# 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, September 9**
August Moon Celebration (See P. 7)

**Thursday, September 19**
BrooklineCAN's 9th Annual Meeting (See P. 21)

**Sunday, September 22**
Alzheimer's Walk (See P.3)

## -SAVE THE DATE-

Its that time of year again. Flu Clinic at the Senior Center on Tuesday, **October 29 from 11:30-1:00 pm.**

## SEPTEMBER 2019

## PIATIGORSKY FOUNDATION CONCERT

Join us on **Friday, September 6 at 1:00 pm** for our fall Piatigorsky Foundation Concert. The Piatigorsky Foundation's mission is to make live classical music a part of the fabric of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organization is named, believed that music is not a luxury for an elite few, but a necessity of life for all. This year's featured artists are Qing Li, violin and Wan-Chi Su, piano. Qing Li is the Baltimore Symphony Orchestra's Principal Second Violin, appointed by Yuri Temirkanov in 2000 upon winning the audition, and is frequently featured as a soloist. She is currently a violin faculty artist of the Peabody Conservatory of Music. She is also a faculty artist of the NYO-China, a Carnegie Hall project, and is active in International Festivals throughout US, Asia and South America. Internationally acclaimed pianist Wan-Chi Su has performed as a soloist and chamber musician at major venues including Weill Recital Hall at Carnegie Hall, Salle Cortot in Paris, and Taiwan National Concert Hall. As a dedicated educator, Ms. Su currently serves on the piano faculty of the Park School of Baltimore, provides lessons through Artist Music, and maintains a small private studio. Ms. Li and Ms. Su began their violin and piano studies, respectively, at age four. This is a concert that is not to be missed! To register, please call 617-730-2770.

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

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

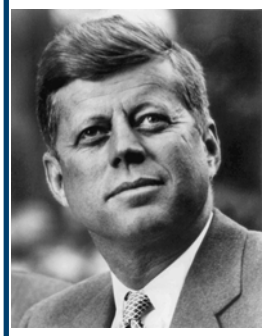
Subscription fee: $10.00/year. See page 27 for subscription/renewal form.

## SEPTEMBER OBSERVANCES

**Monday, September 2, is Labor Day**. The staff will have a holiday and the Senior Center will be closed. Labor Day is traditionally celebrated with parades, picnics, BBQs with family and friends and back to school preparations.

On Wednesday, September 11 we observe the 18th anniversary of 9/11. Rosh Hashanah, The Jewish New Year, begins on Sunday, September 29 at sundown

## 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.

## 2019 ALZHEIMER'S WALK

## SUNDAY, SEPTEMBER 22

The 2019 Alzheimer's Walk will be held on **Sunday, September 22**. Everyone knows someone with Alzheimer's. Please help fund research on this disease by supporting the Brookline Senior Center Alzheimer's Walk team. Get donations from your friends and families.

PLEASE SUPPORT OUR WALK TEAM

3 WAYS TO DONATE

- Make checks payable to Brookline Senior Center with Alzheimer's in memo section of check).
- Donate with credit card on-line – ALZ.org – donate – BROOKLINE SENIOR CENTER TEAM
- Bring donations – cash and checks to the Brookline Senior Center

For more information on donating, please contact Patricia, Volunteer Coordinator and BSC ALZHEIMER'S WALK Team Co-Captain at: 617-730-2743 or pburns@brooklinema.gov

## COA MEETING

On **Wednesday September 11 at 1:00 pm** we welcome Zoe Lynn, Brookline Sustainability Program Director. She will speak to us about climate change and other projects she is involved in.

We are always welcoming new members. If you are interested, contact Ruthann at rdbobek@brooklinema.gov.
or 617-730-2756.

**Ask a Nurse** Lynn Schuster, RN, BSN, CDP, Clinical Nurse Liaison, Hebrew Senior Life Home and Community Based Services, will return to the Center on **Thursday, September 5 at 11:00 am.**

**Podiatry Clinic** Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is $40. To inquire about appointments call 617-730-2777. Only callus and toe nail trimming is offered. Dr. McLoughlin does not offer second opinions.

**Low Vision Group** This peer-led support group for individuals with limited eyesight is on **Wednesday, September 18 at 1:00pm.**

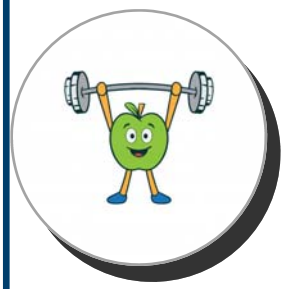
**Blood Pressure Screening** Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
**Thursday, September 19 from 1:00-2:00pm** at the Senior Center
**Wednesday, September 4 1:00 from 2:00-3:00pm**
BPHD building Health Department on Pierce Street.

**Brookline Hearing Services** The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, September 19 from 1:00-2:00pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

TTP: Trusted Transportation Partner (formally known as ICARE)
The Council on Aging has again been selected to receive an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 BUSINESS WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.

## FITNESS CENTER



To inquire about becoming a member, contact Sharon Devine, 617-730-2769. Membership includes use of strength training and cardio equipment, small group classes. Quiet and relaxed atmosphere. Assistance of certified personal trainer at no additional charge.

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

*The Health Page is sponsored by Beth Israel Deaconess Medical Center*

*Affiliated with* Joslin Clinic

*A research partner of* 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:** My mother has been diagnosed with benign neurological syndrome due to tremors on her hands and vocal cords. Can you tell me more about what causes these tremors and if it can progress to Parkinson's disease? Also, what's the most effective treatment method?

**Answer:** A tremor is a movement disorder that causes uncontrollable shaking of various parts of the body. It is most commonly seen in the hands, but can also affect other body parts, such as the head, legs and vocal cords. Tremors may occur on one or both sides of the body. Tremors are not life-threatening, but can interfere with routine daily activities. We often can't pinpoint the cause, but there are some causes and treatments which we need to look out for.

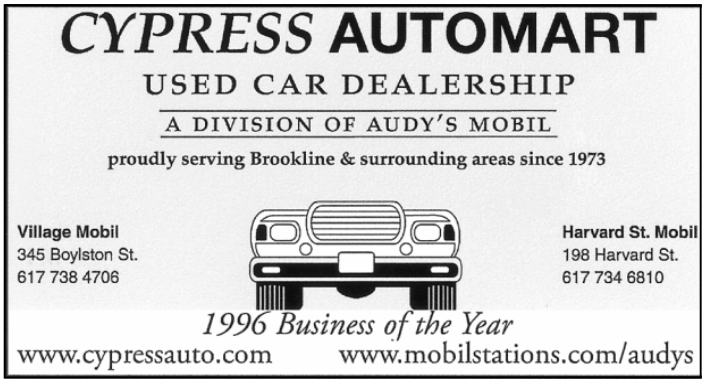
Most tremors fall into one of 2 categories. One is called a resting tremor, which occurs when muscles are relaxed, as when we are sitting with our hands in our laps. This kind of tremor is often seen in Parkinson's disease.

The other kind of tremor is called essential or action tremor, which occurs during voluntary movement, such as writing or picking up a cup of coffee. Essential tremors are far more common than resting tremors. Having an essential usually does not usually lead to Parkinson's disease, although both types of tremor can be seen in the same person.

Tremors are caused by areas in the brain that control movement. There are many possible causes of tremors. Many cases of essential/action tremors are genetic/familial, so if a family member has a tremor, there is a strong chance (around 50%) that this will be passed down to the child. Other causes are an overactive thyroid or too much thyroid medication, stroke, brain injury, some medications, alcohol abuse, stress, too much caffeine, steroids, fatigue and amphetamines. Resting tremors are often seen in Parkinson's disease.

Treatment depends on what is causing the tremor, so it is important to get the right diagnosis. If the tremor is caused by a medication, adjustment of the medicine will help. There are medicines to treat the tremor and gait problems of Parkinson's disease. Voice therapy can help with vocal cord problems. An overactive thyroid gland can be treated with medications. Familial tremor can be calmed with certain blood pressure medications.

The diagnosis of what is causing the tremor can often be made by your primary care physician or by a neurologist.



## 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, September 4 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.

## FISHER HILL PARK: WALK AND RANGER TALK

**Join us on September 18 from 9:30-12:00pm** for a trip to Fisher Hill Park. We will explore one of Brookline's newest parks, its walking paths, flowers and native trees. A Park Ranger from Brookline Parks and Open Spaces will also be on hand for a short talk and presentation on the development of the park. Transportation, drinks, and snacks will be provided. Please meet us at the Senior Center at **9:30am for transportation** to Fisher Hill Park. This program was funded by the MCOA Go4Life Family Fun Walk Program. Register with Maria @ TRIPPS by calling (617)730-2644 or emailing mfoster@brooklinema.gov.

## YOU ARE WHAT YOU EAT! AND DRINK

Did you know our bodies are almost 70% water? Come and learn how you can use water as your secret weapon! Brenda Gailhouse, MSPT, Physical Therapist and owner of Maximize Your Mobility, will be here on **Monday, September 16 at 1:00 pm** to cover the pitfalls of not drinking enough water and how a few small tweaks to what you eat on a daily basis can actually improve your energy and balance. Learn ways to naturally make your water taste good and get tips on what you can eat to increase muscle mass and endurance. To register, please call 617-730-2770.

## AUGUST MOON CELEBRATION

Join us on **Monday, September 9 from 1:00-2:00 pm** for our August Moon celebration. While we will not be hosting a luncheon this year, we'll have musical entertainment followed by light refreshments and moon cakes so we hope to see you there! This program is co-sponsored by our friends at the Greater Boston Chinese Golden Age Center.

If you'd like to join us beforehand for our daily Springwell lunch at 12 noon, please plan to make a reservation by 10:30 am on Friday, September 6 by calling 617-730-2747. To register for the program, please call 617-730-2770

## ANNUAL HOLIDAY CRAFT FAIR MEETING

Planning is underway for our 35th Annual Holiday Craft Fair! Our first planning meeting was very successful and the decision was made to host this year's Fair on Friday, November 15 from 10:00 am-3:00 pm and Saturday, November 16 from 11:00 am-2:00 pm so be sure to mark your calendars. Join us for our **next meeting on Thursday, September 12 at 11:00 am** when we will be voting on the selection of a secondary charity. We are sorry to announce that we have filled all of our "Craft Vendor" spots for this year, but there is still plenty of room for volunteers to help out in other areas. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year so let's make this our most successful year yet!

## MEMORY CONNECTIONS CAFÉ

On Wednesday, **September 25 from 1:30-3:00 pm,** the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by Maplewood at Weston.


• Organize • Downsize • Simplify

Helping to impose order on chaos!

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

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## BROOKLINE BEES PROJECT

The Bees have been busy making fun quilts for children and to welcome new arrivals in the United States. Come join us **any Tuesday 10:30 to noon** to join in the fun! All levels of sewing and quilting are welcome.

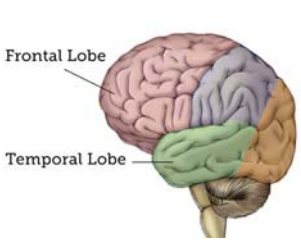
Dianne McAdam of the **Linus Project will come September 17 at 11:30am** to talk about their distribution of quilts and blankets to children who have been subject to illness or trauma. We will present her with a number of blankets and quilts to take along!

On a related note, the **Welcome Blanket Project will have an arts festival to celebrate immigration in Brookline, September 19-22, 7:00-9:00pm each day,** plus an afternoon program on Sunday, at The Makery, 2 Sewall Avenue, Brookline, MA. For details see https://www.brooklinemakery.com/interwoven or call 617-230-9621. It will include a quilt made by our own Bronwen Feeney, celebrating her parents' immigration from Ireland, and welcoming another new American!

## TUESDAY MORNING DANCE PARTY RETURNS

We are pleased to announce that our friend Lynn Modell will return on **Tuesday, September 17 at 11:00 am t**o lead our Tuesday Morning Dance Party. The group meets **every Tuesday from 11:00-11:45 am f**or fun and dancing so we hope that you'll plan to join us. Suggested donation is $2 per class.

## FRONTOTEMPORAL DEMENTIA




On **Wednesday, September 18 from 1:00-2:00pm,** Katie Brandt, Director of Caregiver Support Services and Public Relations for the Massachusetts General Hospital Frontotemporal Disorders Unit, will present on understanding frontotemporal disorder (FTD), the difference between FTD and Alzheimer's, and the impact young onset dementia has on families. Katie will also discuss the importance of caregiver support and community connections. Katie is a nationally known advocate, educator and trainer for families and professionals caring for individuals with Alzheimer's Disease, Frontotemporal Dementia (FTD) and related disorders. To register call 617-730-2770.

## WALTZES WE LOVE

Join us on **Monday, September 23 at 1:00 pm** as pianist Tatyana Shrago performs a concert of "Waltzes We Love." The program will include old favorites as well as contemporary ones, written by both Russian and foreign composers from all over the world. A native of St. Petersburg, Russia, Tatyana Shrago graduated from the prestigious St. Petersburg Conservatory with a B.M. and M.M. (cum laude) as a soloist, accompanist and teacher. In the US, Tanya worked for many years as an accompanist in the vocal studio of a distinguished American baritone Robert Honeysucker and she now maintains a very active performance life. To register, please call 617-730-2770.


## Center Communities of Brookline

### The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

## YOU AND BROADWAY

Dan Marshall, BCCA President and host Howie D. Jordan, present a musical variety show with the Happytime Band at the Brookline Senior Center on **Sunday, September 8 from 1:00-3:00 pm.** Songs include country, pop, rock, show tunes, and oldies. Join Eddie Pasco, piano player/ bandleader, Louise Myers, violinist, as well as guest singers, musicians, and dancers for a fun afternoon of musical entertainment. Some previous shows can be seen at youandbroadway.com. For more information, please call 617-642-1444. To register, please call 617-730-2770.

## TRIPPS

### BETS Survey

Thank you to everyone who responded to the Brookline Elder Taxi Survey! Of 189 surveys sent out, we received over 100 responses. WOW!! Stay tuned for further updates on our program with Lyft. Contact Maria with any questions (617)730-2644.

### -SAVE THE DATE-

**T Travelers – October Outing**

Check back in October for our next T Travelers lunch trip! Date and destination TBD!

## GALLERY 93

**Hours:**

Monday-Friday 8:30-5:00 September 4-October 31

***My Way of Seeing Artwork by Louise Weinberg***

***Reception with the Artist Tuesday, September 10 from 4-6 pm***

***Untitled #6, mixed media collage***

## NATIONAL SENIOR CENTER MONTH

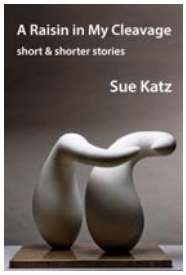
### The Key to Aging Well!

Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise.

The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help you find balance in your life. The Brookline Senior Center offers a variety of health and fitness classes and lifelong learning opportunities. Everyone is encouraged to be involved at the Senior Center and in the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues, enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to live a balanced life. To celebrate Senior Center Month, get involved by volunteering for a committee or helping with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs.

## SUE KATZ READING

Join our old friend Sue Katz who taught fitness at Brookline Senior Center for many years, for a reading from her new collection of 19 short & shorter stories, called A Raisin in My Cleavage at the Senior Center on **Tuesday, September 17 from 4:00-5:30 pm.** These tales about older people range in length from exactly 100 words to 5,000 words. So what unifies this collection? It is the interplay of heart and smart, facing off against the dangers of a viral wedding smooch, a scary staircase, a runaway supermarket cart, a disastrous online date, and a stolen sausage. Also, find out how that raisin fell where it should not have fallen. To register, please call 617-730-2770.




## WHAT'S ALL THIS ABOUT DNA? WHAT CAN DNA TESTING DO FOR ME?

**On September 13, at 1:30,** Joyce Graff will talk with us about DNA – what it means, practical applications, and how you might want to use it (or not). It's no longer just about newborn testing and paternity – DNA tests are now marketed for everything from evaluating risk factors for disease to finding the right wine. Should you spit in that tube or not? What's in it for you? Joyce is the founder of the VHL Alliance (vhl.org), an organization for a rare genetic disease, and former head of the New England Regional Genetics group (nergg.org). Space is limited. To register, please call 617-730-2770.

## 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.

## 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.

## SPOTLIGHTED VOLUNTEER

Sidonie Brown is a rising senior at Brookline High School. She has participated in the SHOP program helping seniors with their grocery shopping for the last 3 years. This September she will begin her 2nd year as the Student SHOP Coordinator of the program along with being Editor in Chief of the yearbook and playing soccer. Sidonie recently was awarded a scholarship by the MIT AgeLab for her intergenerational work with SHOP. When asked what she liked most about SHOP, she said she loved hearing students talk about their seniors, their stories, their connections and the cross sharing of experiences and wisdom. Congratulations to Sidonie!

## EASY TRAVEL

Join us on **Thursday, September 5 at 1:30 pm as** Jamie Jensen shares photos and videos from her June trip to Denmark and Sweden visiting family.

## LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** FacilitatorTom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

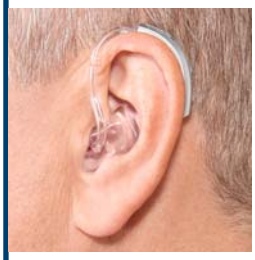
## REIKI THERAPY

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

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

## -SAVE THE DATE-

## HEARING TEST



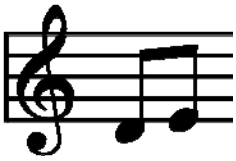
Not hearing like you once did? Does everyone around you seem to mumble? Dr. Tamy Simon Chelst, an audiologist with 40 years of experience will be at the Senior Center on **Thursday, October 24 from 9:00 am-12:00 noon to** test your hearing. There will be no out of pocket cost for this testing if you have Medicare. Be sure to bring your health insurance cards with you to the appointment. To register for an appointment, please call 617-730-2770. Please also be prepared to provide the name and telephone number of your physician.

## 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.

## -SAVE THE DATE-

## BROOKLINE MUSIC SCHOOL CONCERT



Join us on **Wednesday, October 2 at 1:00 pm** for the return of our monthly Brookline Music School Concerts. Be sure to check the October newsletter for more information on the scheduled artist.

## -SAVE THE DATE

## MASS COLLEGE OF PHARMACY WORKSHOPS

The students from the Mass College of Pharmacy and Health Sciences will be back with their fall workshops on **Thursday, October 17 at 1:00 pm t**o discuss sleep apnea and on Wednesday, November 20 at 1:00 pm for a topic to be determined. We hope to see you there with your questions.

## 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, through October 10 from 1:15-2:15 pm**. 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

Are you new to the ukulele but wish to get started? ***Our September meeting will begin a half hour earlier than the regular group for those who wish to learn the basics***. So at **1:00 pm on Monday, September 9, bring a ukulele and we will start with simple chords** and strums. For **our usual group, please note that we will have a 1:30 pm start time on September 9 and we will end at 3:00 pm**. Singers are always welcomed at that time so we hope that you will join us!

## MEMORIAL BENCH DEDICATED TO DOREEN GORDON

**Come and enjoy the roses with Doreen at the Minot Rose garden on St. Paul Street.**

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## FRENCH CONVERSATION GROUP

The French Conversation Group meets **on Tuesdays from 12:00-1:00 pm** at the Senior Center. New members, regardless of level of proficiency in speaking French, are invited to join the group.

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


Moving? Downsizing?

the move maven

Call Karen Zweig for a free consultation!

617.455.1964

karen@movemaven.com

## THE BROOKLINE SENIOR CENTER LGBT MEETUP PRESENTS RAINBOW CINEMA

**Thursday, September 26th at 6:00 pm.**
**Before You Know It (2013)**
**1hr. 50 min.**

Join us for ***Before you Know It*** an Official Selection of the San Francisco International Film Festival. In this documentary, three gay seniors navigate the adventures, challenges, and surprises of life and love in their golden years.

Brookline Senior Center 93 Winchester Street
RSVP Kate Jovin, LCSW at 617-730-2751 or
**visit bit.ly/RainbowCinemaSept26**

## 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

## FROM THE DIRECTOR

Welcome to those of you who may be receiving our News and Events for the first time. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on P. 31) to stay abreast of all our exciting happenings! Our News and Events is a great way to educate yourself about our programs and services. No senior should ever be bored, with the wealth of activities that are available, many of which remain free or subsidized due to the commitment of our non-profit fundraising arm.

September is Senior Center Month; this year's theme is "The Key to Aging Well!" Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. We are striving to ensure that the future of aging in Brookline is ever evolving.

I invite you to attend the Senior Center during the month of September. We offer an impressive variety of classes and programs from art to Zumba. All the different activities will help keep you feeling healthy and involved. Try Tai Chi, a computer class, a literary discussion, or join the chorus. You can even offer to teach a new class yourself! In addition to our ongoing programs, we have special events. This month we will be hosting the Piatigorsky Foundation Concert on Friday, September 6 at 1:00pm (see P.1). You won't want to miss this outstanding concert.

The Asian community celebrates the Harvest and their gratitude for abundance with the August Moon Festival at the Senior Center on Monday, September 9 at 1:00 pm (see P.7). Our Jewish friends celebrate the New Year, Rosh Hashanah, beginning at sundown on September 29. We extend our warm wishes to both communities as they celebrate these festive holidays.

The fall is also a time for important annual events. Please attend the BrooklineCAN Annual Meeting at the Brookline Senior Center on Thursday, September 19th (see P. 21). This will be a great event, as we celebrate networking. On Sunday, September 22nd, support our team that is walking to end Alzheimer's and attend Brookline Day at Larz Anderson Park.

I urge you to make plans to attend our 18th Annual Autumn Benefit on Wednesday, October 23. This year we are honoring State Senator Cynthia Stone Creem, Majority Leader, for her advocacy and legislative efforts for older adults. The Autumn Benefit is our biggest fundraiser of the year. I guarantee a phenomenal time of celebrating our community with scrumptious food, fabulous music, entertaining conversation and mingling with your neighbors. Buy your tickets early and show your support for the Brookline Senior Center. A special thank you to our Diamond Sponsors: Beth Israel Deaconess Medical Center and Michael Merrill. This is a great time of year; the weather is glorious and the trees begin to wear their beautiful fall colors. Enjoy the month.

*Ruthann Dobek-Director*

### ELF

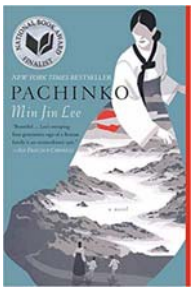
The Elf program has 2 rolling and padded commodes that are available. Please call to request these or to donate any items at 617-730-2753.

### MAHJONG

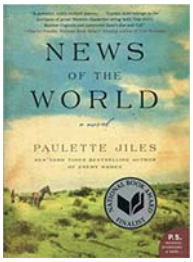
Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 pm** for a social game of Mahjong.

## BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

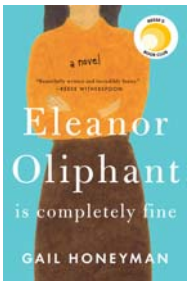
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm.** Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.




**Monday, September 16**
**Pachinko (National Book Award Finalist)**
by Min Jin Lee
Pachinko is an "extraordinary epic" of four generations of a poor Korean immigrant family as they fight to control their destiny in 20th-century Japan




**Monday, October 21**
**News of the World**
by Paulette Jiles
In the aftermath of the Civil War, an aging itinerant news reader agrees to transport a young captive of the Kiowa back to her people.



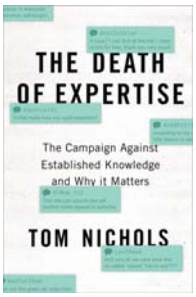

**Monday, November 18**
**Eleanor Oliphant Is Completely Fine**
by Gail Honeyman

**Monday, December 16**
**The Library Book**
by Susan Orlean

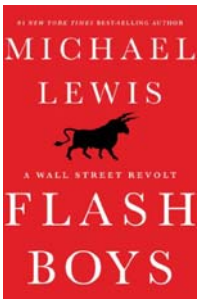
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

### *at the Brookline Senior Center*

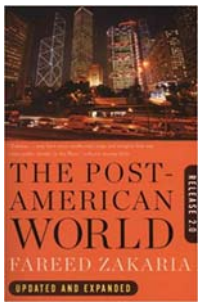
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth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



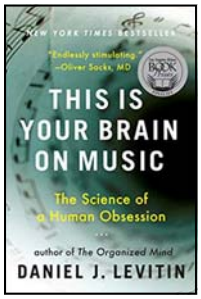

**Tuesday, September 24**
**The Death of Expertise:** The Campaign Against Established Knowledge and Why It Matters by Tom Nichols (Oxford University Press)




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




**Tuesday, November 26**
**The Post-American World:** Release 2.0 by Fareed Zakania (W.W Norton & Company, Inc.)




**Tuesday, December 17**
**This Is Your Brain on Music:** by Daniel J. Levitin (Dutton Adult | Penguin Group USA)

## 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 11 at 10:30 am at the Brookline Senior Center.** 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.

## 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.

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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.*

---

Beth Israel Lahey Health

## Mount Auburn Hospital

### Lifeline Program

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**Philips HomeSafe with AutoAlert** (fall detection) gives you quick access to help and places a call for help if it detects a fall and you cannot push your waterproof button when in and around your home.

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## ONE-ON-ONE COMPUTER SESSIONS

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, 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.

## MORE TECHNOLOGY SUPPORT

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".

## SENIOR CHORUS

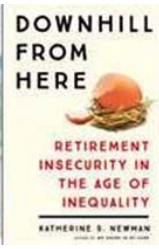
The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.

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

## -SAVE THE DATE-

## RETIREMENT INSECURITY IN THE AGE OF INEQUALITY

## KATHERINE S. NEWMAN




Old-age poverty, a problem we thought was solved by the New Deal, is poised for resurgence. With dramatic statistics and vivid portraits, acclaimed sociologist and Interim Chancellor of UMass Boston, Katherine S. Newman, will join us at the Senior Center on **Thursday, October 17 from 6:00-7:30 pm** to show how the American retirement crisis touches us all, cutting across class and generational divides.She will discuss steps that we could take to address this problem.

Refreshments will be served from 6:00-6:30 pm and the program with discussion will be from 6:30-7:30 pm. This event is free of charge, but please call 617-730-2770 to register. This program is sponsored by BrooklineCAN and its founding partners.

## BROOKLINECAN ANNUAL MEETING

WBUR producers and Brookline residents, Karen Shiffman and Carey Goldberg, are featured speakers at BrooklineCAN's **9th Annual Meeting at the Brookline Senior Center on Thursday, September 19 from 5:00-7:00 pm.**

This year's event, which is free and open to all, will celebrate **Watch Us Network, UCAN2 – "Together We Accomplish What We Cannot Do Alone".**

Matt Weiss, host of Age Friendly Cities TV, 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 call-in and interview morning show. Carey Goldberg is host and editor of Common-Health, WBUR's source for news and conversation about health, medicine and science.

This year's community award winners are Kent/Street Affordable Senior Housing Committee, Brookline Climate Action Committee and Brookline Transportation Board. Guests may learn more about active networking by visiting with members of BrooklineCAN's Education, Communications, and Livable Community Advocacy Committees. BrooklineCAN members Frank Caro, Claire Goodwin, and Patricia Burns will exhibit their artistic creations. Organizations supporting Brookline Community Aging Network include its founding partners: Brookline Senior Center, Center Communities of Brookline, Goddard House, and Jewish Family & Children's Service. To register, please call 617-730-2770.

# DISCOVER CAREFREE SENIOR LIVING

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MASS RELAY 711

WATERSTONE
AT THE CIRCLE
AN OVER-62 COMMUNITY

## SEPTEMBER 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, September 17** we celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September 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

Corrib Pub Restaurant

Out to Lunch Bunch will dine on Tuesday, **September 24 at noon** at Corrib Pub and Restaurant (2030 Center Street, West Roxbury) The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

Enrich. Engage. Together.
Embracing the aging experience for seniors in the Boston area, guided by our mission & core values.

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*A Not-for-profit Skilled Nursing & Rehabilitation Center*

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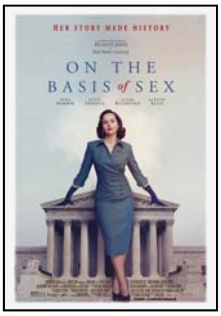
Call **617-735-1775** to speak with Admissions.
To learn more, visit **www.SherrillHouse.org**.

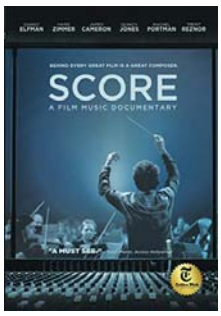
*135 S. Huntington Avenue • Boston, MA 02130*

## MOVIES FOR FILM LOVERS

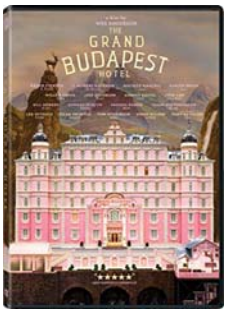
Come to the Senior Center on **Tuesdays in September at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.




**Tuesday, September 3**
**On the Basis of Sex** (2018)
2hr.
The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.




**Tuesday, September 10**
**Score: A Film Music Documentary** (2016)
1hr. 33min.
A look at the cinematic art of the film musical score, and the artists who create them.




**Tuesday, September 17**
**The Grand Budapest Hotel** (2014)
1hr. 39min.
The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.

**Tuesday, September 24**
**Still Walking** (2008)
1hr. 55min.
A family gathers together for a commemorative ritual whose nature only gradually becomes clear.

*Taken from https://www.imdb.com/title/tt1087578/*

## 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*

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

Do you know someone who does?

**If so, please call us!**

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**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.

## -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 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 the Century.


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## 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 September we will meet on the 21st 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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## SEPTEMBER AT A GLANCE

**Monday, September 2**
Closed for Labor Day Holiday
**Tuesday, September 3**
1:00pm Movies for film lovers-On the Basis of Sex
**Wednesday, September 4**
9:00am-12:00pm BLAB
1:00-3:30pm JFK Program***
2:00-3:00pm Blood Pressure Clinic at BPHD*
**Thursday, September 5**
11:00am Ask A Nurse
1:15-2:15 Zumba Gold
1:30pm Easy Travel to Denmark
**Friday, September 6**
1:00pm Patigorsky Concert***
**Sunday, September 8**
You and Broadway***
**Monday, September 9**
1:00pm August Moon Program***
1:30-3:00pm Ukulele
**Tuesday, September 10**
1:00pm Movies for film lovers-Score: A Film Music Documentary
4:00-6:00pm Gallery 93 Artist Reception
**Wednesday, September 11**
10:30-11:30am Tao of Forgiveness***
1:00pm COA Meeting
**Thursday, September 12**
11:00am Holiday Craft Fair meeting #2
1:15-2:15 Zumba Gold
1:00-2:30pm Your Age Your Advantage workshop***
**Friday, September 13**
1:30pm DNA Presentation***
**Monday, September 16**
1:00pm Nutrition/Hydration Presentation ***
**Tuesday, September 17**
12:00pm September Birthday Lunch***
1:00pmMovies for film lovers-The Grand Budapest Hotel
4:00pm Sue Katz Book Reading***
**Wednesday, September 18**
9:30am-12:00pm Fisher Hill Walk***
10:30-11:30am Tao of Forgiveness***
1:00pm Frontotemporal Dementia***
1:00pm Low Vision Support Group
**Thursday, September 19**
1:00-2:00pm Brookline Hearing Service
1:00-2:00pm Blood Pressure Clinic
1:15-2:15 Zumba Gold
5:00-7:00pm BrooklineCAN Annual Meeting***
**Saturday, September 21**
11:00am-1:00pm Out 2 Lunch*/***
**Sunday, September 22**
Alzheimer's Walk***
11:00am-3:00pm Brookline Day*
**Monday, September 23**
1:00pm Tanya Shrago Concert***
**Tuesday, September 24**
12:00noon Out to Lunch Bunch (Corrib Pub)***
1:00pm Movies for film lovers-Still Walking
**Wednesday, September 25**
10:30-11:30 Tao of Forgiveness***
1:30-3:00pm Memory Café***
**Thursday, September 26**
1:15-2:15 Zumba Gold
2:00pm Tax Work-off Program Meeting
6:00pm Rainbow Cinema***

## -SAVE THE DATE-

## OCTOBER

**October 15** Party of the Century***
**October 17** Mass College of Pharmacy Workshop
**October 17** BrooklineCan-Katherine Newman***
**October 20** New Rep Comes to You (Scarlet Letter)***
**October 23** Autumn Benefit***
**October 24** Hearing Appointments with Tamy Chelst***
**October 29** Flu Clinic

## 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/Chess
2:00-4:00pm Open Computer Lab

**Tuesday**

8:30 am-4:30 pm Fitness Center Open—Membership Required
9:00-12:00 noon Reiki Therapy ***
10:30 am Brookline Bees, Quilters
11:00-11:45am Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00-2:00pm computer one-on-one***
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**

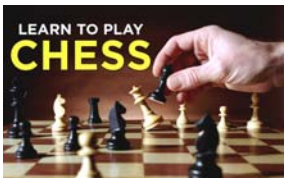
8:30 am-4:30 pm Fitness Center Open Membership Required
9:30-11:45am Drawing for Pleasure***
9:30am Art for Pleasure Class ***
10:30am Arthritis Exercise ***
10:30am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00pm Intermediate Spanish***
12:30-3:30pm Mah Jong
1:00-3:00pm Chess
1:15-2:15pm Beginning Spanish Class***
2:00-4:00pm Computer drop-in support
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 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




Calling All Chess Players of all abilities: GREAT NEWS!! Joe Miller, our chess volunteer, is expanding his chess time at the Senior Center! He will now be available **Monday and Thursday from 1:00-3:00 pm**. Joe is always ready to play a game and/or provide help to new chess learners. You can bring your own board or use one of ours. Drop in-no registration necessary!

## BRIDGE FOR EXPERIENCED PLAYERS

Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

## SPANISH IMMERSION CLASSES FOR ADULTS

Mis Clases De Español

Come and enjoy 7 week basic grammar, vocabulary, and small conversation classes on **Thursdays, beginning October 10.** Level I from 1:15-2:15 pm and Level II from 12-1 pm. To register, call 617-953-7016 email: brookline.spanish.immersion@gmail.com. Auspiciadores: Spanish Immersion and the Brookline Senior Center.

## RUMMIKUB

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

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## A FILE OF LIFE

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.

**NOTE:** Please keep your medical information current.

## BROOKLINE DAY 2019

On **Sunday, September 22,** come one, come all to the 8th annual Brookline Day Festival from 11:00 am to 3:00 pm at Larz Anderson. **Be sure to stop by the Council on Aging and BrooklineCAN information tables that day to say hello!** For the most up-to-date information, please visit the Brookline Recreation's website.

## -SAVE THE DATE-

## SENIOR CENTER THEATER CLUB NEW REP COMES TO YOU! THE SCARLET LETTER

Join us on **Sunday, October 20 at 2:00 pm** for a timeless story of love, betrayal, and integrity. The Scarlet Letter follows heroine Hester Prynne who forges a new morality independent of the community that publicly shames and stigmatizes her. In this striking 60-minute adaptation by the New Rep Classic Repertory Company, Hester speaks to us across time as an icon of individual thought in a world rife with moral posturing and mindless conformity. Cost to attend is $5; free for BHA residents. Space is limited so please register 617-730- 2777.

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__Yes! I would like to __Subscribe__renew my subscription to the Senior News and Events to begin on_____month.

__I am including a contribution for the following amount: $____

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City/State/Zip_____

Email:_____ Phone(s):_____

**Please mail this form with your check payable to Brookline Senior Center to**
**Brookline Senior Center, 93 Winchester St., Brookline MA 02446**

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www.brooklineseniorcenter.org

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— Gerry C., Newton

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Annual Appeal Donors:
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Julia Clarkson honoring Eleanor Clarkson's birthday
Sutton Clarkson Family honoring Eleanor Clarkson
Sherry Lee honoring Bill Chin's 90th birthday
Anonymous honoring the dance programs & events at BSC
Patricia H. Dobek honoring Agnes Rogers' 100th birthday
Lourdes Ileto honoring Olga Sliwa

## *In Memory of:*

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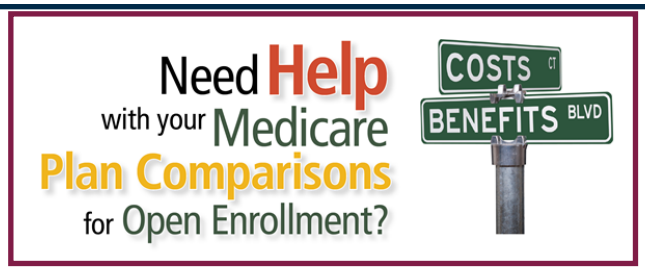
**TAKE CONTROL OF YOUR HEALTH CARE INFORMATION!**

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for the Medicare Advantage and Drug Plan Open **Enrollment (October 15-December 7)!** In the meantime, you can go to **https://www.medicare.gov/ to access information** regarding the upcoming open enrollment.

For other types of Medicare assistance call SHINE at 1-800-243-4636 and press 3 or call your local Council on Aging. SHINE is partially funded by the federal Administration for Community Living.




It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call soon to schedule your SHINE appointment during the **Open Enrollment, is from October 15 through December 7th!**

REMINDER: Bring your Medicare card and drug list to your appointment!

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.

## 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.

## BROOKLINE RECREATION ACTIVE OLDER ADULT PROGRAMS

**Mount Auburn Cemetery**
**Cambridge, MA**
**Tuesday, September 10 from 9:00am-2:00pm**
Mount Auburn is a National Historic Landmark, a botanical garden, an outdoor museum of art and architecture, and an important habitat for urban wildlife. Following the guided tour of the cemetery we will stop for lunch at Deluxe Town Diner at your own cost. Trip fee includes transportation and guided tour.
**Fee:** residents $15 nonresidents $21

**Boston Nature Center**
**Mattapan, Ma**
**Thursday, October 10 from 1:00-4:00pm**
Trip fee includes transportation and tour.
**Fee:** residents $10 nonresidents $13

**Pick-up and drop off locations:**
Brookline Senior Center 93 Winchester St.
Soule recreation Center 652 Hammond St.

**Registration: call the Brookline Recreation Center 617-730-2082**

## 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

## 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 PROGRAM SCHOOL YEAR 2019-2020

(Students Helping Older People) partners Brookline High School (BHS) student volunteers with seniors to do grocery shopping once a week during the school year. In turn, seniors help the students fulfill their community service requirement. Frequently, this becomes an intergenerational friendship between the senior and their student shopper(s). The students will be back to school in September. Seniors who were in the program last year will be contacted to determine their interest in continuing this year. If you are a senior who could benefit from having help with your grocery shopping from these eager teens or know of a senior who might, please contact Patricia Burns, Brookline Senior Center Volunteer Coordinator at 617 730 2743 or by email at pburns@brooklinema.gov

## SEPTEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES:

This month's spotlighted opportunities include: Tuesday Food Pantry – strong help in the afternoon (1-4); Food Commodity program on 3rd Wednesday of each month – Russian interpreters mornings from 8:30-12 and people able to help with phone calls and/or lifting 30-35 lbs. in the morning from 9-noon; Photographer – for events and individual portraits; TRIPPS – people interested in helping with transportation issues. If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the BSC, please call Patricia, the Volunteer Coordinator @ 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

## LIBRARY CONNECTION

Are you a lover of library books and other resources, yet unable to enjoy the pleasures of browsing on your own? We have a solution for you! The Library Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

## YOUR AGE ADVANTAGE IN THE WORKPLACE WORKSHOP

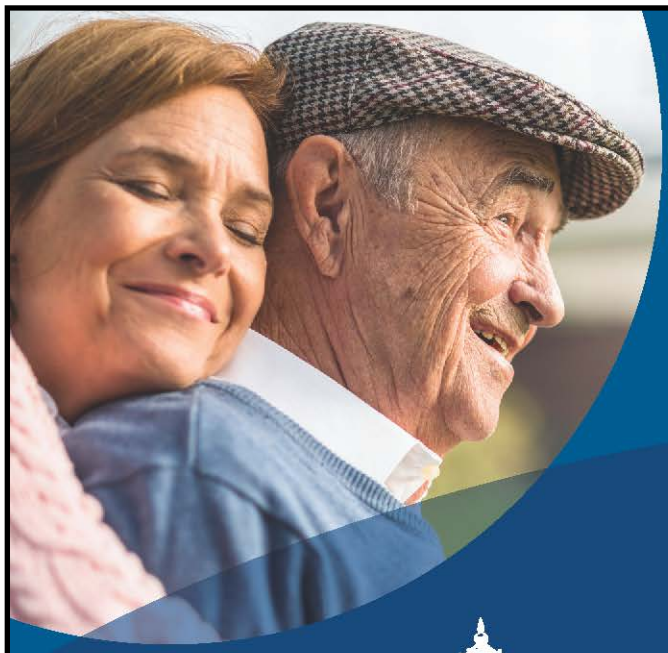
Come explore the advantages YOU and your age have in the workplace and how you can capitalize on these advantages during your job or volunteer search. The workshop will be facilitated by Patricia Burns, REAP Advisor on **Thursday, September 12 from 1:00-2:30pm.** Registration is required. Please call Deidre Waxman at 617-730-2767 or Patricia Burns at 617-730-2743 or email pburns@brooklinema.gov to register.

## TAX WORK-OFF MEETING

The annual Tax Work-Off meeting will take place on **Thursday September 26 at 2:00 pm. Attendance is required** for every participant and one hour of credit will be given towards final program hours. Regrets only to Deidre Waxman 617-730-2767

## 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.

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