

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



Tuesday, December 5 *Spark and Go Wild* (See P. 13).

Wednesday, December 6 Brookline Music School Concert (See P. 3).

Friday, December 8 *Staying Safe in Your Home* (See P. 9).

Monday, December 18 *Holiday dessert Sampler* (See P. 22).

Wednesday, December 20 *Charlie-Card Event* (See P. 7).



DECEMBER 2017

NEW YEAR'S OPEN HOUSE

Join us on **Thursday, December 28 from 1:30-3:30 pm** for our annual New Year's Open House. We will have wonderful entertainment and then we'll have some light **refreshments from 2:30-3:30 pm**. We hope that you will join us to ring in the new year! To register, please call 617-730-2770.



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. 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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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Maureen Cosgrove-Deery <i>Newsletter Editor</i></p>

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.

DECEMBER OBSERVANCES



The Senior Center will be open every weekday in December. **Except for Monday, December 25 for Christmas.** Christ-

mas, an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We celebrate Chanukah, the festival of freedom and light from Wednesday, **December 13 through Wednesday, December 20.** The Winter Solstice (the shortest day of the year) falls on **Thursday, December 21.** We will be celebrating all month with something for everyone.



If you would like more celebrating you can celebrate December 1, World Aids Awareness day, December 7, Pearl Harbor Day, December 10 National Human Rights Day, December 15, Bill of Rights Day and Kwanzaa on December 26 though January 1

Enjoy the end of 2017 and prepare to bring in the New Year with us on **Thursday, December 28 from 1:30-3:30 pm.** (See p. 1).

COUNCIL ON AGING MEETING

Join us at the COA meeting on **Wednesday, December 13 at 1:00 pm** when our featured speakers will be Kim Brooks, COO, Senior Living for Hebrew SeniorLife, and Effie Ingram, R3 Wellness Coordinator for Hebrew SeniorLife. Kim and Effie will discuss Hebrew SeniorLife's "Right Care, Right Place, Right Time" (R3) Initiative. This initiative provides enhanced, person-centered wellness services to vulnerable seniors in affordable housing with the goal of creating a sustainable model of supportive housing that can be replicated on a national level. We hope to see you there.

BROOKLINE MUSIC SCHOOL

Join us on **Wednesday, December 6 at 1:00 pm** for an acoustic performance by Jessica Teal, fiddle with vocals and Scott Pittman, guitar. They will play a mix of "old-timey" Americana covers and originals



featuring love songs to things like trains, coffee, and bikes. Jessica and Scott are both faculty at Brookline Music School and are neighbors who enjoy rehearsing on porches. It should be a fun afternoon so we hope to see you there.

SENIOR CHORUS HOLIDAY CONCERT AND HOLIDAY CRAFT FAIR CHECK PRESENTATION



Join us for a festive morning full of holiday cheer at our **Senior Chorus Holiday Concert on Friday, December 15 at 10:30 am.** This group's enthusiasm

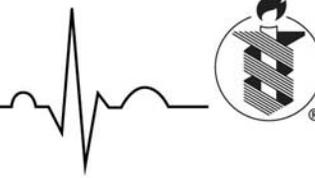
will be sure

to put a smile on your face!

In addition, we will be presenting the Senior Center with a check from the proceeds of our annual Holiday Craft Fair. A special donation will also be made on behalf of the Holiday Craft Fair Planning Committee to the American Red Cross Disaster Relief Fund.



Thank you to all of the crafters, volunteers, donors, and customers who helped to make this event a success. We couldn't have done it without you!



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, December 7 at 11:00 am.**

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

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, December 20 at 1:00pm**

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

Thursday, December 21 from 1:00-2:00 pm at the Senior Center

Wednesday, December 6 from 2:00-3:00 pm BPHD building on Pierce Street.

Wednesday, December 13 from 1:00-2:00 pm at Sussman House

Wednesday, December 27 from 1:00-2:00 pm 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. 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, December 21 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

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 eyecare 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*

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A research partner of
 **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 am tired when I go to bed but then I cannot sleep. As soon as the sun begins to rise I fall asleep and then cannot get up until about noon. Do you have suggestions for me?

ANSWER: As we get older, our usual sleeping habits may change. Part of this may be due to our producing less melatonin than we did when we were younger. People often get sleepy earlier in the evening and then wake up earlier in the morning. Some people find they can't sleep at night and then are so tired they fall asleep early in the morning. The important question is whether you feel rested during the day, or whether you feel tired all day.

It is believed that the ideal number of hours of sleep is between 7 and 9 hours/night. If you feel rested and energetic during the day, you are probably getting enough sleep. However, if you feel exhausted during the day, that is not "normal aging."

Anyone can have a stretch of days or weeks where we have trouble sleeping (insomnia). However, if insomnia becomes a chronic problem, it may need some investigating. According to Help Guide, which collaborates with Harvard Health Publications, the consumer health publishing division of Harvard Medical School, these are some symptoms which may suggest a sleep disorder:

1. Have trouble falling asleep even though you feel tired
2. Have trouble getting back to sleep when awakened
3. Don't feel refreshed after a night's sleep
4. Feel irritable or sleepy during the day
5. Have difficulty staying awake when sitting still, watching television, or driving
6. Have difficulty concentrating during the day

7. Rely on sleeping pills or alcohol to fall asleep
8. Have trouble controlling your emotions

There are many causes of insomnia, such as stress, depression, anxiety, medications or health problems. Drinking alcohol, using the computer before bedtime, pain, and lack of exercise, snoring and sleep apnea can also cause sleeping problems. To help make sure you get a good night's sleep, try the following:

1. Turn off the TV and computer about 1 hour before going to bed.
2. Read either a book or an electronic device that doesn't have its own light source
3. Block out snoring by wearing ear plugs
4. Get aerobic exercise during the day (walk, dance, golf)
- 4 Talk to your doctor about trying melatonin (not sleeping pills!)
- 6 If you get tired during the day, it's OK to take a short nap (less than 1 hour, preferably in the afternoon)
7. Avoid alcohol and caffeine (including chocolate!) late in the day.
8. As a nighttime snack, warm milk, turkey and tuna fish contain tryptophan, which is a protein which helps induce sleep.
9. A cup of chamomile tea is thought to be relaxing-drink a cup 2 hours before bedtime.

In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but it usually passes. If it persists speak with your doctor about seeing a sleep therapist.

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, December 6 from 9:00 am-12:00 noon** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP



The Senior Center offers two ongoing support groups designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's.

Daytime Support Group

The daytime group meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Debby Rosenkrantz at 617-571-3741

Evening Support Group

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

DO YOU NEED A SENIOR CHARLIECARD?



We are holding a Senior Center CharlieCard event on **Wednesday, December 20 from 1:00-3:00 pm** at the Brookline Senior

Center. You must bring in a picture ID with your date of birth indicated as you must be 65 or older to qualify for a Senior CharlieCard. You will fill out an application and we take your picture. The MBTA will mail your CharlieCard to your home in 6-8 weeks.

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.**



Autumn Benefit 2017

THIRTY-THIRD ANNUAL HOLIDAY CRAFT FAIR



Providence House

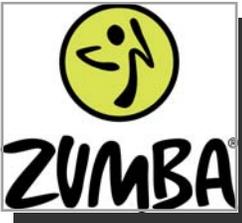
Assisted Living at Corey Park
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Providence House at Corey Park is a distinctive senior living community providing a range of life enhancing, person-centered care for seniors of all incomes. We are dedicated to treating our residents, families and staff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

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

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. December 7, 14, and**

21. Classes are \$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.

STAYING SAFE IN YOUR HOME



On **Friday, December 8 at 1:00 pm**, please join us for a presentation on "Staying Safe in Your Home" led by Matt Towers, Therapy Director of Wingate at Chestnut Hill. We will be serving drinks and enjoying some delicious dessert while listening to the presentation. For planning purposes, call 617-730-2770 to register.

EASY TRAVEL



Join us on **Thursday, December 7 at 1:30 pm** as Mary Haas, armchair travel host and avid traveler, shares her recent trip "Around the World in Eighty Days at 80." Mary conquered number one on her bucket list, Machu Picchu, in addition to visiting twelve other countries. Mark your calendars as you won't want to miss this one!

MEDICARE: NEW NUMBERS, NEW SCAMS

Congress passed a law in 2015 that requires the Centers for Medicare and Medicaid Services to remove Social Security Numbers from all Medicare cards.

The process will begin in April, 2018.

In an effort to protect seniors against identity theft and Medicare fraud, in 2018 Medicare will stop using Social Security numbers for identification and will send new Medicare numbers to patients. The Centers for Medicare and Medicaid Services will begin mailing new cards with Medicare beneficiary identifiers (MBIs) in April 2018.

Medicare Card Changes Open Doors to New Scams The change in Medicare numbers is an important one to help prevent fraud and identity theft, but, as with just about everything in this day and age, these changes invite new scams... scammers are always looking for new ways to rip people off of their hard earned money and life savings.

Medicare beneficiaries are getting calls claiming to be from Medicare asking that they verify their Medicare number before a new number is issued. Some are receiving calls requesting payment in order to receive their new Medicare card. Please remember that Medicare will NEVER call you on the phone to verify your number because they ALREADY have it. Also, the new card is free.

If you do receive a call claiming to be from Medicare, HANG UP immediately and report it to the Massachusetts Senior Medicare Patrol Program (MA SMP) at 800-892-0890 or at www.MASMP.org. Share this with your friends and family so that we can thwart this type of scam quickly.

FROM THE DIRECTOR

“Not he who has much is rich, but he who gives much.” Erich Fromm, Psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year’s. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community’s elders.

I know that many of you share this vision and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether a few dollars or a large gift all donations are appreciated and will be well utilized. To make a donation using a credit card go on line to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Starting with the Elks holiday dinner on Saturday December 2 and ending with the New Year’s open house Thursday, December 2 with lots of fun in between! Hope to see you here and feel free to invite a friend.

In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced in this remarkable Town- with your help we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek, Director

P.S We have several transitions to report this month. Congratulations to Jamie Donchin who was married in November and will be using the name Jamie Jensen going forward. Carol Malinowski will be retiring from her position of clinical social worker at the end of December. And finally Dotty Bell will be taking a well deserved retirement in December. Carol and Dotty will be greatly missed but we wish them a Healthy and Happy Retirement.



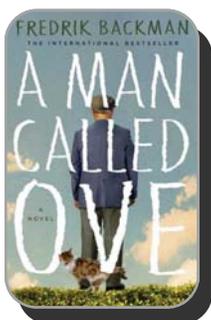
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BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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

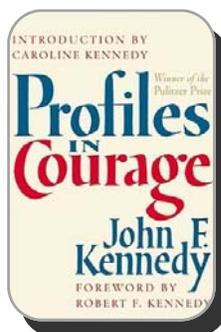


December 18
A Man Called Ove
By Fredrik Backman

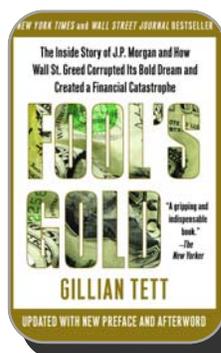
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP *At the Senior Center*

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**.



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.

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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.

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.

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MEMORY CONNECTIONS CAFE



On **Wednesday, December 27 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 Centre Communities.

Healthy adults, 18-85,

Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

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Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@ivkdlaw.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

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 like 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.

AN EVENING WITH STEPHEN KINZER



What do Jimmy Kimmel and Mark

Twain have in common? In addition to being very funny men, both challenged a leading politician on some of the most pressing issues of their day. In his new book, *The True Flag*, award-winning foreign correspondent Stephen Kinzer reveals how Mark Twain tried to thwart Theodore Roosevelt's push for the American invasion of Cuba and the Philippines-and how the Spanish-American war became the first chapter in our long, complicated history of international intervention. In his upcoming talk at the Brookline Public Library, Kinzer will take us back to Twain's and Roosevelt's time to show us how the power of the press and "fake news" shaped our past as it does the present. Please come to Hunneman Hall at the Library, 361 Washington Street, on **Monday, December 4 at 7:00 pm** for "An Evening with Stephen Kinzer." Our community bookstore, Brookline Booksmith, will be on hand to sell books. The event, sponsored by the Trustees of the Brookline Library, is free and open to the public.

Brookline
Adult &
Community
Education



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new classes
starting soon!

www.brooklineadulted.org
617-730-2700

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100 Centre Street



112 Centre Street

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



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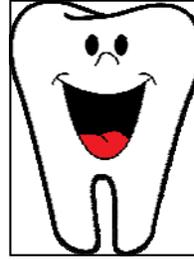
REIKI THERAPY



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.

SAVING THE SENIOR SMILE!



Smiles and oral health are so important to life in so many ways—ways that we often do not even think about. On **Monday, December 4 at 1:00 pm**, the Massachusetts Dental Society Foundation will present a short program that will discuss the relationship of oral health and overall health and review current treatment options. They will also provide a gift bag with oral health goodies to each participant and there will be time allotted to answer your questions. In addition to three dentists with extensive experience in treating older adults, students from each of the three Boston dental schools will contribute to the discussion. Please join us for a session that will be informative and fun. For planning purposes, please call 617-730-2770 to register.

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DECEMBER

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

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.

LET'S GO OUT TO LUNCH BUNCH

Out to lunch is on vacation in December and will return in January with some wonderful new restaurants to explore.

SPRINGWELL HOLIDAY SPECIAL

Tuesday, December 12 Holiday Ham w/ Raisin Pineapple Sauce, Au Gratin Potatoes, Peas & Garlic Dinner Roll. Please call 617-730-2747 to register.

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saul@feldmanrelaw.com

ANGEL K. MOZINA, Esq.

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MOVIES FOR FILM LOVERS

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

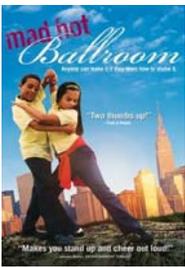


Tuesday, December 5

Going in Style (2017)

1 hr. 36 min.

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.



Tuesday, December 12

Mad Hot Ballroom (2015)

1 hr. 45 min.

The students of several New York City elementary schools learn ballroom dancing and compete in a city wide dance competition.



Tuesday, December 19

Norman: The Moderate Rise and Tragic Fall of a New York Fixer (2016)

1 hr. 58 min.

Norman Oppenheimer is a small time operator who befriends a young politician at a low point in his life. Three years later, when the politician becomes an influential world leader, Norman's life dramatically changes for better and worse.

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.



Tuesday, December 26

Happy (2011)

1 hr. 16 min.

HAPPY takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories of people from around the world and powerful interviews with the leading scientists in happiness research, HAPPY explores the secrets behind our most valued emotion.

MAZL TOV CHORUS



Come to the Senior Center on **Monday, December 11 at 1:00 pm** for a performance by the Mazl Tov Chorus. This group, founded in 2005, is under the direc-

tion of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the Chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized housing, rehab centers and at the Senior Center! Their repertoire includes songs in English, Russian, Ukrainian, Yiddish, Hebrew, and Spanish. This performance is sponsored by the Senior Center, but the Chorus is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc.-Boston. To register, please call 617-730-2770.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In December we will meet on the 16th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306



REMEMBER

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

DECEMBER AT A GLANCE

Friday, December 1

Saturday, December 2

1:00 pm Elks Holiday Dinner***

Monday, December 4

1:00pm Senior Dental Health-*Saving the Senior Smile****

7:00pm An Evening with Stephen Kinzer at the Public Library*

Tuesday, December 5

1:00pm Movies for Film Lovers-*Going in Style*

6:00-7:30 Dr. John Ratey BCAN Program***

Wednesday, December 6

9:00am-1:00pm Brookline Legal Service

1:00pm Brookline Music School***

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

Thursday, December 7

11:00am Ask A Nurse

1:30 Easy Travel with host Mary Haas-*Around the World in 80 days at 80*

1:30-2:30 Zumba Gold

Friday, December 8

1:00pm Staying Safe in Your Home***

Saturday, December 9

5:00pm The Baroque Big Band Holiday Concert*

Monday, December 11

1:00pm Mazl Tov Chorus Concert***

Tuesday, December 12

12:00noon Springwell Holiday Lunch Special***

1:00pm Movies for Film Lovers-*Mad Hot Ballroom*

Wednesday, December 13

1:00pm COA Meeting

1:00-2:00pm Blood Pressure Clinic Sussman House*

Chanukah begins at Sundown

Thursday, December 14

1:30-2:30 Zumba Gold

Friday, December 15

10:30am Senior Chorus Holiday Concert and Craft Fair Check Presentation***

Saturday, December 16

11:00am-1:00pm LGBT OUT 2 LUNCH BUNCH

Monday, December 18

1:00pm Holiday Dessert Sampler with Wingate Residences***

2:00-3:00pm Putterham Book Group-*A Man Called Ove**

Tuesday, December 19

9:00-10:00am Public Issues Nonfiction Book Group-*Profiles in Courage*

12:00noon December Birthday Lunch***

1:00pm Movies for Film Lovers-Norman: *The Moderate Rise and Tragic Fall of a New York Fixer*

Wednesday, December 20

1:00-3:00pm Charlie Card Event

1:00pm Low Vision Support Group
Chanukah ends at sundown

Thursday, December 21

1:00-2:00pm Brookline Hearing Services

1:00-2:00pm Blood Pressure Clinic

1:30-2:30 Zumba Gold

2:00pm REAP Party***

Friday, December 22

Monday, December 25

Closed For Christmas

Tuesday, December 26

1:00pm Movies for Film Lovers-*Happy*

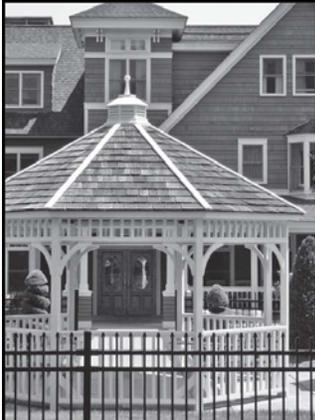
Wednesday, December 27

1:30 Memory Café***

1:00-2:00pm Blood Pressure Clinic Park St.*

Thursday, December 28

1:30pm New Year Open House***



Come for a visit, stay for lunch and experience this lively community of friends.

Lance Chapman
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www.goddardhouse.org

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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 Member-
ship required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
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 member-
ship 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.brooklineadulthood.org to register

*** Registration Required

FROM THE BOARD PRESIDENT

The holiday season is a special time of year. I hope everyone enjoys celebrating with family and friends. This is also the time of year when we think about giving to those less fortunate. Please consider giving to the Brookline Senior Center as you are making your holiday donations.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources.

As the holidays approach, I am reminded of how many people give their time, money and/or other resources to help Brookline's seniors live with dignity and respect. Thank you to all! And best wishes for a wonderful Holiday season.

*Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board*

HOLIDAY DESSERT SAMPLER

Our friends from Wingate Residences at Boylston Place will be back at the Senior Center on **Monday, December 18 at 1:00 pm** to delight us with a sampling of some tasty holiday desserts from their kitchen. We have certainly enjoyed their tastings in the past, so we can't wait to see what Chef Randy has "cooked up" for the holidays. Space is limited so please call 617-730-2770 to reserve your place.

Thrifty Threads

United Parish Church,
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Open Friday 1:00-4:00 and Saturday 11:00 am to 3:00 pm

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

Sherrill House

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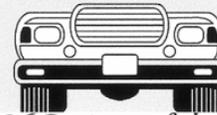
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FOOD DISTRIBUTION SITE

NOTE: Due to light staffing around the holidays there will be **no food distribution on Tuesday December 26.**

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.



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TRIPPS UPDATE

Our weekly smartphone workshops are taking a hiatus for the month of December. Check the January calendar for dates in the New Year.

Our next Transportation Resource Guide will be published in the next few weeks! Stop by our office hours to get a copy of the 3rd edition. Additions include, Gogo Grandparent, Help Around Town, and the newest Brookline based programs for free rides to and from eye care appointments!

TRIPPS Office hours are on Wednesdays from 10:00 am – 12:00 pm and Thursdays from 11:00 am– 1:00 pm at the Senior Center. As always, please feel free to get in contact with us for any transportation related challenges. (617)730-2644 or info@trippsmass.org.

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.

Moving? Downsizing?



Call Karen Zweig
for a free consultation!

617.455.1964

karen@movemaven.com



THE BAROQUE BIG BAND HOLIDAY CONCERT



On **Saturday, December 9 at 5:00 pm** Mistral will present Baroque bonanza of chamber concertos, with dazzling soloists taking turns in the spotlight! Among the offerings this year will be three arias

for mezzo soprano and string ensemble, Vivaldi Violin Concerto RV 235 with Angelo Yu, guest artist and Vivaldi Double violin concerto with Mistral favorites; Georg Phillip Telemann Suite in A minor, for flute & strings; Vivaldi Concerto for two cellos. This event will be held at St. Paul's Episcopal Church 15 St. Paul Street Brookline, MA. The tickets are \$35. For more information go to www.mistralmusic.org

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.

A NOTE OF THANKS FROM DOTTY BELL

It has been both an honor and a pleasure to work with the team at the Brookline Senior Center. The staff truly cares about people. I take with me fond memories of all I have had the opportunity to meet.

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.

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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VOLUNTEER SPOTLIGHT



Kara Murdock: Kara is a senior at Boston College. She chose the Brookline Senior Center for her Clinical Field Work. She had previously worked in a nursing home so knew that she loved working with seniors. However, Kara said that she hadn't realized that

our seniors would refer to the Senior Center as their 2nd home where they meet with new and old friends and participate in many activities. As an intern she visited with elders, helped with the Springwell lunch program and covered the Information & Referral desk. Kara's internship ends in December, but she enjoyed it so much that she will be extending as a volunteer for the 2nd semester. She said that while she had been thinking of pursuing social work, meeting the social workers, joining group supervision and seeing our social workers support seniors to be independent, engaged, and validated increased her passion. Kara believes Social Work is a good fit for her. She enjoys working with seniors which supports a special bond that she has with her grandmother.

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.

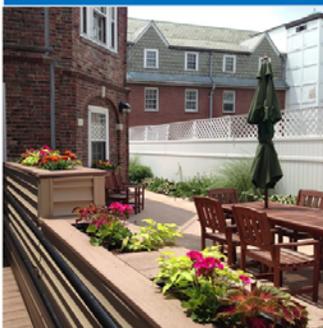
Are you at least 60 and have a problem with your in-home caregiving services?

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GALLERY 93

Yards of Faith/Heritage Photos by *Sally Chapman*

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**Please mail this form with your check payable to "Brookline Senior Center" to
Brookline Senior Center, 93 Winchester St., Brookline MA 02446**



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CHECK YOUR SUBSCRIPTION RENEWAL DATE

DECEMBER BROOKLINE SENIOR RECREATION TRIPS

Virtual Reality, Real Movement

Monday, December 18 from 12:30-3:30 pm

In this 2-hour session at Brookline Interactive Group, you will have the opportunity to learn about virtual reality, and try out some experiences that encourage play and movement. Experiences range from playing catch with a dog in a beautiful mountain range to shooting a bow and arrow.

Cost: Residents \$20 Nonresident \$27

Register online brooklinerec.com or Call: 617-730-2069

Buses pick up and drop off Brookline Senior Center and Soule Recreation Center

REAP

REAP HOLIDAY PARTY



REAP Participants please join us on **Thursday, December 21 at 2:00 pm** for refreshments and to share accomplishments and plan for 2018.. Please RSVP to Deidre at 617-730-2767 or Patricia at 617-730-2743.

Sponsored by the Brookline Senior Center

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.

DECEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES



Spotlighted opportunities include: the Food Commodity program on the 3rd Wednesday of each month, Russian &

Chinese interpreters are needed for the morning and afternoon shifts and we need people who are able to help with phone calls and/or lifting 30-35 lbs. We have opportunities for shopping assistance and Russian interpreters for Tuesday afternoons from 1:00-4:00pm in the Food Pantry.

Volunteers are needed for Smartphones and other technology support and we always need backup for the lunch check-in from 11:30-12:30 during the week.

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.

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. After an application and assessment at the Brookline Senior Center with our new Assistive Technology Coordinator, Jerry Feliz. You will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals . Call 617-879-0771, or send email to: atcenter@mabcommunity.org. Or stop by the Senior Center computer lab on Wednesday or Thursday afternoons. We look forward to working with you soon.

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.



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In Honor of:

Martha Schieve *honoring* Olga Sliwa and Sonia Wong
Lorraine Tobin *honoring* Sonia Wong
Margaret Zaremba *honoring* the Computer one on One program
Anonymous *honoring* the Modern Dance program
Eileen Kaminsky *honoring* Olga Sliwa and Sonia Wong
Laura Baber *honoring* Ruthann Dobek and the staff at Brookline Senior Center
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Ruth Geller *honoring* Sonia Wong
Rhona Hirschowitz *honoring* Livia Frank's 90th birthday
Kathryn Kilpatrick *honoring* Nick Aldin and Agillio Monteiro
Tuesday Bridge Group *honoring* Harriet Koch's 90th birthday

In Memory of:

Roberta Lappin by Eleanor Small, Ruth Geller and Shirle Goldstone

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 1:30 to 2:30 pm**.

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

TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing. All for a suggested donation of \$2 per class.

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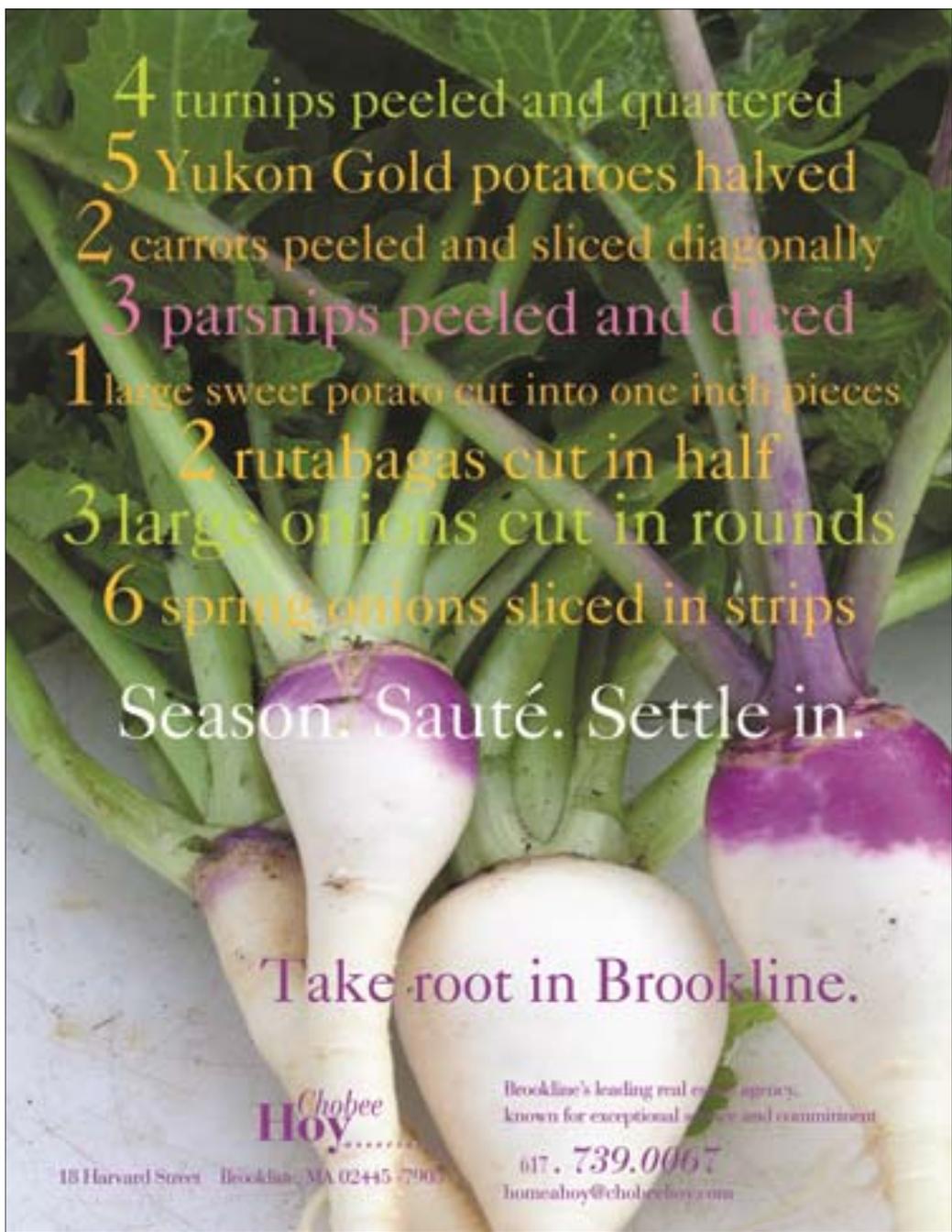


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OR CURRENT OCCUPANT



4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

Season. Sauté. Settle in.

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