

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, July 10 1:00-3:00 pm
Sail Away on the Craft of Pastel
Painting (see P. 7).

**Thursday, July 18 from 4:00-6:00
pm Gallery 93** Reception with the
Artist (See P. 19).

Thursday, July 25 at 1:00 pm
Personal Computer Security, Integrity,
and Recovery (See P. 7).

75th Anniversary of the Battle of
Normandy Thank You! (See P. 24).

Brookline Recreation Active Older
Adult Programs (See P. 33).

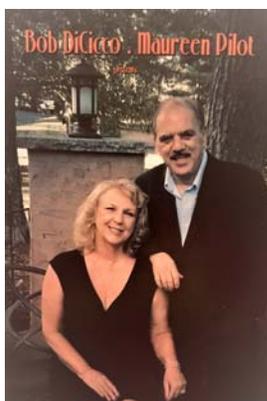


JULY 2019

AMERICAN SONGBOOK

WITH

BOB DICICCO & MAUREEN PILOT



Join us on **Monday, July 22 at 1:00 pm**, as Bob DiCicco and Maureen Pilot take you on a musical journey of The American Songbook and other great jazz standards. Who can resist the beautiful melodies of Cole Porter, George Gershwin, Irving Berlin, Jule Styne, Sammy Cahn, et al.? So, take a step back in time and let Bob & Maureen perform the music of the "Soundtrack of Your Lives." We hope to

see you there! To register, please call 617-730-2770.

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 Brookline 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.

INDEX

Age Friendly TV Show.....29	Observances, July.....3
American Songbook Concert.....1	Ongoing Senior Center Events.....27
Ask A Nurse.....4	Ping Pong.....12
Assistive Technology, Vibrant Program.....12	Reiki.....13
At a Glance, July.....26	Rummikub.....28
Autumn Benefit-Save the Date.....9	Sail Away on the Craft of Pastel Painting.....7
Barbara's " T" Tips33	Services, Senior (BETS, BLAB, File of Life, HELP, SNAP, SHINE, Social Security).....6
BETS Survey.....19	SHINE.....15
Board President.....20	Spanish Immersion.....28
Book Discussion Group, Public Issues17	Staging your home program.....3
Book Discussion Group, Putterham.....17	Tax Abatement13
Brookline Bees.....8	Theater Club.....11
BrooklineCAN.....21	Thank You....."32-33
Brookline Recreation Active Adult programs.....17	TTP (formally known as ICARE).....4
Bridge, Experienced Players.....28	Travel, Easy.....11
Chess.....28	TRIPPS10
Chess, Learn to Play.....28	Vibrant Technology.....12
Chronic Pain Self Management.....3	Ukulele.....14
Chorus.....16	Volunteer Opportunities.....34
COA Meeting.....28	Zumba Gold.....14
Computer Lab.....21	
Director, From the.....16	
ELF5	
ELKS BBQ.....3	
Fitness.....4	
File of Life.....33	
Food Distribution.....19	
Food Bank, Greater Boston.....34	
French Conversation.....19	
Fun Free Fridays.....12	
Gallery 93.....19	
Geriatrician, Ask a.....5	
Handicapped Access.....21	
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach).....4	
Hearing Services, Brookline4	
LGBT Out 2 Brunch Bunch.....25	
Let's Go Out To Lunch Bunch.....23	
Library Connection.....34	
Living Our Values20	
Luncheon Special.....23	
Mahjong25	
MAZL TOV Chorus.....3	
Memory Café.....8	
Movies for Film Lovers.....24	



The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)
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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

JULY OBSERVANCES



On **Thursday, July 4**, the Senior Center will be closed as we celebrate Independence Day, a great day to go to the ocean, to barbecue, or to have a clam-bake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday.

STAGING YOUR HOME FOR A SUCCESSFUL SALE



Staging is the process of presenting your home to showcase its best assets. If you are thinking of downsizing or moving, staging is an important first

step. It can increase the value of your home exponentially, but it can also be expensive if you hire a professional. Join us on Thursday, July 18 at 1 pm as Betsy Millane, Realtor, Keller Williams, teaches you how to stage your home economically using your own accessories and furniture, to bring out its beauty and personality. This class will be interactive so bring photos of your home's problem areas. We will also look at before and after photos that may inspire you to create wonderful displays. Space is limited so call 617-730-2770.

CHRONIC PAIN SELF -MANAGEMENT WORKSHOP SERIES

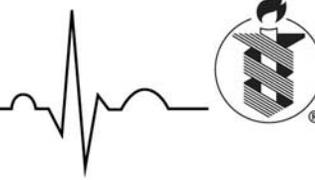


This **six week interactive workshop**, co-facilitated by Carol Oliva and Alice McCarley, was developed by Stanford Univer-

sity to help you increase confidence in your ability to manage your chronic pain. As a participant, you will learn: techniques to deal with frustration, fatigue, isolation, and poor sleep, exercises to maintain or improve strength, flexibility, and endurance, appropriate use of medications, better communication with family, friends, and health professionals, and much more. **Sessions are on Wednesdays, July 10 – August 14 from 9:30 am-12 noon.** Workshop series is free, but preregistration is required by calling 617-730-2770. Please note that this class requires a minimum of 10 participants to run and participants are encouraged to attend all six sessions.

MAZL TOV CHORUS

Come to the Senior Center on **Wednesday, July 17 at 1:00 pm** for a performance by the Mazl Tov Chorus. This group, founded in 2005, is under the direction of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the Chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized housing, rehab centers and at the Senior Center! Their repertoire includes songs in English, Russian, Ukranian, Yiddish, Hebrew, and Spanish. This performance is sponsored by the Senior Center, but the Chorus is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc.- Boston. To register, please call 617-730-2770.



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, August 1 at 11:00 am.** **NOTE: The July Ask A Nurse is cancelled due to the holiday. See you in August!**

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, July 17 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, July 18 from 1:00-2:00pm at the Senior Center

Wednesday, July 3 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, July 18 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.

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 Brookline 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.**

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:

As an 80-year-old senior I have just been diagnosed with a case of sciatica from my hip all the way down to my ankle. I have taken physical therapy and have done my exercises religiously. I have done the Advil and have tried my best to wear things around my ankle to make the pain in my daily life less miserable. I would like Dr. Salamon to tell me if there's anything special that I can do to eliminate this problem without surgery and what else you can tell me about this particular ailment.

ANSWER:

The sciatic nerve is the longest nerve in the body. It starts in the lower back, travels down the buttocks and then down each leg. As the nerve leaves the spinal cord and the spine, it can be compressed by a bulging out of the spine of one of the discs, called a herniated disc. This is a common cause of inflammation and pain of the sciatic nerve called "sciatica". Other causes of sciatica are arthritis and lumbar spinal stenosis, both of which "squeeze" the sciatic nerve. Accidents such as car accidents and falls can cause the same symptoms. Even over-exercising, such as weightlifting, can cause the nerve to become inflamed and painful.

There are some risk factors that can make sciatica more likely. Although it can happen to anyone, it happens more in older people, people who are overweight and people who sit a lot. Exercising may help prevent sciatica.

Sciatica can be quite painful. However, the good news is that it nearly always goes away, even though it may take weeks, so try not to be discouraged.

In addition to anti-inflammatory drugs such as ibuprofen or naproxen, alternating with heat and cold can be helpful-you have to experiment to see which helps you feel better. Put the ice or heating pad where it hurts. Sometimes deep muscle massage can help. If the pain is unrelenting, a steroid injection by an orthopedic surgeon or pain specialist can help give you some relief.

Some people do have surgery, but the studies show that most people do well by 6-12 months with or without surgery.

-I hope you feel better soon!-

QUESTION:

Should I get the new shingles vaccine?

ANSWER:

The first shingles vaccine, called Zostavax, became available in 2006 to prevent shingles! However, it was less effective in adults older than 80, when people are more likely to get shingles. Then in 2017, a new shingles vaccine, called Shingrix, was developed, which is far more effective than the original Zostavax, regardless of age. The Shingrix vaccine not only gives increased protection against shingles, it also helps prevent post herpetic neuralgia. Unlike the first shingles vaccine, the new Shingrix vaccine requires 2 injections given 2 to 6 months apart in the arm. Shingrix is recommended for adults older than 50, even if you have already had shingles, have already gotten the older shingles vaccine or are not sure if you had chickenpox in the past.

-taken from Dr. Salamon's August 2018 note

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 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, July 10 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.

ANNUAL HOLIDAY CRAFT FAIR MEETING



It's that time of year again! Time to start planning for our Annual Holiday Craft Fair. Our first meeting will be held at the Senior Center on **Monday, July 8 at 1:00 pm** and all are welcome. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. Let's make this our most successful year yet!

PERSONAL COMPUTER SECURITY, INTEGRITY, AND RECOVERY



You're experiencing problems with your computer, problems that you just can't fully resolve. Join Alan Shepro, Senior Center volunteer and recently retired career IT customer service specialist, on **Thursday, July 25 at 1:00 pm** to talk about what you can do and what you need to know to get your computer back to the way it was when you first bought it. This will not be a technical talk, but rather a discussion on how to avoid things going wrong. To register, please call 617-730-2770.

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SAIL AWAY ON THE CRAFT OF PASTEL PAINTING

FEEL THE BREEZE AND PASTEL PAINT IT, TOO!



Gregory Maichack will make his annual visit to the Senior Center on **Wednesday, July 10 from 1:00 -3:00 pm** to present his adult hands-on

pastel painting workshop, "Sail Away on the Craft of Pastel Painting." This workshop is designed for sheer beginners to experienced artists. You'll learn to make light luscious as you develop (or begin) your pastel painting skills with this new 2-hour workshop. Using references and Maichack's pastel version of Monet's Impressionist painting, "Sailboat at Le Petit-Gennevilliers," you'll create your own 12" x 18" pastel painting to take home. Come and experiment with professional-grade pastels, pastel pencils and paper. You can make it in your own style, realistic or Impressionistic. Maichack is an award winning artist who creates a supportive and positive environment for his workshops and questions are encouraged. To learn more about Greg Maichack, please visit his website at www.gregorymaichack.com. This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency supported by the Massachusetts Cultural Council. Space is limited, so please call 617-730-2770 to register.



MEMORY CONNECTIONS CAFÉ



On Wednesday, July 24 from 1:30-3:00pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participants

participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by Presentation Rehabilitation & Skilled Care Center.

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 am** 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

Helping to impose order on chaos!

Contact Jen Grella

617 448 3771

Jennifer.Lynn.Grella@gmail.com



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Philips HomeSafe with AutoAlert (fall detection) automatically places a call for help if it detects a fall and you cannot push your help button when at home.

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Choose the right solution for you.

For More Information call: 617-499-5525

save
the date

WEDNESDAY
23 OCT 2019

Eighteenth
Annual
autumn

BENEFIT

Join us as we honor
State Senator Cynthia Stone Creem
Majority Leader
Advocate for older adults



Support Brookline Senior Center

Sponsorship Levels

All sponsorships include listing on our website and in *Senior News & Events*. Diamond and Ruby sponsors receive special signage and public acknowledgment.

- DIAMOND—\$2,500+** 8 tickets to event, acknowledgment in the invitation and a full page ad in the program book.
- RUBY—\$1,000—\$2,499** 6 tickets to event, acknowledgment in the invitation and a full page ad in the program book.
- SAPPHIRE—\$750—\$999** 4 tickets to event, acknowledgment in the invitation and a half page ad in the program book.
- EMERALD—\$500—\$749** 2 tickets to event, acknowledgment in the invitation and a half page ad in the program book.
- TOPAZ—\$300—\$499** 2 tickets to event, acknowledgment in the invitation and a business card size ad in the program book.

Enclosed is a check for \$_____ payable to the Brookline Senior Center. Or you can use a credit card on our website, www.brooklineseniorcenter.org. Individual tickets are available for \$100 and \$65 for seniors.

Kindly respond by **Friday, August 16, 2019** to be included in both the invitation and program book.

Questions? Contact Ruthann Dobek 617.730.2756 or rdobek@brooklinema.gov

Name(s)/Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Email: _____

*Brookline Senior Center is a non-profit 501(c)(3) organization.
All donations are tax-deductible to the extent of the law.*

Center Communities of Brookline

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1550 Beacon Street



100 Centre Street

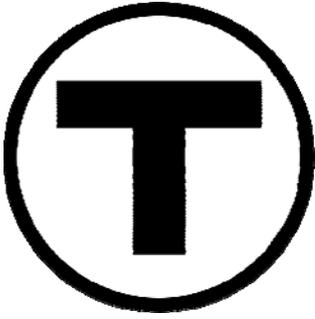


112 Centre Street

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



MB“T”A TRAVELERS OUTING TO THE BOSTON PUBLIC LIBRARY



The next lunch outing for the “T” Travelers will be to the Boston Public Library! Join us on **Friday July 26** for another fun lunch outing. This month we will enjoy the variety of events and exhibits happening at the Boston Public Library on Fridays! Participants can take their pick from a variety of activities happening at the library. View a live taping of Boston Public Radio with Jim Braude and Margery Eagan or enjoy a lunchtime Concert in the Courtyard with the Boston Youth Symphony Orchestra: Intensive Community Program. There are several cafes in the Boston Public Library where participants

can enjoy a light lunch.

The Senior Center bus 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 at Copley, which is directly next to the Boston Public Library. The bus 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. The trip will be on **Friday, July 26 from 9:30 am - 1:30 pm.**

Thinking about downsizing or selling your home?

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

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



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**STEP 1
WE GET YOUR HOME
READY FOR SALE.**

Organizing, decluttering, painting, repairs, junk removal, deep-cleaning, staging, and curb appeal

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WE HELP YOU MOVE.**
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**STEP 3
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— Gerry C., Newton

SPOTLIGHTED VOLUNTEER



Patricia Ahlin (Pat), originally from Newfoundland, Canada moved to Brookline in 1966. She had the good fortune to work with Sherry Lee, a long time dedicated and past BSC Volunteer of the Year Award winner, for many years. It was Sherry who encouraged Pat to come to the BSC, enjoy

the programs and start volunteering in October 2015. Pat has worked checking seniors in at the lunch program, helped with TRIPPS, is a COA member and member of other ad hoc committees, but her favorite volunteer spot is at the reception desk greeting and conversing with so many interesting seniors. She feels that her volunteering is an absolute win/win connection and those who nominated her for Volunteer of the Year agree. Pat says that she is so impressed by how much such a small staff and huge volunteer group can do.

EASY TRAVEL



Join Alan Novick, photographer and this month's arm-chair travel host, on

Thursday, July 11 at 1:30 pm as he shares his recent trip to Israel. We'll "visit" Jerusalem, then everything from Tel Aviv to the Golan Heights, from Masada to Haifa. After a career in IT, Alan returned to his first love of photography and the images from his trip to Israel are sure to delight so we hope to see you there!

THEATER CLUB



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



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.

**PROUD TO SUPPORT THE
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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

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

Friday, July 5

Old Manse Trustees
Concord, MA.

10:00 am-5:00 pm

The Telephone Museum
Waltham, MA.

10:30am-3:00 pm



Friday July 12

Museum of Fine Arts
Boston, MA.

10:00 am-10:00 pm

New England Quilt Museum Lowell, Ma

10:00 am-4:00 pm

Gloucester Stage Company 39 Steps

267 Main Street Gloucester

Box office opens at 11:00 am

Friday, July, 19

Arnold Arboretum
Boston, MA.

10:00 am-3:00 pm

Friday, July 26

Isabella Stewart Museum
Boston, MA.

11:00 am-5:00 pm

Edward M. Kennedy institute of U.S. Senate

210 Morrissey Blvd, Boston

10:00 am-5:00 pm

Commonwealth Shakespeare Company

139 Tremont Street Boston

6:00 pm until over.

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.

STOP & SHOP COMMUNITY BAG PROGRAM



The Brookline Council on Aging has once again been chosen by the Stop & Shop located at 155 Harvard Street as the latest non-profit to benefit from the Community Bag Program. This means that for the entire month of July, for every community bag you purchase, at a cost of \$2.50, the Council on Aging will receive a \$1 donation. Thank you for your support! For more information on the Stop & Shop Community Bag Program, visit stopandshop.bags4mycause.com.

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.

TAX ABATEMENT PROGRAM



The Tax Abatement program has a couple of slots to fill in the coming 2020 fiscal year. Potential participants must be over 60 and property owners in Brookline. They must meet low income guidelines (below \$62,450). Participants will be expected to work for 125 hours between July 1st and March 15th in a Brookline Town Department in order to receive the abatement of \$1,350. While we try our best to find placements in town departments, we cannot guarantee that a placement will be available. Please call Deidre Waxman, LICSW with questions or to set up an interview at 617-730-2767.

Chestnut Hill Ride/ Chestnut Hill Errands & More

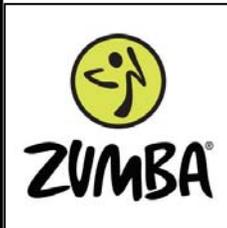
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ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays, 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, July 15 from 1:00-2:30 pm.** For more information contact Judy, our uke coordinator at hearojudy51@yahoo.com.

Moving? Downsizing?



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for a free consultation!

617.455.1964

karen@movemaven.com




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MEDICARE'S FREE PREVENTIVE SERVICES



Many preventive services are covered by Medicare with no deductible or co-pay. These services are free whether you have Original Medicare or a Medicare Advantage

plan, such as an HMO. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you may need. There are rules which state when and how often Medicare will pay for these.

Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Bone mass measurements
- Cardiovascular screening
- Diabetes screening and prevention program
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. 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 volunteer will call you back, as soon as possible.

THE DEMENTIA FRIENDLY EXPERIENCE IS COMING TO BROOKLINE

Do you or your staff ever feel unsure of how to help customers or clients who are exhibiting memory loss or confusion? Do you have neighbors or friends that are experiencing signs of memory loss or confusion? If you've ever wanted to explore a way of becoming more understanding and empathetic towards people in this situation you should attend the 1-hour Dementia Friendly Experience. Sessions will be offered at **the Brookline Senior Center (93 Winchester Street, Brookline) on Monday, July 15 at 1:00pm and on Wednesday, July 31 at 3:00pm.** A maximum of 24 attendees for each session will go through the workshop so please select the date that is most convenient for you. This program is free of charge and a first come - first served RSVP only event. This event is co-sponsored by The Goddard House, The Brookline Senior Center and Brookline Community Aging Network. Call 617-730-2770 soon to reserve your seat.

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.

TUESDAY MODERN DANCE PARTY

Modern Dance is on vacation until September. Please watch the August newsletter for an update.

FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much at the Senior Center. Come in to enjoy special events as well as our regular programming that will happen all summer long. And remember—stop by if there is a heat wave as we are a cooling center for your comfort.

On Saturday, July 13 at 1:00 PM we welcome back the Elks, who generously host the Annual Barbeque. Reservations can be made at the reception desk downstairs, or by calling 617-730-2770. Please thank the Elks for their generous program here at the Center. Other special events to attend include the Mazl Tov Concert on Wednesday, July 17 at 1:00 PM featuring songs in English, Russian, Ukrainian, Yiddish, Hebrew, and Spanish, and a performance on July 22 at 1:00 PM by Bob DiCicco and Maureen Pilot who will take you on a musical journey of The American Songbook and other great jazz standards. The Theater Club certainly is not taking the summer off! Make your reservations now to see two great summer shows. The Club will be visiting the Reagle Theatre for The Sound of Music on Sunday, July 14, and La Cage Aux Folles on Sunday, August 11. Please make your reservations early as tickets are selling quickly.

This summer we welcome a variety of student interns to the Senior Center, including Betel. When you see the students in the building, give them a warm welcome and chat with them!

The heat of summer will be felt as Emily Brenner continues her great workout Zumba Gold classes on Thursday afternoons. 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®. If you haven't already given to support our fitness programs please do so today.

I'd like to share a recent thank you received from Brookline Housing Authority's ESOL program—"uplifting immigrant learners in Brookline through the teaching of English"—after the Senior Center hosted their recent graduation event:

"Thanks to you and the Senior Center for contributing your space...It was a fantastic venue and your support helped with key behind-the-scenes details as well from transportation to clean-up. Very grateful for all you do!"

Finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially look forward to eating juicy grilled burgers, sweet watermelon, and fresh corn on the cob. Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool- come to the Senior Center to enjoy our air conditioned building, drink extra water this month, and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors.

Ruthann Dobek-Director

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Adult &
Community
Education

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& C**

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new classes
starting soon!*

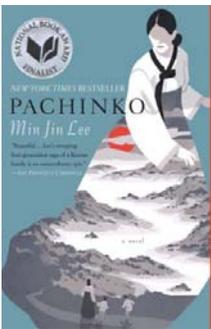
www.brooklineadulted.org
617-730-2700

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.

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. **Please NOTE: we will be on vacation during July and August. See you in September!**



Monday, September 16
Pachinko by Min Jin Lee

ACTIVE OLDER ADULTS PROGRAMS

Sponsored by Brookline Recreation



Saturday, July 13 from 8:30am-12:30pm Island Yoga Spectacle Island Boston Harbor
Includes transportation and class
Fee (Res/NR): \$15/\$20



Thursday, July 25 from 10:00am-3:00pm Guided Canoe Tour
Charles River Newton
Includes transportation, guided

tour and canoe rental
Fee (Res/NR): \$25/\$34

Pick-up and drop off locations:

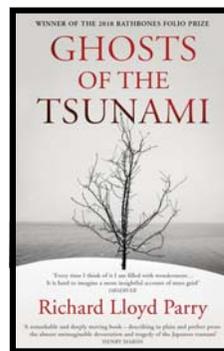
- Brookline Senior Center 93 Winchester St.
- Soule recreation Center 652 Hammond St.

Registration: call Sara at the Brookline Recreation Center 617-730-2082

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

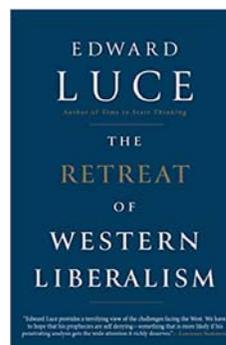
at the Brookline Senior Center

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**.



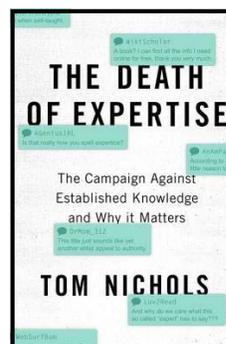
Tuesday, July 23

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



Tuesday, August 27

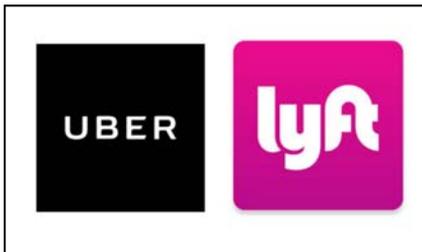
The retreat of Western Liberalism by Edward Luce (Atlantic Monthly Press).



Tuesday, September 24

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

JANE'S TIPS FOR RIDING WITH UBER/LYFT



TRIPPS volunteer and ride-sharing expert Jane has the following tips for older adults looking to start (or continue!) riding with Uber and/or Lyft. If you are nervous about using a new app or just using your smartphone in general, practice using your phone on a regular basis to do other things like look at photos of your grandchildren or read news articles.

- Download both Uber and Lyft. You can do comparison shopping for who has the cheapest prices when you are looking to go.
- It's easier for a driver to find you if you enter an actual address or name of business into the "current location area" of the app. Don't just depend on your GPS location on the map (pin).
- When entering your destination address, make sure the address is for the town or city you are traveling to (there are a lot of Washington Streets out there).
- While waiting, stand somewhere where you feel safe and the driver can safely pull over. Keep your phone on the app and in your hand so the driver can identify you.
- Make sure the license plate number, and the name of the driver given to you on the app matches the one of the car you are getting into.
- Familiarize yourself with the safety features of the app and maybe even have a buddy to whom you send your ride on their phone for them to track your ride in real time. You do not need to give the driver a tip in cash. The tip can be added after the ride in the app.
- Double-check to make sure you have all your belongings when you leave the car. There is a way to retrieve lost belongings in the app but you cannot contact your driver again once you've exited the vehicle.

Advocate for yourself! If you need help with bags/packages or buckling your seatbelt or getting out of the car, you can ask the driver to help you.

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.

GALLERY 93

ART FOR PLEASURE ARTISTS

Ina Chertok, Joel Covitz, Elena Khanina,
Renee Marshall, Lyudmila Rudyakov,
Nancy Van Zant, Tamara Shilmayster,
Kea van der Ziel, Florence Warren,
Claire Weston

Instructor: Rebecca Loechler



Hours: Monday-Friday 8:30-5:00
July 8-August 30

RECEPTION WITH THE ARTISTS

July 18. from 4:00-6:00 pm

BETS: NEW SURVEY COMING SOON

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 a few weeks. If you have any questions or need assistance, please call Maria at (617)730-2644.

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.



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FROM THE BOARD PRESIDENT

Your Support is Critical to What we Do!

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. Your gifts are essential to keep the van running, expand transportation options, support fitness programs as well as to fund furnishings, improvements, and innovative programs for the Senior Center. (The Town of Brookline covers only 70% of our annual budget.) You can be proud of our strong community. Please be as generous as you can be. Donations to our non-profit can be made by check to "Brookline Senior Center" or online at www.brooklineseniorcenter.org (Deductions are tax-deductible to the full extent of the law. EIN 04-2719972) Please also consider recurring gifts as well as a legacy gift or include us in a bequest.

*With Much Appreciation,
Betsy Pollock*

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.

THRIFTY THREADS

210 Harvard Street, Brookline Ma.

Hours: Fridays from 1:00-4:00pm

Saturdays from 11:00 to 3:00pm

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

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.

BROOKLINECAN NEEDS VOLUNTEERS



Help BrooklineCAN (Brookline Community Aging Network) by joining a team of volunteers who provide support at BrooklineCAN educational and community events. It's a great way to attend some of our wonderful programs and contribute to the work of BrooklineCAN. We're looking for members who enjoy meeting and greeting and who can help attendees sign in and receive information about BrooklineCAN and any other hand-outs for the event.

There's lots of flexibility. You choose the events that fit your schedule, so your commitment could be as few as a couple of events a year or more.

Since we work in teams, you would always have someone to share the welcoming role. You will love all the ways BrooklineCAN engages people around advocacy, social and educational events, and practical services. Let's work together! Call or email BrooklineCAN if you want to volunteer with us. Call today - 617-730-2777, or email info@BrooklineCAN.org.

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

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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JULY 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, July 16** we celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July birthday celebrants. We also want to thank our friends at Wingate Residences at Boylston Place 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, July 30** at Pho Lemongrass, 239 Harvard Street Brookline 617-731-8600. 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 July at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.



Tuesday, July 2

***The Wife* (2017)**

1hr. 26min.

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.

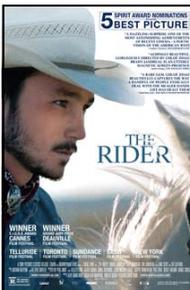


Tuesday, July 9

***Magician: The Astonishing Life and Work of Orson Welles* (2014)**

1hr. 31min.

A look at the life and work of the great theatre, radio and film artist.

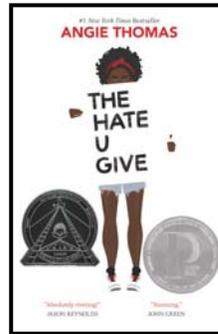


Tuesday, July 16

***The Rider* (2017)**

1hr. 44min.

After suffering a near fatal head injury, a young cowboy undertakes a search for new identity and what it means to be a man in the heartland of America.



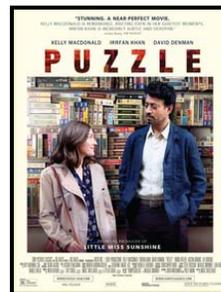
Tuesday, July 23

***The Hate U Give* (2018)**

2hr. 13min

Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Now, facing pressure from all sides of the community,

Starr must find her voice and stand up for what's right.



Tuesday, July 30

***Puzzle* (2018)**

1hr. 43 min.

Agnes, taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world - where

her life unfolds in ways she could never have imagined.

75TH ANNIVERSARY OF THE BATTLE OF NORMANDY

THANK YOU TO ALL OUR VETERANS



Memorial in Bedford Virginia

During World War II (1939-1945), the Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as D-Day, when some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history and required extensive planning.

-Taken from the History Channel

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



The program has a number of bed rails to give away. Please call to request these or to donate any items at 617-730-2753.

Healthy adults, 18-85,
Needed for noninvasive study of
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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 July we will meet on the 20th 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., Client



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

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JULY AT A GLANCE

Tuesday, July 2

1:00pm Movies for Film Lovers-*The Wife*

Wednesday, July 3

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

Thursday, July 4

**NOTE: Ask A Nurse will return on August 1
Fourth of July Holiday Senior Center Closed**

Friday, July 5

Fun Free Friday's (See P. 12)*

Monday, July 8

1:00pm Annual Craft Fair Meeting

Tuesday, July 9

1:00pm Movies for Film Lovers-*Magician: The Astonishing Life and Work of Orson Welles*

Wednesday, July 10

9:00am-12:00pm Brookline Legal Assistance

9:30am-12:00pm Chronic Pain Management Workshop***

1:00-2:00pm Age Friendly TV Show-
Screening Recreational Marijuana in Brookline

1:00-3:00pm Sail Away on the Craft of Pastel
Paint It Too!***

Thursday, July 11

1:15-2:15 Zumba Gold

1:30 Easy Travel-Israel

Friday, July 12

Fun Free Fridays (See P. 12)*

Saturday, July 13

8:30am-12:30pm Island Yoga with Brookline
Recreation***/*

1:00pm ELK's Barbecue***

Sunday, July 14

2:00pm Theater Club to see *The Sound of Music****/*

Monday, July 15

1:00pm The Dementia Experience

1:00-2:30pm Ukulele Group

Tuesday, July 16

12:00 noon July Birthday Month

1:00pm Movies for Film Lovers-*The Rider*

Wednesday, July 17

9:30am-12:00pm Chronic Pain Management
Workshop***

1:00pm Mazl Tov Chorus***

1:00pm Low Vision Support Group

Thursday, July 18

1:00pm Staging Your Home for Successful
Sale***

1:15-2:15pm Zumba Gold

4:00-6:00pm Reception with the Artists

1:00-2:00pm Brookline Hearing Services

1:00-2:00pm Blood Pressure Clinic

Friday, July 19

Fun Free Fridays (See P. 12)*

Saturday, July 20

Out2Lunch Brunch*

Monday, July 22

1:00pm Bob Diccio and Maureen Pilot American
Songbook***

Tuesday, July 23

9:00-10:00am Public Issues Nonfiction Book
Group-*Ghosts of Tsunami*

1:00pm Movies for Film Lovers-*The Hate U
Give*

Wednesday, July 24

9:30am-12:00pm Chronic Pain Management
Workshop***

1:30-3:00 Memory Café***

Thursday, July 25

10:00am-3:00pm Guided Canoe trip with Brook-
line Recreation ***/*

1:00pm Personal Computer Security***

1:15-2:15 Zumba Gold

Friday, July 26

9:30am-1:30pm MB'T" A Travelers Outing***
Fun Free Fridays (See P. 12)*

Monday, July 29

Tuesday, July 30

12:00noon Let's Go Out To Lunch Bunch***

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

Wednesday, July 31

9:30am-12:00pm Chronic Pain Management
Workshop***

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 ***
10:00 am Brookline Bees Project
2:00 Springwell Lunch ***
12:00-4:00 pm BETS
12:00-1:00 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
9:30-11:30am Basic Drawing ***
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 ***
12:30-3:30pm Mah Jong
1:00-3:00pm Chess
2:00-4:00pm Open Computer Lab

Friday

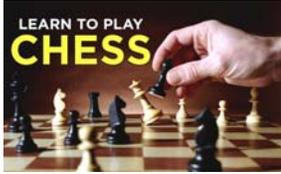
8:30 am-4:30 pm Fitness Center Open-
Membership Required
9:00 am Bridge for Experienced Players
9:00 am Rummikub
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in
Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00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

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in July and August. However, 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 Ruthann at rdobek@brooklinema.gov.

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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AGE FRIENDLY TV SHOW SCREENING – RECREATIONAL MARIJUANA IN BROOKLINE



Learn more about the roll-out of recreational marijuana in Brookline! Episode #22 of the Brookline Age Friendly TV Show fea-

tures Health Department Director Dr. Swannie Jett and Community Resource Officer Michael Disario discussing the roll-out of recreational marijuana in Brookline. The showing will last 30 minutes, after which there will be time for facilitated discussion among attendees and show creators. The Age Friendly TV Show is created by the Brookline Age Friendly Cities Committee in conjunction with the Brookline Interactive Group. On **Wednesday, July 10 from 1:00-2:00pm**. No registration required.

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-Joel and Fiona, buyer and seller clients

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

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Saralynn and Alan Allaire
Rita Shon Baker in appreciation of Ping Pong program
Judith Bello
Pat Berger for the H.E.L.P. program
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In Honor of:

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William Wong honoring Julie Washburn and
Nick Aldin
Peter Lipsitt honoring Chobee Hoy
Pat Ahlin honoring Kristine Farley
Anne Levin honoring Lynn Modell
Jane Kaiser honoring the AARP Tax Preparers,
Julie Washburn and Deidre Waxman
Barbara Sloet honoring Sharon Devine

In Memory of:

Sgt. William Hagerty by Agnes Hagerty
Allen and Mildred Bassett by Emily Bassett
John F. Dobek by Patricia H. Dobek
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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.

BARBARA'S TIPS FOR RIDING THE T



TRIPPS volunteer and T-riding expert Barbara has the following tips for older adults looking to start (or continue!)

riding the T on a regular basis.

- Ride the T at off hours — not during rush hour (which are generally 7:00-10:00 am and 4:00-6:00 pm).
- Keep your belongings close to you.
- Locate the yellow strips that, when pressed, indicate to the driver that a stop is requested.
- On the Green Line, the Boylston and Hynes T stops do not have elevators or escalators.
- Use a Senior CharlieCard. They save money and time when boarding the trains & buses.
- When putting value on your Senior Charlie Card, you can use cash or credit card. When using cash, the fare machines only give back coins not dollar bills!
- When getting on the T, have your Senior Charlie Card ready so you can tap it on the fare box. Take your seat immediately.
- There are two seats at the front of the car reserved for seniors and persons with disabilities.

Advocate for yourself and ask someone for a seat on a crowded bus or train. You can ask the driver to help you.

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.

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 @ 617 730 2743 to set up an appointment.

SHOP

(Students Helping Older People)

This is a reminder that the SHOP program - a collaboration between the Brookline Senior Center and the Brookline High School - is a SCHOOL YEAR PROGRAM. Many of the student volunteers work or travel during the summer and are NOT available for shopping. Please let us know as soon as possible if you absolutely need a shopper during July and August in order to eat a nutritious diet. We will attempt to assist you, although it may not be your regular SHOP student (s). Please leave a message for Patricia, 617 730 2743 or pburns@brooklinema.gov

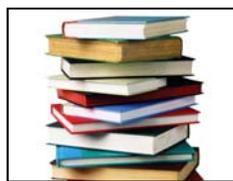


JULY SPOTLIGHTED VOLUNTEER OPPORTUNITIES:

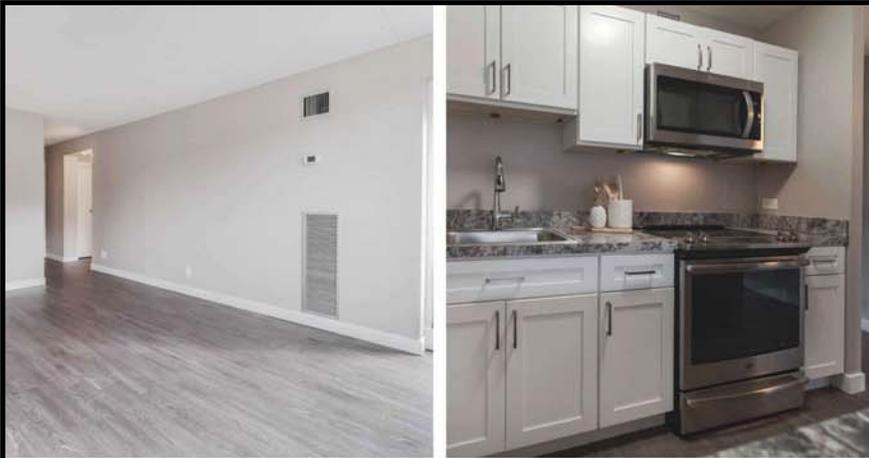


This month's spotlighted opportunities include: Tuesday Food Pantry - strong help in the afternoon (1-4); Food Commodity program on 3rd Wednesday of each month - Russian interpreters mornings from 8:30-12 and people able to help with phone calls and/or lifting 30-35 lbs. in the morning from 9-noon; Photographer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



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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