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

OCTOBER 2019

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

Katherine S. Newman Presentation
"Retirement Insecurity in the Age of Inequality," originally scheduled for Thursday, October 17, is (See P.13)
POSTPONED

October 8 from 12:00-2:00 pm South Brookline Senior Meetup (see P. 19).

ANNUAL AUTUMN BENEFIT

Attend the 18th Annual Autumn Benefit at the Senior Center on **Wednesday, October 23, starting at 6:00 pm.** This is a GALA event and one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget. This year we are honoring our State Senator Cynthia Stone Creem, Majority Leader, for her advocacy and legislative efforts for older adults.

The top floor of the Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior).

For more information contact Ruthann Dobek at 617-730 2756. RSVP by Thursday, October 17 to ensure your space at this special event. If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org.

Special thanks to our Diamond business sponsors: Beth Israel Deaconess Medical Center and Michael Merrill.

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

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OCTOBER OBSERVANCES

On Monday, October 14, the Senior Center will be closed in observance of Indigenous People's Day. Activities include pow-wows, traditional dance, and lessons about Native American culture. In addition, celebrations often include parades and street fairs featuring colorful costumes, music, and ethnic food. October 7, Yom Kippur also known as Day of Atonement, is the holiest day of the year for the Jews. We celebrate World smile day on, Friday, October 4, Child Health Day on Saturday, begins on the evening of Tuesday, October 8. United Nations Day on Thursday, October 24, and Halloween is on Thursday, October 31.

ANNUAL HOLIDAY CRAFT FAIR MEETING

Planning is well underway for our 35th Annual Holiday Craft Fair! This year's Fair will take place on **Friday, November 15 from 10:00 am-3:00 pm and Saturday, November 16 from 11:00 am-2:00 pm s**o be sure to mark your calendars. **Join us for our final planning meeting on Monday, October 28 at 1:00 pm** when we will go over last minute details for the Fair. 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 will help to support the programs and services of the Brookline Senior Center, with a special donation to World Central Kitchen so let's make this our most successful year yet!

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, longtime champion of the Brookline Senior Center, whose 100th birthday is on October 15th. Come dance to the upbeat music of the 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 jwashburn@brooklinema.gov or (617) 730-2770. Also, please contact Julie if you would like to send an invitation to a friend or relative to The Party of the Century.

-SAVE THE DATE-

Loss and Grief Support Group

Join us on **Tuesday afternoons in December.** We will offer a support group for those who are coping with loss, grief, or a significant life event. The group is open to all Brookline and surrounding community residents over the age of 60 who wish to share their experience with others. There is no fee required for this group. For more information, contact: Michael Allen, LCSW at 617-730-2754 or mallen@brooklinema.gov.

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

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, October 3 at 11:00 am.**

Low Vision Group This peer-led support group for individuals with limited eyesight is on **Wednesday, October 16 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:

Wednesday, October 2 from 2:00-3:00pm
BPHD building Health Department on Pierce Street.
There will be no Blood Pressure screening at the Senior Center in October.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, October 17 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.

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.**

TRUSTED TRANSPORTATION PARTNER

TTP: Trusted Transportation Partner 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.

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.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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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: What kind of flu vaccine should I get and when should I get it?

Answer: As people get older, our immune system gets weaker, making it easier to catch certain diseases. Vaccines can help prevent diseases that can be very dangerous by helping the body develop immunity to these diseases and fight them in the future.

There are 5 vaccinations which are recommended for adults older than 65:

- INFLUENZA ("The Flu"). You need a dose every fall.
- PNEUMONIA 23 and the newer PREVNAR 13
- TETANUS, DIPTHERIA and PERTUSSIS (whooping cough) also called DTaP. After getting the DTaP, you need a Td booster shot every 10 years.
- SHINGRIX – the updated shingles vaccine for adults older than 60

INFLUENZA (FLU) viruses are very clever about changing themselves every year to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others.

For the 2019-2020 flu season, there is a new flu vaccine specifically made for people over the age of 65 called FLUAD. It has an extra ingredient added to the vaccine that helps create a stronger immune response to vaccination. It is made with eggs, so it should not be given to someone with a true egg allergy. More studies are showing that the flu vaccine may still be safe for people who don't have really severe egg allergies.

There have also not been studies yet showing that FLUAD is more effective than the current high dose flu vaccine Fluzone, also for people over age 65. These high dose flu vaccines were developed specifically for older people because most flu-related hospitalizations and deaths were in older people, since our immune systems get weaker as we age.

Some studies have shown that both of these are more effective than the standard flu shot in preventing the flu, but the CDC has not expressed a preference for any flu vaccine indicated for people 65 and older. CDC recommends ANY flu vaccination as the most important step in protecting against the flu.

The flu vaccines are safe-you cannot catch the flu from the vaccine. However, you may have some side effects, such as pain, redness at the injection site, headache, muscle aches, and fatigue.

Flu season usually lasts from around December through the spring. It takes 2 weeks to build up strong immunity after getting the flu shot, and after that, the immunity starts to weaken. So it is better to wait until end of October into November to get the vaccine. However, it is never too late to get the vaccine!

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, October 2 from 9:00 am-12:00 pm** to consult on legal matters. ***This service is offered for Brookline residents 60 and older 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.

MEMORY CONNECTIONS CAFE

On **Wednesday, October 30 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 care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is co-sponsored by Senior HomeCare Solutions. **Please note that for this month, the program will be joining the larger Senior Center community for the "Tommy Bahama Halloween Dance Party."**

TOMMY BAHAMA HALLOWEEN DANCE PARTY

Join us for what is always a fun musical performance by our friend, Tommy Bahama on **Wednesday, October 30 at 1:30 pm.** Put on your dancing shoes (and maybe even a Halloween costume!) and get ready to dance the afternoon away! Light refreshments will be provided. This program is co-sponsored by Senior HomeCare Solutions. Space is limited so please register by calling 617-730- 2770.

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.

ALL THE THINGS YOU ARE

Historian Bruce Hambro will return to the Senior Center on **Monday, October 21 at 1:00 pm** with his multimedia presentation on Jerome Kern. You may remember Bruce from his past presentations here on George Gershwin and Barbra Streisand. This time around, his power-point presentation will spotlight Jerome Kern, the dean of American Broadway musical composers during the early part of the 20th century. After writing the ground-breaking theatrical song, "They Didn't Believe Me," in 1914, Kern went on to compose some of the most inventive and melodious songs ever heard in Broadway and Hollywood musicals. Jerry Kern is now mainly remembered as the composer of 1927's landmark play, Showboat, whose score featured "Old Man River" and "Can't Help Lovin' Dat Man of Mine." But, Kern also composed a myriad of other classic songs such as "The Last Time I Saw Paris," "Smoke Gets in Your Eyes," "The Way You Look Tonight" and "All the Things You Are." During this one-hour audio-visual presentation, the audience will hear all of these great compositions, and more. This program is generously sponsored by our friends at the Wingate Residences at Boylston Place. To register, please call 617-730-2770.

BROOKLINE FLU CLINIC SCHEDULE

Tuesday, October 29 from 11:30am-1:00pm Brookline Senior Center
Wednesday, Nov. 13 from 5:30-7:30pm Baker School
Sunday, Nov. 24 11:00am-1:00pm Brookline High School
Please bring all health insurance cards. Individuals without health insurance are welcome; there is no charge. It is important that all persons (6 months and older) should receive the vaccine each year.

- Wear loose-sleeved clothing
- Limited Flu Mist will be available this year.
- Fluzone High-Dose influenza vaccine is NOT available
- Questions or other information, please call 617-730-2336

www.brooklinema.gov/health
Sponsored by the Brookline Department of Public Health.

TENTATIVE TOUR OF THE NANTUCKET LIGHTSHIP

By popular request, we have tentatively scheduled another tour of the Nantucket Lightship LV-112, a former commissioned U.S. Coast Guard floating lighthouse (1936-75), National Historic Landmark and National Treasure, docked in East Boston on **Thursday, October 24 from 10 am to approximately 1:00pm.**

Nantucket Shoals Lightship Station was the most remote offshore lightship station — 100 miles from the U.S. mainland — and the most treacherous lightship station in the world. Nantucket Lightship was the first beacon and U.S. landmark seen by vessels entering and departing the United States from Europe and was nicknamed the "Statue of Liberty of the Sea." All transatlantic shipping set their course to Nantucket Shoals Lightship Station first, before branching off to their U.S. east coast destinations. **Please note that the lightship will be going into dry-dock for restoration repairs in the fall, but no date has been scheduled as yet. If a dry-dock date is scheduled prior to October 24, our tour will have to be postponed until the spring.**

It is important to note that the Lightship is not handicapped accessible. In order to fully experience the tour, you must be able to climb 10 steep stairs (handrails are available) and stand for extended periods of time. Please also be sure to wear a warm jacket, soft soled/non skid footwear with no open toes. Feel free to bring along snacks and/or a bagged lunch to enjoy on the ship as lunch will not be provided. Cost for the tour is $10 per person and must be paid at the time of registration. Space is limited so call 617-730-2777 to register.

CARE

The Brookline Council on Aging is pleased to announce that we will be able to provide Brookline families free respite/companionship through our CARE Program (Caregiver Assistance Relief Effort). The CARE Program operates under the auspices of the existing HELP Program, which is the Town's Home Care Program. The CARE Program aids Brookline caregivers who need a break from caring for an older adult family member. Respite/ Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. For more information or to participate, please call HELP Program Staff at 617-730-2752. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program.

VISIT WITH VITOLO

Come to the Senior Center on **Thursday, October 24 at 10:00 am** and tell your new State Representative Tommy Vitolo what is on your mind. You'll also hear from him about the work that is being done at the State House. Office hours will be available afterwards at the Center with Representative Vitolo to discuss specific constituent issues or requests in private. We hope to see you there!

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Center Communities of Brookline
Hebrew SeniorLife

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.

SPOTLIGHTED VOLUNTEER

Betel Tekleghiorghis is a rising junior at Brookline High School. Betel has participated in the Steps For Success program since 4th grade and has two brothers and a sister who were in the program as well. All three said that the program definitely helped them even while they were in college. When asked why Brookline Senior Center, Betel said that she thought she wanted to work with seniors in the future and since working at Brookline Senior C enter this summer, she thinks she definitely would. One of the best things about working at BSC is the friendliness of everyone and even with the age gap she could always find something of mutual interest to talk about. Betel was also very impressed with the turnout for the memorial for Leroy Neuberg. Among the areas where Betel worked this summer were the lunch program preparing, serving and cleaning up, answering phones, visiting 1-on-1 and shopping for seniors. She is hoping to participate in the SHOP program at the high school next year.

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.

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, October 16 at 1:00 pm**, as we welcome Maria Maffei who will update us on the Brookline Housing Authority projects. We hope you'll join us to learn more about the BHA redevelopment plans. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

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.

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.

BROOKLINE MUSIC SCHOOL CONCERT

RICK LANDWEHR JAZZ TRIO

Join us on **Wednesday, October 2 at 1:00pm** for the return of our monthly Brookline Music School concerts. This month we'll welcome back the Rick Landwehr Jazz Trio. The Trio plays classics from the standard jazz repertoire as well as choice contemporary selections and they are always an audience favorite so we hope to see you there!

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, on **Thursdays, October 10 from 1:15-2:15 pm**. **The next session will run from Thursday, October 17 through December 12. Note: no class on November 28** due to Thanksgiving, 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 October 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, October 21**, 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!

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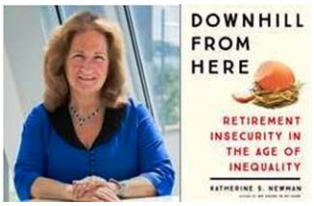
Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit Brookline-CAN.org

KATHERINE S. NEWMAN PRESENTATION POSTPONED



We regret to inform you that the Katherine S. Newman presentation "Retirement Insecurity in the Age of Inequality," originally scheduled for Thursday, October 17, will be postponed until the spring due to unforeseen circumstances. Please watch the newsletter for additional updates in the spring. We apologize for any inconvenience.

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.

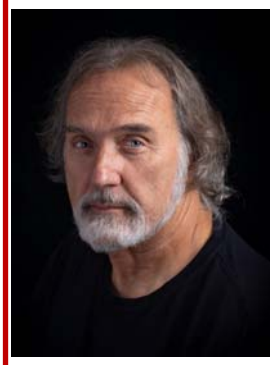
EASY TRAVEL

Join us on **Thursday, October 3 at 1:30 pm** as Joyce Graff will share her recent tour of western Russia: Moscow, the Golden Circle, and Saint Petersburg. She and her friend John Grew, also from Brookline, went with a group of Rotary club members from all over the world to visit Russia and meet Rotarians there. Come see photos and hear stories of Russian history, art and architecture, including the fate of the Romanovs. We hope to see you there!

-SAVE THE DATE-

STEPHEN COLLINS

on Short stories of Nathaniel Hawthorne



Join us for a six week seminar examining some of the short stories of Nathaniel Hawthorne (1804-1864). He was part of what was considered The American Renaissance of the 1850s which ushered in the work of Emerson, Thoreau, and Whitman. We will look closely at four of his short stories: "Young Goodman Brown," "The Minister's Black Veil," "The Birthmark," and "Wakefield." The first class will be a biographical sketch of the man and his times. **Classes will meet on Fridays, November 15-December 20 from 1:00-2:00 pm.** Cost for class is $35. Space is limited, but we do require a minimum of 10 participants in order for this course to carry. Please call 617-730-2777 to register.

FROM THE DIRECTOR

I personally invite the entire community to attend and support the **Annual Benefit on October 23 (see page 1).** This year we are honoring our State Senator Cynthia Stone Creem, Majority Leader, for her advocacy and legislative efforts for older adults. Delicious food, good company and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to afford the full ticket price please consider donating any amount, or purchasing a raffle ticket. Each dollar will help us reach our fundraising goal of $50,000 for this year. We will need every penny to keep the van running and to support all of our programs and services, such as expanded transportation services. Special thanks to our Diamond business sponsors: Beth Israel Deaconess Medical Center and Michael Merrill.

On October 15th, we celebrate our beloved Agnes Rogers'100th birthday! Her party will be here at the Senior Center from 2:00 pm-3:30 pm. The Senior Center will be honoring ALL of Brookline's centenarians. A relative/friend may accept citations on behalf of an honoree if they are unable to attend the event. (see page 3). October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

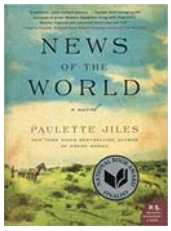
The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center. This month as we celebrate our 18th Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center family and I thank you!

P.S. We are still accepting gift certificates for our raffle. Don't forget to purchase your raffle tickets today. Some of the fabulous donations already received include: a Village Mobil gas card, Coolidge Corner Theater tickets, a weekend at the Courtyard Marriott, and gift certificates from some of our finest local restaurants. Raffle tickets are available on the second floor of the Senior Center.

Betsy Pollock, President

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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



Monday, 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

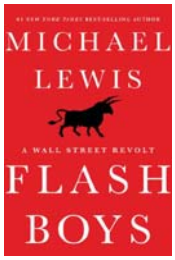
BROOKLINE BEES PROJECT

This month the Brookline Bees sewing and quilting group is working on preparing items for sale at the Brookline Senior Center Fall Fair. Hotpads, aprons, teabag wallets, and more! Come make something, or suggest something! Come join us any **Tuesday 10:30 to noon** to join in the fun! All levels of sewing and quilting are welcome.

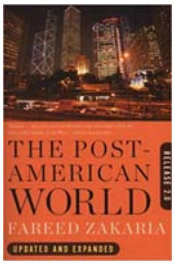
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

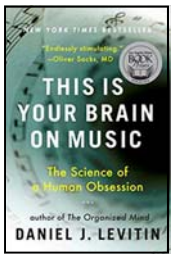
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth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



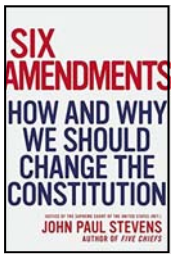
Tuesday, October 22
Flash Boys: A Wall Street Revolt by Michael Lewis (W.W. Norton & Company, Inc.)



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)



Tuesday, January 28
Six Amendments: How and Why We Should Change the Constitution by John Paul Stevens (Little, Brown and Company | Hachette Book Group)

BROOKLINECAN'S 9TH ANNUAL MEETING

An enthusiastic, capacity crowd attended our Annual meeting on September 19, at the Brookline Senior Center.

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

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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.

MAHJONG

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

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.

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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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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179 Boylston St, Jamaica Plain MA 02130
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- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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.

THE NEW NUTRITION FACTS FOOD LABEL

The FDA has mandated changes to the nutrition label on packaged foods. All products manufactured by 2021 will be required to use the new nutrition facts label, and many companies have already begun making the shift.

Join Dalia Cohen, Director of Nutrition at Springwell, on **Friday, October 25 at 1:00 pm** as she leads an informative discussion on why this change is taking place and what it means to consumers. To register, please call 617-730-2770.

SOUTH BROOKLINE SENIOR MEETUP

Come join the fun at the Putterham Library! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come and meet old friends and make new ones. Share your ideas and experiences. We meet one **Tuesday each month from 12:00-2:00pm. October 8**, November 12 and December 10. For more information contact Jude Burnim.

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NORFOLK COUNTY RSVP

The Brookline Senior Center will be partnering with the Norfolk County RSVP program and the West Roxbury VA in order to encourage Brookline residents to work as "Ambassadors" volunteers at the VA.

Ambassadors are most needed on Tuesdays for up to four hour shifts. Duties include:

- information desk
- patient escort,
- delivery of items to patient rooms
- other duties as requested

Transportation costs from Brookline Senior Center and return will be reimbursed up to $40 per month by the RSVP program. Training will be provided as well as a meal voucher for those volunteering for four hours on a single day. All volunteers must fill out an application and receive a medical screening. Ambulatory volunteers preferred but not required. We hope to encourage a few Brookline Volunteers to travel together to the facility. This should be both a good social opportunity and rewarding volunteer opportunity for Brookline residents. Please let me know if you are interested and we will schedule an informational meeting at the Brookline Senior Center with a Volunteer Coordinator from the West Roxbury VA. dwaxman@brooklinema.gov or Deidre at: 617-730-2767

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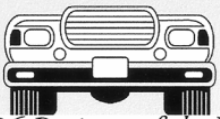

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WEEKLY OPEN HOUSES
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Ready to claim the carefree life you deserve? Schedule your visit and tour our remaining apartments!

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Check Out Upcoming Events Online:
CircleSeniorLiving.com

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MASS RELAY 711

WATERSTONE
AT THE CIRCLE
AN OVER-62 COMMUNITY

OCTOBER 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, October 22** we celebrate October birthdays at the monthly Birthday Lunch. **Please note that the October birthday party will be held on Tuesday, October 22 this month so as to not conflict with The Party of the Century on October 15.**

The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all October 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.

No Lunch on **Monday, October 14**. The Senior Center will be closed for the holiday,

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine on Tuesday, **October 29 at noon** at Greg's at 321 Mount Auburn St., Watertown at noon. 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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Gorgeous, compassionate, HAPPY home for seniors who need a little help

All-inclusive & affordable!

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Brookline Senior Center Preferred Site!

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 October at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.

Tuesday, October 1
Cesar Chavez (2014)
1hr. 42 min.
Michael Peña stars as Cesar Chavez, who inspired millions of Americans to fight for social justice. His triumphant journey is a testament to one individual's power to change the world.

Tuesday, October 8
Entre Nos (2009)
1hr. 20 min.
Mariana leaves her impoverished hometown in Bogotá, Colombia with her two young children, Gabriel and Andrea, and heads to the USA to be reunited with her husband. Soon after her arrival her husband abandons the family. With all her options closing in on her Mariana turns to the city's trash in order to put food on the table.

Tuesday, October 15
NO MOVIE (Party of a Century)

Tuesday, October 22
Under the Same Moon" (2007)
1hr. 46 min.
A young Mexican boy illegally travels to the U.S. to find his mother (who is illegally in the U.S.) after his grandmother passes away.

Tuesday, October 29
NO MOVIE (Flu Clinic)

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

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.

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

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)

-SAVE THE DATE-

Death Café Eat Cake. Drink Tea. Discuss Death.

Join us for the Brookline Senior Center's first Death Café on **Thursday, November 7 from 5:30-7:00 pm!** Death Cafés are a place for people of all ages to socialize, eat, and drink while talking about death and dying - with no agenda, advertising, objectives, or themes. The only goal of a Death Café is to increase our awareness of death, so we can make the most of our (finite) lives. Registration is not required.
For more information call Kate Jovin, LCSW (617-730-2751) or Michael Allen, LCSW (617-730-2754). For general information about Death Café, visit deathcafe.com/what/

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 October we will meet on the 19th 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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OCTOBER AT A GLANCE

Tuesday, October 1
1:00pm Movies for Film Lovers-**Cesar Chavez**
Wednesday, October 2
9:00-12:00 noon Brookline Legal Assistance Bureau (BLAB) **Brookline residents only.**
1:00pm Brookline Music School Concert
1:00pm Blood Pressure Clinic at BPHD*
Thursday, October 3
11:00am Ask A Nurse
1:15 pm Zumba Gold
1:30pm Easy Travel
Tuesday, October 8
12:00-2:00pmSouth Brookline Senior Meetup at Putterham Library*
1:00pm Movies for Film Lovers-***Entre Nos***
Wednesday, October 9
Yom Kippur No Special Programing
Thursday, October 10
1:00-4;00pm Boston Nature Center Tour*/***
1:15-2:15 Zumba Gold
Monday, October 14
Closed for holiday
Tuesday, October 15
No Movie (Party of a Century)
2:00-3:30pm Party of a Century***
Wednesday, October 16
1:00pm Low Vision Group
1:00pm COA Meeting
Thursday, October 17
1:00pm Mass College of Pharmacy
1:00-2:00pm Brookline Hearing
1:15-2:15 Zumba Gold
6:00-8:00pm **POSTPONED** Katherine S. Newman American Retirement Crisis
Friday, October 18
Saturday, October 19
11:00am-1:00pm Out 2 Lunch Brunch*/***
Sunday, October 20
2:00pm New Rep ***Scarlet Letter****

Monday, October 21
1:00pm Bruce Hambro - "Jerome Kern" presentation ***
2:00-3:00pm Putterhan Book Discussion Group – ***News of the World****
1:00-1:30 Beginning Uke
1:30-3:00 Uke
Tuesday, October 22
9:00-10:00am Public Issues Nonfiction Book-Group-***Flash Boys***
12:00 noon October Birthday Lunch***
Note: Date change for this month.
1:00pm Movies for Film Lovers-***Under the Same Moon***
Wednesday, October 23
6:00pm Annual Autumn Benefit***
Thursday, October 24
9:00am-12:00noon Hearing Test with Tamy Chelst***
10:00am Visit with Representative Vitolo
10:00am-1:00pm Tour Nantucket Lightship (tentatively)***
10:00am-12:00noon Norfolk Registry of Deed at Brookline Town Hall*
1:15-2:15 Zumba Gold
Friday, October 25
Nutrition Presentation with Dalia Cohen***
Monday, October 28
1:00pom Craft Fair Planning Meeting
Tuesday, October 29
11:30am-1:00pm Flu Clinic NOTE: NO MOVIE
12:00 noon Out to Lunch Bunch ***at Greg's****
Wednesday, October 30
1:30-3:00pm Memory Café*** (Halloween Dance)
1:30pm Tommy Bahama Halloween Dance***
Thursday, October 31
1:15-2:15 Zumba Gold

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

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.**

BRIDGE FOR EXPERIENCED PLAYERS

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

SPANISH IMMERSION CLASSES FOR ADULTS

Come and enjoy 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.

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 & THURSDAY afternoons 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!

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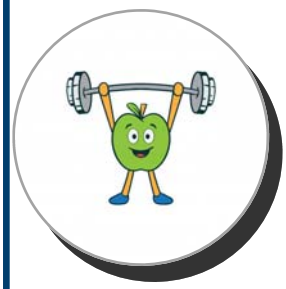
NOTE: Please keep your medical information current.

BROOKLINE RECREATION ACTIVE OLDER ADULT PROGRAMS

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

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.

GALLERY 93

Hours:

Monday-Friday 8:30-5:00 through October 31

My Way of Seeing Artwork by Louise Weinberg

Untitled #6, mixed media collage

NORFOLK COUNTY REGISTRY OF DEEDS

William P. O'Donnell, Register of Deeds and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matters. Information will be available concerning the Massachusetts Homestead Act and internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. On **Thursday, October 24 from 10:00am-12:00pm at** the Brookline Town Hall room 111. No appointment is needed. For more information please call 781-461-6104

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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Street Address_____

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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Dan Dorfman honoring his grandparents Ester Saloman and Abraham Saloman
Pat Ahlin honoring Sherry Lee
Anonymous honoring Senior Center concerts
Carol and Phil Fullerton honoring Agnes Rogers
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TRIPPS

The "T" Travelers will be visiting the Isabella Stewart Gardner Museum this month! Join us on **October 11 9:45 am-2:00 pm.** The group will meet at the Senior Center at 9:45 and walk to the 66 bus. We will take the MBTA bus system to the museum. The bus lets passengers off two blocks from the Museum. Participants who are new to the MBTA system, those who may need some additional assistance, and expert T users are all welcome to join! We will have the opportunity to explore and experience one of Boston's oldest and most beautiful museums which boasts a peaceful indoor courtyard garden. The cost for the Museum is $12 for seniors. We will return via MBTA bus and will eat lunch at a Coolidge Corner location. Please register by calling 617-730-2644or stopping by the front desk.

SHINE

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, 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.

TUESDAY MORNING DANCE PARTY

Lynn Modell will lead our Tuesday morning Dance Party every **Tuesdays from 11:00am to 11:45am** for fun and dancing so we hope that you'll plan to join us. Suggested donation is $2 per class.

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

OCTOBER 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 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.

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.

SPINOZA DISCUSSION GROUP STARTING UP

Are you interested in discussing the greatest universalist philosophical, psychological, and ethical thought of modern times?

This October, the Washington Square Spinoza Circle, will start discussions of THE COLLECTED WORKS OF SPINOZA. We will gather on **Wednesdays from 9:30 to 11:30 am**. Our gatherings will be in the Washington Square area of Brookline. We will generally meet every week.If you are interested in participating in these discussions contact:
ikurki2@verizon.net or call (617-731-8725).

STOP & SHOP COMMUNITY BAG PROGRAM

The Brookline Council on Aging has once again been chosen by the Stop & Shop, located at 155 Harvard St., as the latest nonprofit to benefit from the Community Bag Program. This means that for the entire month of October, for every community bag purchased, at a cost of $2.50, the Council on Aging will receive a $1 donation. For information: http://stopandshop.bags4mycause.com.

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