TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center 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

NOVEMBER 2018

THIRTY-FOURTH ANNUAL HOLIDAY CRAFT FAIR

Once again we are inviting everyone to come to the our 34th Annual Holiday Craft Fair at the Senior Center **on Friday, November 9 from 10:00 am to 3:00 pm and Saturday, November 10** from 10:00 am to 1:00 pm. Shop for holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-made goodies, silent auction items, raffles, and fun. Don't miss this fair. Come on both days and enjoy. Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to HEARTH Inc. Please note
"LAST CHANCE" mini Craft Fair at Town Hall
on **Thursday, November 15 from 10:00 am–2:00 pm.** Don't miss out!

Sunday, November 4

Tuesday, November 6

On Monday, October 15, we were thrilled to celebrate Agnes Rogers' 99th birthday with her. Be sure to save the date for 2019 as we'll be planning for a big 100th birthday celebration then!

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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.

NOVEMBER OBSERVANCES

The Senior Center will be closed on Veteran's Day **Monday, November 12**, to celebrate our Veterans for keeping America safe and on **Thursday November 22**, for Thanksgiving Day. However, we will be open on Friday, November 23 from 8:30 am to 5:00 pm as usual.

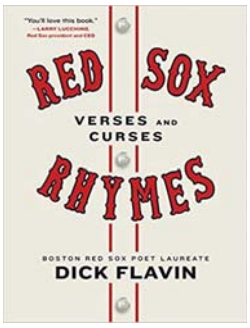
Thanksgiving is a wonderful holiday. It is a time when families and friends get together to share a meal, laugh at the same old stories, watch or maybe play some football and eat leftovers.

November is officially National Caregivers Appreciation Month, National Diabetes Month and Peanut Butter Lover's Month. We have some official days of celebration in **November: Election Day (November 6)** and World Peace Day (November 17).

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, November 14 at 1:00 pm,** as we welcome guest speaker Brookline Fire Chief, John Sullivan. Come and hear about his vision on fire safety for Brookline and older adults. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or rdbobek@brooklinema.gov.

DICK FLAVIN



Join us for an interesting afternoon of Red Sox stories and poems with Dick Flavin on **Monday, November 19 at 1:00 pm.** Dick is the poet laureate and senior ambassador of the Boston Red Sox and voice of Fenway Park, serving as public address announcer for Red Sox day games. His television commentaries have won seven New England Emmy Awards and he is a member of the Massachusetts Broadcasters Hall of Fame. He is also the New York Times bestselling author of Red Sox Rhymes: Verses and Curses, a collection of sixty-four humorous and nostalgic poems celebrating the Boston Red Sox. Meeting Dick is the next best thing to being at Fenway so we hope to see you there! To register, please call 617-730-2770.

DANIEL PRICE CONCERT

Join Daniel Price, a recent graduate of Berklee College of Music, for an hour of musical entertainment **on Monday, November 5 at 1:00pm**. He will perform jazz and oldies tunes that you'll remember from the 1940s-1970s on piano, and share humor and stories about the music. Sing along if you know the tune! Get to know Daniel as he shares new original music and talks about his inspiration. Inspired by a recent performance of Brookline Music School, he plans to spend a majority of the hour engaging the seniors by playing "name that tune," improvising solos on piano but giving verbal clues about the songs. To register, please call 617-730-2770.

Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, November 1 at 11:00 am.**

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

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, November 28 at 1:00pm *Date Change due to Holiday**

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

Thursday, November 15 from 1;00-2:00pm at the Senior Center
Wednesday, November 28 from 1:00-2:00 pm at 61 Park Street.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, November 15 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.

TRUSTED TRANSPORTATION PARTNER (TTP) (FORMALLY KNOWN AS ICARE)

TTP: Trusted Transportation Partner (formally known as ICARE)
The Council on Aging has again been selected to receive an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides 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.

MASS COLLEGE OF PHARMACY WORKSHOPS

The students from the Mass College of Pharmacy and Health Sciences will be here on **Thursday, November 8 at 1:00 pm to discuss diabetes.** We hope to see you there with your questions!

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: October was Breast Cancer Awareness month, so I was asked to talk about breast health.

The thought of breast cancer strikes fear into the hearts of most women, despite the fact that many more women die of heart disease each year than breast cancer. We think of breast cancer as a disease of women, and indeed, it is rare to find breast cancer in men, although it does occur. In 2018, about 2,550 men will be diagnosed with the disease. For men, the lifetime risk of being diagnosed with breast cancer is about 1 in 1,000. In the US, about 330,000 women were diagnosed with breast cancer this year.

It is hard to predict who will get breast cancer, although there are some risk factors which may increase the chances. For example, the biggest risk factor is being a woman. Age is another factor-most breast cancers are found in women over 55. Although less than 10% of breast cancers are thought to be genetic or familial, the risk is higher in women with a mother, sister or daughter with the disease. Having had breast cancer raises the risk of a recurrence in the same or opposite breast. Radiation to the face or chest at a young age may increase the risk. White women are at a slightly higher risk than other groups. Being overweight, using hormone replacement pills, smoking and drinking more than 2-3 alcoholic drinks/day can also raise the risk. Yet, so many people get breast cancer who have none of these risk factors, which is why screening is so important.

For some people (both men and women), the earliest sign that there is cancer is a lump in the breast. Other signs may be swelling of the breast, dimpling of the skin (sometimes looking like an orange peel), breast or nipple pain or a nipple which turns inside. However, most cancers are picked up only during screening with a mammogram.

While a mammogram is a bit uncomfortable, it is a few minutes of discomfort for the reassurance that there is no cancer. Even if an abnormality is found, the majority of these turn out NOT to be cancer. But the purpose of screening mammograms is to catch cancer early when it is most curable.

There is some disagreement as to when to start and when to stop getting mammograms. Women age 45 to 54 should get mammograms every year. Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening, depending on personal preference and risk factors. Women older than 75 typically get cancers which are slower growing and thought not to be as dangerous, so the decision to continue mammograms is often decided on whether someone has at least a 10 year life expectancy.

Breast cancer treatment is improving rapidly, both for early and more advanced stages of breast cancer. Therefore it is important to get screening mammograms if you are in the recommended ages and/or to report a breast lump (both men and women) to your doctor.

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, November 13 and Tuesday, November 27 from 10:00 am-12:00 noon.** Feel free to drop by with your questions.

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 2017 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 $56,800 and a couple's annual income cannot exceed $64,900. 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 at the Senior Center on **Wednesday, November 7 from 9:00 am-12:00 pm** to consult on legal matters. ***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.***

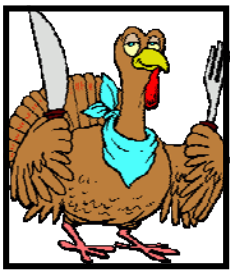
HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

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.

-SAVE THE DATE-

ELKS HOLIDAY DINNER



Come to the Senior Center on Saturday, December 1, at 1:00 pm for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on Friday, November 16. 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!

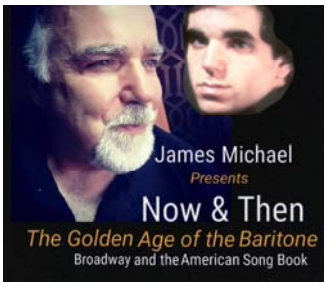
BROOKLINE MUSIC SCHOOL CONCERT

Join us as we welcome back Brian Friedland, jazz pianist, for a wonderful performance on Wednesday, November 7 at 1:00 pm. Brian's creative compositions and arrangements are always a crowd-pleaser so we hope to see you there!

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.

NOW AND THEN THE GOLDEN AGE OF BARITONE



Join us on **Monday, December 3 at 1:00 pm** as baritone James Michael presents, "Now and Then: The Golden Age of the Baritone." James will perform a wonderful variety of Broadway and American Song Book classics so his performance is not to be missed! To register, please call 617-730-2770. This program is generously sponsored by Wingate Residences at Boylston Place and the Brookline Senior Center.

REIKI THERAPY

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

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

MEMORY CONNECTIONS CAFÉ

On **Wednesday, November 28 from 1:30-3:00pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by **Home Instead Senior Care-Waltham office.**

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Jessica Milley-Gee on the second floor of the Brookline Senior Center on or before **Monday, November 13.**

Number One Readers Choice Awards #1 2017

Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com

THE HEALING POWER OF MUSIC THERAPY

With Suzanne Hanser, Berklee College of Music

Music is sometimes thought of as a fountain of youth for older adults. Research demonstrates that music, when guided by a qualified therapist, can help individuals communicate, express themselves, relive meaningful memories, and regulate emotions. Dr. Hanser will guide us through some music-based interventions designed to enhance quality of life, regardless of age or ability.

Join us on **Wednesday, November 7 at Goddard house Assisted Living from 6:00-7:30 pm.** Refreshments at 6:00 and presentation from 6:30 -7:30. This event is free but registration is required. RSVP to Patti Burrows at pbarrow@goddardhouse.org or 617-731-8500 Monday-Friday between the hours of 7:00 am and 4:00 pm.

HOSPITALITY HOMES

Do you have a spare room in your home? Here is one way to share it and feel good while doing so!

Hospitality Homes provides free short-term housing in volunteer host homes and donated apartments for families and friends of patients seeking care at Boston-area healthcare organizations. Since 1983, this unique home-away-from-home experience has brought a compassionate response as well as emotional and financial relief to guests in need. Our housing is provided in the private homes of volunteer hosts and our host home network currently includes over 100 families throughout the Boston area. We are always looking for people in Brookline to join our Host Community. Hosts provide patients' families with a compassionate presence in an unfamiliar city and a welcoming home to return to at the end of a long day. For more information, please feel free to contact Shanon Heckethorn, VP of Development and Communications at 888-595-4678, ext. 3.

MISTRAL

"The Walk to Paradise Garden" on Sunday, November 11 5:00pm at St. Paul's Church
15 St. Paul Street Brookline. A romp in the English countryside. Works from four centuries of English composers whose music often evokes pastoral landscapes in the gorgeous instrumentation of harp, flute & strings. A quick jaunt across the English Channel brings the program to a close with an atmospheric harp quintet by French composer Jean Michel Cras. Purcell, Elgar, Delius, Vaugn Williams, Bax, Cras. Tickets $35; Group rate of $20 for 8 or more. Order online and print at home at mistralmusic.org or call 978-474-6222 or e-mail

LOSS AND BEREAVEMENT GROUP

Starting in December, the Brookline Senior Center will offer an eight week support group for those who are working through a loss, whether of an individual, job, ability, or otherwise. The group is open to all Brookline and surrounding community residents over the age of 60 who wish to share their experience with others. There is no fee required for this group. For more information, please contact Michael Allen, LCSW at 617-730-2754 or email: mallen@brooklinema.gov.

IMPORTANT INFORMATION FOR SENIORS:

from Norfolk County District Attorney's Office

Credit Freezes – New Federal Legislation

Credit freezes restrict access to your credit report, making it more difficult for an identity thief to open new accounts in your name. Thanks to a new federal law, the Economic Growth, Regulatory Relief and Consumer Protection Act, credit freezes are now free in Massachusetts. The law also extends the duration of a fraud alert from 90 days to one year.

Credit freezes are not as restrictive or safe as credit locks, which will continue to have fees through Experian and TransUnion (Lock and Alert credit locks are free through Equifax).

Credit Bureaus:

Equifax 800-685-1111 Equifax.com
Experian 888-397-3742 Experian.com
TransUnion 888-909-8872 TransUnion.com

SCAM EPIDEMIC

According to experts, scam calls are getting more frequent and quickly. After analysis of data from more than 50 billion calls over 18 months, by next year, nearly half of all calls to mobile phones will be fraudulent – resulting in a scam-call epidemic.

- In 2018, 30% of calls to cell phones were fraudulent, up from 3.7% in 2017.
- Fraudulent calls from landlines are declining. Scam calls originating from landlines accounted for 56% of scam calls in 2017 and is now down to 24.8%, due in part because scammers have become more technologically sophisticated and successful using mobile numbers and computers.
- Beware of the area code: Neighborhood spoofing is a tactic fraudsters use to show up as a local number on caller ID. Experts expect 9 out of 10 scam calls will come from a familiar area code next year.
- For smartphone users, apps such as RoboKiller and Truecaller can help detect and block unwanted calls. These apps block calls only from known scam numbers, not spoofed calls, so you must still answer your phone with caution. Some carriers, such as T-Mobile, offer screening services that alert customers of likely scam calls.

PROTECT YOURSELF FROM IDENTITY THEFT AND FRAUD

- Don't carry your Social Security Card or Number
- Don't print your SSN or driver's license number on your checks
- Shred sensitive information
- Limit the number of credit cards you carry
- Keep copies of credit cards (front and back) in a safe place in case a card is lost or stolen
- Watch for missing bills and review monthly statements carefully
- Contact your creditors if a bill doesn't arrive when expected or includes charges you do not recognize
- Don't invest in anything you are not absolutely sure about. Do your homework on the investment, the company and the salesperson to ensure they are legitimate. You can look them up at finra.org/BrokerCheck and sec.gov.
- You are entitled to one free credit report each year from each of the three major credit bureaus listed above. Order your free report at annualcreditreport.com or call 877-322-8228. Do not order reports from TV commercials or advertisements.

- Do not carry passwords or PINs in your wallet or purse.
- Avoid using easily identifiable/available information for your PINs or passwords, such as your mother's maiden name, your or a family member's birthdate, your SSN or phone number or a series of consecutive numbers (1,2,3,4).
- Choose a different PIN for each account.
- BEWARE of emails that claim to be from a bank, internet service provider, business or charity and ask you to confirm personal information or account numbers. If you receive one that is suspicious, forward the email to spam@uce.gov.
- Avoid conducting personal or financial business on shared/public computers or over public wireless hotspots.
- Install the latest version of established anti-virus software
- Make sure websites are secure, especially when shopping online. A secure website will begin with "https" not the usual "http"
- Call 1-888-5-OPT-OUT or visit optoutprescreen.com to stop pre-approved credit card applications that a thief could steal and use to get credit in your name.
- Place outgoing mail into a locked mailbox such as a blue postal service box.
- Don't leave incoming mail sitting in an unlocked mailbox.
- Cut down on junk mail by contacting the Direct Marketing Association at dmachoice.org
- NEVER give out personal information to telemarketers who call you on the phone. To cut down on unwanted telemarketing calls, sign up for the Do Not Call Registry at donotcall.gov or call 888-382-1222.
- Check out a charity before donating to make sure they are legitimate at charitywatch.org or charitynavigator.org.

PERSONAL • OFFICE • SERVICES
Document and record management
Financial/ Tax organization
Bookkeeping
Bill Payment
At your home or remotely !
CONTACT
T: (508)-930-1119, (508)-951-2900
: personalofficeservices@gmail.com

THANK YOU, PATTIE!

A much belated thank you to our fearless Brookline Bees quilting group leader, Pattie Chase who is leaving her volunteer position with us. Pattie went above and beyond in her leadership role with the quilters for the past two years to produce beautiful works of art and we are grateful for her time and dedication! She will be missed!

Chestnut Hill Ride/
Chestnut Hill Errands & More
Friendly, Reliable, Affordable
Errands &
Transportation Services
A Family owned and operated and committed to make your life easier and less hectic

617 – 874 - 0487
www.chestnuthillerrands.com

HOSPICE VOLUNTEER TRAINING

Learn how to be a Hospice Volunteer in the Jewish community and beyond. Hebrew SeniorLife Hospice Care offers a supportive learning environment to prepare you to give of your time and compassion to those in need at the end of life. New session begins **November 1.** To begin the application process see: www.HebrewSeniorLife.org/hospice or contact Sara Smolover, Volunteer Manager, at 781-234-9186 SaraSmolover@hsl.harvard.edu.

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 guidance that empowers you. If you are losing your vision, we can help train you on current technology that makes your life easier. Assistive technology is any piece of hardware or software designed or modified for use by a person with a disability.

Specialized assistive technology training can help with all kinds of tasks and daily living activities, such as reading, walking, personal finance and more. Anyone with low vision or blindness is welcome to reach out to us, as well as those interested in how we are serving the spectrum of vision loss. After a Vibrant intake and assessment, conducted by Jerry Feliz, the Brookline Senior Center Assistive Technology Director, clients will be matched with a trained volunteer. Our Vibrant Volunteers will provide you with applied assistive technology instruction to help accomplish your everyday goals. Jerry can be reached at: 857-443-6636, or send email to: Jfeliz@mabcommunity.org or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Jerry. We look forward to working with you soon.

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.

BIG IDEAS! LET'S TALK PODCASTS AND TED TALKS

The Brookline Senior Center will offer a series of five discussion groups for people with and without cognitive challenges from **11:00 am-12:00 noon.** We will be promoting small group discussion based on thought provoking material from both Podcasts and Ted talks. Discussion will be inclusive and supportive so that people with mild cognitive challenges and those without can engage together in meaningful and adapted activities that will reflect the individual preferences and interests of all members.

Groups will meet on Wednesdays:
November 7 A trial session to determine if this discussion group is for you.
November 14, 21, 28 and December 5
The group is free, however if interested you must register by contacting Deidre Waxman at 617-730-2767 or Kate Jovin at 617-730-2751

GENERATIONS INCORPORATED

Nearly 70% of students in Boston Public Schools are not reading proficiently by the time they enter 4th grade, significantly increasing their chances of dropping out of school. Find out how you can help Boston Public School students become stronger readers by serving as a volunteer literacy coach in a Boston Public School through Generations Incorporated. Attend an information session **on Tuesday, November 13 from 10:00 am-12:00 pm** at the Brookline Senior Center to learn more. To register, please call 617-423-6633 or email volunteerinfo@generationsinc.org.

FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks.

Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 24th. It is my pleasure to offer a thank you and acknowledgement to everyone who attended or volunteered. You made the evening a very wonderful time. To all of our sponsors: thank you for caring about Brookline's seniors. This year you set a new record. Special thanks to our Diamond Sponsors: Beth Israel Deaconess Medical Center and Michael Merrill. Thank you to sponsors and supporters who donated their tickets so low-income elders could enjoy the evening.

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

Betsy Pollock, President, Brookline Senior Center

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

BrooklineBank

BrooklineBank.com

Member FDIC

Congressman Joseph Kennedy helping at our weekly Food Distribution at the Senior Center

SENIOR CHORUS

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

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trainwithshain@gmail.com

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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.

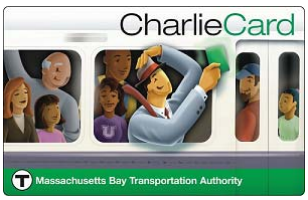
TRIPPS

Getting Around Using Uber and Lyft

Are you looking for ways to save on transportation costs but go further? Do you want to keep healthy and active in your community? Curious how rideshare (using Uber/Lyft) can work for you? Join this multi-session class to use your smartphone intelligently and learn to rideshare. We will introduce participants to rideshare, answer common questions, and even take short trips in the community using Uber and Lyft. Participants must have a smartphone and come with their Apple or Google password. This is a three-session class that meets at the Brookline Senior Center. Space is limited to 16 participants.

Thursdays, November 1, 8, and 15 from 10:00-11:30am. To register call the TRIPPS line at (617) 730-2644

SENIOR MBTA CHARLIECARD EVENT



The Brookline Senior Center will be hosting a Senior Charlie Card event on **Wednesday, November 28 from 1:00-3:00pm**. To apply at the Senior Center, you must bring a picture ID with your date of birth indicated. **You must be 65 or older to qualify for a Senior CharlieCard**. During the event you will fill out the application and have your photo taken. The MBTA will mail your CharlieCard to your home in 6-8 weeks.

In conjunction with the Senior CharlieCard event, TRIPPS will host transportation information tables with available senior transportation options for the area including subway and bus maps for Brookline. Come get your discounted CharlieCard and leave with all the different ways you can travel around Boston without a car!

No registration required.

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

Brookline Senior Center

34th ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts
Holiday Gifts
White Elephant
Sale

Children's
Items
Baked Goods
Raffles
and more!

FRIDAY, NOVEMBER 9, 10am-3pm
SATURDAY, NOVEMBER 10, 10am-1pm

Proceeds to benefit the programs and services of the
Brookline Senior Center, with a special donation to Hearth, Inc.

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

LAST CHANCE CRAFT FAIR SALE

If you can't make it to the Fair on Friday, November 9 from 10 am-3 pm or on Saturday, November 10 from 10 am-1 pm, we will be having a "LAST CHANCE" mini Craft Fair at Town Hall on Thursday, November 15 from 10:00 am–2:00 pm. Don't miss out! Proceeds to benefit the Brookline Senior Center, with a special donation to HEARTH, Inc.

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, for a **free introductory class on Thursday, November 15 from 1:15-2:15 pm.** Subsequent 8 week session is on **Thursdays, November 29 -January 24 from 1:15-2:15 pm*. *Please note that there will be no class on Thursday, December 27, 2018.** Cost for 8 week session is $45. Drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming

FRENCH CONVERSATION GROUP

The French Conversation Group meets on **Tuesdays from 12:15-1:15 pm** at the Senior Center. New members, regardless of level of proficiency in speaking French, are invited to join the group.

Groupe de conversation française: Le groupe de conversation française se réunit chaque mardi de 12h15 à 1h15 au Senior Center. Nous acceptons de nouveaux membres quelque soit leur niveau de compétence de la langue française.

MAHJONG

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

Thinking about downsizing or selling your home?

We're here to help.

And you don't need to pay us until your home is sold.

We are a **one-stop service company** that gets your home ready for sale and makes your move stress-free.

We'll transform your home into a marketable property that will stand out from the rest and **sell faster, at a higher price**.

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STEP 2
WE HELP YOU MOVE.
Packing, charity donations, deliveries, final-inspection punch list, local moving, and more

STEP 3
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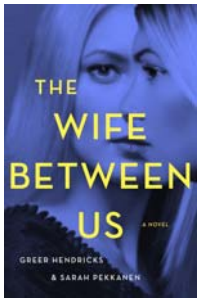
(617) 331-7848

Leon Gelfand, Founder

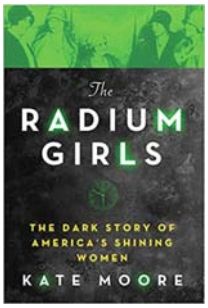
"I want to thank you and your team. You are responsive, professional, and fun to work with."
— Gerry C., Newton

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

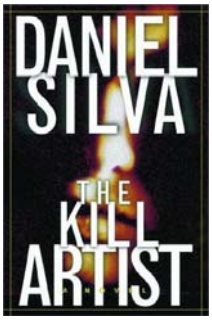
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



Monday, November 19 ***The Wife between Us*** by Greer Hendricks, Sarah Pekkanen
"A fiendishly smart cat-and-mouse thriller" New York Times Book Review "Jaw dropping".



Monday, December 17 ***The Radium Girls,*** by Kate Moore.
A New York Times, USA Today, and Wall Street Journal Bestseller! "The glowing ghosts of the radium girls haunt us still."



Monday, January 14 ***The Kill Artist*** by Daniel Silva
From the #1 New York Times bestselling author of House of Spies.

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

Research conducted at Boston College

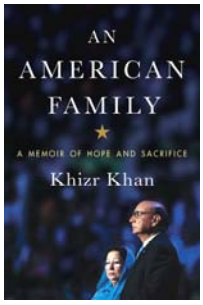
Complete pen-and-paper and computerized tasks.
Receive $10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

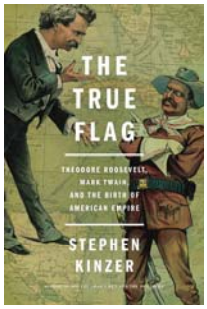
at the Brookline Senior Center

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. **Please note: This group is held at the Brookline Senior Center on the fourth Tuesday of each month from 9:00-10:00 am.**

During the Coolidge Corner Library renovation, copies of the book will be available for loan at the Senior Center. Please bring your Brookline Library card to the Council on Aging Offices (2nd floor) in order to "check out" a book. If you do not have a Brookline Library card, we will not be able to loan you a book. Books must then be returned to one of the book drop boxes located at either the Coolidge Corner Library or 50 Pleasant Street. **The November selection will be available at the Senior Center through November 21.** We appreciate the Library staff's efforts to make this temporary arrangement possible.



Tuesday, November 27 ***An American Family: A Memoir of Hope and Sacrifice*** by Khizr Kahn (Penguin Random House LLC)



Tuesday, January 22, 2019 The ***True Flag : Theodore Roosevelt, Mark Twain, and the Birth of American Empire*** by Stephen Kinzer (Henry Holt & Co., Inc.)

Gallery 93 Hours: Monday-Friday 8:30-5:00

*Photographs by **Andrea Rosenthal** November 1-December 28, 2018*

REIMAGININGS RECEPTION & ARTIST PRESENTATION

Thursday, Nov. 1 from 6:00-8:00 pm

Image: My Goal (After Andrew Wyeth)

THE NEW RED CAB

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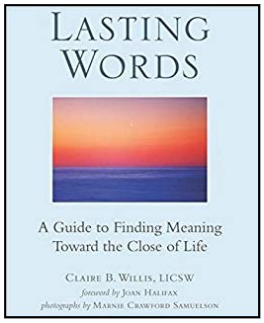
Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live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

LASTING WORDS: A GUIDE TO FINDING MEANING TOWARD THE CLOSE OF LIFE



As we grow older we might well wonder how will we be remembered. What difference has my life made to others? What values and wisdom do I wish to pass onto the upcoming generation in my family or community? Many of us have prepared legal wills to distribute our belongings after we die. But few of us have considered leaving a spiritual/ethical will, a record of who we are, a document that can be offered to loved ones either while we are still alive or after we are gone. Based on research, author Claire Willis will join us at the Senior Center on **Thursday, November 1 from 5:00-7:30 pm** to discuss some of the most common aging concerns and how we can begin to pass on a legacy to our loved ones through lasting words.

Refreshments will be served from 5:00-5:30 pm and the program with an **optional writing workshop will be from 5:30-7:30 pm**. Books will be available for sale. This event is free of charge, but please call 617-730-2770 to register. This program is sponsored by BrooklineCAN and its founding partners.

Lasting Words (Continued)

Claire Willis is a licensed independent social worker, lay Buddhist chaplain, yoga teacher and a grandmother to three little girls. Her book Lasting Words was inspired by her work for over 30 years by those living with cancer, their loved ones and those who have lost family and friends to cancer. Her forthcoming book Opening to Grief will be available in about a year. She maintains a private practice in Brookline.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. December 7 is the last day to review your options and make a change for 2019. If you still need assistance in reviewing your coverage, and there are no more SHINE appointments available, call 1-800-MEDICARE (1-800-633-4227). You can also compare plans online at www.medicare.gov/find-a-plan.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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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

Center Communities of Brookline
Hebrew SeniorLife

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New England Baptist Hospital
Mount Auburn Hospital

For Medical Alert and Medication Dispensing Services information please call:

617-499-5525

SPOTLIGHTED VOLUNTEER

ALICE FASTOV has been a volunteer at the Brookline Senior Center (BSC) for over 15 years. As one of her first projects as a volunteer, Alice paired Brookline seniors with Japanese students who were staying in the town. She began volunteering when approached by Charlotte Millman to help with the Easy Travel program, since Alice often traveled while teaching English as a second language. She was a frequent Easy Travel presenter, and continues to help "provide travel without the suitcases or passports". After retiring from teaching English at Brookline schools, Alice continued to volunteer at the BSC, which enabled her to keep in touch with the community, despite not being a Brookline resident. Alice is also a co-coordinator of the theater program, making sure that those who enjoy theater get a chance to go to various plays and musicals.
She appreciates the many ways in which BSC celebrates different ethnicities and enjoys getting to know people in Brookline Senior Center's welcoming environment.

AN AFTERNOON WITH BROOKLINE POETS

Join us on **Monday, November 26 at 1:00 pm** for an afternoon of enjoyable poetry with Zvi A. Sesling, Brookline's own poet laureate, and other local acclaimed poets. We hope to see you there! To register, please call 617-730-2770.

UKULELE GROUP

The Ukulele has become a very popular instrument to play. It is pretty easy to learn, and not too expensive to buy. Why not come for a session and see whether it will be a new hobby for you. We have a songbook and choose songs to play and sing. Everyone is invited, even if you do not have a Uke join us **on Monday, November 5 from 1:00-2:30 pm. For more information** contact Judy, our Uke coordinator at hearojudy51@yahoo.com.

Moving? Downsizing?

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for a free consultation!

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

Do you know someone who does?

If so, please call us!

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(1-800-AGE-INFO)

AVOID WINTER'S WOES
With a Move to The Circle

You don't have to head south to avoid Boston's winter woes like high heating bills, power outages, dangerous driving conditions, ice and isolation.

Give winter the cold shoulder with a move to Waterstone at the Circle – a carefree wonderland with transportation services, friendly neighbors, indoor pool and fitness center, movie theater, pub, spa, entertainment, cultural programs and so much more!

WEEKLY DUPLICATE BRIDGE CLUB
EVERY TUESDAY • 12:30 – 3:30 P.M.

Beginners Welcome | Partners Available | ACBL Masterpoints Awarded
Supervised by David Metcalf, Director of the Newton Bridge Club

WEEKLY OPEN HOUSES
TUESDAYS • 10 A.M. – 12 P.M.
THURSDAYS • 4 P.M. – 6 P.M.

Embrace the warmer side of winter. RSVP to an event or schedule your visit today!

617.996.7776

View Upcoming Events Online:
WaterstoneAtTheCircle.com

385 Chestnut Hill Avenue | Boston, MA 02135

WATERSTONE
AT THE CIRCLE

AN OVER-62 COMMUNITY

Mass Relay 711

NOVEMBER LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

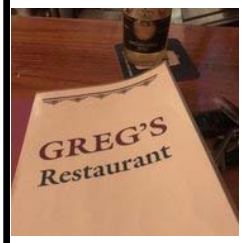
Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On Tuesday, November 20 we celebrate November birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November 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.

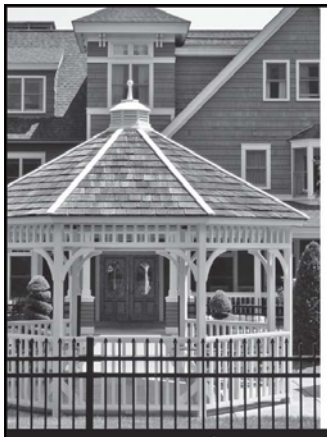
SPECIALS:

Friday, November 9
NO SPRINGWELL LUNCH due to the Craft Fair

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine at Gregg's 321 Mount Auburn St. in Watertown Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.



Come for a visit, stay for lunch and experience this lively community of friends.
Lance Chapman
617.731.8500 x105
www.goddardhouse.org

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The Recipe for Living

Assisted Living *in Brookline*

Brookline Adult & Community Education
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Join us, new classes starting soon!

Sherrill House
A Not-for-profit Skilled Nursing & Rehabilitation Center
We rehab patients to return to their homes as quickly as possible following a hospitalization.
Brookline Senior Center Preferred Site!
Call **617-735-1775** to speak with Admissions.
To learn more, visit **www.SherrillHouse.org**.
135 S. Huntington Avenue • Boston, MA 02130

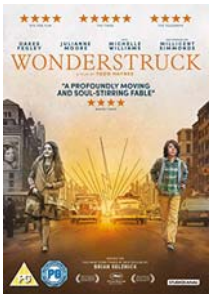
MOVIES FOR FILM LOVERS

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

Tuesday, November 6
Eddie the Eagle (2015)
1hr. 46min.
The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics.

Tuesday, November 13
Dolores (2017)
1hr. 35min.
In the 1950's, a working-class wife and mother of eleven children helps to establish a farmer's union, which later develops into a platform for feminism and gender equality.

Tuesday, November 20
Neruda (2016)
1hr. 47min.
An inspector hunts down Nobel Prize-winning Chilean poet, Pablo Neruda, who becomes a fugitive in his home country in the late 1940s for joining the Communist Party.



Tuesday, November 27
Wonderstruck (2017)
1hr. 56min.
The tale of two children separated by fifty years. In 1927, Rose searches for the actress whose life she chronicles in her scrapbook; in 1977, Ben runs away from home to find his father.

FIRST LIGHT BROOKLINE'S HOLIDAY CELEBRATION!

THURSDAY NOVEMBER 29

First Light began twenty years ago in Washington Square when several businesses came together to spread holiday cheer by hanging snowflakes in their storefront windows. These glowing flakes illuminated the square, signaling the start of the holiday season. Over the years, First Light has grown into the Town's annual winter festival, showcasing the talents of local artists, musicians and performers at businesses and other venues throughout town. In addition to hosting a variety of family-friendly performances and exhibits, many businesses also offer free giveaways, food samples, raffle prizes, hot cider and more. Festival-goers come out for an evening of free entertainment and to get a head start on their holiday shopping at one of Brookline's many shops.

First Light is organized by the Brookline Chamber of Commerce with support from past First Light business volunteers and the Town's Economic Development Division.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

ALZHEIMER'S DISEASE

This ongoing daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's.
It meets on the **4th Tuesday of each month.** If you are interested in this group, please call the facilitator Ted Sturman at 617-803-6105.

ROTARY CLUB
BROOKLINE, MA

Brookline Rotary is pleased to support the Brookline Senior Center.

This year we are donating funds for the Van's gasoline.
We are doing out part to keep the Van running and our older residents active and involved.

EASY TRAVEL

Join our armchair travel hosts Pat and Cheryl, on **Thursday, November 1 at 1:30 pm** to hear about their Labor Day visit to Jackson, Wyoming. They will talk about their time touring the art and sculpture galleries which capture the wildlife and vastness of this geographical area: bison, wolves, elk, bear in marble and wood mediums offer realistic portraits of populations still thriving in this vast plain and mountainous geography. We'll also "travel" with them on their bus tour of Grand Teton National Park at dusk, followed by a visit to our oldest National Park, Yellowstone, preserved for it's unparalleled collection of geysers, hot springs, mudpots, and steam vents by President Teddy Roosevelt in 1876. Watch as the well known geyser, Old Faithful, erupts every 94 minutes! Enjoy calf roping at the last rodeo of the season and saluting our flag and it's history thru this nation's history. We'll also see bison and elk; sorry no bear or wolves!

DA MORRISSEY OFFERS A TOUR OF JOHN ADAMS COURTHOUSE

Norfolk District Attorney Michael Morrissey is pleased to share his passion for justice with a tour of the John Adams Courthouse in Boston on **Monday, December 4 from 9:30 am-2:00pm.** The courthouse tour affords elder constituents the opportunity to learn about the judicial system, as well as the history, art and architecture of the historic John Adams Courthouse, headquarters of the Massachusetts Judicial branch that houses the MA Supreme Judicial Court, MA Appeals Court and the Social Law Library. The tour will include a discussion with a Justice of the Supreme Judicial Court or Appeals Court, as well as extended visits to the Sacco and Vanzetti and John Adams Exhibit rooms. Participants will also be welcome to attend a court session. Please bring a bagged lunch. Transportation from the Senior Center will be provided by Sheriff Michael Bellotti. Please call the Senior Center at 617-730-2770 to register. Space is limited to 21 seniors. **NOTE: Tour requires a fair amount of walking and standing so plan accordingly.**

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"I found the perfect match for extra help at home."

– Mary Lou P., Client

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

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- Assistive care and support services
- Carefully screened care professionals
- Support 24 hours, 7 days

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Compassion. Excellence. Reliability.

NOVEMBER AT A GLANCE

Thursday, November 1
10-11:30am TRIPPS 3 Week Uber/Lyft***
11:00am Ask A Nurse
1:30pm Easy Travel
5:00-7:30pm Creating a Legacy***
6:00-8:00pm Gallery 93 Reception with the Artist
Friday, November 2
Sunday, November 4
Fall Back –Turn clocks back one hour
Monday, November 5
1:00pm Daniel Price Concert***
1:00-2:30pm Ukulele Group
Tuesday, November 6
ELECTION DAY
Wednesday, November 7
9:00am-12:00noon Brookline Legal services/ Brookline residents only
11:00am-12:00pm Podcast Group-**trial session to determine if this discussion group is for you!*****
1:00pm Brookline Music School Concert
Thursday, November 8
1:00pm Mass College of Pharmacy-Diabetes
Friday, November 9
10:00am-3:00pm Craft Fair **NO SPRINGWELL LUNCH**
Saturday, November 10
10:00am-1:00pm Craft Fair
Monday, November 12
Closed for Veteran's Day
Tuesday, November 13
10:00am-12:00 noon Tax Exemption Information Session
10:00am-12:00pm Generations, Inc. Information***
Wednesday, November 14
1:00pm COA meeting with Brookline's new Fire Chief, John Sullivan
6:00-7:30pm BCAN Nancy Donovan Program at Goddard House***/*
Thursday, November 15
10:00am-2:00pm Town Hall Last Chance Craft
1:00-2:00pm Blood Pressure Screening
1:00-2:00pm Brookline Hearing Service
1:15-2:15 ZUMBA Intro Class-Free
Friday, November 16
Monday, November 19
1:00pm Dick Flavin /Red Sox***
2:00-3:00pm Putterham Book Group-The Wife between Us*
3:00-5:00pm LinkedIn Basics***
Tuesday, November 20
12:00 noon November Birthday Lunch
Wednesday, November 21
No Special programing the day before Thanksgiving
Thursday, November 22
Closed for Thanksgiving Holiday
Friday, November 23
Monday, November 26
1:00pm An Afternoon with Brookline Poets***
Tuesday, November 27
9:00-10:00am Public Issues Book Group-An American Family: A Memoir of Hope and Sacrifice
10:00am-12:00 noon Tax Exempt Information Session
12;00noon Out to Lunch Bunch-Greg's Watertown***
Wednesday, November 28
1:00-3:00pm CharlieCard Event
1:00pm Low Vision Group-**DATE CHANGE DUE TO HOLIDAY**
1:00-2:00pm Blood pressure Screening Park St.*
1:30-3:00pm Memory Café ***
Thursday, November 29
1:15-2:15 ZUMBA $45 for 8 weeks or $7 per session Free for BHA
First Light Celebration*
Monday, December 3
1:00 pm James Michael presents, *Now and Then: The Golden Age of the Baritone****

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 ***
12:00-4:00 pm BETS
12:15-1:15 French Conversation
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

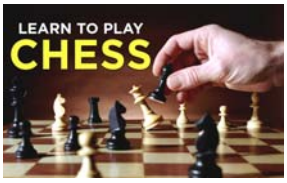
8:30 am-4:30 pm Fitness Center Open Membership required
9:30-11:45am Drawing for Pleasure***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 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 for experienced players
9:00 am Rummikub
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

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME



Are you a beginner chess player or have always wanted to learn how to play? Brookline High School Chess Club students will be at the Senior Center each Friday from 3-5. 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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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.

RUMMIKUB

Our Friday morning BRIDGE group has graciously offered to share space with our new Rummikub group on **Friday mornings from 9 -11:30am.** Hedwig Baillie will be our Rummikub coordinator and she invites you to drop in and enjoy a quiet game of Rummikub on Friday mornings beginning in November. Please note that the ***Rummikub group will NOT meet on Friday, November 9.**

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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ONE-ON-ONE COMPUTER SESSIONS

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

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

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-Joel and Fiona, buyer and seller clients

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"We're so grateful that Kim Sullivan helped us sell our home and buy our next home! The level of knowledge and attention we received was outstanding. She took the time to get to know us, what we loved about our home, as well as what we were looking for in our next home. We truly felt she had our best interest in mind. Kim's caring & calm personality kept us grounded & reassured us from start to finish. I highly recommend Kim & the Pathway Home Team!" *-Andrea and Joe, buyer and seller clients*

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REAP

SHOP "STUDENTS HELPING OLDER PEOPLE"

The Brookline High School has started recruiting students to shop for seniors for this school year. 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 SHOP Program, a collaboration between the BSC and Brookline High School (BHS) has been a community service program at BHS for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to 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 (no checks, credit cards or EBT cards), 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 lives. And the feeling is always mutual.

LINKEDIN BASICS

Monday, November 19 from 3:00--5:00pm at the Brookline Senior Center. Patricia Burns will familiarize us with this important job search tool. Registration is required. Please call Patricia at 617 730 2743 or email her at pburns@brooklinema.gov

NOVEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Lunch Program (10:30 – 1:00); Information Desk – backup; TRIPPS – data entry and research; 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; Tuesday Food Pantry – strong help in the morning (9-1); 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 or have ideas for new 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 617-730-2743 or e-mail her at pburns@brooklinema.gov for an appointment.

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.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

The Greater Boston Food Bank Food 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.

E.L.F. MONTHLY FEATURED ITEMS

The program has a large amount of cushions available in various sizes. Please call Jamie at 617-730-2753 to request these or any other available items or to donate items.

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center **every Tuesday from approximately 2:00 to 3:30 pm.** Get a number in the coffee lounge beginning at 11:00 am. Do not go down to the basement until your number is called. A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided. In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

THANK YOU

In Honor of:

Shirley Partoll honoring Nick Aldin and Agilio Monteiro
Jean and Peter Stringham honoring Ruthann Dobek
Ruthann Dobek honoring Agnes Rogers' birthday, Connie Warshowsky honoring Ellen Zellner's new book of poetry
Charlotte Millman honoring Agnes Rogers
COA staff honoring Ruthann Dobek
Mae Tupa honoring Irving Schwartz and Elinor Whitney Fosdick Downs, Sonia and William Wong honoring Agnes Rogers
Lydia Baumrind and Gerry Oster honoring Dr. Suzanne Salamon, Lisa Sutton honoring Olga Sliwa, Margaret C. Gilmore honoring the H.E.L.P. program

FROM THE DIRECTOR

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

-William Arthur Ward

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

Our Volunteers - over 350 strong and they are here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.

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

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

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

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

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

Our Sponsors - A personal thank you to all who supported our 17th Annual Autumn Benefit. Your donations will ensure that seniors have access to a wide range of transportation options.

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

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

Ruthann Dobek, Director

Annual Appeal Donors:

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Paula R. Gardner , Harold Schonhorn
Catherine Collins, Linda Hastie, Sol Brenner
Irene J. Laffey, Emily J. Stahler,
Dolly and Bernie Wax,
Anonymous – supporting the Tuesday Morning Dance Party and the Food Distribution program, Asha Khurana – supporting the senior van and elder bus, Marilyn Kudisch
Mary A. Johnston, George and Mary Chin
Mary Mullarkey – supporting the transportation program, Muriel Harriet Allen, Catherine Mosgofian, Lena Zappala, Gustav Schachte

In Memory of:

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