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

Monday, August 12 at 1:00 pm Sing for Love Concert (See P. 14).

Wednesday, August 14 at 1:00 pm ArtMatters Rembrandt & Vermeer (See P. 15).

Friday, August 16 at 1:00 pm Birding Near and Far (See P. 7)

Friday, August 16 from 6:00-8:00 pm. Dance Party USA (See P. 12).

Monday, August 19 from 1:00-3:00 pm Diabetes 101 (See P. 10).

AUGUST 2019

WENDEE GLICK CONCERT

On **Monday, August 26 at 1:00 pm**, Wendee Glick and Steve Heck will be performing standards from the Great American Songbook, Broadway and maybe something from the 60s to the 80s. They hope to make you laugh, learn something new, and feel joy from the music so we hope that you will join us!

An experienced jazz vocalist, Wendee Glick is a singer with a strong stage presence, sense of humor, and ability to belt out a tune. She can engage the audience in the up-tempo, or make them weep over a ballad sung with a "bell-like" quality. Originally from the Midwest, Steve is a graduate of Berklee College of Music. He is an experienced music teacher and performer, both on piano and vocals, teaching privately and at Berklee. To register, please call 617-730-2770.

SUMMER REAP PROGRAM

WORK VOLUNTEER

News You Can Use! To keep you in the know this summer we are offering tips and suggestions for both paid work and volunteer opportunities from Jewish Vocational Service and Norfolk County RSVP. Please join us at the Brookline Senior Center on **Thursday August 22 from 11:00 am-12:30 pm.** RSVP a must for this free event! Call Deidre: 617-730-2767 dwaxman@brooklinema.gov

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

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

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

AUGUST OBSERVANCES

In August the Senior Center is open Monday through Friday all month. Wednesday, August 21, is National Senior Citizens Day! This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound! And as always check out all the wonderful opportunities at the Senior Center and around town.

Some other special days that we celebrate in August include August 7 Purple Heart Day. Purple Heart Day commemorates the day in 1782 when General George Washington created the Purple Heart Medal. August 26 is Women's Equality Day and August 27 is National Korean War Veterans Armistice Day.

SENIOR CHORUS SUMMER CONCERT IN MEMORY OF *LEROY NEUBERG*

Our joyful Senior Chorus will be performing everyone's favorite patriotic songs at their annual Summer Concert on **Wednesday, August 7 at 1:00 pm.** As many of you may already know, LeRoy Neuberg, one of our longtime Senior Chorus/Senior Center participants, passed away in June at the age of 104. LeRoy had recently relocated to California and his memorial service was held in his hometown of Chicago so LeRoy's Senior Center "family" would like to dedicate this performance to his memory. Prior to the performance, we will take a few minutes to share our memories of LeRoy and afterwards, we'll have some light summer treats so please plan to join us! To register, call 617-730-2770.

A CENTURY AND A HALF OF SHOPPING IN COOLIDGE CORNER

Coolidge Corner was home to just one store - Coolidge & Brother from the 1850s to the 1890s. Following the widening of Beacon Street in 1887-88 and the arrival of the S.S. Pierce store, a few years later, a major new shopping district took root. Almost all of the existing buildings in this still thriving commercial area were built between 1890 and 1930. Join Ken Liss, President of the Brookline Historical Society, on **Thursday, August 15 at 1:00 pm,** as he takes us on a journey back to the initial development of the Coolidge Corner business district and local shopping in the early decades of the 20th Century. To register, please call 617-730-2770.

A TASTE OF SUMMER BERRIES

Our friends from Wingate Residences at Boylston Place will be back on **Monday, August 5 at 1:00 pm** with a sampling of some tasty summer berry treats from Chef Randy's kitchen. We certainly have enjoyed their tastings in the past, so we can't wait to see what Chef Randy has "cooked up" for the summer. **Space is limited to the first 50 participants so please call 617-730-2770 to register.**

Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be on vacation in August. Check the September Newsletter for updates.

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, August 21 at 1:00pm.**

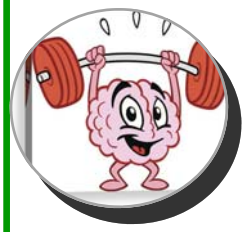
Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at one location in August.
Wednesday, August 7 from 2:00-3:00pm
BPHD building Health Department on Pierce Street.
Note: There will be no Blood Pressure screening at the Senior Center this month.

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

Who knew there could be so much heart in health care?

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: I hear a lot about Lyme disease, what is it and why are people so worried about it?

Answer: Lyme disease is a bacterial infection primarily transmitted by bites from deer ticks (as opposed to the ticks you find on dogs.) It is called Lyme disease because it was first reported in Lyme, Connecticut. However, it is found all across the United States as well as around the world. The incidence appears to be increasing, although this may be because people are more aware of it, and there are more tests to help diagnose it.

These ticks are very tiny, about the size of poppy seeds, which is why they are so hard to find when they are on our bodies. Not all deer ticks carry Lyme disease. The tick bites, then stays attached to the skin. The longer it is attached, the more chance one has of getting Lyme disease if the tick is a carrier of the disease. If a tick is found, using fine-tipped tweezers, grab the tick as close as you can to where it's attached to your skin and pull directly upward with even pressure. Twisting or jerking can cause the mouthparts to break off and remain in the skin.
The tick should be kept and brought to the doctor's office.

The symptoms of Lyme disease are often vague, which can make diagnosis difficult. Early in the disease, symptoms may include fever, chills, sweats, fatigue, arthritis, headache and general achiness, similar to the flu. Some people develop a rash, which looks like a bull's-eye, but not everyone does. If Lyme disease is treated with antibiotics in this early stage, it is curable. However, if the diagnosis is missed, which it frequently is, it can progress to "chronic" Lyme, which is far more difficult to treat.

Diagnosing Lyme disease is tricky and really is based mostly on symptoms and a history of a tick bite. There are blood tests for Lyme, but they are falsely negative 25% of the time. These tests can take several days for the results to return, so if there is a strong suspicion that it might be Lyme, treatment with antibiotics should be started anyway.

There are differences of opinion as to which antibiotics to use and for how long.
Prevention of tick bites is very important. Spraying your clothes and to some degree your skin with insect repellant if you are in a woody or high-grass area can help. Wearing long pants and pulling your socks up over your pants can also help. Check your body for ticks and rashes after coming inside from hiking or gardening and get medical attention if you have any of the above symptoms and think you might have been exposed.

ELF

The program has 2 rolling and padded commodes that are available. Please call to request these or to donate any items at 617-730-2753.

TUESDAY MODERN DANCE PARTY

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

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, August 7 from 9:00 am-12:00 pm** to consult on legal matters. ***This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number in the COA office on the second floor.***

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

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call the Council on Aging at 617-730-2777 and ask to be put on the Food Stamp assistance return phone call list.

BIRDING NEAR AND FAR

On **Friday, August 16 at 1:00 pm**, Fran Perler will present photographs and video vignettes of birds from near and far. Travel around the world with her to see exotic and common birds of Europe, Israel, Japan, South Africa and Iceland, among other places. Beautiful birds can also be found all over the US, including Fran's backyard in Brookline. Fran has been an avid photographer since college and began birding about ten years ago. If there is interest and time, she will present a short discussion of how to take good bird pictures and why you need to go beyond the auto settings. Space is limited. To register, please call 617-730-2770.

-SAVE THE DATE-

TRIPPS FISHER HILL PARK TRIP

The Brookline Council on Aging will be hosting a walk and ranger talk at Fisher Hill Park on **September 18**. Join us for a visit to one of the newest parks in Brookline! Transportation, water, and snacks will be provided. Much of the park is accessible and there are bathroom facilities. Look for more details in the September newsletter.

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TRIPPS

UPDATES FROM THE MBTA RIDE PROGRAM

The RIDE has provided two important updates for the coming months. Over the summer, the Ride will be implementing a new software system to improve reservations, scheduling, and dispatch operations. Those who are already in the Ride program should receive word about this over the coming weeks via letter in the mail. In addition, there are several changes to RIDE Fare Accounts. Effective July 1, RIDE fare will increase from $3.15 to $3.35 for one way ADA trips and from $5.25 to $5.60 for one way premium non ADA trips. After July 30, RIDE accounts inactive for three years will have balances transferred to the Massachusetts Unclaimed Property Fund. For more information visit: https://www.mbta.com/accessibility/the-ride or call 617-222-3200.

BETS: SURVEY MAILED LAST MONTH!

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. Surveys were sent out in the mail in early July. If you received a survey, please return them to the Senior Center. If you have any questions or need assistance, please call Maria at (617)730-2644.

CAMP MEMORY CONNECTIONS

On **Wednesday, August 21 from 11:00am-2:00pm**, the Brookline Senior Center, Goddard House Assisted Living, and Center Communities of Brookline co-sponsor the 3rd annual outdoor day camp experience for people living with memory changes and their care partners. Held at Larz Anderson Park Picnic Shelter in Brookline, this free event includes conversations with peers over camp-themed lunch, S'mores, & snacks, along with expressive therapy activities (music, art, games, etc.). Either party can attend by themselves, but a care partner must accompany those who require any care assistance (bathroom facility available). This program is supported by a grant from the Brookline Community Foundation. **This event in place of the monthly Memory Connections Café. *Held Rain or Shine,** but if threat of thunderstorms, the event will be held at the Brookline Senior Center from 12:00 pm-3:00 pm. *Please RSVP and book available Transportation (parking also available in small lot off Goddard Ave) through Jamie at 617-730-2753 or jjensen@brooklinema.gov.*

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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.

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Center Communities of Brookline
Hebrew SeniorLife

DIABETES 101

The Basics, How to Control Your Blood Sugars in Three Easy Steps and More!

Back by popular demand! If you have been told you have pre-diabetes or diabetes, this class is for you! Join Kirsten Ward, a Certified Diabetes Educator, on **Monday, August 19 from 1:00-3:00 pm** to learn the basics, plus how to lower your blood sugars and reverse insulin resistance with a method that no doctor or dietician will tell you. This class expands upon basic principles learned during the June workshop and includes time for your questions, how to set appropriate goals and other fun interactive activities! Kirsten is a one of only 40 exercise professionals in the U.S. with the unique skill set to teach patients how to manage glucose levels with physical activity for any body type so we hope to see you there. To register, please call 617-730-2770.

WALKER ASSESSMENT & TUNE-UP

Is your walker wobbly? Are you having trouble pushing it inside or outside? Are you not sure if you need a cane or are you wondering if yours is the right height? Brenda Gailhouse MSPT, Physical Therapist and owner of Maximize Your Mobility, will be at the Center on **Thursday, August 8 from 9:00am-12:00pm** to give your device a tuneup, answer any questions you might have, and make recommendations to help you walk your best! To schedule your 15 minute appointment, please call 617-730-2777.

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— Gerry C., Newton

SPOTLIGHTED VOLUNTEER

Lincoln School 2019 8th Grade Graduating Students came to the Brookline Senior Center on June 14th for a Community Service opportunity to engage with seniors. The 8th graders presented the Brookline Senior Center with a foldout poster of pictures and essays of the seniors who they interviewed last year. Two of the seniors involved this year have been long-time participants in a Senior Center writing group and shared stories about their early lives. The students were spellbound hearing about escaping from Hitler and youthful capers from years past. Another senior had been the librarian at Lincoln School way before these students were even born. They had a great discussion about how things had changed since the 'olden days'. Other students sat with another senior and talked about their mutual love of animals, their pets as well as their summer plans. And the guidance counselor reconnected with one of the seniors who had been her professor at Boston University. Everyone had a very enjoyable time. The students were invited to join the SHOP program once they are at the high school. Their curiosity, eagerness to share what they are involved in at school and their interest in learning about the seniors with whom they spoke was wonderful.

Congratulations to all!

-SAVE THE DATE-

PARTY OF THE CENTURY

You are invited to the party of the century on **Tuesday, October 15 from 2:00-3:30 pm** at the Brookline Senior Center. We are Looking for Centenarians to be honored! Are you 99 or over or do you know someone who is?

We will be celebrating Agnes Rogers, long-time champion of the Brookline Senior Center, whose 100th birthday is on October 15th.

Come dance to the upbeat music of the Bo Winiker Band. Enjoy treats from New Paris Bakery, a tradition since 1919! To register as an honoree or attendee and for more information, please contact Julie Washburn at the Brookline Senior Center at (617) 730-2770 or jwashburn@brooklinema.gov Also, please contact Julie if you would like to send an invitation to a friend or relative to The Party of a Century.

EASY TRAVEL

Our friend Lauren Carroll will return as our Easy Travel presenter on **Thursday, August 8 at 1:30 pm.** Lauren, a Runkle School teacher, received a grant from the Brookline Education Foundation to go to China in July. In her travels, Lauren visited a former student in Lishui and then went on to Shanghai, Beijing, Xian to see terra-cotta warriors and lastly, to see the pandas in Chengdu. Join us as she shares her adventures!

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to offer the VIBRANT Assistive Technology program in partnership with the Centers on Aging and the Brookline Senior Center.

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more. Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss.

If you are interested, call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, email ATCenter@mabcommunity.org, or stop by the Senior Center computer lab on Wednesday and Thursday afternoons. We look forward to working with you soon.

DANCE PARTY USA!

Join us on **Friday, August 16 from 6:00-8:00 pm.** as our old friend, DJ Tommy spins your favorite tunes of the '50's, 60's, and 70's. Put on your dancing shoes and get ready to boogie the night away! Light refreshments will be available. This event is sponsored by the Brookline Senior Center and preregistration is required. Join in the fun and register by calling 617-730-2770.

PROTECT YOURSELF AGAINST DECEPTIVE MARKETING

- Do not provide your Medicare Unique ID or Social Security Number to anyone, except your trusted medical providers
- Medicare and Social Security will NOT call you and ask you 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.
- Contact the Massachusetts SMP Program if you receive surprise packages in the mail.

Remember nothing is free!

Contact the Massachusetts Senior Medicare Patrol (SMP) Program to report such scams, deceptive calls, receipt of items you did not order and any other suspicious activities. Reach SMP at 900-892-0890 or visit www.MASMP.org.

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.

MINDFULNESS AND THE TAO OF FORGIVENESS

Are you interested in mindfulness, reflecting on how to live your most meaningful, joyful life, and Taoism? If so, this is the group for you! Join with members of your community in reading and discussing parables from the Tao of Forgiveness, a collection of parables drawn from the Taoist tradition. Each meeting will feature one of these stories, a discussion, and a brief meditation. Discussion will focus on whatever comes up in conversation and will likely feature themes such as how we engage with our memories, how we can be kind to ourselves and others, acceptance, and how we can best square with reality. The group will run **for 6 weeks starting on Wednesday, September 11th at 10:30 a.m.** at the Brookline Senior Center (93 Winchester Street). Registration is recommended as space is limited, but walk-ins will also be welcome on a first-come, first-serve basis. You do not have to attend the first meeting to attend subsequent meetings. For questions, call Michael Allen at 617-730-2754. To register, please call 617-730-2770.

UKULELE GROUP

The ukulele has become a very popular instrument to play. It is pretty easy to learn, and not too expensive to buy. **We will be on vacation in August but watch for our return in September**. For more information contact Judy, our uke coordinator at hearojudy51@yahoo.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.

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, for our next 8 week session on **Thursdays, August 22-October 10, 2019* from 1:15-2:15 pm**. ***Please note that there will be no class on Thursday, August 15, 2019.** 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!

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SING FOR LOVE CONCERT

Join us on **Monday, August 12 at 1:00 pm** as we welcome Jingyi Huang and some of her musical theater students from the Newton Chinese Language School. The students will perform solos from well known musicals including "The Lion King" and "Phantom of the Opera" so it is sure to be a delight. Ms. Huang created this musical theater class to provide basic singing skills training, music pitch, rhythm, melody, singing voice training and stage performance training to young people.

Ms. Huang, Soprano, born in Chengdu, China, obtained her Graduate Diploma in Opera from Longy School of Music in 2018 and a Master's Degree in Vocal Performance from the Shanghai Conservatory of Music in 2009. As an opera singer, she entered the Shanghai Opera House in 2009 and in 2019 she won the First Prize of Salzburg International Music Competition and the Amsterdam International Grand Prize Virtuoso Competition. We hope to see you there! To register, please call 617-730-2770.

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REMBRANDT & VERMEER

On **Wednesday, August 14 at 1:00 pm**, join us for an interesting presentation on " Rembrandt & Vermeer" by ArtMatters. Rembrandt Harmenszoon van Rijn and Johannes Vermeer, two of the greatest painters the world has known. Two brilliant artists, opposite in their artistic styles, but both of whose lives were noted for their tragic struggles and financial failures. Enjoy the drama of Rembrandt and the unique quiet of Vermeer.

The ArtMatters Program is designed to engage attendees with stimulating, informative, and entertaining presentations on a single artist, style or period of art. Only oversized art prints are used and can be viewed up close and personally. Unlike when using PowerPoint or slides, the lights can stay on and all of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation. These large fine art reproductions can also be held individuallly by individuals who may suffer from some vision impairment. This program is generously sponsored by our friends at Wingate Residences at Boylston Place. To register, please call 617-730-2770.

THANK YOU TO THE ELK'S

The BBQ on July 13 sponsored by Elks Lodge #866 was a real treat as always.

PAINT DAY

Want to invigorate (or reinvigorate!) the creative in you? Join Abby Choi, a Newton Public Schools art teacher, on **Friday, August 9 from 1:00-3:00 pm**, to pick up a paint brush (or two) and see what you can do. Abby will take you step-by-step, starting with basic techniques of painting, to lightly guide you through the completion of a landscape painting. Although it will be a step-by-step instruction, you can feel free to do anything that you want as long as you are having fun! As we will be working with paint, please be sure to bring a smock or wear something that you wouldn't mind getting dirty. Please note that there is a $2 charge for this workshop to help offset the cost of supplies. Space is limited to the first 20 registrants. To reserve your place, please call 617-730-2777.

EATING A PLANT BASED DIET

Sara Sezun, the Sierra Club Massachusetts Chapter's Plant-based Team Leader, will be at the Senior Center on **Thursday, August 29 at 1:00 pm** to discuss how to eat a healthy plant-based diet based on whole grains, legumes, fruit, and vegetables. By eating a plant-based diet, you can decrease your carbon footprint and use of natural resources, while lowering your blood pressure and improving your overall health.Sara has been a vegan for the past 23 years and will have some valuable insights to share so we hope that you will join us. Space is limited so please call 617-730-2770 to register.

FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the State Formula Grant $12.00 per elder in a budget that had much competition. We are waiting for our final allocation, but are very grateful that the state legislators placed a high priority on eldercare. Our legislative team of Ed Coppinger, Nika Elugardo, Michael Moran , Frank Smizik, Tommy Vitolo and Cynthia Creem deserve our gratitude for being strong elder advocates. Special acknowledgement to Cynthia Creem who secured funding for our Alzheimer's Caregivers Respite Program. We are most appreciative of her efforts. In fact, this year, Cynthia Creem will be honored at our 18th Annual Autumn Benefit.

Save the date for our 18th Annual Autumn Benefit which will be held on Wednesday, October 23rd at 6:00 PM. State Senator Cynthia Stone Creem deserves our recognition for her advocacy and legislative efforts for older adults. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

Save Thursday, September 19th on your calendar for the BrooklineCAN Annual Meeting at the Brookline Senior Center. This year, the theme is **Watch Us Network: U-CAN-2.** Transportation continues to be a major concern for elders. Our TRIPPS Program can assist you in finding alternative transportation options. Please call Maria Foster at 617-730-2644 for more information. We are committed to improving our transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue. Another way to assist is by completing our brief transportation survey on the Taxi Discount Program that was mailed to all BETS participants. Watch this space for results.

While some of our regular classes are on vacation, August still has some great activities here at the Senior Center—check the News & Events for a full listing. Please join us on Wednesday, August 7th at 1:00 PM for a special Senior Chorus concert dedicated to the memory of Leroy Neuberg. By popular demand, ArtMatters returns on Wednesday, August 14th at 1:00 PM. Finally, don't miss a new program—A Century-and-a-Half of Shopping in Coolidge Corner with Ken Liss from the Brookline Historical Society on Thursday, August 15th at 1:00 PM.

Savor the lazy days of August. If you get a chance, enjoy Brookline Recreation's outdoor concerts at Cypress Park, and Goddard House's jazz concerts. Before you know it, the hectic after-Labor Day season will be here.

Ruthann Dobek, Director

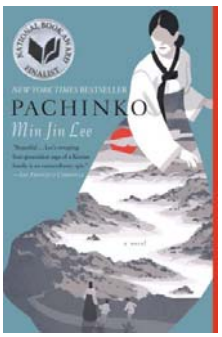
Brookline Adult & Community Education
BA&CE
www.brooklineadulted.org
617-730-2700
Join us, new classes starting soon!

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

FUN FREE FRIDAYS

Friday, August 2

- Franklin Park, Boston

10:00am-4:00pm

- Old State House, Boston

9:00am-6:00pm

Friday, August 9
Museum of the National Center of American Artist, Boston
10:00am-5:00pm

Friday, August 16

- JFK Museum, Boston

9:00am-5:00pm

- USS Constitution, Charlestown

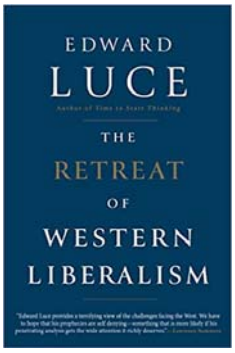
9:00am-6:00pm

For more information call: 617 969 8900

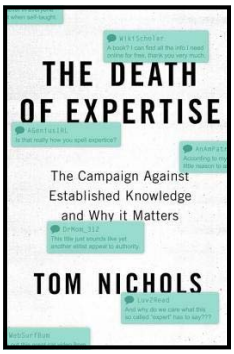
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

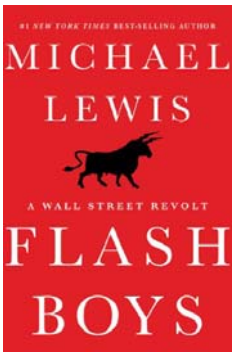
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth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



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

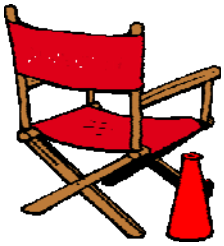


Tuesday, September 24
The Death of Expertise: The Campaign Against Established Knowledge and Why It Matters by Tom Nichols) Oxford University Press).



Tuesday. October 22
Flash Boys: A Wall Street Revolt by Michael Lewis (W.W. Norton & Company, Inc.)

STORYTELLING IN FILM AND FICTION



Boston area filmmaker, Jill Uchiyama and Beverly resident Davida Rosenblum team up to host an evening on the topic of "Storytelling in Film and Fiction" at the Senior Center on **Thursday, August 8 at 6:00 pm.** Uchiyama will present her latest Legacy film, Remembering Ralph, (2018), about Davida's late husband Ralph Rosenblum and his decades long career as a prominent and important New York City film editor. In Remembering Ralph, Davida Rosenblum recalls innovative film editing techniques as well as stories gained through "pillow talk" with Ralph. Ralph Rosenblum worked with some of America's finest directors including William Friedkin, Sidney Lumet, Mel Brooks, and Woody Allen among others. After the film, Davida Rosenblum, now 92 years of age, will read from her latest novella "Bo" and discuss the storytelling method in fiction writing. To register, please call 617-730-2770.

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 be - fore 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.

DO YOU HAVE ARTHRITIS RELATED *KNEE* PAIN?

For more information, contact us at 617-358-3125 or bu.iwalqq@gmail.com
Learn more http://sites.bu.edu/kumarlab/iwalqq-oa/

Boston University (BU) is looking for people with knee pain to participate in a clinical trial on interventions to promote healthier walking patterns. You may be eligible if you –

- ✓ Are between the ages of 50-80
- ✓ Have knee pain
- ✓ Own a smartphone
- ✓ Can make 3 visits to BU for testing walking patterns and other study activities
- ✓ Are willing to attend 11 classes, 2-3 hours each, at or near BU, over 6-months
- ✓ Are willing to wear an activity monitor and fill out surveys via email

Compensation provided for 3 testing visits at BU.

BOSTON UNIVERSITY

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

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.

ACTIVE OLDER ADULTS PROGRAMS

Sponsored by Brookline Recreation

Georges Island Fort Tour
Thursday, August 8 from 11am-3:00pm
Fee: residents $20/nonresidents $34

Pedal Boats at Hopkinton State Park
Monday, August 19 from 9:30am-1:00pm
Fee: residents $20/ nonresidents $27

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

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- Our Commitment to the LGBTQ Community

FROM THE BOARD PRESIDENT

The Senior Center's 18th Annual Autumn Benefit will be held on Wednesday, October 23rd at 6:00 pm. This year we are honoring State Senator Cynthia Stone Creem, Majority Leader. She has been a long-time significant contributor to the Brookline Senior Center, and advocate for older adult issues.

The Benefit will include great food, raffles, and entertainment. Proceeds will go toward services important to Brookline seniors. Sponsorships are welcome from individuals, companies, and nonprofit organizations (for more information, contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756). We also welcome gift certificates, merchandise, and services to be raffled.

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

BROOKLINECAN 9TH ANNUAL MEETING SEPTEMBER 19

BrooklineCAN (Brookline Community Aging Network) will hold its 9th Annual Meeting on **Thursday, September 19, from 5:00 to 7:00 pm**,

This year's event, which is free and open to all, will celebrate **Building A Stronger Brookline Community through Active Networking.** From 5:00 to 6:00 pm, guests may enjoy free refreshments, listen to Brookline High School's Jazz Band, and visit with community award winners and BrooklineCAN committees. Community award winners include Kent/Street Affordable Senior Housing, Brookline Climate Action Committee and Brookline Transportation Board. Guests also may learn more about active networking by visiting BrooklineCAN's Education, Communications, committee is Livable Community Advocacy Committee.

At 6:00 pm, Matt Weiss, host of the Age Friendly Cities program, will introduce the evening's guest speakers: Brookline residents and WBUR producers, Karen Shiffman and Carey Goldberg.

Karen Shiffman is executive producer of "On-Point", WBUR's long-running live morning interview and call-in show. Carey Goldberg is host and editor of CommonHealth, WBUR's source for news and conversation about health, medicine and science.

For additional information about Brookline Community Aging Network and to request a copy of BrooklineCAN's informative monthly newsletter, visit http://www.brooklineCAN.org or call 617-730-2777.
Please register by calling call 617-730-2770.

-SAVE THE DATE-

DO YOU REMEMBER PRESIDENT JOHN FITZGERALD KENNEDY?

The Brookline Senior Center in cooperation with the John Fitzgerald Kennedy National Historic Site will be offering an interactive program focused upon the life, times and presidency of John Fitzgerald Kennedy on **Wednesday, September 4 from 1:00-3:30 pm.** Seniors are a valuable resource of those times and can provide information and memories enhanced by firsthand knowledge and feelings of those years. Participants will engage in activities in which they will relate and discuss their remembrances. They will share their personal stories with other seniors who, like them, remember "being there". To register, please call 617-730-2770.

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AUGUST 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, August 20** 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 August 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, August 27** at Vine Ripe Grill at the Putterham Golf Course 281 W Roxbury Pkwy, Chestnut Hill 617-278-4000. 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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Free Summer Concert Series Cypress Park
6:00 pm

Wednesday August 7
Nu Words-Jazz and Poetry

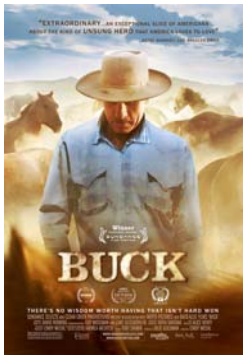
Wednesday, August 14
Pineapple Jam-Rock

For more information call Brookline Recreation at 617-730-2069

MOVIES FOR FILM LOVERS

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

Tuesday, August 6
Good Night and Good Luck (2005)
1hr. 33 min.
In the early 1950's, the threat of Communism created an air of paranoia in the United States and exploiting those fears was Senator Joseph McCarthy of Wisconsin. However, CBS reporter Edward R. Murrow and his producer Fred W. Friendly decided to take a stand and challenge McCarthy and expose him for the fear monger he was. However, their actions took a great personal toll on both men, but they stood by their convictions and helped to bring down one of the most controversial senators in American history.



Tuesday, August 13
Buck (2011)
1hr. 28min.
An examination of the life of acclaimed 'horse whisperer' Buck Brannaman, who recovered from years of child abuse to become a well-known expert in the interactions between horses and people.

Tuesday, August 20
Phantom Thread (2017)
2hr. 10 min
Set in 1950s London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.

Tuesday, August 27
The Bookshop (2018)
1hr. 53 min
England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop.

Taken from IMDb https://www.imdb.com

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HANDICAPPED ACCESS

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

BROOKLINE BEES PROJECT

Do you love to sew, but now have challenges with arthritis and vision that make it harder to do? The Brookine 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!

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)

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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!

OUT 2 LUNCH

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 August we will meet on the 17th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

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AUGUST AT A GLANCE

Monday, August 5
1:00pm Summer Berry Event with Wingate at Boylston Place***
Tuesday, August 6
1:00pm Movies for Film lovers-***Good Night and Good Luck***
Wednesday, August 7
9:00am-12:00pm Brookline Legal Assistance
1:00pm Senior Chorus Sumner Concert in memory of LeRoy Neuberg***
2:00pm-3:00pm Blood Pressure Screening at BPHD*
6:00pm Free Concert Cypress Park/Nu Works-Jazz and Poetry*
Thursday, August 8
9:00am-12:00 noon walker assessment and tune up***
11:00am-3:00pm Georges island Tour*/***
1:15-2:15 Zumba Gold
1:30pm Easy Travel-China
6:00pm Storytelling in Film and Fiction***
Friday, August 9
1:00-3:00pm Paint Day***
Sunday, August 11
2:00pm Theater Club-La Cage Aux Folles***
Monday, August 12
1:00pm Sing for Love Concert ***
Tuesday, August 13
1:00pm Movies for Film lovers/***Buck***
Wednesday, August 14
1:00pm ArtMatters Rembrandt & Vermeer***
6:00pm Free Concert Cypress Park/Pineapple Jam-Rock*
Thursday, August 15
1:00pm Brookline Historical Society Presentation***
NO ZUMBA GOLD TODAY
1:00-2:00pm Brookline Hearing Services
Friday, August 16
1:00pm Fran Perler Birding Photography***
6:00-8:00pm Dance Party with Tommy Bahama***
Saturday, August 17
11:00am-1:00pm Out 2 Lunch Bunch*/***
Monday, August 19
9:30am-1:00pm Pedal Boats at Hopkinton State Park*/***
1:00-3:00pm Diabetes 101 with Kirsten Ward***
Tuesday, August 20
12:00 noon August Birthday Lunch***
1:00pm Movies for Film lovers/***Phantom Thread***
Wednesday, August 21
11:00am-2:00pm Camp Memory Connections***
1:00pm Low Vision Group
Thursday, August 22
11:00am-12:30pm REAP Summer Program***
1:15-2:15 Zumba Gold
Monday, August 26
1:00pm Wendee Glick Performance***
Tuesday, August 27
9:00-10:00am Public Issues Nonfiction Book Discussion Group/the Retreat of Western Liberalism
12:00noon Out to Lunch at Vine Ripe***
1:00pm Movies for Film lovers/***The Bookshop***
Thursday, August 29
1:00pm Eating a Plant Based Diet***
1:15-2:15 Zumba Gold

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in 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.

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

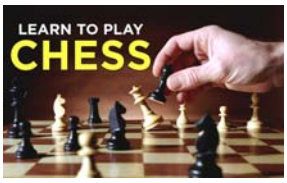
8:30 am-4:30 pm Fitness Center Open Membership Required
9:30-11:30am Basic Drawing ***
9:30am Art for Pleasure Class ***
10:30am Arthritis Exercise ***
10:30am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:30-3:30pm Mah Jong
1:00-3:00pm Chess
2:00-4:00pm 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 ***(Vacation in August)
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Drop in 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.

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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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.

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Susanna Stiefel
Kim Sullivan

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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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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.

-SAVE THE DATE-

The 2019 Alzheimer's Walk will be held on **Sunday, September 22** this year. Everyone knows someone with Alzheimer's. Please help fund research on this disease by signing up for the Brookline Senior Center Alzheimer's Walk team. Put your walking shoes on and get donations from your friends and families. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. While the walk is not until September, it is never too early to start collecting donations.

Please contact Patricia, Volunteer Coordinator at 617-730-2743 or pburns@brooklinema.gov. to sign up.

Checks are payable to Brookline Senior Center with Alzheimer's in memo line. Checks or cash can be mailed or dropped off at the Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446 – ATTENTION: Patricia Burns

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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

AUGUST SPOTLIGHTED VOLUNTEER OPPORTUNITIES:

This month's spotlighted opportunities include: TRIPPS – brief telephone interviews and simple data entry and 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 Brookline Senior Center please call Patricia, the Volunteer Coordinator @ 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities

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.

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

BROOKLINE FARMERS' MARKET

The market is held in Coolidge Corner at the Centre Street West Parking Lot, Brookline, MA. Vendors bring a diversity of products, most of which are produced here in Massachusetts or New England. In 2019 the market will run every Thursday, **1:30 – 6:30** pm, from the first Thursday in June until the last Thursday before Thanksgiving.

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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