

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



JUNE 2019



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



Monday, June 10 Daniel Price Concert (See P. 24).

Monday, June 17 Stonewall 50 (See P. 19).

Tuesday, June 18 HELLO Brookline (See P. 19).

Thursday, June 27 Rainbow Cinema (See P. 19).

MARIE LAVINE MEMORIAL CONCERT



Join us for our annual Marie Lavine Memorial Concert, featuring the Winiker Band, on **Thursday, June 6, at 2:00 pm**. The concert is a tribute to the memory of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater and it is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine. The Winikers certainly need no introduction to Brookline and it seems all the more fitting that they knew Marie personally. In addition to the wonderful Bill and Bo Winiker, vocalist Cindy Gale and pianist Neil Greene will also be performing. Ms. Gale, a talented musician, will entertain us from the Great American Song Book. For more than 15 years, she has been performing with the Bill and Bo Winiker Band and has had the extreme pleasure to have performed with the Boston Pops Orchestra for their New Year's Eve Concerts. Also performing is Neil Greene, a graduate of the Boston University School of Fine and Applied Arts. Neil is well known for his prodigious piano technique and has mastered many styles of music from classical, jazz to pop and rock & roll. Neil has been a member of the Winiker Orchestra for more than 15 years as well. Afterwards, join your friends for some delicious desserts, including homemade chocolate chip cookies, Marie's favorite. To register, please call 617-730-2770.

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BLOOD SUGAR SCREENING



Olga Abamelik, RN, affiliated with Central Home Care, will return to the Center to do blood sugar screenings on **Thursday, June 20 from 11:00 am-12:00 noon.**

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

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Newsletter Editor

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JUNE OBSERVANCES



There are no holidays in June for which the Senior Center is closed. You can plan on enjoying the many and varied facilities and programs every weekday in June from

8:30 am to 5:00 pm.

There are only a couple of holidays of note that actually fall in June: Father's Day and Flag Day. Father's Day is celebrated on **Sunday, June 16**. Flag Day, celebrated on **Friday, June 14**, commemorates the adoption of the flag of the United States, which happened that day by resolution of the

Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation

that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. It is not an official federal holiday.



ANNUAL SIDEWALK SALE!



We have all been cleaning our closets and cupboards and we have a variety of treasures for our annual "white elephant" sidewalk sale on **Thursday, June 20 from 10:00 am to 2:00 pm** rain or shine. Come and take

your pick of the goodies that are available! All proceeds will benefit the programs and services of the Brookline Senior Center. There are many bargains to be had so stop by and shop! We are also still accepting donations for the sale. If you have knick-knacks, costume jewelry, or other small household items that you'd like to pass along, bring them to the Council on Aging offices (2nd floor) at the Senior Center. **Please note that we do NOT accept donations of clothing, linens, or appliances.**

COA MEETING

The featured topic for the **Wednesday, June 12 at 1:00 pm** meeting will be an update on the TRIPPS Program by our transportation expert Maia Foster.

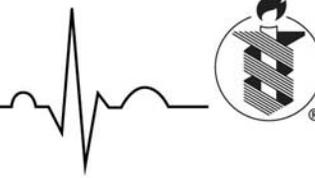
This will be our last meeting until September. The Nominating Committee will meet in mid-August to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or rdobek@brooklinema.gov.

-SAVE THE DATE- ELK'S BARBECUE



On **Saturday, July 13 at 1:00 pm**, come to the Senior Center for our annual Summer BBQ, prepared and sponsored by Brook-

line Elks Lodge #866. The Brookline Elks always do a marvelous job with their special meals, whether a holiday feast or a summer BBQ, so be sure not to miss out! This event is a popular one so you must call 617-730-2770 to reserve your place. **WE WILL BEGIN TAKING RESERVATIONS ON FRIDAY, JUNE 28.**



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, June 6 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. Only callus and toe nail trimming is offered the Doctor does not offer second opinions.

Low Vision Group This peer-led support group for individuals with limited eyesight is on **Wednesday, June 19 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, June 20 from 1:00-2:00pm at the Senior Center

Wednesday, June 5 1:00 from 2:00-3:00pm
BPHD building Health Department on Pierce Street.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, June 20 from 1:00-2:00pm.** 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.

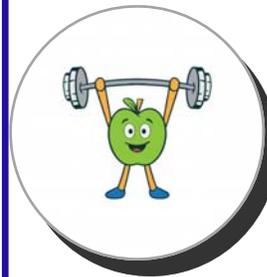
TRUSTED TRANSPORTATION PARTNER (TTP) (FORMERLY KNOWN AS ICARE)



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 BUSINESS 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
 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: *The flowering trees and bushes are beautiful, but every spring, my nose and eyes start to water. I assume this is from allergies. Is there anything I can do about this?*

Answer:



Spring is a beautiful time of the year, with flowering trees and flowers everywhere. However, for many people, the large amounts

of pollen that are released from grass, trees and flowers can cause or exacerbate allergies, often called "hay fever" or "allergic rhinitis". Symptoms can include runny nose, sneezing, watery and itchy eyes, and sometimes, cough. Often people think they have a cold. However, allergies are not associated with a fever or aches and pains.

Most allergy symptoms are mild and resolve as the season progresses. However, some people have severe symptoms. People with asthma can find that their breathing can be worse during allergy season. Some people find that their allergy symptoms last all year long, not just during springtime. They can find out what they are allergic to by having allergy skin testing, called a "prick test" by a specialist in Allergy and Immunology.

Interestingly, there is more evidence that we are seeing more allergies now than in the past because we are becoming "too clean." Throughout our lives, when we are exposed to "dirt" or such things as pollen or even peanuts, we develop antibodies to these, which then protect us from allergic reactions later in life.

A recent study showed that Israeli children who eat a snack similar to cheese-its, only made from peanuts have far fewer peanut allergies than American children, who are protected from peanut products by cautious parents.

Similarly, antibiotic soaps may wash away some of the bacteria we need to be exposed to in order to develop antibodies. Treatment for allergies can start with air purifiers, filters and to try to clear the inside air of pollen. After gardening or walking in grassy areas, wash clothes and hands, and take off shoes at the door.

Often people need medications to control severe symptoms. Unfortunately, the most effective drugs, over the counter antihistamines, can cause drowsiness and other side effects. The newer antihistamines, such as fexofenadine (Allegra) and loratidine (Claritin), which are also over the counter medicines, help control symptoms with fewer side effects. There are also some antihistamine nose sprays and eye drops available. Steroid nose sprays are often used, but long term use of these steroid sprays can cause some of the negative side effects of steroids. Decongestants such as pseudoephedrine can help, but can cause high blood pressure or heart problems.

Over the counter normal saline nose sprays or irrigation with a neti pot where you pour a salt water solution into one nostril and drain it out the other to flush out old mucus and other pollutants can help wash out pollen from your nose and have no side effects. This has been used for centuries and is extremely effective in treating the symptoms of seasonal allergies such as runny nose.

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. **(SEE P. 13 FOR SURVEY).**

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 2018 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 \$62,450 and a couple's annual income cannot exceed \$71,400. 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.

Brookline 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, June 5 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: dwxman@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.

SHREDDING EVENT

Once again, the mobile shredding truck will be back at the Senior Center on **Monday, June 3 from 1:00-4:00 pm**, courtesy of Norfolk District Attorney, Michael Morrissey. Clean out your file cabinets, declutter your house and shred personal documents safely and free of charge! **There will also be a presentation on identity theft from 1:00-2:00 pm at the Senior Center. Light refreshments will be served. Please call 617-730-2770 to register for presentation portion of the event.** All others are welcome to pull up to the mobile shredding truck for assistance with their boxes, bags and bundles of documents to shred. For assurance, shredding can be viewed through a screen on the truck. Computer hard drives welcome, but they cannot be destroyed on site.



DIABETES 101

Control Your Blood Sugar in Three Easy Steps



Do you have diabetes or pre-diabetes? Join Kirsten Ward, MS, RCEP, CDE, on **Thursday, June 20 at 1:00pm** to learn how to lower your blood sugars and reverse insulin resistance with a method that no doctor or dietitian will tell you. Kirsten is a Certified Diabetes Educator, health coach and one of only 40 exercise professionals in the U.S. with the unique skill sets to teach patients how to manage blood glucose levels with physical activity for any body types. Space is limited to the first 25 registrants. Please call 617-730-2770 to register.

DON'T BECOME A VICTIM OF MEDICARE FRAUD!

Medicare scams are common, including one in which people are being sent braces they don't need. The Senior Medicare Patrol (SMP) offers these tips to protect you from being scammed:



- Do not provide your Medicare or Social Security number to anyone, except your trusted medical providers.
- Medicare and Social Security will NOT call you and ask for personal information.
- Hang up if anyone calls offering you free products or claiming to be from Medicare to obtain personal information. Beware!
- Do not reply to any postcards you receive in the mail offering free braces, creams, pain medication, or other products.
- Do not respond to deceptive TV Ads.
- Do not accept or open any packages you did not order.

To report potential fraud, you can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890. For help with any Medicare issue, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors are available all year to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

MEMORY CONNECTIONS CAFÉ



On **Wednesday, June 26 from 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both par-

ticipate 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 Amada Senior Care.**

BROOKLINE BEES PROJECT



Do you love to sew, but now have challenges with arthritis and vision that make it harder to do? The Brookline Bees sewing group meets **Tuesdays at 10:30** to work on a variety of projects. We have modern adaptive equipment to meet the challenges of aging. Come talk with us. Try some of our assistive devices and join in the fun!

• **Organize**

• **Downsize**

• **Simplify**

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Contact Jen Grella

617 448 3771

Jennifer.Lynn.Grella@gmail.com



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

Thursday, June 20th
6:30 PM Reception
7:00 - 8:00 PM Concert

At Goddard House
Assisted Living



RSVP to Patti at 617-731-8500

Center Communities of Brookline

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100 Centre Street



112 Centre Street

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





GALLERY 93

LIGHT AND WATER

Paintings by Jean-Pierre Dubreuil

Hours:

Monday-Friday

8:30-5:00

May 2

through

June 30

Thompson Lake (oil on canvas)

Thinking about downsizing or selling your home?

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THEATER CLUB



Sunday, June 23, at 2:00 pm

"Mame"

Mame's chic New York City life is changed when her orphaned nephew comes to live with her. Surrounded by a cast of eccentric characters, she celebrates the roaring 20s, overcomes tragedy, and sails through life without missing a fad or dance step. Featuring "If He Walked Into My Life", "We Need a Little Christmas", and "Bosom Buddies." Music and lyrics by Jerry Herman.

Cost \$39



Sunday, July 14 at 2:00 pm

"The Sound of Music"

In 1930s Austria, Maria is struggling in her attempt to become a nun. When she is sent to look after seven children of a stern, widowed Navy captain, she brings joy and music back into the family's home. Music by Richard Rodgers and lyrics by Oscar Hammerstein II. Featuring "My Favorite Things", "Edelweiss", and "Do-Re-Mi." Cost \$39

FRAUD PRESENTATION



On **Monday, June 3 from 1:00-2:00 pm** we will hold a special program on Identity Theft at the Senior Center. Light refreshments will be served. Please call 617-730-2770 to register for the presentation.



Sunday, August 11 at 2 :00 pm

"La Cage Aux Folles"

Georges and Albin enjoy a charmed life on the French Riviera as proprietor and star of a glitzy drag club.

When their son gets engaged to the daughter of a bigoted politician, the limits of love, family, and mascara are put to the test in this hilarious, heartwarming musical. Featuring "I Am What I Am", "The Best of Times", and "With You on My Arm." Cost \$39

Transportation is provided, but space is limited.

To register, please call 617-730-2777. Payment can be made via cash or check. Please make checks payable to the Brookline Senior Center. ALL SHOWS TAKE PLACE AT THE REAGLE THEATRE IN WALTHAM.

BROOKLINE MUSIC SCHOOL CONCERT

BROOKLINE MUSIC SCHOOL

Join us on
**Wednesday,
June 5 at 1:00pm**
for our final
Brookline Music
School concert of
the season. Un-
fortunately, in-

formation about our guest artist was not available at press time, but BMS always sends us wonderful performers so we hope you'll take a chance and pay us a visit! The next season of Brookline Music School concerts will begin in October so be sure to keep an eye on the newsletter for more information.

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.

FREE FUN FRIDAYS

Friday June 28

Lyric Stage Company
Boston Ma.

Tours beginning at 11:00 am
617-585-5678

Cape Ann Museum
Gloucester Ma.
10:00am-5:00pm
978-283-0455

Clark Art Institute
Williamstown, Ma.
10:00am-5:00pm
413-458-2302

MIT Museum
Cambridge, Ma.
10:00am-5:00pm
617-258-9116

Nichols House Museum
Mount Vernon St. Boston, Ma.
10:00am-5:00pm
617-227-6993

The Mount: Edith Wharton's Home
Lenox, Ma.
10:00am-3:00pm
414-551-5100

Wenham Museum
Wenham, Ma.
10:00am-4:00pm
978-468-2377

Visitors offered no-cost admission to many of the most treasured cultural venues in Massachusetts. Every Friday, from the end of June through the end of August, multiple sites are open for free. or more information highlandstreet.org/programs/free-fun-Fridays or call 617-969-8900.



REIKI THERAPY

靈氣

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.

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 SURVEY COMING SOON FOR BETS USERS

The Brookline Council on Aging (COA) is working to expand transportation options for older adults living in Brookline. The COA received a pilot grant from the National Councils of Aging and Lyft to promote rideshare as an option for older adults. We are asking current users of the Brookline Elder Taxi Service (BETS) coupon program to answer a few questions about their transportation choices. Expect to see a survey in the mail in few weeks.

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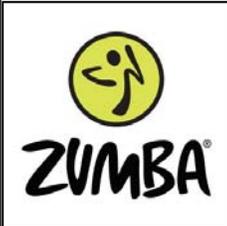
617 - 874 - 0487
www.chestnuthillerrands.com

EASY TRAVEL



Join us on **Thursday, June 13 at 1:30 pm** as Joyce Graff, our Brookline Bees quilting leader and this month's armchair travel host, shares photos and stories from her recent trip to Lisbon, Portugal for a conference.

ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays, June 13 through August 8 from 1:15-2:15 pm.**

NOTE: No Class on July 4. We are pleased to announce that this class is now FREE to everyone thanks to Blue Cross Blue Shield of Massachusetts, in partnership with SilverSneakers®. Stop by and give it a try!

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 ukulele. Join us on **Monday, June 10 from 1:00-2:30 pm.** For more information contact Judy, our uke coordinator at hearojudy51@yahoo.com.

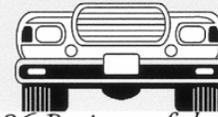
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FRENCH CONVERSATION GROUP



The French Conversation Group meets **on Tuesdays from 12:00-1:00 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.

TRIPPS



Senior MBTA CharlieCard Event The Brookline Senior Center will be hosting a Senior CharlieCard

Event on **Wednesday, June 19 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.

TRIPPS Event will be held 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!

Car-free Day Trips & Sweet Dips You are invited to an ice cream social hosted by TRIPPS on **Thursday, June 27 from 1:00-2:30pm** at the Brookline Senior Center. Space is limited so to register call 617-730-2644. Want to plan a summer daytime getaway but don't want to drive? Come hear about various day trips in and around Boston that you can get to without a car. Your peers will share ways you can get from home to the beach, a summer festival, or that special outdoor concert, all without the hassles of traffic or parking. Senior discounts will be covered. Ice cream will be provided.

Moving? Downsizing?



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karen@movemaven.com



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FROM THE DIRECTOR

June is a splendid month in Brookline with the return of the Farmer's Market, glorious long days, some fabulous annual events as well as some special programs. One of these programs will be held on Thursday, June 6 at 2:00 pm. The 16th annual concert in memory of Marie Lavine will feature the outstanding Winiker Band. The Winikers need no introduction to Brookline—they are fabulous musicians and entertainers who personally knew Marie. The concert will include vocalist Cindy Gale accompanied by pianist, Neil Greene. Cindy is a talented musician who regularly performs with the Winiker's. Ms. Gale will entertain us from the Great American Song Book. Afterwards, join us at the delectable dessert buffet including chocolate chip cookies, Marie's favorite. This is one concert not to be missed! We appreciate Marie's daughters, Eileen and Kathy, who lovingly sponsor this annual event in memory of their dear mother.

On Sunday, June 2 from 3:00-7:00 pm the LGBT community celebrates "The Silver Party", a dinner dance at the Brookline Holiday Inn on Beacon Street. Pride activities allow LGBT seniors to know what it feels like to be out, open and supported in the community. We will have a couple of free tickets. See me if you want to attend. In addition, here at the Brookline Senior Center, we are celebrating Pride month with several programs—see pg. 18 and 19 for the details.

Our Theater Club is back for fantastic summer shows. The first is "Mame" at the Reagle Theatre on Sunday, June 23rd at 2:00 PM. Transportation is provided, but space is limited. To register, please call 617-730-2777. The July and August shows are also on sale.

Finally, Happy Father's Day to the fathers and grandfathers. My father was a very special man. He was a teacher and humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here in the Senior Center as one of his lessons was to always be warm and welcoming and open to all people by striving to make the world a better place one kind act at a time. Please join me in doing something extra nice this month for someone in his memory.

-Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

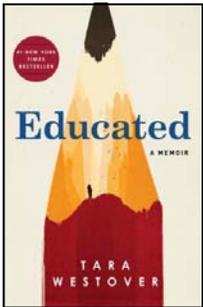
Did you know that "exercise is the only thing that helps everything associated with aging"? That's according to Dr. Janice Schwartz, a professor of medicine at the University of California, San Francisco. I am continually amazed by the amount of new research that confirms the value of fitness for older adults. It improves physical health, boosts memory, and helps prevent dementia!

Thanks to Blue Cross Blue Shield, our Zumba Gold class is now free! Join us for this class on Thursdays at 1:15 PM. We also continue to fundraise for scholarships for the fitness center. Please join me in supporting these important fitness programs. Our fiscal year ends on June 30—your contribution today will help sustain these programs for our next fiscal year.

-Betsy Pollock, Board President

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, June 17 Educated by Tara Westover.

LBGT PRIDE MONTH AT GODDARD HOUSE



Goddard house is celebrating their first Pride Month by holding events throughout June, all of which are open to the public:

BBQ on the Deck Saturday, June 15 at 11:00
Enjoy a celebratory barbecue on our back deck!

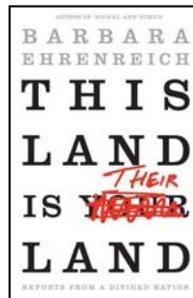
White Party Thursday, June 27 at 6:00 pm
Come party with Goddard House and wrap up LGBT Pride Month in style. Dress to impress in your best white outfit!

For more information, please contact 617-731-8500

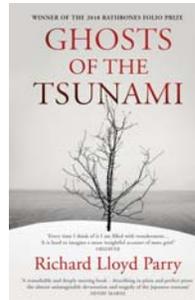
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

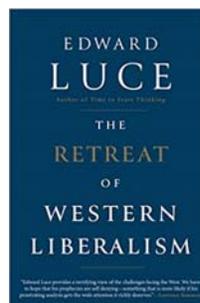
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth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



Tuesday, June 25 This Land Is Their Land: Reports from a Divided Nation by Barbara Ehrenreich (Metropolitan Books | Henry Holt & Co., Inc.)



Tuesday, July 23 Ghosts of the Tsunami: Death and Life in Japan's Disaster Zone by Richard Lloyd Parry (MCD/ Farrar, Straus and Giroux).



Tuesday, August 27 The retreat of Western Liberalism by Edward Luce (Atlantic Monthly Press).

Tuesday, September 24 The Death of Expertise: The Campaign Against Established Knowledge and Why It Matters by Tom Nichols (Oxford University Press).

CELEBRATING PRIDE AT THE BROOKLINE SENIOR CENTER

June 28th marks the 50th anniversary of the Uprising at the Stonewall Inn in Greenwich Village, New York. For five days in 1969, members of the Lesbian, Gay, Bisexual, and Transgender community united in protest against brutal raids on LGBT spaces and police violence against LGBT people. In 1970, they marked the anniversary with the Christopher Street Liberation Day March. In the years that followed, Pride has been a protest, a statement of defiance, a community celebration, and an expression of love.

This year, the Brookline Council on Aging has joined Agewell Equality, a collaborative

of Boston-area agencies working together to make Elder Services friendly and useful for the LGBT 60+ community. We've created a Brookline LGBT Seniors group on Meetup.com, and are seeking out community partners for LGBT-focused programming. We want to do more.

The Brookline Senior Center welcomes everyone, and celebrates diversity in age, race, income, disability, sexual orientation, gender identity, ethnicity, and religious background. Our goal is to create programming for people of all sexual orientations and gender identities, with opportunities for LGBT socialization, education, and solidarity. We welcome all suggestions, from one-time presentations to weekly meet-ups. Please call Kate Jovin, LICSW at 617-730-2751.



THE DIALOGUE STARTS HERE.
Hello
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**THE CONVERSATION GAME
FOR LIVING AND DYING WELL**

LGBTQ community members of all ages are invited to one of the most important conversations in your life.

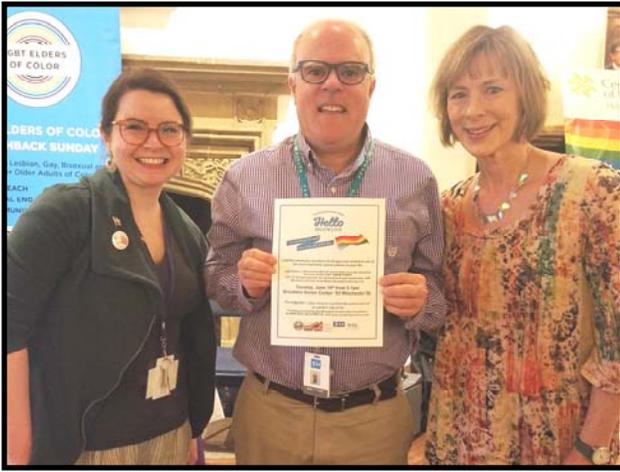
Light dinner, followed by HELLO, led by Bob Linscott, Assistant Director of the LGBT Aging Project
Tips for being prepared, for yourself and your loved ones, with Michelle LaPointe, from Wade Horowitz LaPointe LLC

Tuesday, June 18th from 5-7pm
Brookline Senior Center- 93 Winchester St.

To register: <https://tinyurl.com/HelloBrooklineJune18>
or call 617-730-2770

Funding provided by the Brookline Community Foundation
To learn more about HELLO, visit www.commonpractice.com





Pictured: Kate Jovin LICSW Brookline Council on Aging; Bob Linscott, Asst. Director of the LGBT Aging Project; Laura Baber, CCB Outreach & Program Coordinator

STONEWALL 50



LOOKING BACK. LOVING FORWARD.

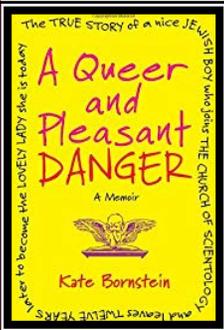


Join us on **Monday, June 17 at 1:00 pm** for a special program in recognition of the 50th Anniversary of the Stone-

wall Uprising. Marvin Kabakoff, our presenter, will provide a brief overview of LGBT history including life before and after the Stonewall Uprising. In addition, he'll speak about the modern LGBT movement, how AIDS impacted the LGBT community, the gains that have been made in the past 50 years and the problems that still exist. It should be an interesting and informative program so we hope to see you there!

Marvin is a board member of the History Project (www.historyproject.org) and was an archivist for the National Archives for 37 years. As such, he'll also speak about the importance of documenting LGBT history and the History Project collections. To register, please call 617-730-2770 or email: bit.ly/Stonewall50Brookline.

RAINBOW CINEMA



The Brookline Senior Center LGBT Meetup Presents:
Kate Bornstein is a Queer and Pleasant Danger (2014)
Thursday, June 27 at 6:00 pm
 73 minutes
 Directed by Sam Feder

“Transgender dyke. Reluctant Polyamorist. Sadomasochist. Recovering Scientist. Pioneering Gender Outlaw. Meet Auntie Kate.”

This film contains substance use and salty language. Viewer discretion is advised.
 RSVP Kate Jovin, LCSW at 617-730-2751 or visit bit.ly/RainbowCinemaJune27



NOTE: SEE PAGE 17 FOR SPECIAL EVENTS AT GODDARD HOUSE THIS MONTH.



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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.

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.

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.

THRIFTY THREADS

210 Harvard Street, Brookline Ma.

Hours: Fridays from 1:00-4:00pm
Saturdays from 11:00 to 3:00pm

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Proceeds benefit the emergency fund for people in our community



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

FAMILY TIES GOT YOU IN KNOTS?

PRESENTED BY
DR. RUTH NEMZOFF

Tuesday, June 11, 2019

Refreshment reception 5:30-6 pm

Program with Q&A from 6-7:30 pm

How can we continue to create close relationships with our adult children while respecting their independence as we each muddle through various changes in life? Join Dr. Ruth Nemzoff, author of *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Your Adult Children*, as she addresses this important question.



Families need each other at the beginning of life, the end of life, and for all of the crises in between. How can we facilitate discussions so that our children, nieces, and nephews understand our needs and our wants? How can we discuss financial matters and end of life issues?

Dr. Nemzoff is a Resident Scholar at Brandeis University Women's Studies Center. She is also the author of *Don't Roll Your Eyes: Making In-laws into Family*, and she has given over 350 lectures on family dynamics.

This program is sponsored by Brookline-CAN and its founding partners. Program is fee, but preregistration is required. Books will also be available for sale. To register, please call 617-730-2770 or email rsvp@brooklinecan.org.

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, smart phone, or navigating the internet? We have computer volunteers available to help you on **Tuesday afternoons from 12:00-2:00 pm.** 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.** 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'.

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AT THE CIRCLE**
AN OVER-62 COMMUNITY

JUNE 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, June 18** we celebrate June birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all June 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.

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine on **Tuesday, June 25** at Greg's, 321 Mount Auburn St., Watertown, 617-491-0122. The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

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MOVIES FOR FILM LOVERS

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



Tuesday, June 4
Can You Ever Forgive Me?

(2018)

1 hr. 45 min.

Lee Israel is a frustrated, hard-drinking author who can barely afford to pay her rent or bills in 1990's New York. Desperate for money,

Israel soon hatches a scheme to forge letters by famous writers and sell them to bookstores and collectors.



Tuesday, June 18

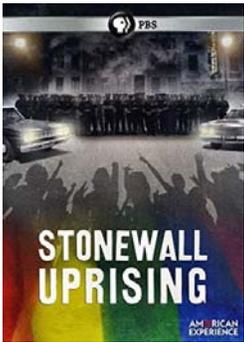
Stan and Ollie

(2018)

1hr. 38min.

Laurel and Hardy -- the world's greatest comedy team -- face an uncertain future as their golden era of Hollywood films remain long behind

them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953.



Tuesday, June 11
American Experience: Stonewall Uprising

(1988)

1hr. 23min.

This documentary is part of American Experience (1988) series, examines the events leading up to what is

now seen as the defining moment in the establishment of the gay rights movement in the United States: the riot at the Stonewall Inn in New York City in the summer of 1969. At that time, homosexuality was not only illegal, it was classified as mental illness.



Tuesday, June 25
The Wedding Plan

(2016)

1hr. 50 min.

When her fiancé bows out on the eve of her wedding, Michal refuses to cancel the wedding arrangements. An Orthodox Jew, she insists that God will supply her a husband. As the clock ticks down.

Taken from: <https://www.imdb.com/title/tt3385524/>

DANIEL PRICE CONCERT



Join Daniel Price, a recent graduate of Berklee College of Music, for an hour of musical entertainment on **Monday, June 10 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 by a musician from Brookline Music School, Daniel will 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.

MAHJONG



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

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!

1-800-243-4636

(1-800-AGE-INFO)



ELF



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away. Unique types of each available. Please call to request these or to donate any items at 617-730-2753.

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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.

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 June we will meet on the 15th 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

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

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JUNE AT A GLANCE

Monday, June 3

1:00-4:00pm Shredding Truck/Senior Center

1:00-2:00pm Identity Theft Presentation***

Tuesday, June 4

1:00pm Movies for Film Lovers-Can You Ever Forgive Me?

Wednesday, June 5

9:00am-12:00noon BLAB

1:00pm Brookline Music School Concert

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

Thursday, June 6

11:00am Ask A Nurse

2:00pm Marie Lavine Concert***

Friday, June 7

Saturday, June 8

Pride Parade

Monday, June 10

1:00pm Daniel Price Concert***

1:00-2:30 Ukulele

Tuesday, June 11

1:00pm Movies for Film Lovers-American Experience: Stonewall Uprising

5:30-7:30pm BrooklineCAN Ruth Nemzoff***

Wednesday, June 12

1:00pm COA Meeting TRIPPS Update

Thursday, June 13

1:30pm Easy Travel Joyce Graff Travels to Lisbon

Friday, June 14

9:30-11:30 Visit from Lincoln School Students***

Saturday, June 15

11:00am Goddard House BBQ*

Monday, June 17

1:00-2:00pm Stonewall 50 Celebration***

2:00-3:00pm Putterham Book Group-Educated by Tara Westover*

Tuesday, June 18

1:00pm Movies for Film Lovers-Stan and Ollie

5:00-7:00pm LBGT HELLO Brookline***

Wednesday, June 19

1:00pm Low Vision Support Group

1:00-3:00pm CharlieCard Event

Thursday, June 20

10:00am-2:00pm Annual Sidewalk Sale

11:00am-12:00pm Blood Sugar Screening

1:00pm Diabetes Program***

1:00-2:00pm Blood Pressure Screening

1:00-2:00pm Brookline Hearing Services

6:30pm Concert at Goddard House*/***

Friday, June 21

Sunday, June 23

2:00pm Theatre Club-Mame***

Tuesday, June 25

9:00-10:00am Public Issues Book Group-This Land Is Their Land: Reports from a Divided Nation

12:00noon Out to Lunch Bunch - Greg's ***

1:00pm Movies for Film Lovers-The Wedding Plan

Wednesday, June 26

1:30pm Memory Café ***

Thursday, June 27

1:00-2:30pm "Car Free Trips and Sweet Dips" ***

6:00pm Rainbow Cinema***

6:00pm White Party at Goddard House*

Friday, June 28

Fun Free Fridays (Events and times on P.12)

-SAVE THE DATE-

Theatre Club***

- Sunday, July 14 at 2:00 pm

"The Sound of Music"***

- Sunday, August 11 at 2 :00 pm

"La Cage Aux Folles"***

To register, please call 617-730-2777

ELKS BBQ - Saturday, July 13 at 1:00 pm

Preregistration begins on Friday, June 28 at 617-730-2770***

ONGOING SENIOR CENTER EVENTS

Monday

8:30am-4:30pm Fitness Center Open—
Membership Required
8:45-10:15am 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 Film 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 ***
10:30am 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

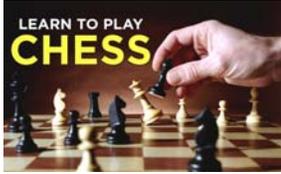
8:30 am-4:30 pm Fitness Center Open-
Membership Required
9:00 am Bridge for experienced players
9:00 am Rummikub
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in
Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 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

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. We are also

pleased to announce that we have a wonderful new volunteer, Joe Miller, who will be at the Center on Thursday afternoons. Joe is always ready to play a game of chess and provide some helpful pointers so stop by and say hello!

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.

SPANISH IMMERSION CLASSES FOR ADULTS

Come and enjoy a 10 week basic grammar, vocabulary and small conversations on **Thursdays Level I from 1:15 – 2:15pm and Level II from 12:00-1:00pm** to register please call 617-953-7016 or email:

brookline.spanish.immersion@gmail.com

Auspiciadores: Spanish Immersion and Brookline Senior Center.



RUMMIKUB



Hedwig Baillie our Rummikub coordinator invites you to drop in and enjoy a quiet game of

Rummikub on **Friday mornings from 9:00-11:30 am.**



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Michelle Quinn
Susanna Stiefel
Kim Sullivan

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- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- We believe an educated consumer is an empowered consumer.
- We believe only you know what's best for you. Our role is to support you.
- We treat our clients like our family.
- We're a small company with a big heart

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-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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Ruth Geller – thanks to the Social Workers
David Stern
Mariah Nobrega

In Honor of:

Clara Chin honoring all volunteers
Steven and Vickie Greenzang honoring Tom Faulhaber
Eleanor Small honoring Jamie Jensen
Constance Warshowsky honoring Claire Goodwin
Anonymous honoring Naomi Flores
Anonymous honoring Claire Goodwin
Wen Yuan Chen in appreciation for Ping Pong

In Memory of:

Jackie Liederman by Tina Levine
Gail Horowitz by Ruthann Dobek
Harry Johnson and Nancy Johnson by Muriel Stark
Gail Horowitz by Sonia and William Wong
Andrea Canzonetti Griffen by Patricia H. Dobek
– for the van

BrooklineCAN Donors:

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New Refrigerator Fund Donors:

Brookline Bank

Expanded Transportation Funds Donors:

Barbara Sloet

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.

BROOKLINE SENIOR CENTER FOOD DISTRIBUTION TEAM



The Brookline Senior Center (BSC) has held a Food Distribution every Tuesday for more than ten years. Up to 101 nearby residents come each week to supplement their food needs by shopping at the Food Distribution. Unlike other food pantries in the area, BSC's program has NO membership, asks NO questions about residency, age or income and allows shoppers to come every week. What really makes the BSC program shine is the dedicated volunteer team, some of whom are shown in the photo above. Whether it is the morning crew that sorts and sets up the incoming food or the afternoon crew who help shoppers make selections and ready the room for the next morning's activities, their ready smiles and welcome not only make the process efficient, but enjoyable. Huge thanks to the team for all your efforts to help provide food security to those who come to the BSC.

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.

ACTIVE OLDER ADULT PROGRAMS



Larz Anderson Walk and Talk

Tuesday, June 4 from 12:00-200pm

Join us for a walk around Larz Anderson Park and a brief talk on the history of the

Anderson Estate with Park Ranger, Alex Cassie. Transportation and snacks included.

Fee (Res/NR): \$5/\$7

Freedom Trail Walk Into History

Thursday, June 20 from 1:00pm-4:30pm.

® Tours – These tours highlights the revolutionary history featuring 11 of Freedom Trail historic sites, including Boston Common, Massachusetts State House, Park Street Church, Granary Burying Ground, King's Chapel, Site of the first Public School, Old Corner Bookstore, Old South Meeting House, Old State House, site of the Boston Massacre, and Faneuil Hall. Begins at the Boston Common Visitor Information Center and concludes at Faneuil Hall. Fee includes transportation and tour.

Fee (Res/NR): \$10/\$14

Island Yoga

Saturday, July 13 from 8:30am-12:30pm

Enjoy an all-levels class overlooking the harbor on Spectacle Island. Fee includes transportation and class.

Fee (Res/NR): \$15/\$20

The pick-up and drop off locations:

- Brookline Senior Center: 93 Winchester
- Street Soule Recreation: 652 Hammond Street

To register for any program call Sara at 617-730-2082 or the Main Recreation line at 617-730-2069.

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.

SHINE

- Are you turning 65 in the next three months?
- Are you over 65 and planning to retire soon?
- Do you understand your Medicare deadlines and options?
- Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors are available all year to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

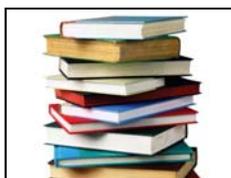
To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A counselor will call you back as soon as possible.

JUNE SPOTLIGHTED VOLUNTEER OPPORTUNITIES:

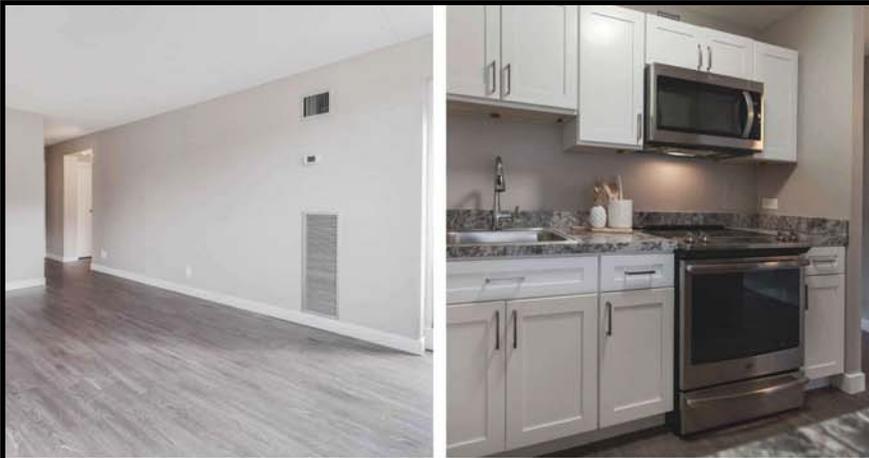


This month's spotlighted opportunities include: Tuesday Food Pantry – strong help in the afternoon (1-4); Food Commodity program on 3rd Wednesday of each month – Russian interpreters mornings from 8:30-12 and people able to help with phone calls and/or lifting 30-35 lbs. in the morning from 9-noon; Photographer – for events and individual portraits; TRIPPS – people interested in helping with transportation issues. 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.

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 receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.



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- Landscaped courtyard and grounds
- Garage & surface parking available
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- Pets welcome with restrictions; monthly fee may apply

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