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 617-730-2770

Van 617-730–2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

Friday, January 3 at 1:00 pm for a screening of "Abominable" (See P. 8).

Wednesday, January 8 at 1:00 pm COA meeting (see P. 29).

Monday, January 13 Chinese New Year Celebration (See p. 3).

Thursday, January 23 "Be Red Cross Ready" preparedness program (see P. 8)

Monday, January 27 Archie Richards Concert (See P.7).

Tuesday, January 28 Out to Lunch Bunch (see P.19).

JANUARY 2020

ROXBURY TO BROOKLINE

Please join together for Brookline's celebration of the life and values of Dr. Martin Luther King, Jr. on **Monday, January 20, 3:00 pm** at the Coolidge Corner Theater.
"One Family's Experience" This year's program will feature Keynote Speaker Ruth Ellen Fitch. The program includes poetry, music and the inspirational words of Dr. Martin Luther King, Jr. Also featuring: The Brookline High School Testostatones, the Brookline High School Glee Club, and Brookline Poet Laureate Zvi Sesling.

This event is free but to guarantee a seat you must reserve a ticket beforehand. Reserved tickets are available on EventBrite at BrooklineMLK.Eventbrite.com until Friday, January 17. In addition to reserved tickets some tickets have been set aside for those unaware of, or unable to, access this online ticketing procedure. The remaining seats will be filled on a first come first served basis at the Coolidge Corner Theatre just before Showtime. PLEASE NOTE: Seating is limited, so come early. Doors will open at 2:30 pm.
Sign language interpretation will be provided. Other reasonable accommodations are available upon request. For more information please contact Caitlin Starr at 617-730-2345 or cstarr@brooklinema.gov. The Coolidge Corner Theater is accessible to persons with disabilities.

The editor apologies that the sponsorship for last month's Memory Connections Cafe was listed incorrectly. Center Communities of Brookline was the sponsor for the December event and we thank them for this helpful sponsorship.

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

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JANUARY OBSERVANCES

The Senior Center will be closed on **Monday, January 1 (New Year's Day) and on Monday, January 20 (Martin Luther King, Jr. Day).** January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better, be it to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2020.

What happened 50 years ago this month?
Concorde first supersonic flight, Jumbo Jet goes into service, Chicago Seven found guilty, US and the UK lowers the voting age to 18, 100,000 demonstrate in Washington DC against the Vietnam War, First Earth Day, and the Beatles disbanded.

What did things cost in 1970?
Average Cost of new house $23,450.00
Average Income per year $9,400.00
Average Monthly Rent $140.00
Cost of a gallon of Gas 36 cents
United States postage Stamp 6 cents

MAHJONG

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

LONG TERM CARE INSURANCE - 101

Long Term Care Insurance can be a confusing product. It has been described as having "a lot of moving parts". Join us on **Thursday, January 9 at 1:00 pm** for this workshop where we'll examine how a modern Long Term Care Insurance Policy really works. You will come away with an understanding of how benefits are paid, how your health affects eligibility, who the major insurers are for this in Massachusetts, how to design a plan, and whether or not it is even something you should seriously consider. We'll touch briefly on Long Term Care/Life Insurance hybrids as well.

Our presenter will be Hans Hug, Jr., owner of the LTC Insurance Group, an Exeter, NH insurance brokerage opened in 1999 that specializes in Long Term Care Insurance and Life Insurance. Licensed in 5 states, as an independent broker he represents multiple major Long Term Care and Life Insurers. Space is limited. To register, please call 617-730-2770.

CHINESE NEW YEAR

Join us as we celebrate the Year of the Rat on **Monday, January 13 at 12:30 pm** with a lovely luncheon and entertainment. This year the program will feature a traditional lion dance so we hope to see you there! Registration is required for this event. Tickets are $7.00 and payment is requested at the time of registration. To register, please call 617-730-2777.

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, January 2 at 11:00 am.**

Low Vision Group This peer-led support group for individuals with limited eyesight is on **Wednesday, January 15 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, January 16 from 1:00-2:00 pm. at the Senior Center.**

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, January 16 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 Update PLEASE NOTE: Dr. McLoughlin is changing his days and hours Beginning in **January 2020,** Dr. McLoughlin will ONLY be here on the **first and third THURSDAY of each month from 9:00-11:30 am**. Appointments are 15 minutes and the cost is $40. Dr. McLoughlin provides ROUTINE foot care only (nail and callus trimming). To inquire about appointments, please call 617-730-2777. **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.

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, January 7 and Tuesday, January 21 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

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 is spinal stenosis and how can I deal with the pain?

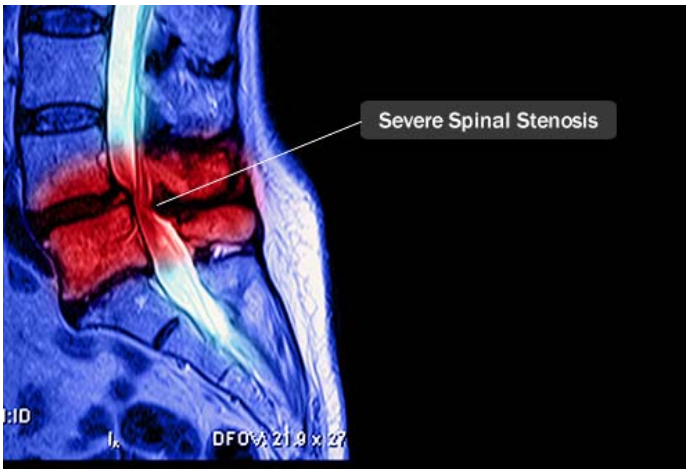
ANSWER: Back pain is common. 75% of people will have an episode of back pain at some point in their lives. Although the majority of people with back pain improve within 1 month, some people have chronic back pain, defined as back pain lasting more than 3 months. Risk factors for back pain include older age, osteoporosis and long-term use of steroids.

One cause of back pain is spinal stenosis. Spinal stenosis occurs when the spinal cord, which is a nerve which looks like a long tube that runs from the neck down to the buttocks inside the spine, becomes squeezed by the narrowing of the spine.

There are many things that can cause the spinal cord to be squeezed, but one of the most common is osteoarthritis, which occurs in most of us as we get older. Some people who find spinal stenosis incidentally on an MRI or CT scan may have no symptoms at all, while others may feel pain, numbness, tingling or weakness and in severe cases, bowel or bladder incontinence.

Spinal stenosis is either cervical stenosis, where the narrowing occurs in the part of the spine in the neck, or lumbar stenosis, which occurs in the lower back.

Symptoms generally occur when walking or standing and are relieved when sitting. Leaning over, such as when you use a shopping cart also improves the pain. If the nerve being squeezed or "pinched" is one of the side nerves that comes off the main spinal cord, it can cause leg pain, or sciatica. Sciatica is very painful, but generally gets better within a few weeks.
The diagnosis of spinal stenosis is made by physical exam and history. MRI or CT scan can



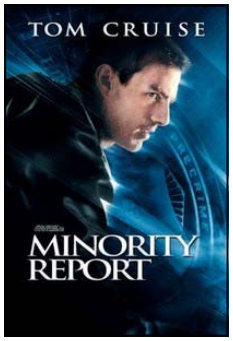
be helpful, but often show spinal stenosis when there are no symptoms. Plain spine x-rays rarely help make this diagnosis.

The course of spinal stenosis is that 25% will improve with time, 50% will remain "stable," and 25% will get worse. Generally, pain will improve over 3 months. During this time, back exercises, physical therapy (if pain is not better after a few weeks), and pain medicines can help. Bed rest is no longer advised. "Back friendly" exercises, such as swimming, stationary biking, and walking, can help both for treatment and prevention. If the pain continues for more than 3 months, injections or surgery such as a laminectomy may be helpful.

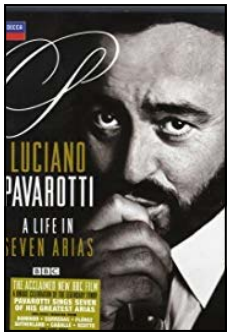
The medicines of choice for back pain are anti-inflammatory drugs such as ibuprofen or naproxen (Advil or Motrin, or Aleve). These need to be taken in the lowest dose possible because of potential stomach upset or kidney effects. Tylenol helps in some people. Narcotic painkillers and muscle relaxants are not more effective than these medicines. Some find relief with "alternative" medicine, such as massages, chiropractic treatments or acupuncture.

MOVIES FOR FILM LOVERS

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



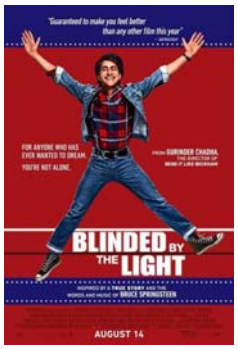
Tuesday, January 7
Minority Report
2 hr. 25 min.(2002)
In a future where a special police unit is able to arrest murderers before they commit their crimes, an officer from that unit is himself accused of a future murder.
Director: Steven Spielberg
Stars: Tom Cruise, Colin Farrell, Samantha Morton



Tuesday, January 14
Pavarotti
1hr. 54 min. (2019)
This year's big doc may be Ron Howard's "Pavarotti," a love letter about the great tenor. More than any opera singer since Enrico Caruso a century before, Pavarotti made opera cool in the latter part of the 20th century. With his larger-than-life personality and crystal-clear voice, he became a worldwide sensation, performing everywhere from rural outposts to massive stadiums to outdoor parks.

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)

Tuesday, January 21
All is True
1hr. 41 min.(2019)
The year is 1613, Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground, and devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Haunted by the death of his only son Hamnet, he struggles to mend the broken relationships with his wife and daughters. In so doing, he is ruthlessly forced to examine his own failings as husband and father. His very personal search for the truth uncovers secrets and lies within a family at war.



Tuesday, January 28
Blinded by the Light
1hr. 58 min. (2019)
When music fanatic Javed discovers the illustrious back catalogue of The Boss his world is turned upside down; already a creative soul his passion for music and writing is set alight by the songs of the working-class poet, whose lyrics feel all too familiar to the aspirational teenager. Yearning to escape his rundown hometown and the rules of his traditional Pakistani household, Javed finds himself caught in between two worlds and must discover if he too is Born to Run .

SPECIAL FREE FRIDAY FLICK

Join us on Friday, January 3 at 1:00 pm for a screening of "Abominable." See page 33 for more information.

TRIPPS

Brookline Rideshare Transportation Discount Pilot Program: Through a grant from the National Council on Aging and Lyft, the Brookline Senior Center has launched a pilot program with the ride hail app Lyft to provide 4 subsidized Lyft rides per month to income eligible senior residents (individual $62,450 maximum; couple $71,400 maximum). The subsidy provides a coupon of $10 to qualified participants with smartphone technology. Those interested in participating in this program please contact Maria Foster at mfoster@brooklinema.gov. or 617-730-2644

New Bike Rack at the Senior Center!
Did you know there is a new bike rack at the Senior Center? Located behind the building by the rear entrance, this rack provides six safe spots for participants to lock up their bikes. Send your contact info and a photo of you with your bike at the Senior Center bike rack to Maria Foster for a chance to win a CVS gift card (mfoster@brooklinema.gov)!

ARCHIE RICHARDS CONCERT

On **Monday, January 27, at 1:00 p.m.,** Archie Richards will perform a one-hour classical piano concert. The 1st Movement of Beethoven's innovative Waldstein Sonata, Debussy's Clair de Lune, and Chopin's Famous Ballad in G Minor will be played. Also, a work by Liszt, written so that if you're not actually watching the performance, you'd think it's being played by three hands and fifteen fingers. It should be a lovely afternoon so we hope you will be able to join us! To register, please call 617-730-2770.

GREAT LADIES OF SONG

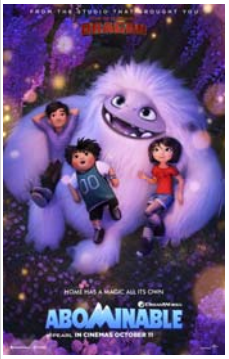
Join us on **Wednesday, January 22 at 1:00 pm** for an informative and interactive audiovisual presentation on the "Great Ladies of Song", presented by John Clark, a Brookline Adult Education instructor from nearby Chestnut Hill. Come watch, listen and learn about Rosemary Clooney, Peggy Lee, and Jo Stafford and the personal lives behind their careers. All of these lovely ladies began their careers singing for swing bands in the thirties and forties and then went on to even greater stardom on their own.

Rosemary Clooney sang with her sister fronting the Tony Pastor orchestra, then scored big hits like Come On-A My House and Hey There (You With the Stars in Your Eyes) and many others from the 1950s. Peggy Lee performed with Benny Goodman before striking out on her own with such 1950s chart-toppers as Manana (Is Soon Enough For Me) and Fever. Jo Stafford's career began as a member of Tommy Dorsey's vocal group, the Pied Pipers. Her first #1 song on her own was Candy, a duet with Johnny Mercer. We hope to see you there! To register, please call 617-730-2770.

THANK YOU TO THE ELKS

The Brookline Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

FREE FRIDAY FLICK

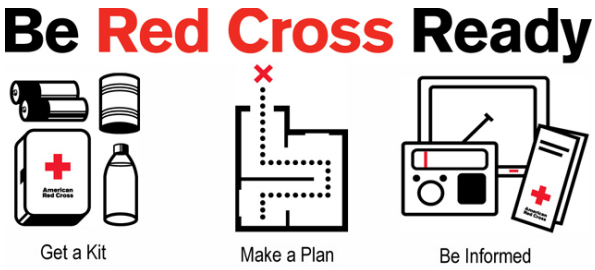


Join us **on Friday, January 3 at 1:00 pm** for a screening of "Abominable." When mischievous friends Yi, Jin, and Peng discover a young yeti on their roof, they name him Everest and embark on a thrilling adventure to reunite the magical creature with his family. On the journey of their lifetimes, Everest helps Yi, Jin, and Peng unlock an inner bravery they didn't know they had. And as they travel across China to return the magical creature to his home, Everest will help them discover where they truly belong, too. Feel free to bring along the little ones in your life. Light refreshment will follow. Call 617-730-2770 to register.

FAREWELL, NICK!

As many of you know, Nick Aldin, our wonderful van driver, will be moving on to another career opportunity as a medical interpreter in 2020. Nick's last day at the Center will be **Thursday, January 2 and we'll be having a coffee hour in his honor at 11:00 am.** We hope that you will join us to say goodbye and to congratulate him on his new venture!

We are in the process of recruiting new applicants for the position and we'll be providing updates on the process as we go along so stay tuned.



RED CROSS DISASTER PREPAREDNESS: FOR SENIORS, BY SENIORS

Join us on **Thursday January 23 at 1:00 pm** for an important program that will cover the three main points of the "Be Red Cross Ready" preparedness program: make a kit, have a plan, and be informed. We will also focus on some of the particular needs of the senior population, such as special medical needs and disabilities. Helpful information will also be provided about disasters, an identification card and a sample disaster preparedness kit list, so we hope to see you there. Space is limited. To register, please call 617-730-2770.

MEMORY CONNECTIONS CAFE

Memory Connections Cafe: On **Wednesday, January 29 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.

MEDICATION OVERLOAD-LOWN INSTITUTE INTERVIEWS

Are you or a loved one taking too many medications? The Lown institute, a Brookline based healthcare nonprofit, is interested in hearing about the experiences of older people who have struggled with managing a large number of medications, or have suffered an adverse event due to taking too many medications. If you would like to share your story and hear more about the Lown Institute project, meet the Lown Institute project staff at the Brookline Senior Center on either **Friday, January 10 or 17 between 10:00 am and 12:00.** For questions or to confirm your interest in taking part in this project please contact:
Deidre Waxman, LICSW
617-730-2767 or dwaxman@brooklinema.gov

THE DEFINING DECADES GROUP

Keeping up with the Joneses; Boo-Boo; Daddy-O; and Workaholic. What do these phrases have in common? They all embody different decades that impacted our lives. Do you want to sit and reminisce with other folks and swap stories from a decade that changed your lives? You are in luck! **Starting February 24, 2020, social work student intern Bella Anderson is going to facilitate a six week group for history buffs** to come together and reminisce about iconic moments on Monday afternoons To registration or for additional questions, please call Bella at 617-730-2772.

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.

VOTER REGISTRATION

We hope you are planning to vote in local, state and national elections this year! The nonpartisan League of Women Voters of Brookline is offering the opportunity for Brookline seniors and Senior Center staff to register or update their voter information on **Tuesday, January 21 and Tuesday, February 4, from 12:30-2:30 pm** in the Coffee Lounge at the Senior Center. Voter registration forms will be provided. The Massachusetts deadline to register to vote in the March presidential primary is February 12, so our two sessions are very timely. Your completed registration will be confirmed by the Brookline Town Clerk's office. We hope to see you there!

A TASTE OF QIGONG

Thousands of years old, qigong ("chee-gung") is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Simpler than taiji (which combines aspects of qigong and Chinese kung fu), qigong can be practiced throughout one's entire life to promote overall health and well-being. Join us on **Tuesdays through January 7 from 9:30-10:30 am** to give it a try. This class is free, but you must register by calling 617-730-2777.

EASY TRAVEL

Join us on **Thursday, January 2 at 1:30 pm** as Senior Center Social Worker Michael Allen will take attendees on a virtual trip to the Mexican state of Oaxaca, including Oaxaca City, the ruins at Monte Alban, and the beach. We hope to see you there!

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays, February 11 and April 7** to assist you with filing your returns. **We will begin scheduling those appointments on Tuesday, January 21, 2020.** Please note that it is very important for you to bring copies of your 2018 returns to your appointment. In addition, the Tax Aide volunteers will NOT be able to assist you with any amended tax returns, prior to your 2016. For more information and to schedule an appointment, please call 617-730-2777.

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FROM THE DIRECTOR

Happy New Year to All!
I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your resolutions whether it be exercising, volunteering, learning something new or staying healthy. Whatever your interest, please consider getting to know the Senior Center as one of your personal goals this year. Resolve to donate your time and talents that will help make us the best senior center around. Resolve to donate to the Senior Center to keep us viable and functioning. Thanks to your generosity, we are able to offer expanded transportation options. We will be able to increase our hours and purchase needed supplies. This year, we are putting a special emphasis on obtaining new fitness equipment. I am especially grateful for those who included kind words with their holiday wishes. Some of my favorites include: "Thank you for your marvelous care of all of Brookline's fortunate elders" – and "I am so grateful and thankful. You are all the best of the best—there is no other place like the Senior Center! Thanks you for all that you do and all the love that you show."

We remind you all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a small suggested donation. Our concerts and movies are free and our many classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, SNAP-food stamps, income taxes and more.
I wish each one of you a happy, healthy and prosperous 2020. Remember to resolve to be kind and welcoming to all.

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

Happy New Year!
Thank you for thinking of the Brookline Senior Center in your end-of-year contributions. With the chill and ice and snow of winter, many seniors become more homebound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services. Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long. Your support also makes possible our expanded transportation options including Lyft and Uber. This is especially important to our most economically vulnerable and frail elders. If you would like to make a contribution, please go to www.brooklineseniorcenter.org and click on the "donate" button or mail a check to the Center. I wish you and your family a healthy and warm 2020. I, the Board, and the entire Senior Center family thank you!

Betsy Pollock, Board President

BROOKLINE RECREATION SENIOR PROGRAMS

Drop-in Pickleball
January 8
Two indoor courts will be set up at the Brookline Senior Center and instructors will be on-site to offer advice to new athletes. The rules are simple and the game is easy for beginners to learn - but can develop into a quick, fast-paced, competitive game for experienced players. Come learn to play; bring your own paddle or use one of ours!
Time: 2:30 - 4:30 pm
Cost: $3:00

Paint Party with Brookline Arts Center
January 22
Brighten up your winter and enhance your artistic skills with our friends at the Brookline Arts Center! Expert instructors will help you paint your own masterpiece, that you'll be sure to show off to friends and family. The registration fee includes all materials and transportation.
Time: 1:00 - 3:00 pm
Cost (Resident/NR): $20/$30

Rose Art Museum (Waltham)
February 14
With its highly respected international collection, scholarly exhibitions, and multidisciplinary academic and public programs, the Rose affirms and advances the values of freedom of expression, global diversity, and social justice that are the hallmarks of Brandeis University. Following the visit to the museum, we will stop for lunch at Leo's Place Diner at your own cost.
Time: 10:30 am-3:00 pm
Cost (Resident/NR): $5/$8

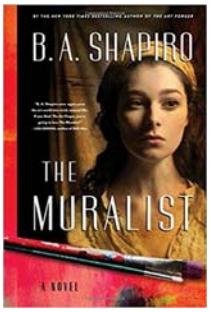
Drop-in Pickleball
February 12
Two indoor courts will be set up at the Brookline Senior Center and instructors will be on-site to offer advice to new athletes. The rules are simple and the game is easy for beginners to learn - but can develop into a quick, fast-paced, competitive game for experienced players. Come learn to play; bring your own paddle or use one of ours!
Time: 2:30-4:30 pm
Cost: $3

Potter's Party with Brookline Arts Center
February 26
Brighten up your winter and enhance your artistic skills with our friends at the Brookline Arts Center! Expert instructors will help you create your own masterpiece with clay, that you'll be sure to show off to friends and family. The registration fee includes all materials and transportation.
Time: 1:00-3:00 pm
Cost (Resident/NR): $30/$40

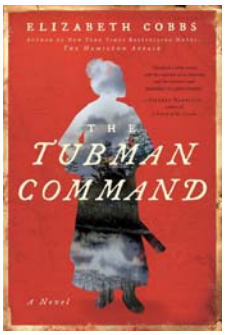
To register for Brookline Recreation Senior Programs please, call Josh Cooke at 617-730-2082 or email at jcooke@brookline.gov.

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, January 13, 2020
The Muralist: a novel by B. A. Shapiro
This new story takes us into the heart of what it means to be an artist."



Monday, February 10
The Tubman Command by Elizabeth Cobbs
A novel based on a thrilling chapter of Civil War history and African American history; how Harriet Tubman lead a Union raid to free 750 slaves. It's May 1863.

Monday, March 16
The Hidden Life of Trees by Peter Wohlleben
The author shares his deep love of woods and forests and explains the amazing processes of life, death, and regeneration he has observed in the woodland and the amazing scientific processes behind the wonders of which we are blissfully unaware .

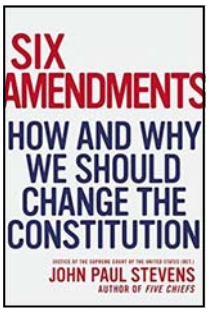
Monday, April 13
The Art of Racing in the Rain by Garth Stein

Monday, May 18
Snow Hunters by Paul Yoon

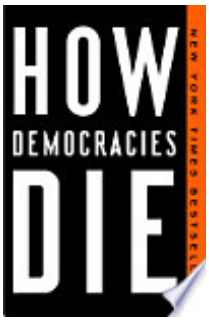
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

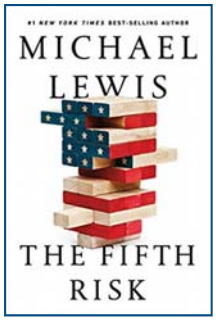
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth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



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



Tuesday, February, 25
How Democracies Die by Steven Levitsky and Daniel Ziblatt (The Crown Publishing Group Penguin Random House LLC)



Tuesday, March 23
The Fifth Risk by Michael Lewis (W.W. Norton & Company, Inc.)

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.

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.

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Center Communities of Brookline
Hebrew SeniorLife

DECEMBER SPOTLIGHTED VOLUNTEER

SHERRY LEE

If you want something done, ask a busy person. "I'm just a girl who can't say no… almost".
Some of the jobs Sherry has done at the Brookline Senior Center are: the gift cart, Springwell lunches, special events, recycling toner and cartridges, and bottles and aluminum foil from special event refreshments, helping Julie with program needs and the craft fair and participating in the Alzheimer's Walk.

In addition to her many volunteer jobs at the Brookline Senior Center, Sherry also has helped with 1st Night, the Wine Expo, the Flower Show, the Boston marathon, South Brookline Senior Coffee, Emergency Medical Corp, the Regional Alzheimer's Walk and caring for her grandson.

Sherry said that one of the benefits is meeting people from all over the world. Sherry tries to schedule a big and pleasurable event each month. And, her activities at the BSC give her a lot of pleasure. Sherry is also an Associate member of the Council on Aging.

UKULELE GROUP

Are you new to the ukulele but wish to get started? Our meetings 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, January 13** 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 and we will end at 3:00 pm**. Singers are always welcomed at that time so we hope that you will join us on **Monday, January 13!**

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- Incidental Transportation
- 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

Due to increased demand, Alan Shepro, a recently retired career IT customer service specialist, will now be scheduling appointments to provide one-on-one technology assistance in the Computer Lab on **Thursdays from 2:00-4:00 pm**. Alan can help with a variety of tech issues. For more information and to schedule an appointment, please call Olga Sliwa at 617-730-2768.

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.

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Mount Auburn Hospital
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January

JANUARY 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, January 21** we celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January birthday celebrants. We also want to thank our friends at Wingate Residences at Boylston Place for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine on **Tuesday, January 28** at Pho Lemongrass 239 Harvard Street, Brookline 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.

Join us for lunch and a tour!

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To learn more, visit **www.SherrillHouse.org**.
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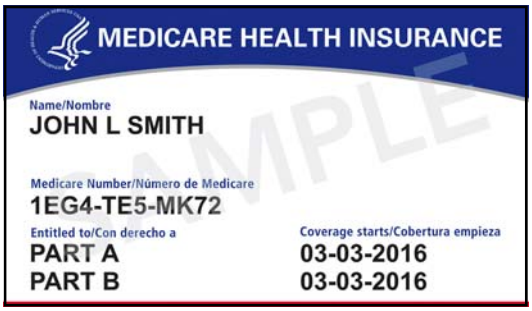
NO SPRINGWELL LUNCH

ON JANUARY 1, JANUARY 13 AND JANUARY 20

MEDICARE SAVINGS PROGRAMS



A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-in" programs). These programs help older residents and people living with disabilities save money on their Medicare coverage. If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one). Starting January 1, 2020 the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare. If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. Learn about the new income and asset limits. Call MassHealth's Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648, and request a simple, 2-page, "MassHealth Buy-In" application, or download one from: https://tinyurl.com/MassMSP

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STEP 2
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STEP 3
WE HELP YOU SETTLE INTO YOUR NEW HOME:
Unpacking, furniture arrangement, repairs in your new residence, and more.

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WE PROVIDE HOME IMPROVEMENT RESOURCES TO HOME SELLERS:
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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 before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

MOUNT PLEASANT HOME

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www.MountPleasantHome.org

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 at Goddard House, 165 Chestnut Street, Brookline, MA** 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ELF

The program has a unique rollator walker that is good for posture called an "Up Walker" that is available to borrow. Please call to request this or other items or to donate any items at 617-730-2753.

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JANUARY AT A GLANCE

Wednesday, January 1
Closed for New Years Day
Thursday, January 2
11:00am Ask A Nurse
1:30pm Easy Travel-Mexican State of Oaxaca
Friday, January 3
1:00pm Free Friday Flicks ***Abominable****
Tuesday, January 7
9:30-10:30 Taste of Qigong
10:00am-12:00pm Real Estate Tax Exemption
1:00pm Movies for film lovers-***Minority Report***
Wednesday, January 8
9:00am-12:00pm Brookline Legal Service–Brookline residents over 60 only
1:00pm COA Meeting
2:30-4:40pm Pickleball ($3.00/session)
Thursday, January 9
1:00 Long Term Care Insurance 101***
Friday, January 10
10:00am-12:00pm Medication Overload-Lown Institute interviews***
Monday, January 13
12:30 Chinese New Year Celebration***
1:00pm Beginning Ukulele
1:30-3:00 Uke group all are welcome
2:00-3:00pm Putterham Book Group-The Muralist *
Tuesday, January 14
1:00pm Movies for film lovers-***Pavarotti***
4:00-6:00pm Gallery 93 Reception with the Artist
Wednesday, January 15
1:00pm Low Vision Support Group
Thursday, January 16
1:00-2:00pm Blood Pressure Clinic
1:00-2:00pm Brookline Hearing Services
Friday, January 17
10:00am-12:00pm Medication Overload-Lown Institute interviews***
Monday, January 20
Closed for MLK Holiday
Tuesday, January 21
10:00am-12:00pm Real Estate Tax Exemption
12:00noon Birthday Lunch for January birthdays***
12:30-2;30 Voter Registration
1:00pm Movies for film lovers-All is True
Wednesday, January 22
1:00pm Great Ladies of Song***
1:00-3:00pm Paint Party with Brookline Arts*/***
Thursday, January 23
1:00pm Red Cross Disaster Preparedness for Seniors by Seniors***
Monday, January 27
1:00pm Archie Richards Concert***
Tuesday, January 28
9:00-10:00am Public Issues nonfiction Book Group-11:30am let's Go to lunch Bunch-Pho Lemongrass***
1:00pm Movies for film lovers-***Blinded by Light***
Wednesday, January 29
1:30-3:00pm Memory Connections Café***
Thursday, January 30
ENCORE Meet and Greet in Brookline***

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.

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.

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***
1:00-3:00pm Chess
1:15-2:15pm Beginning Spanish Class***
2:00-4:00pm Computer Technology 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

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.

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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NOTE: Please keep your medical information current.

GALLERY 93

JANUARY 8 THROUGH FEBRUARY 28

"FIGURING IT OUT"

Figure Drawing by Members of the Brookline Senior Center Drawing for Pleasure Class Martin R. Anderson, Instructor

IMAGE: COLLAGE OF CLASS MEMBERS DRAWINGS

RECEPTION: TUESDAY, JANUARY 14 FROM 4:00-6:00 PM

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TUESDAY MORNING DANCE PARTY

Lynn Modell will lead our Tuesday morning Dance Party every **Tuesday from 11:00am t**o **11:45am f**or fun and dancing so we hope that you'll plan to join us. Suggested donation is $2 per class.

CAN I STILL CHANGE MY MEDICARE PLAN?

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from **January 1 through the end of March.** You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this once each year. Those with "Extra Help" can change once per quarter during the first three quarters of the year. If you lost "Extra Help" at the end of last year, you can make one change before the end of March.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. The Tufts Medicare Preferred HMO plans and the Blue Cross PDP plans have the 5-Star rating for 2020. You can switch from another Medicare Advantage or drug plan, or enroll in one of these plans, even if you don't already have other coverage.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone…on Medicare) volunteers offer free, confidential counseling on Medicare options. 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.

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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 (60 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)**.

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 or call the Brookline Hackney Police Officer at 617-730-2230

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, Steve Maas 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, January 8 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.

MORE SENIOR SERVICES

Free Clutter Consultations! Do you have too much stuff? Are you 60 or older and living in Brookline? Clutter is common and the Brookline Council on Aging is here to help. Call 617-730-2777 to ask about a free, one time social work visit to help you make a plan for what to do with your stuff.

Care Program 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.

Rideshare Transportation Discount Pilot Through a grant from the National Council on Aging and Lyft, the Brookline Senior Center has launched a pilot program with the ridehail app Lyft to provide 4 subsidized Lyft rides per month to income eligible senior (age 60+) residents (individual $62,450 maximum; couple $71,400 maximum). The subsidy provides a coupon of $10 to qualified participants with smartphone technology. Those interested in participating in this program contact Maria Foster 617730-2644 or mfoster@brooklinema.gov.

ENCORE MEET AND GREET IN BROOKLINE!

Join us on **Thursday January 30 from 1:00-3:00 pm** at the Brookline Senior Center. This is an opportunity for people over 50 to network with each other, learn about work and volunteer opportunities, and discuss the "encore" stage of life. We also want to hear your ideas about future programs.

Join us for an informal Encore Meet & Greet for an open conversation about these and other topics. The facilitators will be Amy Avergun and Mary Gunn. Space is limited to 12 so sign up now to hold your place. Please RSVP to Deidre Waxman: 617-730-2767 or at dwaxman@brooklinema.gov All are welcome free of charge. Refreshments served.

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, January 8 at 1:00 pm** for a Meet and Greet with Norfolk County Sheriff Jerry P. McDermott. Sheriff McDermott looks forward to meeting the residents of Brookline and discussing programs available to all Brookline Seniors

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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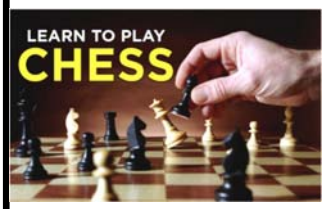
MINDFULNESS PRACTICE AND PARABLE DISCUSSION GROUP

Are you interested in mindfulness and reflecting on how to live your most meaningful, joyful life? Join us for a mindfulness practice and discussion group led by Michael Allen, LCSW and Conor McDermott Welch and find out what this mindfulness stuff is all about! Meetings will feature brief and extended mindfulness practice, as well as reading and discussing parables. The group will provide a chance to improve attention, enrichen inner life, cultivate joy, and notice and accept more of what's going on around and inside of us. No previous mindfulness experience is needed to participate. The group will run for 12 weeks on Wednesday mornings from 10:30 a.m. to 11:30 a.m. at the Brookline Senior Center (93 Winchester Street**) starting on February 5. Registration is recommended as space is limited,** but walk-ins will also be welcome on a first-come, first-serve basis. For more information or questions about the group, please call Michael Allen, LCSW at 617-730-2754. To register, please call the main desk at 617-730-2770.

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.

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. AND THE BROOKLINE HIGH SCHOOL STUDENTS WILL BE STARTING ON FRIDAY AFTERNOONS AGAIN SOON! You can bring your own board or use one of ours. Drop in – no registration necessary!

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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.

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 @ 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.

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.

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.

JANUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: TUESDAY Information Desk: 1:00-3:00 pm; FOOD COMMODITY on the 3rd Wednesday morning of each month – must be able to lift 30 lbs. TRIPPS – brief telephone interviews and simple data entry and people interested in helping with transportation issues. If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator at 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.

SHOP PROGRAM SCHOOL YEAR 2019-2020

The SHOP Program (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 ARE back to school and ready to start shopping. Seniors who were in the program last year were contacted to determine their interest in continuing this year. If you or a senior you know could benefit from having help with your grocery shopping from these eager teens, please contact Patricia Burns, Brookline Senior Center Volunteer Coordinator @ 617 730 2743 or by email @ pburns@brooklinema.gov

THE PARC PROGRAM

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

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