PRICE CONCERT

Join Daniel Price, a recent graduate of Berklee College of Music, on **Monday, November 20 at 1:00pm,** for an hour of musical entertainment at the Senior Center. Daniel will perform jazz, oldies and country tunes that you'll remember from the 1940s-1960s on piano, and he'll share humor and stories about the music. Sing along if you know the tune! Get to know Daniel as he shares some original music and talks about his inspiration as well. He is a composer and improviser in a variety of musical styles, from jazz, to salsa and country, with lyrics in English and Spanish. We hope to see you there! To register, please call 617-730-2770.

Brookline Senior Center

33rd ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts

Holiday Gifts

White Elephant Sale

Children's Items

Baked Goods

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**

Providence House

Assisted Living at Corey Park

Affordable Assisted Living for Seniors of All Incomes

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

To learn more please call Janice Skelley at 617-731-0505 ext.201.

180 Corey Road, Brighton, MA 02135

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.** Our current session will run through November 16 and we will then offer **additional classes on Thursdays, November 30, December 7, 14, and 21.** Classes are $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multi-service Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

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.

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.

FIRST LIGHT BROOKLINE

The Brookline First Light festival will take place on **Thursday, November 30, from 5:00 to 8:00 pm.**

First Light started twenty years ago in Washington Square when several businesses came together to spread some holiday cheer by hanging snowflakes in their storefront windows. These glowing flakes illuminated the square, signaling the start of the holiday season. Over the years, First Light has grown into the Town's annual winter festival, showcasing the talents of local artists, musicians and performers at businesses and other venues throughout town.

In addition to hosting a variety of family-friendly performances and exhibits, many businesses also offer free giveaways, food samples, raffle prizes, hot cider and more. Festival-goers come out for an evening of free entertainment and to get a head start on their holiday shopping at one of Brookline's many shops.

And our very own Senior Chorus will be performing holiday songs in the Arcade building from 5:00-5:25 pm so be sure to stop by and cheer them on!

FROM THE DIRECTOR

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

Our Volunteers – over 300 strong and they are here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.

Our Board members - are the reason we have our funding and programs. They advocate for quality services in the rain, snow, freezing cold and against the bitter and ageist.

Our Programs - now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.

Our Staff - strong team of devoted people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month.

Our Services - the envy of most communities. We provide **dignity and independence** to every Brookline senior through top-notch delivery. This has been our vision for over fifty years and will continue to guide us as we create new ways to help seniors "Age Well in our Community."

YOU- The Brookline seniors the ones who make this job worthwhile with your **wisdom, creativity**, **and energy**. I salute so many of you every day.

Our Sponsors - A personal thank you to all who supported our 16th Annual Autumn Benefit. Your donations will ensure that Seniors have access to a wide range of transportation options.

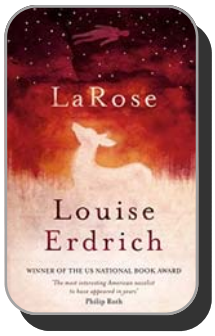
Spirit of Kindness - people who come to the senior center share this attitude. We **care** about one another. The joys and heartaches alike are part of our powerful community. We **support** one another and stay **connected.**

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

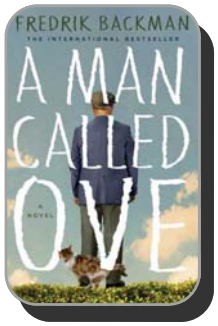
Ruthann Dobek, Director

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 Batia Bloomenthal.



November 20
LaRose
By Louise Erdrich



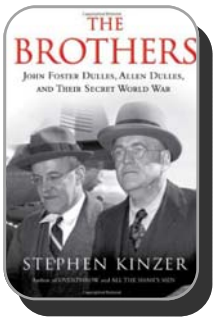
December 18
A Man Called Ove
By Fredrik Backman

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

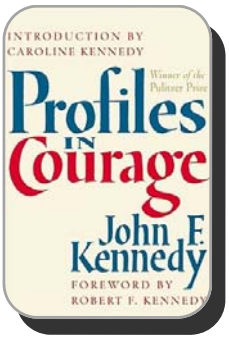
At the Senior Center

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.**



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.

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.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month.

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

Chestnut Hill Ride/
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www.chestnuthillerrands.com

MEMORY CONNECTIONS CAFE

On Wednesday, November 29 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by Home Instead Senior Care-Waltham.

***Please note that this falls on the 5th Wednesday of the month instead of the regular 4th.**

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**

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

Wills • Probate • Trusts • Estates

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

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.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks. Receive $10/hr. For information, call Sarah Scott at 617-552-6949 or e-mail canlab@bc.edu.

-SAVE THE DATE-

SPARK AND GO WILD

A Mind-Body Presentation for Healthy Aging.
Join us on Tuesday, December 5 from 6-7:30 pm as John Ratey, M.D., author of SPARK and GO WILD, will apply the principles of his writing and his pioneering research to healthy aging. In SPARK, Dr. Ratey presents his investigation into the transformative effects of exercise on the brain. His latest book, GO WILD, examines how maintaining a lifestyle more life our ancestors will restore our overall physical health and emotional well-being. Civilization has rapidly evolved; our bodies have not kept pace. This mismatch affects every area of our lives from our general physical health to our emotional wellbeing. GO WILD examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease. Dr. Ratey was recently honored by the Massachusetts Psychiatric Society as the "2016" Outstanding Psychiatrist of the Year" for advancing the field.
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, but please register by calling 617-730-2770. This program is sponsored by BrooklineCAN.

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

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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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NOVEMBER 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, November 21 we celebrate November 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.

LUNCH MENU SPECIAL

Thursday, November 16 Thanksgiving Lunch

EATING FOR IMMUNITY

Flu Season is here! Learn how to eat for immunity with Meghan Ostrander, Registered Dietician of Springwell on **Thursday, November 30 at 1:00 pm** at the Senior Center. Help yourself stay healthy this year! To register, please call 617-730-2770.

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Greg's 321 Mount Auburn Street in Watertown on **Tuesday, November 28 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.

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MOVIES FOR FILM LOVERS

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

Tuesday, November 7
***A Man Called Ove* (2015)**
1hr. 51 min.
Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors.

Tuesday, November 14

NO MOVIE TODAY - HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Tuesday, November 21
***Queen of Katwe* (2016)**
2hr. 4min.
A Ugandan girl sees her world rapidly change after being introduced to the game of chess.

Tuesday, November 28
***Maudie* (2016)**
1hr. 55 min
An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

VOLUNTEER SPOTLIGHT FOR NOVEMBER

NICK BROWN: Nick has been the Student Coordinator of the SHOP Club, a collaboration between the Brookline Senior Center and Brookline High School, at the high school for the past two years. He started participating in SHOP as a freshman because his brother had been a member, enjoyed it and recommended that he get involved as well. As the Student Coordinator, Nick used Facebook, freshmen orientation, and community service opportunity events as recruitment tools. This really worked as the SHOP Club is the biggest community service option at BHS. Nick used a survey to match students with seniors in their geographic area. In addition to students helping seniors, the students get to know a senior, gain some historical knowledge, engage in cultural sharing and sharpen a life time skill of grocery shopping. Nick says, 'I love the inter-generational aspect of the program. It can be life changing for some seniors and one senior reported that she could not afford food delivery charges so would not be getting enough to eat if it wasn't for SHOP. It also gives both students and seniors an opportunity to form real relationships.

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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 November we will meet on the 18th 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

EASY TRAVEL

Join us on **Thursday, November 2 at 1:30 pm** as Mimi Katz, our armchair travel host and photographer extraordinaire, shares photos from her recent yoga retreat to Southern Spain. Images from her brief visit to Portugal will also be included. We hope to see you there!

MISTRAL

On **Sunday, November 5 at 5:00 pm**, St. Paul's Church, 15 St. Paul's Street, Brookline MISTRAL will present Vinteuil, the fictitious composer to whom Proust refers throughout "À la Recherche du Temps Perdue", is actually an amalgam of composers who deeply affected the writer. This special concert sheds light onto some of these inspired influences through the music of Franck, Debussy, Saint-Saens, Wagner and even Beethoven, interspersed with readings from his novel. Tickets $35 order securely online or call 978-474-6222

MISTRAL has been bringing unstuffy, unpredictable, and unmatched concerts with internationally renowned musicians to the Greater Boston area since 1997. Mistral under the leadership of Artistic Director Julie Scolnik, has a youthful perspective. The Mistral 2017-18 concert season is funded in part by the Massachusetts Cultural Council.

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NOVEMBER AT A GLANCE

Wednesday, November 1
9:00am-12:00noon Brookline Legal Assistance Service
1:00pm Brookline Music School Performance with Justin Meyer Trio***
2:00-3:00pm Blood Pressure BPHD*
Thursday, November 2
10:00am-2:00pm Holiday Craft Fair Town Hall Preview
11:00am Ask A Nurse
1:30pm Easy Travel
1:30-2:30 Zumba Gold $7 per class free for BHA
Friday November 3
1:00-2:30pm Foot Spa with Simmons Nursing Students***
Monday, November 6
7:00pm New Rep comes to you-"THURGOOD"***
Tuesday, November 7
1:00pm Movies for film lovers-A Man Called Ove
Wednesday, November 8
1:00pm COA Meeting-Susan Goodman
1:00-2:00pm Blood Pressure Sussman House*
5:30-7:30pm Flu shots at Baker School*
Thursday, November 9
1:30-2:30 Zumba Gold $7 per class free for BHA
Friday, November 10
10:00am-3:00pm Holiday Craft Fair
Saturday, November 11
10:00am-1:00pm Holiday Craft Fair
Monday, November 13
1:00pm Holiday Poetry Workshop with Brookline Poet Laureate, Zvi Sesling ***
Tuesday, November 14
1:00pm Health Plan Options for people with Medicare ***NO MOVIE
Wednesday, November 15
1:00pm Health Care Sound Off***
1:00pm Low Vision Group
Thursday, November 16
1:00-2:00pm Brookline Hearing Service
1:00pm Mass College of Pharmacy-Workshop Over the Counter Medication
1:00-2:00pm Blood Pressure Clinic
1:30-2:30 Zumba Gold $7 per class free for BHA
Friday, November 17
Reservations for ELKS Dinner begins
Saturday, November 18
11:00am-1:00pm LGBT out 2 Brunch Bunch***
Sunday, November 19
10:00-1:00pm Flu shots Brookline High School*
Monday, November 20
1:00pm Daniel Price Concert***
2;00-3:00pm Putterham Book Discussion Group-*LaRose*
Tuesday, November 21
12:00noon Birthday Lunch***
1:00 Movies for film lovers-Queen of Katwe
Wednesday, November 22
No Special programing
Thursday, November 23
Closed for Thanksgiving
Friday, November 24
Open but no special programming
Monday, November 27
1:00pm Holiday Fraud Prevention for Seniors***
Tuesday, November 28
9:00-10:00am Public Issues Book Group-*The Brothers: John Foster Dulles, Allen Dulles and their Secret World War*
12:00 noon Let's go out to Lunch Bunch***
1:00pm Movies for film lovers-Maudie
Wednesday, November 29
1:30pm Memory Café ***
Thursday, November 30
1:00pm Eating for Immunity***
1:30-2:30 Zumba Gold $7 per class free for BHA
5:00-5:25pm First Light-Senior Chorus performance in the Arcade
6:00-8:00 pm Gallery Reception with Sally Chapman
Saturday, December 2
1:00pm ELKS Holiday Dinner***

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

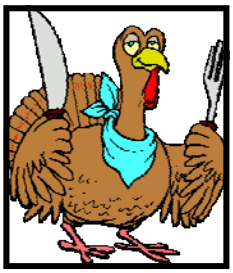
Friday

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

-SAVE THE DATE-

ELKS HOLIDAY DINNER



Come to the Senior Center on **Saturday, December 2, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on **Friday, November 17**. Call 617-730-2770 to save your place so you can enjoy the turkey-with-all-the trimmings dinner.

In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

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FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks. Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 25th. It is my pleasure to offer a thank you and acknowledgements: To everyone who attended or volunteered. You made the evening a very wonderful time. To all of our sponsors thank you for caring about Brookline's seniors this year you set a new record. With special thanks to our Diamond Sponsors, Beth Israel Deaconess Medical Center, Frank McNulty, Michael Merrill and Sherrill House.
To sponsors and supporters who donated their tickets so low-income elders could enjoy the evening.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access transportation. As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect. Thank you all! And best wishes for a wonderful Thanksgiving.

Betsy Pollock, President, Brookline Senior Center

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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.

TRIPPS

Need help with using your Smartphone? Join us **on Wednesdays from 3:00-4:00pm** to learn how smartphones can make your life easier and give you more freedom and independence. Be sure to bring your smartphone (iPhone or Android) along with your questions. To register, call TRIPPS at 617-730-2644.

Come join our team! We're always looking for enthusiastic people to support our seniors, research transportation options, and educate the public about car-free choices. For more information contact Kerri Ann Tester, LCSW, TRIPPS Program Director 617-730-2644 or email us at volunteer@trippsmass.org.

MASS COLLEGE OF PHARMACY

OVER-THE-COUNTER MEDICATIONS AND YOU

Students from the Mass College of Pharmacy and Health Sciences will be back with another workshop on **Thursday, November 16 at 1:00 pm.** They will be presenting on Over-the-Counter medications and drug interactions and will welcome any questions that you may have.

THE PARC PROGRAM

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

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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.

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.

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GALLERY 93

Yards of Faith/
Heritage

Photos by

Sally Chapman

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

Thursday, November 2
through
Friday, December 29

RECEPTION WITH THE ARTIST

Thursday, November 30 from 6:00-8:00 pm.

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 at the Brookline Senior Center with the Assistive Technology Coordinator, you will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals . Call 617-780-9037, or send email to: soutwater@mabcommunity.org. Or stop by the Senior Center computer lab on Wednesday or Thursday afternoons. We look forward to working with you soon.

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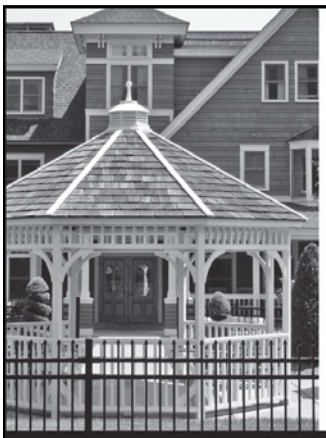

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REAP

DEALING WITH LOSS & BEREAVEMENT AT FESTIVE TIMES

The holidays often bring up feelings of sadness and loneliness for the newly bereaved. Please join us on **Tuesday, November 21 and 28 and Tuesday December 5 and 12** at the Brookline Senior Center. This is a holiday themed bereavement support group. For more information or to register call: Deidre Waxman at 617-730-2767.

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.

BROOKLINE RECREATION TRIPS

Nashoba Valley Winery

Wednesday, November 1
10:30am-4:00pm
Located in the heart of Massachusetts apple county, Nashoba Valley Winery is a stunning hilltop orchard overlooking the town of Bolton. Join us for lunch and wine tasting. The trip fee includes transportation and tasting. Please bring money for your lunch.
Cost: Residents $25/ Nonresidents $34

NOVEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: The Food Commodity program on 3rd Wednesday of each month, Russian & Chinese interpreters for 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.

Legacy Place Dedham

Thursday, November 16 10:00am-3:00pm
Legacy Place is a 675,000square foot open-air retail environment featuring a contemporary blend of fashion, restaurants and entertainment. Join us for a day of shopping and fun! The trip fee includes transportation.
Cost: Residents $16/ Nonresidents $22

To Register for trips call 617-730-2069
Bus Pick-up/Drop off Brookline Senior Center and Soule Recreation Center

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 student's grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to biweekly commitment that is usually shared with a partner 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.

PATHWAY HOME REALTY GROUP
THERE'S NO PLACE LIKE HOME...

Where Your Move is the Only Move that Matters!

We provide our clients with the information, advice and support to make positive real estate decisions.

Judy Moses, Broker/Owner
ABR, CRS, ePro, GRI, PMN

WHAT DRIVES US:

- 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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THANK YOU

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In Honor of:

Louise Snyder *honoring the* Senior Center programs
Barbara Sloet *honoring* Sharon Devine
Dawn Effron *honoring the ELF program*
Lynn Modell *honoring* Julie Washburn
Claire Yung and the Chinese Mah Jong Group *honoring*
The Chinese Mah Jong program
Lucille Tawa *honoring* Carol &Phil Fullerton's 60th Wedding Anniversary
The Senior Center Staff *honoring* Ruthann Dobek

In Memory of:

Simon Estefano from Diane B. Rose
Toni Kobarelov from the Senior Stretch Class (BACEP)
Ruth Werksman from Elin Z. Schultz
Ruth Werksman from Sandra Slesinger
Arlene Stern from Evelyn Roll

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.

HEALTH CARE SOUND OFF

What do you want from your health care? Does the current system address your needs? What aspects of health care could be changed to improve your experience? If you have stories, concerns, opinions to share, or if you want to listen to others' experiences with health care, join us on **Wednesday, November 15 at 1:00 pm** at the Brookline Senior Center for a timely discussion about your healthcare at the Health Care Sound-Off! There is no charge for the program and refreshments will be served. This event is organized by a local chapter of the Right Care Alliance, a grassroots movement that brings together health professionals and patient advocates to organize for a health care system that is affordable, accessible, equitable. We believe that health care is a right and that coverage should be universal: everybody in, nobody out. For over a year, we have been touring around the Greater Boston Area to hear stories from people like you about their health care concerns and needs. For more information, visit our website: http://rightcarealliance.org/ To register or for more information please contact Deidre Waxman at 617-730-2767 or at dwaxman@brooklinema.gov.

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.

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

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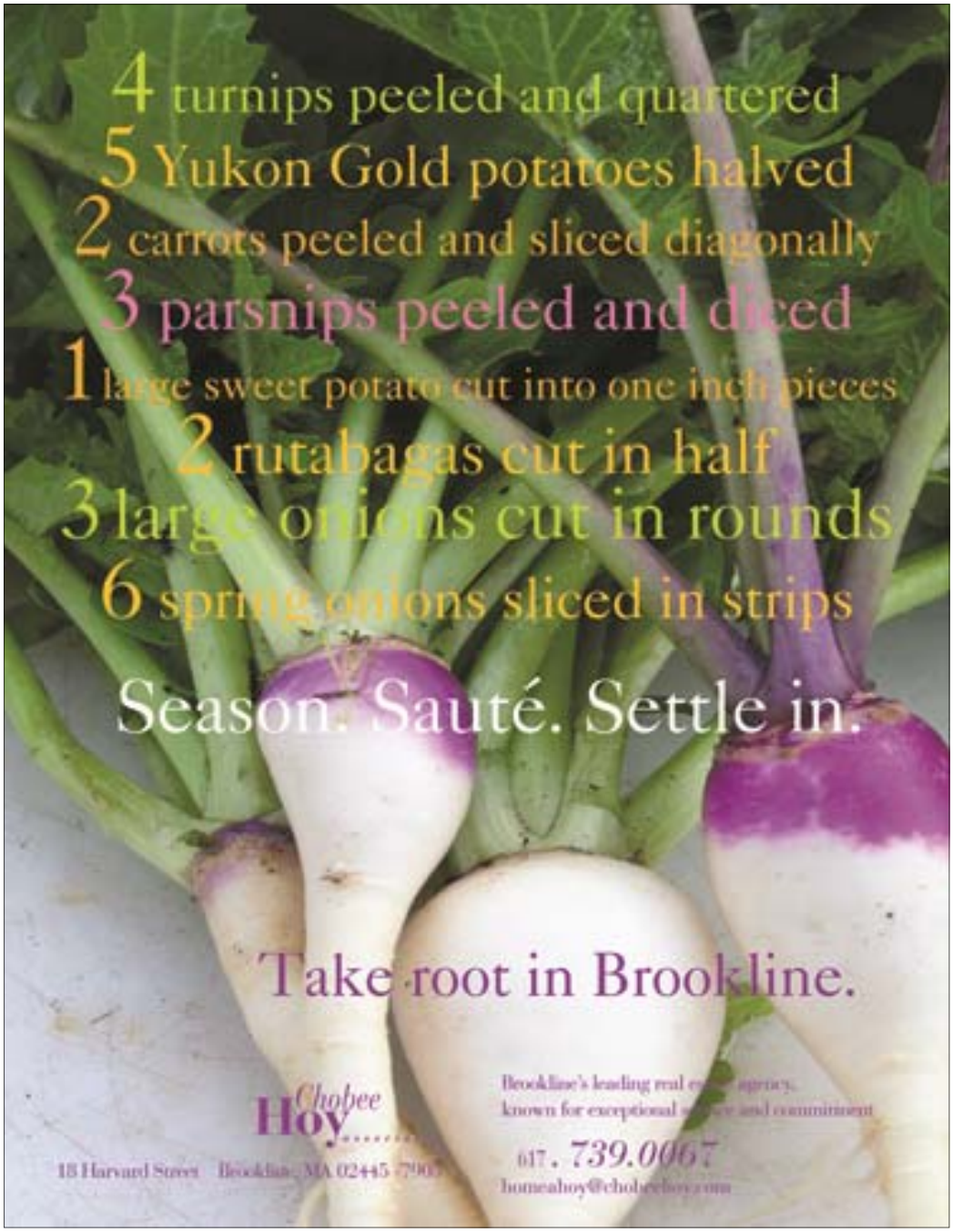
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