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

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

Tuesday, March 12 Gallery 93 Reception with the Artist (See P. 10)'

Tuesday, march 5 Networking Support Group (See P. 35).

SUNDAY, MARCH 10

MARCH 2019

PIATIGORSKY CONCERT

Join us on Saturday, March 23 at 1:00 pm for another wonderful Piatigorsky Foundation Concert with featured artists Richard Dowling, pianist and Erika Wueschner, soprano.

Hailed by The New York Times as "an especially impressive fine pianist," Richard Dowling's career highlights include a sold-out New York orchestral debut at Lincoln Center, solo recitals at Carnegie Hall, and a special award from the National Federation of Music Clubs recognizing his outstanding performances of American music. Works of Chopin, Debussy, Ravel, Gershwin, Gottschalk, and American ragtime figure prominently in his repertoire.

Soprano Erika Wueschner recently debuted with the Savonlinna Festival as Elsa in LOHENGRIN under the baton of Maestro Philippe Augin, a role which she also covered for LA Opera. Equally at home singing concert and recital repertoire, Erika Wueschner has been heard on many stages, which include Carnegie Hall, Sibelius Hall in Helsinki, and Théâtre des Champs Élysées.

The Piatigorsky Foundation's mission is to make live classical music a part of the fabric of everyday life throughout the United States and **these two artists are not to be missed! To register, please call 617-730-2770.**

NOTE: All Programming is Weather Permitting. Please call 617-730-2770 for weather related updates.

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

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MARCH OBSERVANCES

There are no holidays in March on which the Senior Center closes. Programs can be enjoyed

Monday through Friday all month. In addition to Social Work Month, we celebrate Purim on March 20 which is a two day event beginning at sundown on the fourteenth day of Adar, the twelfth month of the Jewish calendar. In addition we celebrate Women's History, National Craft and Irish Heritage month. We celebrate Mardi Gras

Carnival on March 5, St. Patrick's Day and Evacuation Day on March 17, and the first day of Spring is on March 20.

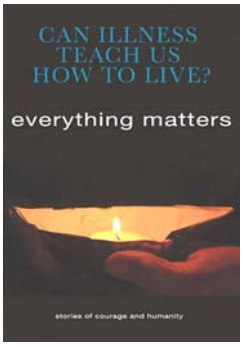
ELVIS IS IN THE BUILDING

Want to have a little fun? Then join us **on Monday, March 25 at 1:00 pm** for a performance by our favorite Elvis Tribute Artist, Robert Black! His past performances have received such rave reviews that we just had to invite him back. So bring your dancin' shoes or just sit back and swoon! Either way, you can plan on a wonderful time. To register, please call 617-730-2770.

TOUR THE SENIOR CENTER

The Senior Center offers escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To inquire about a tour, call 617-730-2777.

EVERYTHING MATTERS



Join us on **Friday, March 15 at 1:00 pm** for a special screening of the documentary "Everything Matters." Pioneering psychologist Dr. Ann Webster has spent four decades dedicated to patients with life-threatening and terminal illnesses. Now she revisits five individuals who have defied the odds and outlived their diagnosis. These are their stories of courage, compassion and hope, and of a therapist whose warmth and tenacity has sustained countless patients and loved ones through the fight of their lives. Some of you may remember that we were lucky enough to have Dr. Webster present on the Mind-Body Connection at the Senior Center in 2015 to rave reviews and so we are excited to be able to follow her in her professional journey. Please note: Due to our space limitations, this film will be shown on the large screen TV in Room 103. To register, please call 617-730-2770.

BROOKLINE MUSIC SCHOOL

The Justin Meyer Trio will be here on **Wednesday, March 6 at 1:00 pm** to entertain us. Justin is a very talented musician playing the double bass and the bass guitar.

In addition to leading his own bands, Justin performs throughout New England in a wide variety of musical settings, playing everything from rock and blues, jazz and classical music. We hope you can join us.

Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, March 7 at 11:00 am.**

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

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

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
Thursday, March 21 from 1:00-2:00pm at the Senior Center
Wednesday, March 6 from 2:00-3:00pm BPHD building Health Department on Pierce Street.
Wednesday March 27 from 1:00-2:00pm at Park Street

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, March 21 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

TRUSTED TRANSPORTATION PARTNER (TTP) (FORMERLY 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.

FITNESS CENTER

To 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.

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 often have trouble sleeping. What can I do for this? I have heard that insomnia can lead to dementia. Is this true?

Answer: Many people have periods of time when they have trouble falling or staying asleep. Some studies have shown a connection between years of chronic insomnia and memory loss, but this connection has not been proven for sure. In fact, several studies show that some anti-anxiety medicines which are sometimes prescribed for insomnia, if taken regularly for many years, may affect ones memory.

It is believed that 7 to 8 hours of sleep can help us think more clearly as well as improve memory. There are several non-medicine ways to try to help improve sleep.

If you have trouble sleeping at night, you can make up for lost sleep by taking a short afternoon nap before 5:00 pm so it doesn't interfere with sleep later.

What you eat (or don't eat) may affect whether you sleep well. It is hard to sleep on a very full stomach. On the other hand, if you are hungry at bedtime, you may not be able to fall asleep. A snack in the evening may help prevent this, but it depends on what you eat: Spicy foods may cause heartburn. People who are lactose intolerant may be kept awake with bloating and abdominal pain by foods containing milk products such as cream soups, yogurt or ice cream. Caffeine-containing foods such as coffee, tea, or chocolate may prevent you from falling asleep. Alcohol can make you fall asleep faster, but when it wears off, it can cause you to wake up early or sleep restlessly, so it is best not to drink alcohol within 2-3 hours of going to sleep.

Foods that may help you sleep include:

A cup of chamomile tea is thought to be a relaxing-drink 2 hours before bedtime. Warm milk, turkey and tuna fish contain tryptophan, which is an amino acid which helps induce sleep.

Some medications may interfere with sleep if taken at bedtime, such as cold pills containing decongestants, some blood pressure medicines, some anti-depressants and steroids. Discuss with your doctor whether you can take these medicines earlier in the day. Try not to drink much liquid after supper so you won't have to go to the bathroom when you are sleeping.

Getting exercise during the daytime (at 30 minutes/day) can help relax the body and make sleeping easier. Sleeping pills can cause more problems than they solve, whether they are over the counter or by prescription. If they are used for more than a couple of weeks, they can become addictive. They may cause side effects that last into the next day, such as drowsiness, driving accidents, memory impairment and increased risk of falls.

There are many relaxation techniques that can be used to help you sleep (warm shower or bath before bedtime, reading (a book, not an electronic e-reader) before going to sleep, deep breathing exercises).

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

It is common to have short periods of time when we have trouble sleeping, but these usually pass. If they persist, speak with your doctor about seeing a sleep therapist.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on aging well at home are:

BETS (Brookline Elder Taxi System), is 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, March 6 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 in 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 at 617-730-2777 and ask to be put on the Food Stamp assistance return phone call list.

TRIPPS CELEBRATION!

We will be hosting a festive party to celebrate the transition of the TRIPPS Pilot Program as funded by the Mass Department of Transportation. This event is for people who have volunteered with TRIPPS, participated in our programming, or are interested in issues of driving and transportation for older adults. The program will continue in Brookline and we will be discussing the future both in Brookline and beyond. Join us on **Thursday March 28 from 3:00 - 4:30pm** at the Brookline Senior Center. We look forward to celebrating with you! Please RSVP at (617)730-2644.

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers once again return to the Senior Center on **Tuesdays until April 2** to assist you with filing your returns. Please note that the Tax Aide program will again be using newer software this year and as a result, **it is very important for you to bring copies of your 2017 returns to your appointment. In addition, the Tax Aide volunteers will NOT be able to assist you with any amended tax returns, prior to your 2016.** For more information and to schedule an appointment, please call 617-730-2777.

TRIPPS OUTING TO EATALY

Join us on **March 11 from 9:30 am - 1:30 pm**. We will meet at the Brookline Senior Center at 9:30 am.

Join TRIPPS volunteers for a fun lunch outing to Eataly in the Prudential Mall. Take an eating tour through Italy, but stay right here in Boston! Eataly is part restaurant, part Italian food market launched three years ago in what used to be the food court of the Prudential Mall.

The Senior Center van will take a group to the MBTA stop at Washington Square and from there we will take the Green Line to Copley. TRIPPS volunteers who are T enthusiasts will help guide participants who need it toward a more comfortable T experience (all T stops are accessible or elevator served). We will exit Copley and walk about 15 minutes to the mall. Participants will be able to explore Eataly (perhaps with an early lunch) and the mall on their own before the group will return to Brookline. The Van will pick the group up at Washington Square MBTA stop and return us to the Senior Center. Space is limited. Please register by calling (617)730-2644 or stopping by the front desk.

THRIFTY THREADS

210 Harvard Street, Brookline Ma.

Hours: Fridays from 1:00-4:00pm
Saturdays from 1:00 to 3:00pm

Come find men's and women's clothing and housewares.

Proceeds benefit the emergency fund for people in our community

MEMORY CONNECTIONS CAFÉ

Memory Connections Cafe: On **Wednesday, March 27 from 1:30-3pm,** the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their carepartners 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 carepartner 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 Right at Home: In Home Care & Assistance.

SOUTH BROOKLINE SENIOR MEET UP

We have one more session of the South Brookline Senior Meet Up at Putterham Library on **Monday March 4 from 1:15 -2:45pm**. We will meet **a representative from Allendale Farm who will speak to us about the farm, past and present.** Come join the fun! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come meet old friends and make new ones. Share your ideas and experiences. Brighten your winter days with poetry and music. For more information contact Jude Burnim at Judeb22@hotmail.com

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Mount Auburn Hospital

For Medical Alert and Medication Dispensing Services information please call:

617-499-5525

COUNCIL ON AGING MEETING

Wednesday March 13 at 1:00 pm.

Our Guest speaker will be Leigh Jackson, Acting Director of Brookline Recreation. The topic will be Active Recreation in the Older Brookline Adult Population: Brookline Recreation's Mission, Trends, and Options. We are always welcoming new members. If you are interested, contact Ruthann at 617-730-2756 or rdbobek@brooklinema.gov.

We ♥ our Social Workers

-SAVE THE DATE-

Enhancing Connections In Aging
let's share practical ideas and strategies for maintaining connection later in Life

Join Deidre Waxman LICSW, for a discussion group about the importance of staying connected in our communities as we age. We will explore practical ideas and suggestions for living and enjoying community later in life on **Tuesdays April 2, 9, 16, 23 and 30 from 3:00-4:30pm** at the Brookline Senior Center. This group is free and open to all. For more information or to register please call Deidre at: 617-730-2767 or email : dwaxman@brooklinema.gov. This will be a five week conversation/discussion group. Attendance at all five sessions is suggested.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

ARTMATTERS THE NORTHERN RENAISSANCE

On **Wednesday, March 20 at 1:00 pm**, join us for an interesting presentation on" "The Northern Renaissance" by Art Matters. The Northern Renaissance includes some of the greatest artists and the boldest innovations, not the least of which is the invention of oil painting itself. Come and view images of some of the Old Masters artwork from Flanders, Holland, Germany, England, & France.
The ArtMatters Program is designed to engage attendees with stimulating, informative, and entertaining presentations on a single artist, style or period of art. Only oversized art prints are used and can be viewed up close and personally. Unlike when using PowerPoint or slides, the lights can stay on and all of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation. These large fine art reproductions can also be held by individuals who may suffer from some vision impairment. This program is generously sponsored by our friends at Wingate Residences at Boylston Place. To register, please call 617-730-2770.

GALLERY 93

OH, THE PLACES I'VE BEEN

Photography by Patricia J Burns

Elephants Bathing, Zambezi River, Zambia

Hours: Monday-Friday 8:30-5:00 March 4 through April 30

Reception with the Artist Tuesday, March 12
from 4:00-6:00 pm

SPOTLIGHTED VOLUNTEER

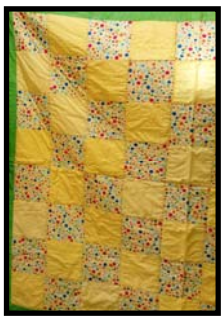
In addition to working as the assistant custodian at Brookline Senior Center (BSC), Sergio Hernandez spends eight hours each week volunteering with the food distribution program. He began volunteering three years ago, when he saw an ad for assistance when passing by the Brookline Senior Center. Sergio had extra time since he could not work, as he did not yet have a Green Card since moving from Chihuahua, Mexico. His energetic personality and drive to help others motivated him to spend his extra time volunteering at BSC, where he helped set up for events as well as assisted with food distribution. After several years volunteering, Sergio was hired to help Jimmy, the custodian at BSC, who needed additional assistance. As he continues to volunteer, Sergio enjoys meeting seniors and other volunteers and fostering friendships that extend beyond the walls of BSC.

Julia Riesman

EASY TRAVEL

On **Thursday, March 7 at 1:30**, celebrate St. Patrick's Day early with special leprechaun host Jamie Jensen as she shares her tour of Ireland from October.

BROOKLINE BEES MARCH PROJECT



In **Tuesdays in March at 10:30 am t**he Brookline Bees sewing group will make simple quilts for homeless and traumatized children or as Welcome blankets for refugees. Come help us provide warm hugs! You can also bring your own unfinished object and "buzz" with us! All are welcome

MEDICAL CANNABIS ACCESS AND CHOICE

Many people live their daily lives suffering from a whole host of issues. Chronic pain, insomnia, anxiety, arthritis, nausea, neuropathy, just to name a few, are all things many people cope with day in and day out. Medical cannabis can help treat all these conditions, and many more.

Medwell Health & Wellness, in collaboration with the Brookline Council on Aging will be presenting an educational seminar on **Wednesday, March 27 at 1:00 pm** to provide a better understanding of the benefits of medical cannabis, cannabis products, and the steps to becoming a cannabis patient. If you have questions about the event please contact Ann Brum of MedWell Health at 774-517-5195 . To register, please call 617-730-2770.

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.

A FILE OF LIFE

A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. Having a FILE OF LIFE folder will allow medical personnel to treat you quickly and with greater certainty should you have a medical emergency. For more information on the FILE OF LIFE, call 617-730-2777, and leave your name, address and phone number. Ruth Brenner will call you back as soon as possible. Should you prefer, for personal or privacy reasons, to fill out your FILE OF LIFE cards yourself, we will, at your request send them to you along with their magnetic and purse/pocket cases.

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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THEME & RATIONALE FOR SOCIAL WORK MONTH MARCH 2019

WHY THE THEME MATTERS Social workers are trained to examine and address life's problems in a holistic way. They **elevate and empower people,** giving them the ability to solve problems, cope with personal roadblocks and get the resources they need to succeed.

Social workers also bring together individuals with other people, their communities, local and state government and agencies to address wider problems in our society, including lack of affordable housing, hunger and equal rights for all. You can find social workers literally everywhere – including in schools and colleges, hospitals, veteran centers, mental health facilities, local and federal government, the corporate world and in agencies that help children find new families through adoption and protect children from abuse and neglect.

The 2019 campaign will honor contributions of social workers and put the spotlight on social work salaries.

We have wonderful caring social workers at the Brookline Senior Center this month-take a moment to thank them!

• Organize • Downsize • Simplify

Helping to impose order on chaos!

Contact Jen Grella
617 448 3771
Jennifer.Lynn.Grella@gmail.com

Free Consultation • Affordable Hourly Rate

THE UPSIDE OF DOWNSIZING

Are you feeling weighed down by a lot of possessions? Does the thought of sorting through a lifetime of belongings seem overwhelming? You're not alone! Whether you are contemplating a move, or just wishing to simplify your surroundings, join us for this engaging, interactive program with Karen Zweig, the Move Maven on **Thursday, March 21 at 1:00 pm.**
Karen will provide tips and resources to help you get started. Learn how to get rid of stuff, preserve memories, and even make money in the process. You'll leave feeling energized and well-equipped to move forward.
Karen founded The Move Maven in 2009, bringing with her a wide range of skills from her prior work as a program manager, primarily in the nonprofit and public sectors. She and her team of skilled, caring Project Managers have helped hundreds of clients through the often complex and emotionally challenging process of downsizing and moving. To register, please call 617-730-2770.

QIGONG GOOD LUCK LAURA

Laura Kandziolka, our wonderful Qigong instructor, is relocating to Pennsylvania in March so we want to wish her well and to thank her for bringing Qigong to us at the Center. We are in the process of auditioning new instructors so stay tuned for more information regarding future sessions. Good luck, Laura!

FOOD COLLECTION FOR LOCAL FOOD PANTRIES

During March we will be collecting protein rich foods for local food pantries. If you would like to make a donation please look for the donation box in the lobby at the Brookline Senior Center.

Some suggestions include:

peanut butter, canned beans, canned or foil packaged tuna, salmon and chicken, dried apricots, figs, canned fruits, canned ravioli and spaghetti with meat, protein rich drinks and other items. Flip top cans are always helpful. The March pick up will be on Wednesday, March 27.

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, March 5 and 19 from 10:00 am-12:00 noon.** Feel free to drop by with your questions.

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, 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.

FEDERAL TRADE COMMISSION SCAM WARNING

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.

Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.

Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.

Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

Continued Scam

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

If you have spotted a scam, then tell the FTC at ftc.gov/complaint.

To learn more, you can go to Fake Calls about your SSN.

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.

CALLING ALL CHOCOLATE LOVERS

Paige Leavitt of Vivra Chocolate in Walpole will be here on **Monday, March 11 at 1:00 pm** to teach us where chocolate is grown and how it is made from tree to bar. Paige will lead us through a fun tasting of their award winning flavors and talk about her family and how they started this delicious chocolate business. There will be some chocolate bars for sale at the end of the presentation. Space is limited to 25 registrants so please call 617-730-2770 to register.

FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. – Henry Van Dyke (1852–1933)

March, despite claiming to have the first day of spring, has some of the bleakest weather and with it some of us get the winter blues. At the Senior Center we are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. This month, you can choose between a program on chocolate, Elvis, and classical music. Certainly, coming through our doors is the perfect antidote to mud, gray days and the wind. Stop by today.

I personally want to thank all who have responded to our appeal for a "new refrigerator fund." Our food produce program's refrigerator has a faulty temperature gauge, and has caused some of the fresh vegetables to spoil. As we go to print, **Brookline Bank** has announced that they will donate the remaining funds to ensure that we can purchase a new commercial refrigerator soon. Prior to Brookline Bank's commitment, we had received $1124 toward our goal of $2300.

In addition, remember no senior should be hungry in Brookline. We have SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op's weekly bread and produce programs, the Food Commodity Program and the Brookline Food Pantry. Ample nourishment abounds ensuring sound nutrition. We are asking our visitors to bring in a non-perishable food item to help replenish the food pantries (See P. 14).

March is Social Work Month and this year's theme is "Elevate Social Work." I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, retired social worker volunteers and board members. Each contributes to Brookline's strong sense of community. When you see one of our social work team, please thank and tell them they are our "champions". Buy some daffodils or shamrocks, eat a slice of Irish soda bread, and take a walk when the sun shines.

PS. Mark your calendar and **save April 10 for our Annual Volunteer Luncheon**.

Ruthann Dobek, Director

ZULU TIME LIVE IN CONCERT

The band's repertoire spans genre from classical, jazz, tango, klezmer and folk with sparkling arrangements of compositions by Gus Viseur, Astor Piazzolla, Beta Bartok and Chuck Corea. Please RSVP to Patti at 617-731-8500

GODDARD HOUSE

WITH VIOLINIST GABRIEL SOLOMON, BASSIST RICHEY TALLY & CHAMPION ACCORDIONIST CORY PESATURO

Saturday, March 30th
3:00 PM Reception
3:30 - 4:30 PM Concert

At Goddard House
Assisted Living

FROM THE BOARD PRESIDENT

A huge **thank you to Brookline Bank**, who came to our rescue! Brookline Bank has offered to help replace our old refrigerator. Thanks to our generous participants, we were halfway to our fundraising goal of $2300 when Brookline Bank announced that they would push us over the top. Thanks to all who donated in the last month. The new commercial refrigerator is the main refrigerator used to store food for our weekly food distribution. Many residents benefit from this program.

Yes, food insecurity is a problem here in Brookline. In fact, a recent survey of Brookline's seniors who receive food help from the Senior Center found that 26% of the respondents reported having been without food for a whole day for 1 to 10 days during the prior month, and a further 18% reported going to bed hungry at least once in the prior month. If you know of someone who would benefit from our food distribution programs, please have them contact 617-730-2777. Thank you for caring about your neighbors and our wonderful community.

I, the Board, and the entire Senior Center family thank you! Betsy Pollock, President

ALZHEIMER'S CAREGIVER SUPPORT GROUP

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.

NEW PROGRAM!

RAINBOW CINEMA

Our first Rainbow Cinema will be held on **Thursday, March 28 at 6:00 pm**
Cloudburst (2012)
93 min.
This hilarious, foul-mouthed, lesbian road movie co-stars Oscar-winning actresses Brenda Fricker and Olympia Dukakis as Dot and Stella, a crackerjack lesbian couple on the run from a nursing home.

– RottenTomatoes.com.

This movie night is the first event for the new Brookline Senior Center LGBT (and Friends) Meetup. Drop-ins welcome; RSVP encouraged. Visit bit.ly/BrooklineSeniorCenterLGBT or call Kate Jovin, LCSW at (617) 730-2751.

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 March we will meet on the 17th 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

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor through **March 28 from 1:15-2:15 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.

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.

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, March 11 from 1:00-2:30 pm. For more information** contact Judy, our uke coordinator at hearojudy51@yahoo.com.

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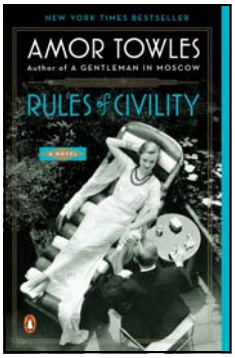
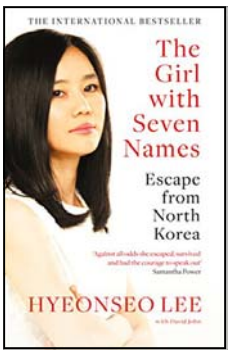
— Gerry C.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

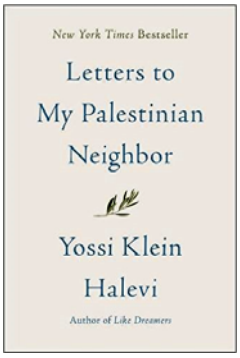
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



Monday, March 18 Rules of Civility by Amor Towles



Monday, April 22 The Girl with Seven names: A North Korean Defector's Story by Hyeonseo Lee



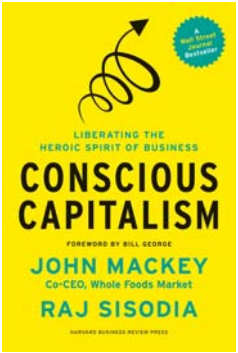
Monday, May 20 Letters to My Palestinian Neighbor
By Yossi Klein Halevi

Monday, June 17 Educated by Tara Westover

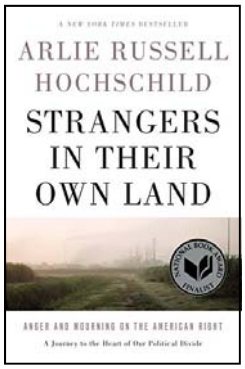
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

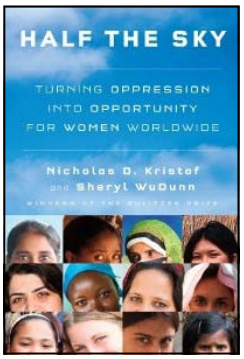
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. **Please note: This group is held at the Brookline Senior Center on the fourth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



Tuesday, March 26, ***Conscious Capitalism: Liberating the Heroic Spirit of Business*** by John Mackey and Raj Sisodia (Harvard Business Review Press)



Tuesday, April 23, ***Strangers in Their Own Land: Anger and Mourning on the American Right*** **by** Arlie Russell Hochschild (The New Press | Perseus Books Group)



Tuesday, May 28, ***Half The Sky: Turning Oppression into Opportunity for Women Worldwide*** by Nicholas D. Kristof and Sheryl WuDunn (Vintage Books | Knopf Doubleday Publishing Group)

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- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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.

ELF

Just a reminder to please do not drop off any items without speaking with Jamie first, in order to make sure your items are needed and that there is available storage for them. Please call Jamie at 617-730-2753 to facilitate this and to also request any available items.

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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 from 12:00-2:00 pm. 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. February 5-April 16 appointments will be held in the nurses office. There is no computer in the nurse's office but there is Wi-Fi.** The appointments during this time period will be limited to those people needing help with their own smartphones, tablets or laptops. To schedule an appointment please call Olga Sliwa, (617) 730-2768.

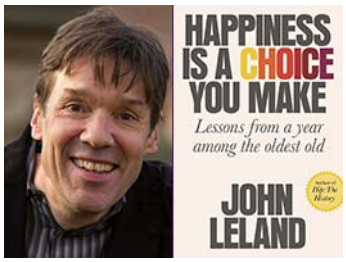
In addition to the above appointments, Alan Shepro, a recently retired career IT customer service specialist is available in the computer lab every **Thursday from 2:00-4:00 pm on a drop-in basis.** He would love to help any senior with any type of technology! As Alan says, 'if it has a chip (microchip), he knows how to help you use it".

Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live.

-SAVE THE DATE-

Happiness is a Choice You Make: Lessons from a year among the oldest old

On **Thursday, April 25, from 6:00-7:45 pm** at the Brookline Senior Center. What's the secret to living a fuller, more content life? For John Leland, the answer came from an unexpected place: from the lives of six people age 85 and up. He expected them to educate him in the hardships of old age. Instead, they taught him lessons of resilience, gratitude, purpose and perspective that apply to us all. All had lost something – spouses, mobility, eyesight or hearing. But none had lost everything. They defined their lives by the things they could still do, not by what they had lost. The good news is that we can all learn from the wisdom and experience of older adults.



John Leland is a best-selling author and award-winning reporter at the New York Times, where he wrote a year-long series following six people ages 85 and up, which became the basis for Happiness is a Choice You Make.

Before joining the Times in 2000, he was a senior editor at Newsweek and editor-in chief of Details magazine. This program is sponsored by BrooklineCan and its founding partners. Refreshments will be served from 6:00-6:30 pm. Talk with discussion and book sales 6:30-7:45 pm. Free of Charge. * Please call 617-730-2770 to register.

THINK INSIDE THE CIRCLE.

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PLUS, access to supportive services that you may need from time to time, provided by Hebrew SeniorLife right here at The Circle – so you won't miss a thing!

WEEKLY OPEN HOUSES

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

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AN OVER-62 COMMUNITY

MASS RELAY 711

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

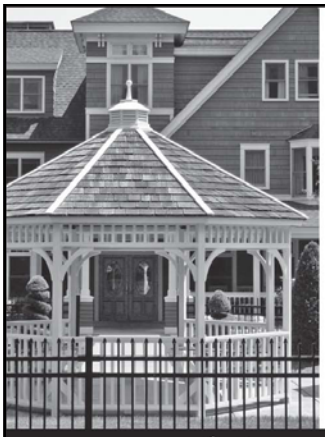
Brookline Adult & Community Education
BA&CE
Join us, new classes starting soon!
www.brooklineadulted.org
617-730-2700

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine on **Tuesday, March 26** at Brothers, 404 Harvard Street Brookline. The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

FAD DIETS

March is National Nutrition Month. Join Meghan Ostrander, Registered Dietician from Springwell, on **Friday, March 8 at 1:00 pm** as she demystifies the latest fad diets for weight loss, chronic disease management, and longevity.


Come for a visit, stay for lunch and experience this lively community of friends.
Lance Chapman
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Call **617-735-1775** to speak with Admissions.
To learn more, visit **www.SherrillHouse.org**.
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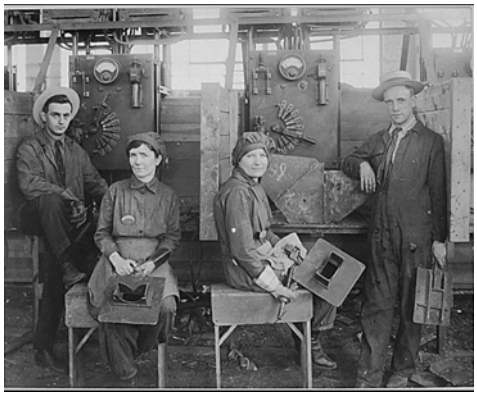
MOVIES FOR FILM LOVERS

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

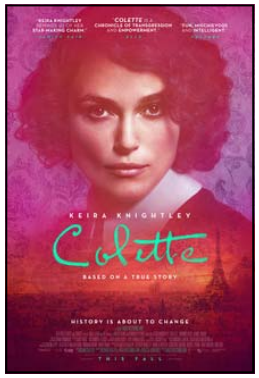
"WOMEN'S HISTORY MONTH" THEMED MOVIES

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, Presidents Clinton, Bush and Obama have issued a series of annual proclamations designating the month of March as "Women's History Month."



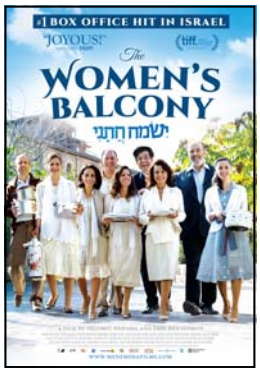
From https://womenshistorymonth.gov/about/

Tuesday, March 5
Tea with the Dames (2018)
1hr. 24 min.
Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers.



Tuesday, March 12
Colette (2018)
1hr. 51 min.
Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms.

Tuesday, March 19
The Breadwinner (2017)
1hr. 34min
In 2001, Afghanistan is under the control of the Taliban. When her father is captured, a determined young girl disguises herself as a boy in order to provide for her family.



Tuesday, March 26
The Women's Balcony (2017)
1hr. 36min.
A bar mitzvah mishap causes a major rift in a devout Orthodox community in Jerusalem.

Taken from ww.imdb.com/title/tt3104988/m

NEW REFRIGERATOR FUND DONORS:

Thank to all who have responded to our appeal for a "new refrigerator fund." Our food produce program's refrigerator has a faulty temperature gauge, and has caused some of the fresh vegetables to spoil. As we go to print, Brookline Bank has announced that they will donate the remaining funds to ensure that we can purchase a new commercial refrigerator soon. Prior to **Brookline Bank's commitment, we had received $1124 toward our goal of $2300.**

Brookline Bank
Kitty Kaufman
Ruthann Dobek
Marie Louise-Gabbe
Dorothea A. Brown
Tuesday Food Distribution program participants
Anonymous
Claire C. Goodwin
Anita Breslaw
Barry Shore Family
Carol and Phil Fullerton
James P. Boland
John F. Hodgman
Loretta J. DeSesa
Hedi-Tuesday Volunteer
Chi Chung and Toy Soo Lau
Sherry C. Lee
Susan Erickson
Century Bank
Magaly Shiromani
Mary M. Mullarkey

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

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- Carefully screened care professionals
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MARCH AT A GLANCE

Monday, March 4
1:15-2:45 South Brookline Senior Meetup*
Tuesday, March 5
10:00am-12:00pm Real-Estate Tax Exemption
1:00pm Movies for Film Lovers-Tea With the Dames
2:00-3:30pm Networking Support Group***
Wednesday, March 6
9:00am-12noon BLAB for Brookline residents only
1:00pm Brookline Music School-Justin Meyer trio
2:00-3:00pm Blood Pressure Screening BPHD*
Thursday, March 7
11:00am Ask A Nurse
1:30pm Easy Travel-Ireland with Jamie
1:15-2:15 Zumba Gold $7/Free for BHA
Friday, March 8
1:00pm Fad Diets
Monday, March 11
1:00pm Calling All Chocolate Lovers***
TRIPPS Lunch Outing to Eataly in the Prudential Center Mall
1:00-2:30pm Ukulele Group
Tuesday, March 12
10:00am-12:00pm Real-Estate Tax Exemption
1:00pm Movies for Film Lovers-Colette
2:00-3:30pm Networking Support Group***
4:00-6:00pm Reception with the Artist Gallery 93
Wednesday, March 13
1:00pm COA Meeting-Brookline Recreation
Thursday, March 14
1:15-2:15 Zumba Gold $7/Free for BHA
Friday, March 15
1:00pm "Everything Matters" documentary screening***
Monday, March 18
2:00-300pm Putterhan Book Group-Rules of Civility*
Tuesday, March 19
1:00pm Movies for Film Lovers-The breadwinner
2:00-3:30pm Networking Support Group***
Wednesday, March 20
1:00pm Art Matters-Northern Renaissance***
1:00pm Low Vision Support Group
Thursday, March 21
1:00pm Upside of Downsizing with Karen Zweig***
1:00-2:00pm Blood Pressure Screening
1:00pm Brookline Hearing Services
1:15-2:15 Zumba Gold $7/Free for BHA
Saturday March 23
1:00pm Piatigorsky Concert ***
Monday, March 25
1:00pm Elvis Returns***
Tuesday, March 26
9:00-10:00am Public Issues Book Group-Conscious Capitalism
1:00pm Movies for Film Lovers-The Woman's Balcony
2:00-3:30pm Networking Support Group***
Wednesday, March 27
1:00pm Medical Marijuana Info Session***
1:30pm Memory Café***
1;00-2:00pm Blood Pressure Screening at Park Street*
Thursday, March 28
1:15-2:15 Zumba Gold $7/Free for BHA
3:00-4:00pm TRIPPS Advisory Board Meeting and Celebration***
6:00pm Rainbow Cinema***
Friday, March 29
Saturday, March 30
Zulu Time Concert at Goddard House

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ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30pm Fitness Center Open—Membership required
8:45-10:15 Strength Training **
10:30-11:30am Poetry Workshop ***
10:30-11:30am 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 ***
10:30 am Brookline Bees, Quilters
11:00-11:45am 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)
3:00-4:00pm Yoga Mat Class**

Wednesday

8:30 am-4:30pm 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 ***
12:00-4:00pm BETS
1:00-3:00pm Scrabble

Thursday

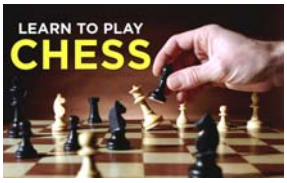
8:30 am-4:30 pm Fitness Center Open Membership required
9:30-11:45am Drawing for Pleasure***
9:30am Art for Pleasure Class ***
10:30 m Arthritis Exercise ***
10:30am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00pm Intermediate Spanish***
12:30-3:30pm Mah Jong
1:00-3:00pm Chess
1:15-2:15pm 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 3:00-5:00pm.** If you are interested, drop in for a lesson or a game! If you have questions, call Patricia at 617 730 2743.

SUGGESTED BEQUEST LANGUAGE FOR GIVING

(Please consult with your lawyer or financial advisor)

"I give $_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

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

Hedwig Baillie our Rummikub coordinator and she invites you to drop in and enjoy a quiet game of Rummikub on **Friday mornings from 9:00-11:30 am.**

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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Michelle Quinn
Susanna Stiefel
Kim Sullivan

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- 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.
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-Joel and Fiona, buyer and seller clients

Michelle Quinn & Susanna Stiefel of The Just Right Move Team helped us find our dream home. They asked us questions to help us decide exactly what we were looking for, and when we found the perfect place, they helped us put together a winning offer. They also coached us through the process of getting our condo polished up and sold as well. It was a wonderful experience, and we're delighted with our "just right move." *-Ann and Ben, buyer and seller clients*

"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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ANNUAL VOLUNTEER SURVEY & UPDATED EMERGENCY CONTACT FORM

The very short Annual Volunteer Survey has been mailed out. Please look for it and fill out YOUR very few multiple choice questions. Also, things change - contacts move, change phone numbers, addresses and/or emails. We want to make sure that if YOUR emergency contact is needed, we have up-to-date information.

Please return the completed survey AND the updated Emergency Contact form in the envelope provided either by mail or by dropping it off at the Senior Center by March 7th.

YOUR VOICE AND YOUR HEALTH MATTER!!

National Public Health Week www.nphw.org

-SAVE THE DATE-

NATIONAL PUBLIC HEALTH WEEK APRIL 1 – APRIL 7 BROOKLINE EVENTS

Tuesday, April 2 How to Age Well

"**Getting older is inevitable** (and certainly better than the alternative). While you can't control your age, you can slow the decline of aging with smart choices along the way— it all has an effect on how fast or slow your body ages" (NY Times, 11/1/17). Prominent Brookline physician, Suzanne Salamon, MD, Geriatric Medicine, Beth Israel Deaconess Medical Center, will host discussion at the Brookline Senior Center, 93 Winchester Street, from 1:00 - 2:00 pm. Refreshments will be served. All are welcome, but due to space limitations registration is required. To register, please call 617-730-2770.

Thursday, April 4
How the Trump Administration is Shaping Your Health. The Impact on You, Your Community, and the Planet

An informal conversation with Sandro Galea, MD, MPH, DrPH. Come learn how politics are affecting our health, our community's health, and the health of our planet. 6:00 pm. Location: TBA

For additional information, Lynne Karsten, 617-730-2336; lkarsten@brooklinema.gov. Also, please join our Twitter discussion: @BrooklineHealth, Facebook: Brookline Department of Public Health, or Instagram: Brooklinehealth.

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, 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 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 (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.

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MARCH SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Lunch Program – backup Monday-Friday from 10:30am – 1:00pm); 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, 9:00-10:30 at 50 Pleasant Street; Tuesday Food Pantry – strong help in the afternoon (1:00-4:00pm). If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the Brookline Senior Center, 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.

-SAVE THE DATE-

VOLUNTEER LUNCHEON

The 2019 Annual Volunteer Luncheon will be held on **Wednesday, April 10 at 12:30 p.m**. at the Brookline Senior Center. Invitations and call for nominations for volunteer of the year will be coming in the mail by mid-March. Once you receive your invitation, please **RSVP by March 28 617-730-2777**

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday beginning at approximately 2:00 pm.** Program remains open until all distributed numbers have been called. This time varies so we urge consumers to be here BEFORE 3:00 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.

JOB & VOLUNTEER SEARCH NETWORK SERIES

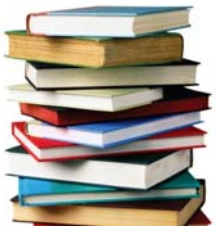
Join us for a series of 4 workshop sessions on **March 5, March 12, March 19 and March 26 from 2:00-3:30.** Come and share experiences and resources for your job or volunteer search. This series led by Patricia Burns is free, however registration is required. Please call Patricia at 617 730 2743 to register.

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.

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.



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