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

APRIL 2018

NEW REP COMES TO YOU!

The New Rep Theatre's CRC production of "OTHELLO" will be presented at the Brookline Senior Center on **Sunday, April 15 at 2:00 pm.** Join us for this famous tale of race, love, jealousy, and revenge. Featuring live music, and seven young actors taking on multiple roles, this bold adaptation breathes new life into one of Shakespeare's most well-loved tragedies. Cost is $5. Free to BHA residents. Light refreshments and a chance to meet the cast will take place following the play. To register, please call 617-730-2777.

HAVE FUN! IMPROVE YOUR BRAIN! CONTRA DANCE!

How can you lose 500 calories an hour AND improve your memory? To find out, come to the Brookline Senior Center for a lively evening of "Contra Dancing in the Ballroom" on **Sunday, April 8 from 7:00-9:00 pm**. Featuring Sue Rosen, known for her clear teaching style and spirited calling, with Amy Larkin on the Fiddle, and Debby Knight on the piano. Beginners and singles are welcome, and light refreshments will be served. Tickets are $7.00. Advance ticket purchase is recommended as space is limited. Tickets can be purchased at the Brookline Senior Center or online (ballroomcontradance.eventbrite.com). For more information call 617-730-2777. This community event has been generously supported by Chobee Hoy Associates.

ENDING AGEISM

MARGARET MORGANROTH GULLETTE

NEW DATE & LOCATION!

Thursday, April 19 at the Brookline Senior Center Refreshments will be served from 6:00-6:30 pm; program with discussion from 6:30-7:30 pm. Space is limited so please call 617-730-2770 to register. **If you had already registered for the original date, you DO NOT need to register again.**

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GIFT CART SALE

Stop by the Senior Center Gift Cart on Thursday, **April 19 between 10 am-2 pm and Friday, April 20 between 10 am-2 pm** for our "red tag" sale. All items will be marked down to sell! You never know what little treasures you will find

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

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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

APRIL OBSERVANCES

Cheer up—Spring is on the way. We will see flowers, smell the freshness of gentle rain, hear the returning birds, and generally experience spring fever. We celebrate Easter on Sunday, **April 1.** Patriot's Day **on Monday, April 16**. This is an official state holiday so the Senior Center will be closed. Actually, since this is also the date for the Boston Marathon, it would be impossible for everyone living south of Beacon Street in Brookline to get to the Senior Center as the route through Brookline is down Beacon Street. You might like to observe April Fools day on the 1st, World Autism Awareness Day on April 2nd, Tax day on the 18th, Administrative Professional Day on the 26th and Arbor Day on the 28th

TOUR OF UNDERGROUND RAILROAD SITES IN BROOKLINE

The Underground Railroad, winner of the Pulitzer Prize and National Book Award, by Colson Whitehead, is this year's Brookline Reads selection. In collaboration with the Library, the Senior Center will be offering a tour of the Underground Railroad sites in Brookline, led by Suzette Abbott of Hidden Brookline **on Monday, April 9 from 11 am-12:30 pm.** While the Senior Center van will be providing transport from one site to the next, this is an outdoor tour. In order to participate fully in the tour, you will have to get on and off the van 3 times, be able to stand for 15 minutes at each of the 3 stops, and walk in the Old Burying Ground which has uneven ground as you enter so please plan accordingly. Space is limited. To register, please call 617-730-2770.

VOLUNTEER LUNCHEON

volunteer
do good, feel good

On **Wednesday, April 11 at 12:30 pm,** we will honor our volunteers at a special luncheon. Invitations have been sent to Senior Center volunteers' mailboxes all over Brookline. RSVP to 617-730-2777 and come celebrate the spirit of volunteerism and our wonderful volunteers. Part of the festivities is the announcement of the John and Molly Dolan Volunteer of the Year Award. If you would like to nominate a candidate for this award, please contact Ruthann Dobek at 93 Winchester Street, Brookline, MA 02446 or leave a message in her mail box on the 2nd floor in the COA office. You can also e-mail her at rdobek@brookline ma.gov or call her at 617-730-2756.

BROOKLINECAN ELECTION FORUM

BrooklineCAN is sponsoring an election forum on **Thursday, April 26 at the Senior Center from 4:00 to 6:00 pm.** This year in the annual Town election **(May 8),** voters will choose two Select Board Members plus three School Committee members, five Library Board members, and consider ballot questions for an Override and a Debt Exclusion. The forum will focus on the contested races, the Override, and the Debt Exclusion. Candidates will have opportunities to make brief opening statements followed by questions from the audience. Candidates and Override advocates will be asked to give special attention to senior concerns.

Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, May 3 at 11:00 am. NOTE: Ask a Nurse will not be at the Senior Center in April**

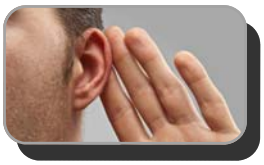
Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is $40. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, April 18 at 1:00pm**

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

Thursday, April 19 from 1:00-2:00 pm at the Senior Center
Wednesday, April 4 from 2:00-3:00 pm BPHD building on Pierce Street.
Wednesday, April 11 from 1:00-2:00 pm at Sussman House

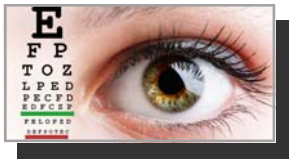
A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. 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, April 19 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

ICARE: INDEPENDENT CLIENTS ACCESSING RIDES TO EYECARE

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 for Brookline residents 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: I enjoyed your article about trouble sleeping. I do often wonder-is there such a thing as too much sleeping?

ANSWER: We hear a lot about how important sleep is. During sleep, the body and mind take the time to rejuvenate. Getting too little rest can lead to health problems. Many people have trouble falling asleep or staying asleep. However, the opposite-getting TOO MUCH sleep- can be a problem too. This is called oversleeping.

First of all, how much sleep do we need? Most reports say adults should get 7-9 hours of sleep in a 24 hour day. However, it seems that it is healthier to get closer to 7 hours than even 8 hours of sleep. In fact, some studies show that there may be a higher incidence of diabetes, obesity and heart disease and even higher rates of death in people who get too much sleep.

So what causes people to sleep too much? There are some medical conditions (such as narcolepsy) that cause excessive sleepiness, but these are rare. Not getting enough sleep is a common cause of excessive sleepiness. Working at night and sleeping during the day is another. Other causes include drug, alcohol, or cigarette use, lack of physical activity, obesity, depression, anxiety, boredom and the use of certain medications.

Oversleeping can have some negative side effects, including gaining weight, headaches, back pain, heart disease and depression. It's not clear which comes first-the depression or the oversleeping, but treating one may also help treat the other.

There is a lot of advice out there on how to reduce the amount of time spent in bed.

The first is to recognize that the ideal amount of time in bed is 7-8 hours and try to make an effort to limit "in-bed" time.

The first is to recognize that the ideal amount of time in bed is 7-8 hours and try to make an effort to limit "in-bed" time. Here are some suggestions:

Decide what time you want to get up in the morning and go to sleep 7-8 hours before that.

Use an alarm clock to wake you up and do not hit the snooze button!

Try to go to sleep before midnight

Don't drink alcohol just before going to bed.

If light bothers you at night, wear an eye mask to shut out lights in the room.

Try to get up in the morning to a window with light.

Eat breakfast soon after getting up in the morning and drink a cup of coffee or tea.

Get exercise every day.

Have a plan for the day so you keep some sort of schedule.

Try to avoid sleeping pills which can give you a "hangover" effect the next day.

BLOOBLOOD SUGAR SCREENING

Olga Abamelik, RN, now affiliated with Central Home Health Care, Inc., will return to the Center to do blood sugar screenings on **Thursday, April 19 from 11:00 am-12:00 pm.**

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 a program that allows income eligible Brookline residents (62 and older) to purchase taxi coupons at reduced fare rates. Eligible individuals are allowed to purchase up to eight (8) coupon books per month at a 50% discount. Each coupon book contains ten (10) $1:00 coupons and program participants pay only $5:00 per coupon book. 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.

TRIPPS looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact TRIPPS at maria@trippsmass.org or 617-730-2644.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be here **on Wednesday, April 4 fom 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.

COMPUTER LAB UPDATE

Due to security concerns regarding computer viruses, the Town of Brookline IT Department has disabled all USB ports on public computers. You will no longer be able to use USB drives in the public Senior Center computers. We apologize for any inconvenience that this may cause.

NEW CARDS FOR PEOPLE LIVING IN NEW ENGLAND WILL NOT BE ISSUED UNTIL AFTER JUNE

BE A SAVVY CONSUMER

Are you having a dispute with a business regarding the purchase of goods or services for personal use? Do you have questions about your rights as a consumer? Have you received an offer of financial gain that "sounds too good to be true"? On **April 18 at 1:00 pm**, join in a discussion about your rights and how to become "A Savvy Consumer" by Mim Cole, Co-Director, of the Newton-Brookline Consumer Office, working in co-operation with the office of the Massachusetts Attorney General.

E.L.F. MONTHLY FEATURED ITEMS

The program has multiple standard wheelchairs available, as well as a wheelchair armrest. The program would also like to accept any donations of transport wheelchairs. Please call Jamie at 617-730-2753 to request or donate these items.

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CELEBRATION OF THE MEDITERRANEAN DIET

Talk and Tastings with Kelly Toups, Nutritionist of Oldways. Kelly has a passion for delicious nutritious food which she discovered while studying in Sicily, and Deborah Hasen chef, sommelier and owner of Taberna de Haro on **Thursday, April 26 from 6:00-7:30 pm** at Goddard House Assisted Living. This event is free of charge but space is limited so RSVP to Jennifer Miller at 617-731-8500 x 110 or jmiller@goddardhouse.org.

SENIOR CHORUS

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

MAHJONG

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

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Providence House
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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

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays through May 10 from 1:30-2:30 pm.** Drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

MEMORY CONNECTIONS CAFÉ

Memory Connections Cafe: On **Wednesday, April 25 from 1:30-3pm,** 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 Heathwood Healthcare-Chestnut Hill.

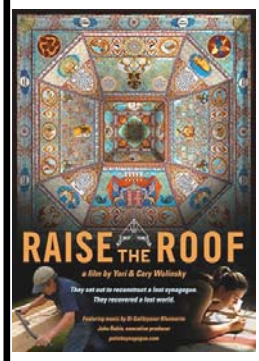
COUNCIL ON AGING MEETING

The Volunteer Luncheon on **Wednesday, April 11** will be our meeting for this month. Please see P.3 for more information.

UKULELE IS BACK!

Our fun filled Ukulele Group will meet on **Monday, April 9 from 1:00-2:30 pm.** If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. The more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!

EASY TRAVEL



Join us **on Thursday, April 5 at 1:00 pm** for a slightly different Easy Travel format. Alice Fastov, our Easy Travel coordinator will screen a documentary call "Raise the Roof" (85 minutes). Rivaling the greatest wooden architecture in history, the synagogues of 18th-century Poland inspired artists Rick and Laura Brown of Handshouse Studio to embark on a 10 year pursuit - to reconstruct the elaborate root and painted ceiling of the Gwozdziec synagogue. Leading over 300 students and professionals from 16 countries, the Browns grapple not just with the echoes of World War II when these buildings were destroyed by the Nazis, but also with warped timbers, tricky paints, and period hand tools. By the end of the project, they have done more than reconstruct a lost synagogue: they have recovered a lost world. The Gwozdziec roof was unveiled in 2014 as the centerpiece of the POLIN Museum of the History of Polish Jews in Warsaw. **Please note the earlier 1:00pm start time.**

Off the Wall Photography

Photographs by Julie Smith

March 2 through April 27

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Leon Gelfand, Founder

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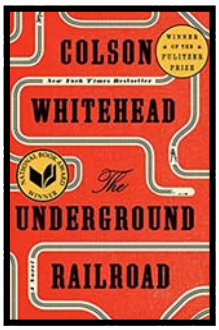
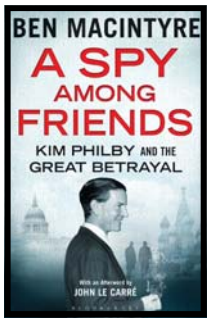
— Gerry C., Newton

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

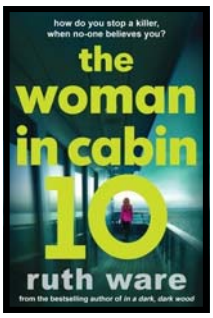
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



April 23
Underground Railroad
by Colson Whitehead
(BROOKLINE READS 2018 – please join us for other programs around town)



May 21
A Spy Among Friends: Kim Philby and the Great Betrayal
by Ben Macintyre



June 18
The Woman in Cabin 10
by Ruth Ware

FITNESS CENTER

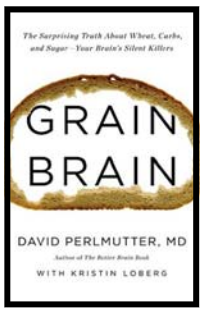
Inquire about becoming a member, contact Sharon Devine, 617-730-2769. Membership includes use of strength training and cardio equipment, small group classes. Quiet and relaxed atmosphere. Assistance of certified personal trainer at no additional charge.

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.**



April 24
Grain Brain: The Surprising Truth about Wheat, Carbs and Sugar-Your Brain's Silent Killers
by David Perlmutter

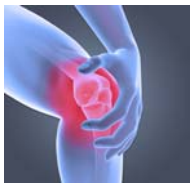
Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

-SAVE THE DATE-

RESCHEDULED FROM MARCH

Effective strategies of dealing with knee pain

The **June** Council on Aging meeting will be on **Wednesday June 13 at 1:00 pm**. We will be joined by Boston University researchers who are developing more effective strategies to reduce pain and improve physical activity in middle-aged and older adults with knee pain. Dr. Deepak Kumar from the Department of Physical Therapy & Athletic Training will talk about opportunities to engage in these research projects as stakeholders, participants, and community partners.



BROOKLINE CELEBRATES NATIONAL PUBLIC HEALTH WEEK 2018

Is climate change fake news? What's the impact of so many gun shootings on the public's health? National experts on climate change and gun control are two featured speakers when Brookline celebrates National Public Health Week Monday, April 2 through Saturday, April 7, 2018. Dr. Philip Murray, President and Chief Executive Office, Woods Hole Research Center, will discuss public health and climate change; Dr. David Hemenway, Professor, Harvard T.H. Chan School of Public Health, explores the connection between gun control and public health.

During the week Brookline residents also can choose to join the Conversation Game for Living and Dying Well, attend a talk for parents about their teenagers; learn the first steps to help in an emergency, or be entertained and concerned by a family-oriented documentary, STINK! This year the Public Health Department has partnered with Climate Action Brookline to jointly produce three public health week events, as noted below:

1. **Monday, April 2, #NotFakeNews**---Public Health & Climate Change. Philip Duffy, Ph.D., President and Executive Director, Woods Hole Research Center, and former Senior Science Advisor at the White House, has devoted his career to the use of science in addressing climate change. At the White House, Dr. Duffy drafted domestic and international climate policy. He will discuss the implications of climate change on public health. Hunneman Hall, Brookline Main Library, 361 Washington St. 7:00 - 8:30 pm. A joint program with Climate Action Brookline.

2. **Tuesday, April 3. Hello**—The Conversation Game for Living and Dying Well. What matters most to you in the event of a serious illness? Having this discussion with a loved one benefits everyone, but it can be daunting. **HELLO Brookline is a town-wide initiative that uses an engaging conversation game to bring adults together to discover what matters most. Join us to play Hello at the Brookline Senior Center. 93 Winchester St. 1:30 - 3:30 pm. Refreshments. To register call 617-730-2770.**

3. **Tuesday, April 3. Who Really Is in Control?** Public Health & Gun Control. Annual Meeting of Friends of Brookline Public Health. David Hemenway, Ph.D., Professor of Health Policy, Harvard T.H. Chan School of Public Health, presents the Frances Parkman Denny, MD lecture, on the timely topic of the relationship between public health and gun control. In 2012, Dr. Hemenway was recognized by the CDC as one of the "twenty most influential injury and violence professionals over the past 20 years." Hunneman Hall, Brookline Main Library, 6:00-7:30 pm.

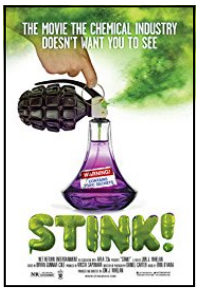
4. **Wednesday, April 4, The Secret Lives of Teens & Tweens**. Jon Mattleman, MS, a prominent Massachusetts teen therapist, gives the "inside scoop" on what teens and tweens are really thinking, what they fear, why they do not share their fears and how to support them. Pierce School Auditorium, 50 School Street, 7:00 - 8:30 pm.

5. **Thursday, April 5. You Are the Help Until Help Arrives**. Learn how to help and what to do in an emergency before the professionals are on site. Hunneman Hall, Brookline Public Library, 361 Washington St., 6:00 – 7:30 pm.

BROOKLINE PUBLIC HEALTH AND HUMAN SERVICES MISSION

Is to preserve, protect & promote the physical, mental, and environmental health of the Brookline Community. We collaborate with partners to reduce health inequities and respond to emerging public health challenges. For additional information, contact Lynne Karsten, Director of Community Health, Brookline Department of Public Health, 617-730-2336; lkarsten@brooklinema.gov. Also, please join our Twitter discussion: @BrooklineHealth, Facebook: Brookline Department of Public Health, or Instagram: Brooklinehealth.

6. **Friday, April 6. FAMILY MOVIE NIGHT - STINK!**



Stink! opens with a foul smell, a pair of kid's pajamas and a father trying to figure out what that smell could be. A highly-rated, family friendly documentary that brings light to the secrets of the chemical industry. Prof. Michael Berger, Simmons College, and Kathryn Rodgers, MPH, Silent Spring Institute, will lead an informal discussion. Lawrence School Auditorium, 27 Francis St. 6:30 – 8:30 pm. A joint program with Climate Action Brookline.

7. **Saturday, April 7. Youth Climate Adaptation.** Come to Pierce School where Brookline students with a passion for science are invited to create and present new ideas that address current climate change challenges. Participants with the most innovative ideas will receive certificates. Pierce School, 50 School St. 11:00AM – 2:00 pm. A joint program with Climate Action Brookline.

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-SAVE THE DATE-

DENYA LEVINE, FIDDLER & SINGER

Join us on Tuesday, **May 1 at 1:00 pm** as we welcome Denya LeVine, fiddler, ukulele player and singer. Denya lives in Wellfleet and has been entertaining audiences on Cape Cod and around Massachusetts for 35 years. With her roots in classical, folk and Jewish music, she fell in love with Irish culture and traditional music in the 1970's. Her programs are upbeat, interactive, and humorous, and her repertoire includes Celtic, country, American standards, Jewish music, old favorites, and songs from 20 countries. You won't want to miss this lively performer who is both engaging and whimsical! To register, please call 617-730-2770.

HEALTHIER EATING DISCUSSION

Join us on **Friday, April 13 at 1:00 pm** for this peer-led discussion group with Brookline Senior Center participant Estelle Record-Stanley. Estelle will give a short presentation focusing on Blood Pressure and Blood Sugar. Then she will facilitate a discussion, using hand-outs on her own program of NESTS (NUTRITION, EXERCISE, SLEEP, TENSION-RELEASE, SOCIAL SUPPORT).

Estelle's own reading has produced a Two-Day Plan to alternate complex carbohydrate intake and thus avoid the plateau effect of most "weight-loss diets." Bring a record of your Typical Day of Eating (with amounts of Protein and Carbohydrates, from Nutrition Labels) to start planning a Week of Healthier Eating. For planning purposes, please call 617-730-2770 to register.

SPOTLIGHTED VOLUNTEERS

Senior, Marcella Katz and BHS students Charlotte Cahill and Yana Lazarova-Wong

The S.H.O.P. Program has been a collaboration between the Brookline High School's community service program and the Brookline Senior Center for many years. It is a win-win volunteer opportunity for students who grocery shop and the elder for whom they shop.

Even more important than the actual shopping, this program builds meaningful multigenerational relationships and life lessons. Marcella enjoys giving shopping advice while reviewing her shopping list with Yana and Charlotte. Marcella feels that it is important to share her life experience and show that seniors may need assistance, but they are also still quite capable. Students show that they are interested in more than just technology. They talk about what they are learning in school and Marcella tells them about her experience and what it was like to live through different historical times and situations. Charlotte and Yana have shopped for Marcella for two years and consider her an important part of their life…and the feeling is mutual.

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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AT BOSTON'S LUXURY SENIOR LIVING COMMUNITY

A Year in Chile

With Traveler & Photojournalist Barry Pell

Thursday, April 5 | 2:00 p.m.

The Titanic: *A Night to Remember*

With Historian John Horrigan

Wednesday, April 11 | 2:00 p.m.

Jazz Concert

With Musician Brian Kane

Monday, April 23 | 2:00 p.m.

Light refreshments will be served at each event.

Contact us to RSVP to one or all events.

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APRIL 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, April 17 we celebrate April birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February 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.

NOTE Wednesday APRIL 11 we celebrate the Volunteers with a special luncheon. There will be NO Springwell Lunch on that day**.**
Monday, April 16 Closed for Patriots Day,
Tuesday April 17 we celebrate April Birthdays

LET'S GO OUT TO LUNCH BUNCH

MANDARIN gourmet

The Out to Lunch Bunch will dine at the Mandarin Gourmet at Putterham Circle on **Tuesday, April 24 at 12:00.** The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

DIABETES 101

Join us on **Monday, April 9 at 1:00 pm** for "Diabetes 101", brought to you by the American Diabetes Association, and supported by the MCPHS University Boston's chapter of the APhA-ASP Operation Diabetes Program. This presentation will provide a general overview of diabetes. It will explain the differences between type 1 and type 2 diabetes, treatment and management, as well as risk and prevention for the senior community. Questions are encouraged, so that we can best help you understand diabetes and how it may impact your life and the lives of those around you. Space is limited. To register, please call 617-730-2770.

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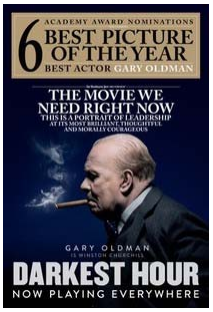
MOVIES FOR FILM LOVERS

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

Tuesday, April 3
NOTE: No Movie today due to the 'HELLO EVENT".

Tuesday, April 10
The Shape of Water (2017)
2 hrs. 3 min.
At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity

Tuesday, April 17
Victoria and Abdul (2017)
1hr. 51 min.
Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.
NOTE: *this movie was rescheduled from March due to inclement weather.*

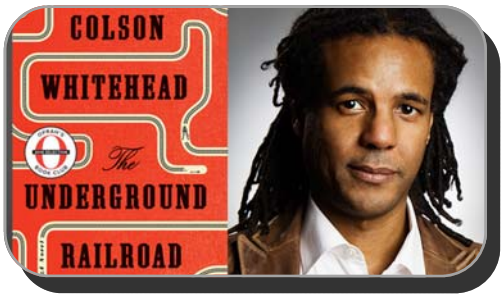


Tuesday, April 24
Darkest Hour *(2017)*
2 hr. 5 min.
During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on against incredible odds.

3R DEPOT PITCH IN TO REDUCE, REUSE, RECYCLE

Come to Climate Week's hub at the Pierce School and Town Hall Parking Lot on Saturday, **April 7 from 10 am.-2:00 pm.** for climate education, action, and fun. Bring the family and learn about zero waste living, biking in Brookline, composting, and more. Recycle eyeglasses, aluminum can pop tops, cell phones, bicycles, and gently used sports gear and shred your documents for only $5.00 per box. Please note that there will be no Styrofoam collection this year. If you want to try something new, go for a spin on electric bikes, adult tricycles, scooters and more! The Senior Center will be there, as always, collecting eyeglasses, cell phones and pop tops so stop by and say hello!

BROOKLINE READS



On **Wednesday, April 25 at 7:00 pm** Colson Whitehead will be the guest speaker. The event will be held at Brookline High School Auditorium. To register or for more information call the Brookline Public Library at 617-730-2370

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens on April 5th and when we celebrate our volunteers on Wednesday, April 11. The theme for this year is "**Volunteers Are The Heart of Our Team"**. Volunteers surely give their heart and soul to the Brookline Senior Center. Your kindness always shines through and does make a difference. Please accept our thanks for all the great work that you do! Our volunteers contribute to making this a better world and we are delighted to honor them. Please join us for the celebration at 12:30 pm. Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to make Brookline a better community. Please send your nomination note to Ruthann Dobek by e-mail at rdobek@brooklinema.gov or by putting a nomination note in my mail box in the Director's office on the second floor of the Senior Center. I am personally moved by the nominations we have already received. Your thoughtfulness and words of appreciation are inspiring. A reminder: all nominations are deliberated by the committee and not selected by number of votes. In addition, at the luncheon we also give an award to a Community Partner. Last year this award went to the Goddard House. If you would like to, you may also nominate an organization for this year's award.

According to a recent study by Harvard Public Health, for every minute that you exercise, you are adding seven minutes to your life. This study recommends that you exercise at least 150 minutes per week. Physical activity has beneficial effects on many diseases—cancer, heart, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning and mood. My personal favorite is how physical activity reduces my own stress. After a difficult day, nothing makes me feel better than taking a brisk walk. So, dance, lift weights, walk, and do yoga—MOVE! Join our Fitness Center for a bargain price. With the nicer weather, there is no excuse as almost everyone can walk. Take a stroll around Coolidge Corner. Enjoy a walk around the reservoir. Do not delay—start today!

PS: Don't forget to come to the Contra Dance on Sunday, April 8 (See P. 1).

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

This year our endowment fund was able to donate $47,000 to the Senior Center operations budget. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. Our new goal is to double our endowment by 2020. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society.

In April, Spring brings the opportunity for everyone to go out and enjoy! Please consider an extra gift in support of the Van and its faithful drivers who can get seniors out of the isolation of their homes and to the Senior Center.

You might even consider a legacy gift that will help the Senior Center by adding funds to its endowment and thereby helping to maintain all the programs and the physical plant.

Remember that all gifts are tax-deductible.

I, the board, and the entire Senior Center family thank you!

Betsy Pollock, President, Senior Center Board

APRIL AT A GLANCE

Monday, April 2
Brookline Public Health Week #NotFakeNews
Tuesday, April 3
No Movie due to Hello Event
1:30-3:30 pm ***Hello Event****
Wednesday, April 4
9:00am-12:00pm BLAB
1:00pm Brookline Music School Concert***
2:00-3:00pm Blood Pressure Screening BPHD*
Thursday, April 5
1:00pm CHANGE IN START TIME Easy Travel will be showing Raise the Roof documentary
1:30-2:30 Zumba Gold $7 per session Free for BHA
6:00-7:00pm Brookline Public health Week-You are Help Until Help Arrives *
Friday, April 6
Saturday, April 7
10:00am-2:00pm 3R Depot –Climate Change*
Sunday, April 8
5:00pm MISTRAL-Bel Canto*
7:00-9:00pm Contra Dance Tickets $7.00
Monday, April 9
11:00am-12:30pm Underground Railroad Tour***
1:00pm Diabetes 101***
1:00-2:30 Ukulele
Tuesday, April 10
1:00pm Movies for Film Lovers-*The Shape of Water*
Wednesday, April 11
12:30-2:00pm Volunteer Luncheon ***
1:00-2:00pm Blood Pressure Screening at Sussman House*
Thursday, April 12
1:30-2:30 Zumba Gold $7 per session Free for BHA
Friday, April 13
1:00pm Nutrition Discussion with Estelle Record Stanley***
Sunday, April 15
2:00pm New Rep at the Senior Center-Othello***
Monday, April 16
Patriots Day Senior Center Closed
Tuesday, April 17
12:00pm Birthday Lunch for April Birthdays***
1:00pm Movies for Film Lovers-*Victoria and Abdul* rescheduled from March
Wednesday, April 18
1:00pm Low Vision Support Group
1:00pm Be a Savvy Consumer ***
Thursday, April 19
10:00am-2:00pm Gift Cart Sale
11:00am Blood Sugar Screening
1:00-2:00pm Blood Pressure Screening
1:00pm Brookline Hearing Services
1:30-2:30 Zumba Gold $7 per session Free/ BHA
6:00-8:00pm Ending Ageism-Margaret Morganroth Gullette **Registration only required if not preregistered in March***
Friday, April 20
10:00am-2:00pm Gift Cart Sale
Saturday, April 21
11:00-1:00pm LGBT Out to Lunch Bunch *
Monday, April 23
1:00pm Mel Stiller Sing Along***
2:00-3:00pm Book Discussion Group-Underground Railroad at Putterham Library*
Tuesday, April 24
9:00-10:00am Public Issues Nonfiction Group-Grain Brain
12:00 noon Out To Lunch Bunch--Mandarin Gourmet***
1:00pm Movies for Film Lovers-*Darkest Hour*
Wednesday, April 25
1:30pm Memory Café ***
7:00pm Brookline Reads*
Thursday, April 26
1:00-2:30 pm TRIPPS Transport Options ***
1:30-2:30 Zumba Gold $7 per session Free for BHA
4:00-6:00pm Brookline CAN Election Forum
6:00-7:30pm Celebration of Mediterranean Diet*
Friday, April 27
Saturday, April 28
11:00am-5:00pm Brookline Open Studios
Sunday, April 29
11:00am-5:00pm Brookline Open Studios

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
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health & Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open Membership required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:45am 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

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 April we will meet on the 21st from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

MISTRAL BEL CANTO

Brookline Resident and Composer Elena Ruehr will perform **on April 8 at 5:00 pm** at St. Paul's Church in Brookline. "Bel Canto" String Quintet No. 5 based on Ann Patchett's novel "Bel Canto" in which music plays a central role. Also on the program are three piano works by Chopin inspired by the "Bel Canto," or "beautiful song," singing quality of opera composers. Adrian Daurov, cello; Anat Almani, viola; Sarita Kwok and Gabriela Diaz, violins; Donald Palma, bass; Ya Fei Chuang, piano, Julie Scolnik, flute
Tickets: $35. Group and student rush tickets available. Buy securely online and print directly at www.MistralMusic.org , or call 978.474.6222 or e-mail sales@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.

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The Move Maven is sponsoring a Linen Drive to benefit the clients of Furnishing Hope of MA. Your donations of gently used (or new) bedding or towels will help families who are transitioning from homeless and domestic violence shelters into stable housing. **For drop-off or pick-up information, contact Karen Zweig at The Move Maven: 617-455-1964**

Brookline Adult & Community Education

BA&CE

www.brooklineadulted.org
617-730-2700

Join us, new classes starting soon!

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm**. **Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

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.

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TRIPPS

Are you looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact TRIPPS (Transportation, Resources, Information, Planning and Partnership for Seniors) at maria@trippsmass.org or (617)730-2644.

BROOKLINE SENIOR CENTER TRANSPORTATION OPTIONS

Join TRIPPS as we discuss all the transportation options provided by the Council on Aging and the Senior Center. From the Van and Bus to non-emergency medical rides through our Lyft Concierge Pilot and ICare Program, we will cover them all! Cookies and coffee will be served. This session will be held on **April 26 from 1:00-2:30 pm.** To register, call the TRIPPS line at 617-730-2644.

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SING ALONG WITH MEL

Join us on **Monday, April 23 at 1:00 pm** to "Sing Along with Mel Stiller." Mel plays show tunes, standards, oldies, and classic rock from the 1920's to the 1970's and he brings songbooks so we can all sing along. If Mel's name sounds familiar, it might be because he has been playing piano and leading sing alongs for the past 26 years at Jacob Wirth restaurant in Boston's Theater District. It is sure to be a fun afternoon so we hope to see you there! To register, please call 617-730 -2770.

BROOKLINE OPEN STUDIOS

The Senior Center is very pleased to once again host several artists for this years Brookline Open Studios on both **Saturday, April 28 and Sunday, April 29 from 11:00 am-5:00 pm.** We hope that you will stop in to meet some of these talented artists, admire their work, and maybe take home a piece of your very own: Leah Abrahams, Jean-Pierre Dubreuil, Maryellen Moran, Peggy Peterson, Esther Robbins, Frances Schreiber, Aaron Seidman, Julie Smith, and Patt Timothy.

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LEARN TO PLAY OR IMPROVE YOUR CHESS GAME

Are you a beginner chess player or have you 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 on Fridays from 3:00-5:00 pm. If you are interested, drop in for a lesson or a game! If you have questions, call Patricia @ 617 730 2743.

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ONE-ON-ONE COMPUTER SESSIONS

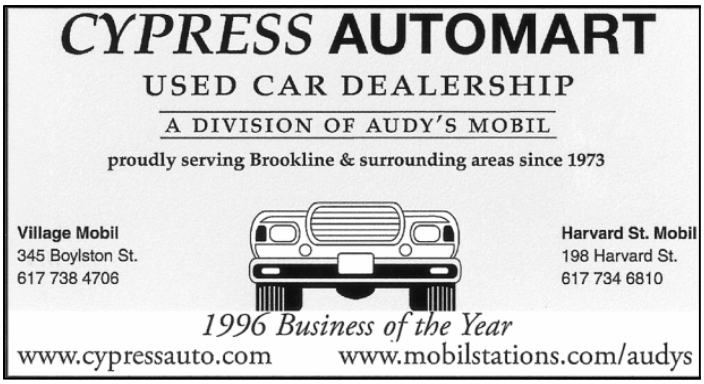
Computer one on one appointments with our volunteer Dan Siagel will be held in the 2nd floor nurse's office **until April 10,** while the AARP tax preparers are using the computer lab. There is no computer in the room but there is Wi-Fi. The appointments will be limited to those people needing help with their own smartphones, tablets or laptops. To schedule an appointment call Olga Sliwa, 617-730-2768

ONE-ON-ONE COMPUTER SESSIONS

After April 10

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

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



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- We don't tell people what they want to hear. We tell them the truth.
- We believe an educated consumer is an empowered consumer.
- We believe only you know what's best for you. Our role is to support you.
- We treat our clients like our family.
- We're a small company with a big heart

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"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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REAP

LIBRARY CONNECTION

Are you a lover of library books and other resources, yet unable to enjoy the pleasures of browsing on your own? We have a solution for you! The Library Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in becoming a volunteer or receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

SHOP "Students Helping Older People"

The Brookline High School has recruited 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.

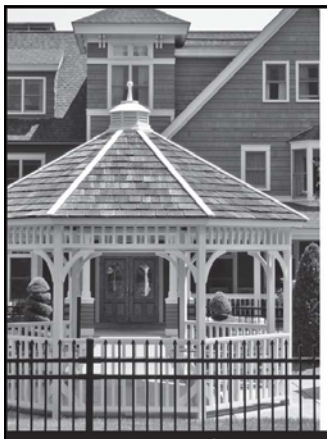
Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

APRIL SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Coffee Duty on Monday- Friday mornings 8:00-9:00am (any or all days would be a help); Food Commodity program on 3rd Wednesday of each month – Russian interpreters morning and afternoon shifts and people able to help with phone calls and/or lifting 30-35 lbs. in the morning; Food Pantry - volunteers for morning and afternoon (able to lift 30 lbs.) set-up, shopping assistance and Russian interpreters for Tuesday afternoons (1-4); Smartphones and other Technology -1-on-1 assistance for seniors with their Smartphones and other technology. If you would like to apply for these or other volunteer opportunities at the BSC, please call Patricia, the Volunteer Coordinator @ 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.

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 617-30=2743 or e-mail her at pburns@brooklinema.gov for an appointment.



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Anonymous honoring Modern Dance and Food Distribution program
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Ruth G. Brenner honoring the Tax Preparation program
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In Appreciation of:

Gallery 93 exhibit and reception by Julie Smith

In Memory of:

Morton Bloom, Dr. Leonard and Tema Cushner by Sara Lee and Eric Bloom
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BROOKLINE MUSIC SCHOOL CONCERT

BROOKLINE MUSIC SCHOOL

Join us on **Wednesday, April 4 at 1:00 pm** for our monthly Brookline Music School concert featuring Abigale Reisman, violin & voice and Valerie Thompson, cello & voice. The string & vocal duo of Reisman & Thompson features an eclectic blend of well-loved Folk, jazz, Klezmer and classical favorites as well as original compositions. Conservatory trained and brought together by their love of improvisation, sonic exploration, and a good cup of tea, this duo creates a joy-filled approach to music new and familiar that leaves audiences tapping their toes & smiling along with Abigale & Valerie.

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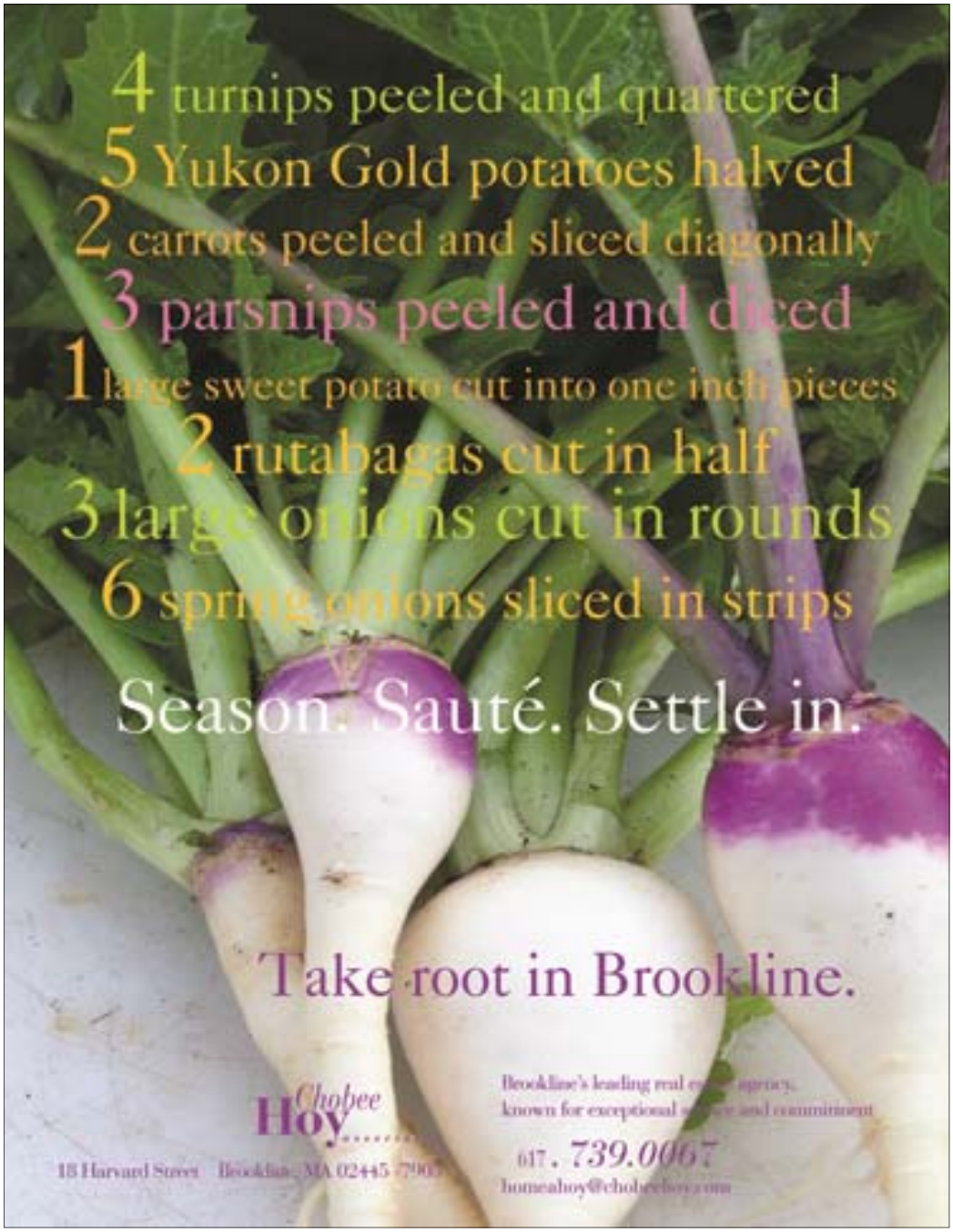
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