TOWN OF BROOKLINE SENIOR NEWS & EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
Information Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750
www.brooklinema.gov

HIGHLIGHTS

Observe National Public Health Week at a talk on Dental Health Throughout Your Life on April 5—see p. 5

Spend an afternoon with Stephen Collins as Walt Whitman on April 6—see p. 3

Learn all about the Triad Program on April 11—see p. 8

Get Your Docs in a Row on April 12—see p. 9

Get hot dancing with Dance Caliente on April 27—see p. 22

VOLUNTEER OF THE YEAR

We want to hear from you! Please call our Volunteer Coordinator, Vivian, at 617-730-2743 with your nominees for Volunteer of the Year!

APRIL 2011

WE LOVE OUR VOLUNTEERS!

And every year in April, we take advantage of National Volunteer Month to let our volunteers know just how much we care and how grateful we are to them. "Volunteerism in America is alive and well. …It has been said that Americans volunteer more time and have a larger percentage of their population volunteering than any other country." (*from charity.lovetoknow.com*)

The Senior Center is especially grateful to its volunteers because they perform services vital to our functioning—from grocery shopping (the SHOP [Students Helping Older People] program) and friendly visitors through program coordination and staffing to the administrative work that keeps the Senior Center running smoothly and efficiently. Volunteers sit on the Council on Aging (COA) Board of Directors and advocate, and help make policy, for the COA/Senior Center. They also suggest and facilitate many of our programs. In essence, they keep the Center humming.

And who are our volunteers? They are often us. It is we seniors who help do all those things that make the Brookline senior community vibrant and productive, not to mention happy and busy. And there are many others, too, who are not seniors but who nonetheless volunteer their time and skills. We thank you all profusely.

We will honor our volunteers with a luncheon for them at the Senior Center on **Wednesday, April 13 at 12:30 pm**. Invitations have been sent. If you plan to attend, please RSVP by April 7.

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Celebrate Earth Day, April 22! Plant a tree! Grow tomatoes! Start composting!

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor and Publisher

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

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

COUNCIL ON AGING MEETING

This month our annual Volunteer Appreciation Luncheon (see p. 1), which is hosted by our Volunteer Coordinator, Vivian Freeman, will combine with the meeting of the COA board on **Wednesday, April 13**. The luncheon will start **at 12:30 pm** and will include several presentations and the naming of the recipient of the Volunteer of the Year Award.

Please contact Vivian at 617-730-2743 with your nomination for Volunteer of the Year!

This annual event is by invitation. Please RSVP to the invitation as quickly as you can after you receive it—by April 7 at the latest.

The COA business meeting will follow the presentation, starting at 1:30 pm.

DRAWING FOR PLEASURE

The Winter/Spring 2011 series of this popular class will run **through Thursday, May 5, from 9:30 to 11:40 am** at the Senior Center. It is for people who have taken the class before, but there are a few slots available for people with some drawing experience. According to class leader Louise Weinberg, another full session of this class starts in late spring or early summer.

Call 617-730-2770 for more information and to register. There will be a model fee for the figure drawing section that will vary depending on the class size.

APRIL HOLIDAYS

April is chock full o' holidays, but the only one the Senior Center is closed for is Patriot's Day on **Monday, April 18**, a commemoration of the day of the battles of Lexington and Concord at the beginning of the American Revolution. It is also the day of the running of the 115th Boston Marathon. First run in 1897, it is the oldest annual marathon in the world.

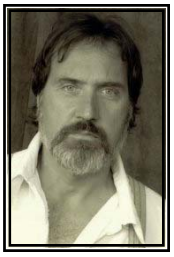
April is also home this year to April Fool's Day (the 1st); Palm Sunday (the 17th), Passover (beginning at sundown on the 18th), Good Friday and Earth day (this year both falling on the 22nd), and Easter Sunday (the 24th).

UNLAUNCH'D VOICES: AN EVENING WITH WALT WHITMAN

On **Wednesday, April 6, at 1:00 pm**, come to a very special performance—Stephen Collins will bring poet Walt Whitman to life at the Senior Center in a performance that Marsha Sloan, Programs and Development Manager of the Camden Public Library, has described as follows:

"What [keeps] the audience enraptured by the performance is that Collins's illusion is complete. The suspension of disbelief is absolute. The actor disappear[s], and we accept that we [are] in the presence of Walt Whitman. There's magic for you."

Mr. Collins has performed widely, including such venues as the Boston Public Library, the Greenwich Arts Council, Lenox Memorial High School, Massachusetts College, Regis College, Heritage Plantation of Sandwich, the Kripalu Center for Yoga and Health, Framingham State College, and even here at the Senior Center.



This performance is free; reservations are not required; but we would appreciate a call if you are coming. See the flyer on p. 18.

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's April visit to the Senior Center to consult with individuals at press time was not yet scheduled. Look for an announcement in the TAB.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, April 4 and 11, from 9:00 am to 12:00 noon**. The addition of a session on the second Monday of each month is permanent. However, there will be no session on April 18 as the Senior Center is closed for Patriot's Day. Sessions, which last 15 minutes each, cost **$30.** Appointments are required. Make one by calling 617-730-2777.

Low Vision Group There will be a meeting of this peer-led support group for individuals with limited eyesight on **Wednesday, April 20, at 1:00 pm**.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center** on **Monday, April 4, from 1:00 to 2:00 pm**. The nurse who presides at this session is fluent in English and several Chinese dialects.)

And there will also be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department (BPHD) on **Thursday, April 21, from 9:00 to 10:30 am**.

In addition to blood pressure screenings with a BPHD Nurse at the Senior Center, there will be screenings:

- On Wednesday, April 6, at the BPHD building, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, April 27, at O'Shea House, 61 Park St., from 1:00 to 2:00 pm

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, April 11**, during the Chinese programs from 12:30 to 1:30 pm.

Diabetes support group Interested in joining a Diabetes support group? Call Julie at 617-730-2760.

Health clinic Note that the Podiatry Clinic and blood pressure screenings will now be held in our Health Clinic as part of our space reallocations. We are also looking for other ideas for creative use of the space formerly occupied by Rogerson.

There will be a free ***glucose screening*** with a nurse from Neighborhood Diabetes on **Tuesday, April 12, at 11:00 am**.

And we will soon have a ***sharps disposal unit*** in our health clinic. Save your used sharps (lancets, needles, etc.), and bring them into the Senior Center for safe disposal.

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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ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center (BIDMC), answers your *general* questions about aging and geriatric medicine in this column every month. *(**Editor's note:** If you have questions, please send them to me at jgimple @brooklinema.gov or call me at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the* Senior News and Events.*)*

Question: I notice that as I get older, I leak urine. Is there any way to prevent this?

Answer: Leakage of urine or urinary incontinence (UI) is very common. It occurs in between one-quarter and one-third of all women over age 60, and in almost as many men over age 80. Many are too embarrassed to discuss it with doctors.

There are ways to help if you work at it. A few things you can do to help:

- Try to minimize caffeine drinks such as coffee and tea (including green tea), since they increase urination.
- The more fluids you drink, the more you will urinate.
- To prevent nighttime trips to the bathroom, reduce fluid intake starting around three hours before bedtime.
- Being overweight, contributes to incontinence, so this may be the best incentive to lose weight. Even a few pounds will help.
- Exercises to strengthen the pelvic muscles (Kegels) definitely help. These can be done two to three times per week—watching TV or reading—by squeezing your muscles as though you are trying to prevent urination.
- You can train your brain to be the boss of your bladder. When you feel the urge to urinate, sit quietly, squeeze hard to prevent urinating until the urge passes, then wait a few minutes and when you no longer feel the urge, walk to the bathroom.

If all these suggestions fail to staunch the leakage, your doctor can prescribe medications that can help. These should be started at the lowest dosage possible. And there are even some surgical procedures that may help that your doctor can also discuss with you.

NATIONAL PUBLIC HEALTH WEEK EVENTS

The Brookline Public Health Department (BPHD) has planned several events for the week of April 3—National Public Health Week (all free of charge):

Community CPR/AED Training Sunday, April 3, from 1:00 to 4:00 pm at the Schluntz Gym, Brookline High School, 115 Greenough St.
Learn how to respond in a medical emergency, perform basic adult and child CPR, and operate an Automated External Defibrillator (AED). The training will be conducted using the American Heart Association's (AHA's) Family and Friends Training Program. It does not qualify for AHA recertification. Open to Brookline residents 14 and older, the training involves working on your hands and knees, bending and standing. Register at http://www.brooklinema.gov/health.

Dental Health Throughout Your Life Tuesday, April 5, at 10:00 am at the Senior Center, Brookline resident Dr. Paula Friedman, a professor at Boston University School of Dental Medicine, will speak about *Dental Health Throughout One's Life*. Registration is not required. For more information, call Julie at 617-730-2760.

Brookline Women Walking Wednesday, April 6, from 6:00 to 7:30 pm at Hunneman Hall, Brookline Public Library, 361 Washington St.
Are you a regular walker? A new walker? Or trying to get motivated to walk? Learn about the benefits of walking and how to enhance them, strategies for getting motivated, and how to get past the "3-week" exercise hump. You'll also have the chance to meet other walkers and join or create a walking group.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who struggle with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, April 8**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Thursday, April 28.** Please note that this group is temporarily full. However, there is a waiting list so-please call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, April 1, from 1:00 to 2:30 pm** at the Senior Center. This group is sponsored by the American PD Association (APDA).

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ONE-ON-ONE COMPUTER SESSIONS

The One-On-One computer sessions at the Senior Center have drawn a loyal following under the tutelage of our patient and knowledgeable volunteer tutor Joel Skolnick, a Red Tape Cutter who has taught workshops in job search skills at the Senior Center. To date there have been a dozen participants all of whom have been overwhelmingly positive and enthusiastic. Joel is staying on. The program has been so successful that we have a waiting list for appointments. However, we are training more Red Tape Cutters to accommodate the increased interest in participation.

Program hours will be **Friday afternoons from 2:00 to 4:00 pm** for **April 1, 8,15, and 22**. From **Tuesday, April 26, on, the program will switch to Tuesdays from 1:00 to 3:00 pm**.

Joel and other Red Tape Cutters will provide personalized computer services and help with:

- Basic computer skills for computer-phobic individuals
- Accessing, understanding, and filing applications online for benefits and entitlement, including, but not limited to, housing and cash assistance
- Filling out online job applications

The service is free of charge but appointments are necessary. For more information and to be put on the appointment waiting list, call Deidre at 617-730-2767.

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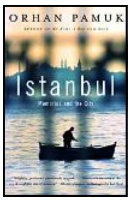
PUTTERHAM BOOK DISCUSSION GROUP

The group resumes its regular **Monday** meetings on **April 11 at 2:00 pm** at the Putterham branch of the Brookline Public Library. Discussion leaders are Jean Kramer and Charlotte Millman.

The book under discussion in April will be *Istanbul: Memories and the City* by Orhan Pamuk.



Turkish novelist Pamuk presents a breathtaking portrait of a city, an elegy for a dead civilization, and a meditation on life's complicated intimacies. He sees the slow collapse of the once powerful empire hanging like a pall over the city and its citizens. *(From Publishers Weekly. Copyright © Reed Business Information, a division of Reed Elsevier)*

And in the coming months, the club will discuss:

May 16
Dark Tide by Stephen Puleo

June 20
The Warmth of Other Suns: The Epic Stories of America's Great Migration by Isable Wilkerson

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Tom Faulhaber, the facilitator, is using current events and issues as triggers for discussion at meetings. Join in the discussions. Be enlightened. Hone your values in this age of conflict and controversy!

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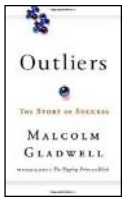
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking with his nonfiction book discussion group. Come to the Senior Center every month to participate in this group that is centered on public issues, history, current events, and other nonfiction topics. The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed. The group meets from **9:00 to 10:00 am on the fourth Tuesday of every month**.

April 26
Outliers: The Story of Success
by Malcolm Gladwell (Little, Brown)



The author poses a provocative question in *Outliers*: Why do some people succeed, living remarkably productive and impactful lives, while so many more never reach their potential?

May 24
Justice: What's the Right Thing to Do?
by Michel J. Sandel (Farrar, Straus and Giroux)

June 28
Losing the News: The Future of the News That Feeds Democracy by Alex S. Jones (Oxford University Press, USA)

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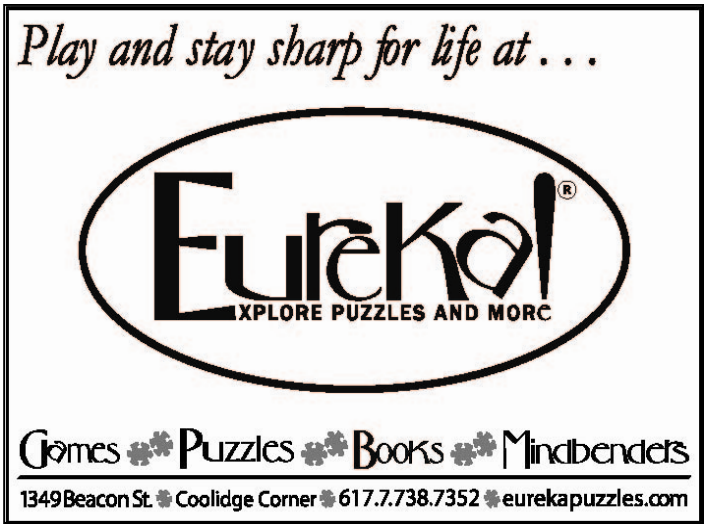
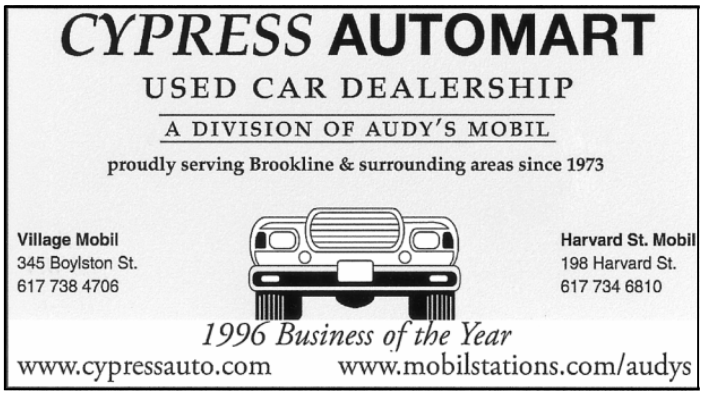
TRIAD PROGRAM

On **Monday, April 11, at 1:00 pm**, Joseph Canavan, Director of the Norfolk County Sheriff's Triad Program will be at the Senior Center to give us an overview of the program initiatives and to answer questions you might have about the initiatives in the program. The initiatives he will discuss are:

- ***Are You OK?*** Which provides safety and security for elderly people living alone.
- ***Project Lifesaver/LoJack SafetyNet Search and Rescue Program*** Project Lifesaver joined forces in 2009 with LoJack SafetyNet to protect people with Alzheimer's disease, autism, and other afflictions whose sufferers tend to wander away from home and become lost.
- ***File of Life Emergency Medical Cards*** The free-of-charge kits consist of an information card listing all medications a person uses and all special health conditions he or she has. In the event of a medical emergency, a File of Life allows paramedics and EMTs to administer the correct treatment quickly. File of Life information and registration can be obtained at the Senior Center by contacting File of Life coordinator Ruth Geller. See also p. 10.
- ***Driver Safety Program***

Triad is a program that the Norfolk County Sheriff's Office runs by working with local Councils on Aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. Through regular meetings, Triad facilitates two-way communication that allows seniors to voice their concerns directly, while police and fire officials and any number of other safety and health organizations can make the seniors aware of relevant programs.





GETTING YOUR DOCS IN A ROW: VITAL DOCUMENTS & IMPORTANT FINANCIAL PAPERS

What do you need? And how to you keep them safe? Come to the main branch of Brookline Public Library at 361 Washington Street on Tuesday, April 12, at 6:30 pm to hear a terrific line-up of speakers address this topic thoroughly. Speakers will be:

- Michelle LaPointe (Wade Horowitz LaPointe LLC) on the vital documents you need to have.
- Rachel S. Kelley (Century Bank) on how long to keep financial records
- Michelle Haughton (Century Bank) on how to keep records safe
- Karen Zweig (Move Maven) on organizing your vital documents

There will be time for audience interaction with the speakers (questions and answers). This event is cosponsored by Brookline-CAN and Jewish Family & Children's' Services (JF&CS). Reservations are not required, but if you are coming, please call 617-730-7220 to let us know.

EASY TRAVEL

On **Thursday, April 7, at 1:30 pm**, sit back and relax at the Senior Center and let Kevin Andrews guide you through Zimbabwe and South Africa.

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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 all seniors including those who are intent on Aging Well at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount ($25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00).

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 want to apply for the first time, or be recertified, for the BETS program, please bring your 2010 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 what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed $45,100; a couple's, $51,550.

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 such a company gives you trouble about using the coupons, report the incident to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, April 6** and on Wednesday, May 4, to offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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.

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center daily to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 11.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

CAN YOU LOWER YOUR MEDICARE DRUG COSTS?

You may be able to lower your drug costs if you qualify for ***Extra Help***. This federal program helps pay the Medicare Part D prescription drug plan's costs for people with limited income and assets.

If you are an individual with income below $16,575 and assets below $12,640 or a married couple living together with income below $22,305 and assets below $25,260, you may be eligible for ***Extra Help***. For more information about this program, visit www.socialsecurity.gov or call Social Security at 1-800-772-1213.

There is also a state program, Prescription Advantage, that may help to lower your drug costs. This program allows a higher income level and has no asset limit. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

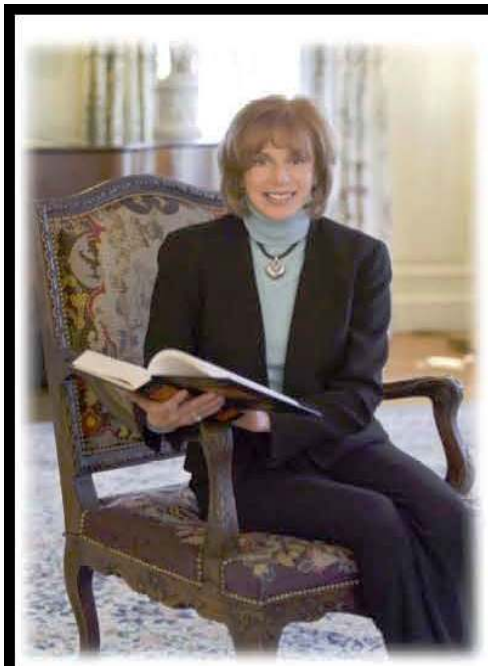
For help applying for either of these programs, call the Senior Center at 617-730-2777 and make a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by telephone. 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.

BEYOND SPRING CLEANING: THE UPSIDE OF DOWNSIZING —SAVE THE DATE—

Karen Zweig, Owner, The Move Maven

Thursday, May 12, from 7:00 to 8:30 pm at Brookline High School. Fee: $6. Course Code: **J417**. If you or a family member are surrounded by years of accumulated stuff, your closets are bursting at the seams, or you are overwhelmed by the prospect of organizing your attic, basement, garage, or storage area, this informative lecture is for you. Karen will share practical strategies you can use to get rid of stuff and simplify your home, while preserving valuable memories, addressing what to keep and what to do with everything else. Learn what is likely to sell in the current economy, and the pros and cons of yard sales, consignment stores, estate sales, auctions, eBay, craigslist, and more. The key to success, of course, is getting started, so we'll end with tips for how to begin the process.



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Original member of Brookline Senior Center Committee and Brookline Legal Assistance Bureau.

CENTENARIAN PHOTOGRAPHY PROJECT

Nicholas Nixon, a Brookline resident and renowned photographer, is involved in a new and exciting project. He has "been a photographer of people for the past 35 years." His basic conviction is that "each individual is different from every other, and that each is worth honoring." He goes on to say in his recent communication with the Council on Aging, "I am humbly proud that my work is in the permanent collections of major museums all over the world. Existing volumes of my work include *People with AIDS, The Brown Sisters*, and *Live, Love, Look, Last*. Currently, I have a one-person exhibition at the Boston Museum of Fine Arts, titled "Nicholas Nixon: Family Album," which will run through May.

Let's let him explain his new project in his own words: "My newest project is to take portraits of people over 100 years old, to photograph as many as I can who will allow me to do so. My pictures are large black and white images and are made with an old-fashioned wooden view camera on a tripod. Most people find the experience of working with me quite pleasurable. Each subject receives a set of prints from the session. "

"Ultimately, I hope to publish the best pictures of centenarians in a book. Last year, I photographed over 100 babies under one year old; it is conceivable that these two groups of portraits might be published together in a single volume."

If you or a relative or friend is 100 or more years old and would like to participate in this historic artistic project by being a subject, contact Nicholas Nixon at nbbnixon@gmail.com.

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MOVIES FOR FILM LOVERS IN APRIL

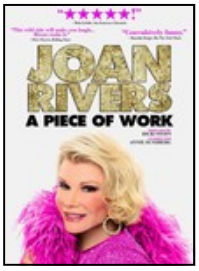
Come to the Senior Center every Tuesday in April at 1:30 pm to enjoy a current film. The movies are free of charge. In fact, come early for lunch and socialization and make an afternoon of it. See pp. 16 and 17 for menus and reservation instructions.

April 5
The Social Network
(2010) 120 minutes
Director David Fincher's biographical drama chronicles the meteoric rise of Facebook CEO Mark Zuckerberg (Jesse Eisenberg) from Harvard sophomore to Internet superstar, examining his relationships with co-founder Eduardo Saverin (Andrew Garfield) and Napster founder Sean Parker (Justin Timberlake). Winning Golden Globes for Best Picture and Best Director, the film also racked up Oscar nods in the same categories and for lead actor Eisenberg.

April 12
The Umbrellas of Cherbourg
(1964) 91 minutes
Beautiful umbrella-store clerk Genevieve (Catherine Deneuve) and charming gas station attendant Guy (Nino Castelnuovo) fall in love in the rainy coastal town of Cherbourg, but their romance is cut short when Guy is drafted into the army in this singular cinematic classic. French director Jacques Demy's musical love story is an explosion of color and emotion, in which every word of dialogue is sung to melodies of beloved composer Michel Legrand.

TELLING YOUR STORY—SAVE THE DATE

On Wednesday, May 18, at 10:15 am, the members of the *Telling Your Story* seminar will present a public reading of their stories. This is the 26th consecutive year of this class and this annual event, and it is always a joy to attend. Come one, come all! And bring your friends and families.



April 19
Joan Rivers: A Piece of Work
(2010) 85 minutes
Documentarians Ricki Stern and Annie Sundberg provide an uncompromising glimpse into the personal and professional life of comedian and red-carpet mainstay Joan Rivers, a woman clinging stubbornly and steadfastly to the pop-culture bandwagon. Stern and Sundberg—whose previous film, *The Devil Came on Horseback*, covered the Darfur genocide—take **a** no-less-intensive approach to their subject here, taking **a** hard look at fame's bitter toll.

April 26

Vincere
(2009) 125 minutes
Ida Dalser (Giovanna Mezzogiorno) falls for young Benito Mussolini (Filippo Timi) in Milan and sells everything she has to help the future dictator fund his newspaper, *Popolo d'Italia*. But when World War I separates the newly wedded couple, Mussolini marries another woman. Ida demands to retain her rights as Mussolini's wife and the mother of his son, but the Fascists have other plans for the dictator's dark secret in this gripping biopic.

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)

CELL PHONES, IPODS, GLASSES

Are you looking for a new home for old electronics that are lounging around in your home? If they are cell phones and/or iPods—donate them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Eyeglass Recycling Program. There is a box for glasses next to the reception desk at the Senior Center.

BROOKLINE-CAN

News flash! See Brookline-CAN's exciting new web page www.brookline can.org!!

b CAN
The Brookline Community Aging Network

For $25 a year, you can be a charter member of this exciting organization devoted to helping seniors age well at home. Brookline-CAN, like WBUR and the Arboretum, is a membership-supported organization that offers its services and programs to the public (in the case of Brookline-CAN, the public is the Brookline senior community) but provides some special programs to members. If you didn't get a letter about Brookline-CAN and want to join, call Ruthann at 617-730-2756.

Wanted: Volunteers to work on the Discount Committee. The committee is chaired by Gail Gordon and meets on Wednesdays at 3 pm at the Senior Center. If you are interested in joining this committee, call Ruthann Dobek at 617-730-2756.

The programs and activities formerly sponsored by the Brookline Aging Collaborative have been merged into Brookline-CAN's educational programming.

FUEL ASSISTANCE

The Fuel Assistance program for Winter 2010-2011 runs through April 30. So our social work interns are still on hand to help people applying for, or renewing, their fuel assistance benefit.

Schedule an appointment by calling 617-730-2777. You do not have to be an elder to apply for fuel assistance or to make an appointment.

For more information, contact the Senior Center's social work interns at 617-730-2772.

The income eligibility limits have been increased slightly so make an appointment with one of our interns to check on your eligibility even if you were not eligible last winter.

Other intake sites available are:

- ABCD, Inc. (Central Office), 178 Tremont St., 4th floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, and Taiwanese speaking intake workers are available at this site.) Phone: 617-357-6012.
- Allston/Brighton APAC, 143 Harvard Ave., Allston (Italian, Russian, Spanish, Cambodian, and Chinese speaking intake workers are available at this site.) Phone: 617-783-1485.

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INCOME TAXES: THE DEADLINE APPROACHETH

April 15, the annual tax deadline is upon us, and our wonderful AARP tax volunteers are booked solid. If you still need help with preparing your taxes and you were not able to secure an appointment at the Senior Center, try the following resources for assistance.

AARP TAX-AIDE PROGRAM (888-227-7669)
www.aarp.org/money/taxaide
Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

COMMUNITY TAX AID OF BOSTON
www.ctaboston.org
This organization provides free tax preparation assistance to low-income individuals who meet income eligibility guidelines. Services are provided in conjunction with Northeastern University's College of Business Administration.

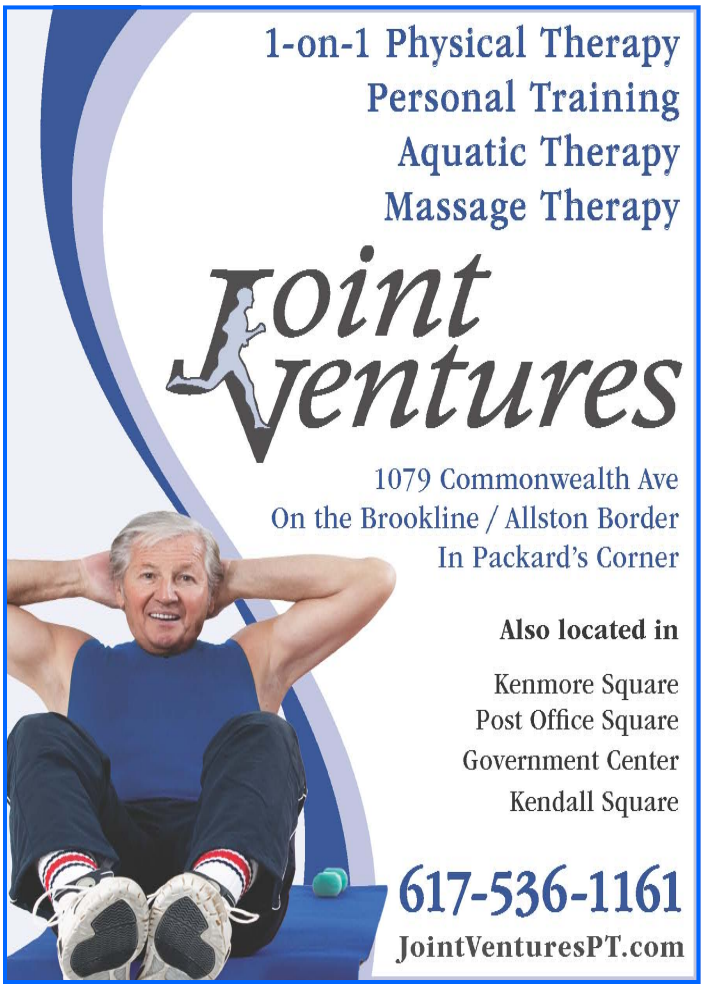
H&R BLOCK 247 Harvard Street, Brookline (617-738-0209)
It offers tax preparation services for a fee. The Brookline location listed here is a seasonal office that is only open during tax season.

OR

H&R BLOCK CUSTOMER SUPPORT LINE (800-472-5625)
You can contact this number to locate other local H&R Block offices that are open year-round.

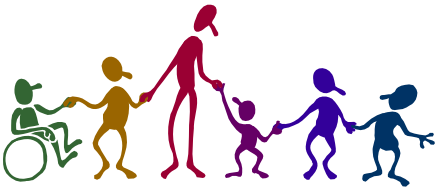
COMPUTER SOFTWARE
There are now income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside assistance. Programs such as ***TurboTax*** and ***Tax Cut*** are updated yearly to reflect current tax law changes and are often the same programs that tax preparers themselves use when completing your returns.

You can also get answers to your questions and other useful information from the FEDERAL tax information line at 800-829-1040 and the STATE tax information line at 800-392-6089.



Springwell Nutrition Program APRIL 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager** *****Higher Sodium Content** **Menu subject to change. $1.75 donation**		**Soup is always served with crackers.** **Meals are served at 12:00 noon unless otherwise announced.** **For reservations on Mondays, call the previous Friday by 11:00 am.** **For reservations on Tuesdays through Fridays, call the previous day by 11:00 am.**
4) Italian Garden Vegetable Soup Lasagna w/ Tomato Sauce, Meatball, Green Beans, Oatnut Bread **OR** Turkey & Provolone Cheese on Rye Bread, Lite Mayo, Macaroni Salad, Carrot Pineapple Raisin **Fresh Fruit**	5) Minestrone Soup Hearty Chicken Stew w/Rice, Parsley Carrots, Rye Bread **OR** Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad w/Lite Italian Dressing **Custard Pie**	6) Vegetable Soup Build a Burger - American Cheese, Lettuce, & Tomato, Hot Potato Salad, Peppers/ Onions/Mushroom Mix, Hamburger Roll **OR** Egg Salad on Rye Bread, Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad w/ Lite Italian Dressing **Apricots**
11) Split Peas Soup Turkey ala King, Brown Rice, Spinach, Dinner Roll **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad **Pears**	12) **Spring Special** Zucchini & Wild Rice Soup Bruschetta Chicken, Rosemary Roasted Potatoes, Mixed Vegetable, Garlic Dinner Roll **Strawberry Shortcake**	13) **Volunteer Appreciation Luncheon**  **No Springwell lunch today.**
18) **Patriots Day** **Senior Center closed.** **No meal service.**	19) **Birthday Lunch** Mushroom Barley Soup Roast Turkey w/Gravy, Butternut Squash, Peas & Onions, Cranberry Pieces, Apple Cinnamon Muffin **OR** Cold BBQ Breaded Chicken on Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onions, Balsamic Vinaigrette Pasta, Riviera Blend Salad **Pineapple**	20) Minestrone Soup Baked Scrod w/Lemon Dill Sauce (Lemon Wedge), Red Bliss Potatoes, Carrots, Oatnut Bread **OR** Roast Beef & Swiss Cheese on Whole Wheat Roll, Mustard, Lettuce Leaf, Broccoli Tomato Salad, Corn Salad **Chocolate Pudding w/Whipped Topping**
25) Italian Garden Vegetable Soup Chicken Garbanzo Spinach Casserole, White Rice, Corn Bread **OR** Roast Beef & Swiss Cheese on Rye Bread, Lite Mayo, Lo Mein Pasta Salad, Red Pepper Tomato Salad **Fresh Fruit**	26) Cream of Carrot Soup Beef Burgundy w/Mushrooms, Buttered Bow Tie Pasta, Beets, Multigrain Bread **OR** California Chicken Salad on Wheat Bread, Lettuce Leaf, Cucumber Dill Salad, Rice Tomato/Black Olive Salad **Tapioca Pudding w/Whipped Topping**	27) Florentine Soup American Chop Suey, Carrots & Lima Bean Mix, Garden Salad w/Lite Dressing, Rye Bread **OR** Tuna Salad on Wheat Bread, Tossed Garden Salad, Lite Italian Dressing, German Potato Salad **Tropical Mixed Fruit**

THURSDAY	FRIDAY
	1) Mixed Bean Soup Salmon Boat w/Dill Sauce, Spinach, Red Bliss Potatoes, Oatnut Bread **OR** Tuna Salad on Wheat Bread, Lettuce Leaf, Potato Salad, Rivera Salad **Pears**
7) Hawaiian Chicken, Pineapple Chunk Sauce, Oriental Blend, Mashed Potatoes, Wheat Bread **OR** Grilled Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, 1/2 Pita Pocket **Vanilla Pudding w/Whipped Topping**	8) Cream of Butternut Squash Soup Seafood Burrito, Cheddar Newburg Sauce, Corn & Black Beans, Cole Slaw, Corn Bread **OR** Cottage Cheese Fruit Plate, Greek Pasta Salad, Pita Pocket **Peaches**
14) Cream of Pumpkin Soup Beef Stew, Green Beans, Oatnut Bread **OR** Chef Salad(Turkey), Lite Italian Dressing, Corn Salad, Orange Cranberry Muffin **Peaches**	15) Lentil Spinach Soup Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, White Dinner Roll **OR** ***Seafood Salad on Wheat Bread, Lettuce Leaf, Lite Mayo, Tomato Cucumber Salad, Pasta Salad w/Cheese **Fresh Fruit**
21) Vegetable Rice Soup Lemon Pepper Chicken, Green Beans, Whipped Sweet Potatoes, Whole Wheat Roll **OR** *** Seafood Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, German Potato Salad **Strawberry Cup**	22) Tomato Florentine Soup Vegetable Cheese Quiche, White Rice, Wheat Bread **OR** Tuna Salad on a Tossed Garden Salad w/ Lite Dressing, Summer Potato Salad, 1/2 Pita Pocket **Chocolate Chip Cookie**
28) ***Reduced Sodium All Beef Hot Dog, Ketchup/Mustard/Relish, Cole Slaw, Hot Dog Roll **OR** Pepper Corn Turkey & Mozzarella Cheese on Oatnut Bread, Lite Mayo, Pineapple Raisin Salad, Macaroni Salad **Vanilla Cake w/Chocolate Frosting**	29) Seafood Chowder Baked Scrod Fish Florentine, O'Brien Potatoes, Peas Carrots & Cauliflower, Oatnut Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Red Potato Salad, Spinach Mandarin Salad w/Lite Italian Dressing **Peaches**

LUNCHEON SPECIALS FOR APRIL

Reservations for **ALL** Springwell lunches must be made by 11:00 am on the **weekday preceding the day on which you want to have lunch.** For reservations for **Monday**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Tuesday, April 12, Springwell presents their annual **Spring Special** lunch.

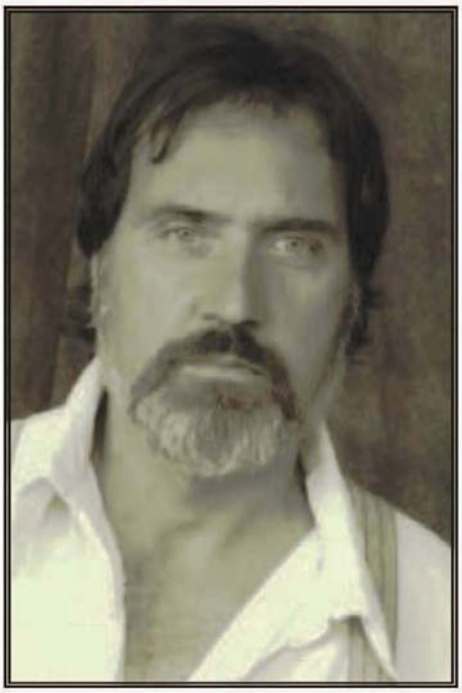
Wednesday, April 13, is our annual **Volunteer Appreciation Luncheon.** Volunteers, please RSVP to your invitations by Thursday, April 7. And mark your calendars so you don't miss this event.

Celebrate April birthdays at the **Birthday Lunch** on **Tuesday, April 19**. Socialize with your friends and peers, eat birthday cake, and don't forget when you make reservations to tell us if you or someone in your party has a birthday in April. Stay for the movie at 1:30 pm (see p. 13) and make an afternoon of it.

The **Let's Go Out to Lunch** group is on vacation in April, but has big plans on the last **Tuesday** of the coming months:

- **May 31** Kelly's Roast Beef
- **June 28** VineRipe Grill
- **July 26** Tin Tin Buffet Restaurant

UNLAUNCH'D VOICES: AN EVENING WITH WALT WHITMAN



WEDNESDAY, APRIL 6, 2011 AT 1PM

Actor Stephen Collins brings Walt Whitman to life at the Brookline Senior Center in honor of National Poetry Month. Become a visitor in Whitman's room as he prepares for his seventieth birthday celebration. Whitman begins to reminisce and to question his success as a man and a poet. During the telling, Whitman transforms into his young vibrant self and we begin to trace back along with him the experiences that led to the creation of Leaves of Grass, his lifetime work. Through poetry and readings of actual letters, we experience Whitman's movement from selfishness and selflessness and his growth into a mature artist who is at peace about "himself, God and death."

Brookline Bank is proud to be a part of the Brookline Senior Center Calendar

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APRIL AT A GLANCE*

SUNDAY
April 3
1:00-4:00 PM—Community CPR/AED Training *at Brookline High School*

MONDAY
April 4
1:00-2:00 pm—Brookline Health Care Center (BHCC) Blood Pressure Screening
April 4 and 11
9:00 am-12:00 noon—Podiatry Clinic
1:00-3:00 pm—Crafty Holiday Group
April 11
12:30-1:30 pm—Greater Boston Chinese Golden Age Center blood pressure screening
1:00 pm—Triad Program
2:00 pm—Putterham Book Discussion Group *at Brookline Public Library, Putterham branch*
April 18
PATRIOT'S DAY—Senior Center closed
April 11 and 25
9:30-11:30 am—Basic Computer Maintenance for Seniors**

TUESDAY
April 5
10:00—Dental Health Thru/out Your Life
April 12
11:00 am—Neighborhood Diabetes glucose screening
12:00 noon—Springwell Spring Lunch Special
6:30 pm—Getting Your Docs in a Row: Vital Documents & Important Papers *at Brookline Public Library, main branch*
April 19
12:00 noon—April Birthday Lunch
April 26
9:00-10:00 am—Public Issues Nonfiction Book Discussion Group
1:00-3:00 pm—One-on-One Computer Sessions—appointment needed

WEDNESDAY
April 6
9:00 am-12 noon—BLAB Lawyer
1:00 pm—Unlaunch'd Voices: Evening w/ Walt Whitman
2:00-3:00—Blood Pressure Screening *at Brookline Public Health Department (BPHD) building*
6:00-7:30 pm Brookline Women Walking *at Brookline Public Library (main branch)*
April 6 and 13
9:30-11:30 am—Introduction to the Internet for Seniors**
11:45 am-1:45 pm—e-Mail Workshop for Seniors**
April 13
12:30 pm—Volunteer Appreciation Luncheon—for volunteers only
1:30 pm—COA business meeting

April 20
1:00 pm—Low Vision Group
6:00 pm—Alzheimer's Lecture *at Goddard House*
April 27
1:00 pm—Dance Caliente
1:00-2:00 pm—BPHD blood pressure screening *at O'Shea House*

THURSDAY
April 7
1:30 pm—Easy Travel with Kevin Andrews to Zimbabwe and South Africa
April 7 and 14
9:30-11:30 am—Introduction to Computer Basics/Seniors
10:00-11:20 am—Continuing to Drive Past 55**
April 21
9:00-10:30 am—BPHD blood pressure screening
April 28
3:00-3:45—Zumba free session
Evening Alzheimer's Caregivers Support Group—call for time

FRIDAY
April 1
12:15 pm—Van pickup at Senior Center for Brookline Recreation trip to the Boston Symphony—reservations required
1:00-2:30 pm—Parkinson's Disease Support Group
April 8
9:30-11:30 am—Introduction to Computer Basics for Seniors—new session begins**
3:30 pm—Shake Scene *at Goddard House*
Afternoon Alzheimer's Caregivers Support Group—call for time
April 15
INCOME TAX DEADLINE!!
April 1, 8, and 15
9:30-11:30 am— Intermediate Computer Basics/Seniors**
3:30 pm—Modern Dance and Movement
April 1, 8, 15, and 22
2:00-4:00 pm—One-on-One Computer Sessions—appointment needed
April 29
9:30-11:30 am—Intermediate Computer Basics for Seniors—new session begins**
12:00 noon Van pickup for Brookline Recreation trip to lunch at the Vine Ripe Grill at Putterham Meadows

SATURDAY
April 2
10:30 am—Sivan Magen, Irish Harpist– *at Goddard House*
April 16
Brookline Recreation trip to Foxwoods—*no Senior Center pickup (contact them for bus pickups)*—reservations required
April 30
All day—Brookline Open Studios—*all over town*

** All events are at the Senior Center unless otherwise noted above.*
*** 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.*

ONGOING SENIOR CENTER EVENTS

MONDAY
8:45-10:15 pm—Strength Training for Seniors**
9:15-10:15 am—Balance and Flexibility for Seniors at *United Parish Church***
10:00 am-12:30 pm Introduction to Watercolor**
10:30-11:30 am—Senior STRETCH**
12:30 pm—Chinese programs
12:00 noon-4 pm—BETS
1:00 pm—Mah jongg
1:00 pm—Scrabble
1:00-2:00 pm—Line dancing $2.00/session
2:00-4:00 pm—Open computer lab

TUESDAY
8:30-9:30 am—Nia for Seniors**
10:15 am—Brookline Bees, Quilters
10:30 am-12:30 pm Literary Discussion: Spring Term**
12:00 noon -4 pm—BETS
12:30 pm—French Conversation
1:00 pm—Bingo
1:00-3:30 pm—Food distribution
1:30 pm—Movies for Film Lovers
2:00-3:00 pm—Yoga for Older Adults—chair class**
3:00-4:00 pm—Yoga for Older Adults—mat class**
3:00-4:30 pm—Latino Instrumental and Vocal Music Sessions

WEDNESDAY
8:45-10:15 am—Strength Training for Seniors**
9:00 am—Bowling *AT Ron's 20th Century Bowling Alley in Hyde Park*
9:00-10:00 am—Living Our Values
9:15-10:15 am—Balance and Flexibility for Seniors at *United Parish Church***
10:30 am—Retired Men's Club
10:15-11:45 am—Telling Your Story seminar**
10:30-11:30 am—Senior STRETCH**
12:00 noon-4:00 pm—BETS
12:30 pm—Bridge
2:00-4:00 pm Open Computer Lab

THURSDAY
9:30-11:40 am—Drawing for Pleasure
10:30 am—Knit and Crochet
1-1:45 pm—Beginning Spanish Classes
1:30 pm—Knit and Crochet
1:30 pm—Russian Tea Room—for information, call Rita Kropp at 617-730-2106
3:45-4 pm—Advanced Spanish Classes

FRIDAY
9 am—Bridge
10:00 am—Solemates, Walking Group
10:00 am—Project Volunteer
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus
2:00-3:30 pm—Introduction to Tai Chi Chuan**
2:00-4:00—One-on-One Computer sessions for the Computer Phobic with Joel Skolnick and other Red Tape Cutters

SENIOR CENTER THEATER CLUB

The next scheduled performances are on two Sundays in May:

Mozart's Requiem by the Handel and Haydn Society at Symphony Hall, Boston. *May 1. $40.00*

The Drowsy Chaperone at the Turtle Lane Playhouse, Auburndale. *May 15. $30.00*

Payment for performances is due at registration by cash or check. No credit cards. Please be aware that tickets are refundable until two weeks before the performance. After that, if you are unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and transportation is included in the overall price of tickets.

For more information and to reserve tickets, call the Senior Center at 617-730-2777.

AT THE GALLERY

The Brookline Senior Center
at 93 Winchester Street, Brookline
Cordially invites you to

THE FIGURE
An exhibit of drawings, prints, paintings, and photographs by
Martin R. Anderson

Tuesday, February 1, through Friday, May 6

from 8:30 am to 5:00 pm daily
Monday through Friday

COMPUTER COURSES BEGINNING IN APRIL

Brookline Adult & Community Education (BA&CE), in cooperation with the Council on Aging (COA), offers three more computer courses for seniors at the Senior Center this Spring. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782. To register, contact BA&CE at 617-730-2700 or access them online at www.brooklineadulted.org.

Each of these courses cost $70. And since these courses are for seniors only, the senior discount does not apply. Each course has a limit of six students.

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
4 Thursdays from 9:30 to 11:30 am, beginning April 28. Course code: **C116**

Intermediate Computer Basics for Seniors
Bob Roll, Instructor
4 Fridays from 9:30 to 11:30 am, beginning April 29. Course code: **C157**

Photo Editing with Picasa
Phyllis Mays, Instructor
4 Mondays from 9:30 to 11:30 am, beginning May 2. Course code: ***C259***

CRAFTY HOLIDAY GROUP

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group meets the first two Mondays of each month from 1:00 to 3:00 pm. In April, the meetings are on the 4th and the 11th.

The group is looking for buttons, oatmeal containers (the round ones), and square tissue boxes (the pop-up ones) to recycle into their decorations. If you have any of these kinds of things to donate, leave them at the Senior Center office on the second floor with a label addressing them to Jean Doherty. Or better yet, join the group and bring them with you.

BA&CE SPECIALS
—SAVE THE DATES—

Agewise
Tuesday, May 17, from 7:00 to 8:00 pm at Brookline High School (115 Greenough Street)
Free of charge, and preregistration is not required.
Course code: ***X243***
Cosponsored by Brookline-CAN, the COA, Goddard House in Brookline, and Center Communities of Brookline-Hebrew SeniorLife.
Let's face it: Most of us fear growing older. We worry about losing our looks, our health, our jobs—and about being supplanted in work and love by younger people. It may feel like the natural, inevitable consequence of the passing years. But what if it's not? In *Agewise*, renowned cultural critic Margaret Morganroth Gullette reveals that much of what we dread about aging is actually the result of ageism—which we can, and should, battle as strongly as we do racism, sexism, and other forms of bigotry. On this evening, drawing on personal stories and provocative and under-reported evidence from the economic meltdown, Hurricane Katrina coverage, and biomedical research, Gullette probes the ageism that drives discontent with our bodies or accomplishments and threatens our very selfhood.

A Taste of Italy: Food, Music, and Culture
Wednesday, May 25, from 12:00 noon to 2:30 pm at the Senior Center.
Fee: $7 (includes lunch). Course code: ***X245***
Cosponsored by BA&CE and the COA
Italy, with one of the oldest civilizations in the world, has contributed immeasurably to art, architecture, music, philosophy, and literature. It was at the forefront of the movement of cultural *rebirth* that swept Europe in the 15th century with patrons like the Medici family providing great encouragement to artistic talent. The history of art in Italy dates back to the Greek and Etruscan Classical periods. Whether Gothic or Renaissance, Romanesque or Byzantine, Italy bears the legacy of the greats of the Renaissance—Giotto, Michelangelo, da Vinci, Titian, and Raphael—as well as master composers like Verdi, Vivaldi, Puccini, and Rossini. Italy is also home to world-famous squares and churches such as the Piazza San Marco in Venice and the Duomo in Milan.

We invite you to journey with us to Italy for an afternoon of cultural appreciation, history, and sampling delicious Italian cuisine. Bring your appetite, your intellect, and your cultural curiosity as we celebrate the greatness of Italy.

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For more information about both of these events and to register for *A Taste of Italy*, call BA&CE at 617-730-2700 or access them at www. brooklineadult ed.org.

DANCE CALIENTE

Do you like dance? And do you like the dancing to be ***hot***? Yes? Then don't miss Dance Caliente's two-person performance called ***"Dancing Through the Decades"*** on **Wednesday, April 27, at 1:00 pm** at the Senior Center.

Dancing Through the Decades *is an interactive performance celebrating timeless dances from the 1800s to today. Audience members will have the opportunity to try some of the moves right from their seats and be entertained by amusing historical anecdotes about these world's most treasured dances. Feel the passion, experience the energy, remember the joy of partner dancing, and come see* ***Eileen Herman-Haase and Raul Nieves, owners of*** **Dance Caliente**, *perform the Waltz, the Peabody, the Charleston, Swing, Argentine Tango, and Salsa.*

This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

MCC
masscultuaralcouncil.org

SPANISH IMMERSION

Spanish Immersion in Brookline offers three very different kinds of immersion in Latino language and culture at the Senior Center.

There is one-on-one Spanish conversation immersion with seniors from many Latin American countries.

Also offered are Spanish language classes on **Thursday afternoons (from 1:00 to 1:45 pm for beginners and from 1:45-2:30 pm for advanced students)**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. There is an emphasis on conversation skills.

And you can be immersed in Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30** with instructor Eduardo Rojas.

For more information and to register, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are co-sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

SENIOR CENTER FOOD DISTRIBUTION

Remember that there is free food distribution at the Senior Center every Tuesday from 1:00 to 3:30 pm. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge, then wait there until your number is called.

Restoring your life one step at a time.

Brookline Health Care Center's Stroke Recovery Program is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

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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 assistance or special accommodations, contact the Council on Aging (COA) at 617-730-2777.

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the COA or the Senior Center, we want to thank all the advertisers for helping support this newsletter.

SWING BAND

Try James Demicco's Swing Band if you like playing pop music from the 20s, 30s, 40s, and 50s and can read music or play by ear. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

BOWLING

The bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For $7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call Julie at 617-730-2760.

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

CANASTA, ANYONE?

If anyone is interested in joining the Canasta group at the Senior Center, please call 617-730-2770 and express your interest by leaving your name and phone number. Someone will contact you with more information.

BROOKLINE OPEN STUDIOS

Mark your calendars for the annual Brookline Open Studios events. The dates are **Saturday, April 30, and Sunday, May** 1.

Open Studios is an annual springtime event, held in locations all over Brookline since 1986. Artists working in all media participate by opening their homes and studios to the public for one weekend. This allows viewers to experience the dynamic impact of viewing original artworks within the artist's creative space. The public connection to the artist nurtures an understanding of the creative process. Much of the artwork is for sale, providing an incredible chance for collectors and the general public to acquire original pieces directly from the artist.

There will be a group showing at the Senior Center. At press time, the events listings for the show in general and the Senior Center in particular are not available. Keep your eyes peeled for announcements in the *TAB* and the *Patch*, and on the Town web site—www.brookline ma.gov—and for brochures that will appear all about town soon.

FITNESS CENTER

We are working on expansion plans for the center, and we are excited about eventually moving into the old Rogerson space on the 2nd floor. We are also looking for contributions of additional equipment. On our wish list are these items, gently used: a treadmill (preferably with hand rails), an elliptical, a NuStep, and hand weights from 1-15 pounds, especially vinyl-coated ones.

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens (April 8 against the Yankees) and when we celebrate our volunteers—April 13th this year. The theme for this year is ***Volunteers Touching Lives Lifting Spirits***. Our volunteers certainly do contribute to making this a better world. We are deeply appreciative of all that they do and are delighted to honor them. A special word of thanks goes to Bay State Charitable Foundation who generously supports the luncheon. Please join us for the celebration at 12:30 pm. (See p. 1.)

Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to making Brookline a better community.

I want to thank everyone who has so far responded to our Annual Appeal and generously sent us a check. I know that things are economically tough for so many, and I appreciate your gifts. Everyone needs to be aware that donations support the van, equipment, and our food expenses. We are well aware that the coffee lounge chairs after 10 years of active wear-and-tear need replacing. This is being done thanks to your gifts. Please keep sending in your donations. This year, we are proud to announce that Harold Brown and the Hamilton Charitable Foundation will match each gift of the first $10,000. Make your donation today, and it will double. Our goal is to raise enough to renovate the Fitness Center with donations. Be as generous as you possibly can.

With Winter behind us, I urge you to get out and exercise! According to a review of the research by Doctor Williamson and Pahor (published in *Archives of Internal Medicine,* January 25, 2010, vol. 170, pp. 124-125), "the promotion of physical activity may be the most effective prescription that physicians can dispense for the purposes of promoting successful aging." Physical activity has beneficial effects on many diseases such as cancer, arthritis, diabetes, and respiratory ailments. Research is now even linking exercise to helping improve cognitive functioning. My personal favorite is how physical activity reduces my own stress. After a bad day, nothing makes me feel better than taking my dog for a brisk walk.

So, dance, lift weights, walk, and do yoga—MOVE!!! We have many classes at the Senior Center to help you stay active. Join the Fitness Center for a bargain price (see p. 24). And, with the nicer weather there is no excuse not to exercise as almost everyone can at least walk. Whether you join the Solemates (see p. 19) or simply enjoy a stroll around Coolidge Corner, do not delay—start today. *Ruthann Dobek ,Director*

Volunteers do so much, with the gift of time you share. You make a world of difference, and we appreciate your care. We are grateful for your energy and heartfelt ways. By touching lives and lifting spirits you brighten everyone's days.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will be on vacation in April, but will resume on **Wednesday, May 18, at 1:30 pm** at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

STAFF AND VOLUNTEER NEWS

We have our volunteer coordinator—**Vivian Freeman**—back in action. She is feeling well and full of vim. She wants to thank all the volunteers who have provided their services throughout the year and looks forward to seeing them at the **Volunteer Appreciation Lunch** on **Wednesday, April 13** (see p. 1).

We are exploring new and innovative ways of interacting with the Brookline High School students this **summer**. If you have any ideas for a special **intergenerational program**, **Deidre Waxman** will be delighted to hear them. Call her at 617-730-2767.

Agnes Serenyi is going on sabbatical for a while, so the **French Conversation group** needs a **temporary leader**. If you are interested in taking on this temporary voluntary assignment, call Julie Washburn at 617-730-2760.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher, is resuming with her popular modern dance and movement workshops at the Senior Center on **Fridays, April 1, 8, and 15, at 3:30 pm**. Fee is $2/session. Plan on coming to limber up for spring and for the sheer fun of it.

ZUMBA

Alicia Ebrat, certified Zumba instructor is back at the Senior Center to lead seniors in this combination of Latin salsa, cardio workout, and interval moves. Try it out at the free session on **Thursday, April 28, from 3:00 to 3:45 pm**, and if you like it sign up for the next full Zumba series, which will meet in **May and June**—on **Thursdays from 3 to 3:45 pm, beginning on May 5 and running through June 23**. The fee for this series is $45. We welcome drop-ins at individual classes for $7 per session. To register and/or for more information, call the Senior Center at 617-730-2770.

Zumba is a hot fitness craze and a really fun workout program. Get in shape with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in.

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Center Communities of Brookline
Hebrew SeniorLife

FRENCH CONVERSATION

Hone your French conversational skills every Tuesday in April at 12:30 pm with the group. Group leader Agnes Serenyi is going on sabbatical so the group needs a temporary leader while she is gone. See *Staff and Volunteer News* on p. 26 about applying for this temporary volunteer position.

MBTA SENIOR CARD RENEWAL

If your MBTA senior card needs to be renewed, call 617-222-5976 and a new card, good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card. However, it may take some time—several weeks when the office is particularly busy—for the MBTA to send a new card in the mail, so plan on calling them well before the expiration date on your card.

If you find that your card is going to expire in only a couple of weeks or less and want to assure your continued ability to use public transportation at a senior price, go to either Back Bay (train station) or Downtown Crossing (T-station) and renew in person.

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HELP WANTED

We are compiling our first e-mail database for friends and family of the Senior Center. Please send your e-mail address and those of family members to kkaufman@brooklineseniorcenter.org Be sure to include the word "E-MAIL" in the subject line" of your e-mail.

AT GODDARD HOUSE IN APRIL

Sivan Magen
Irish Harpist
On **Saturday, April 2, at 10:30 am**, the Pro Musicis Foundation Presents Sivan Magen. Born in Jerusalem, Sivan Magen studied piano with Benjamin Oren and Talma Cohen and harp with Irena Kaganovsky at the Jerusalem Academy for Music and Dance, and then received his master's degree at Julliard.

Shake Scene
On **Friday, April 8, at 3:30 pm**, This Stephen Collins one-man show will be presented.

Who had more effect on the English language than Shakespeare? He created over 1700 common words that before him either were used differently or did not exist at all. Stephen Collins makes Shakespeare's words come alive! From the evil machinations of Richard III and the philosophical bantering of Falstaff to the brilliant oratory of Brutus and Antony, Stephen brings the Bard's words to life. Tragedies, comedies, histories, and sonnets—all are represented in this show.

Alzheimer's Lecture
This book signing and discussion with author Beverly Moore, RN, CS, on **Wednesday, April 20, from 6:00 to 8:00 pm**, of her book *Matters of the Mind and the Heart: Meeting the Challenges of Alzheimer's Care*, will spark a discussion of Alzheimer's disease. Also a counselor, Moore's recent career focus is on the Alzheimer's caregiver. Complimentary copies of Beverly's book will be presented to the first 50 registrants. To register for this event, call 617-731-8500 x 130 or e-mail kbryan@radiusmanagement.com.

Call 617-731-8500 to RSVP and for more information. Directions are available at www.goddardhouse.org.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

BROOKLINE RECREATION—IT'S WHAT WE DO!

Boston Symphony
Friday, April 1
Attend a concert conducted by John Nelson with Evgeny Kissen on piano featuring Listz Mephisto Waltz No. 1 for orchestra, Scriabin Piano Concerto, Liszt Orpheus, and Grieg Piano Concerto.
Van pickups at Soule Recreation Center, 652 Hammond St. at 12:00 pm; at the Senior Center, 93 Winchester St., at 12:15 pm. The Van will return at approximately 5:00 pm.
Fee: $35.00 per person includes admission to the concert and round trip transportation. To attend this concert, you must be a Brookline resident 55 years of age and older.

Foxwoods
Saturday, April 16
Join your friends and spend the day at one of America's largest casinos, located in Southeast Connecticut. Once at the casino you can try your luck at any of the 7000 slot machines or 380 table games.
Bus pickups at the Soule Recreation Center, 652 Hammond St. at 7:45 am, at the Arcade Building, 314-316 Harvard St. at 8:00 am. Bus will return at approximately 5:00 p.m.
Fee: $30.00 per person includes round-trip motor coach transportation, a $15.00 food coupon, and $10.00 Keno bets. To attend this event, you must be a Brookline resident 21 years of age and older.

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Laurie Israel, Esq.
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Golf Course Lunch
Friday, April 29
Welcome Spring with a delicious lunch at Vine Ripe Grill at the Robert T. Lynch Municipal Golf Course at Putterham Meadows.
Van pickups at the Soule Recreation Center, 652 Hammond Street at 12:00 noon; at the Senior Center at 12:15 pm. Van will return at approximately 3:00 pm.
Fee: $15.00 per person includes lunch and round trip transportation. To attend this event, you must be a Brookline resident 55 years of age and older.

There is a locked Brookline Recreation mailbox on the 2nd floor at the Senior Center for trip registrations and payments, as well as for suggestions, comments, and/or questions. And a representative from Brookline Recreation will be at the Senior Center on alternate Wednesdays from 12 noon to 1 pm to answer any questions.

DO YOU NEED A RED TAPE CUTTER?

Bank of America is charging their checking account customers $3/month for the images of their checks on their checking account statements? You must call them to opt out of this service and fee. The *Red Tape Cutters* are investigating this issue and finding out how widespread it is. If you have other advocacy issues that you need help with, all Olga Sliwa at 617-730-2768 for an appointment with a *Red Tape Cutter* for help with RIDE and housing applications and other advocacy questions.

Help Wanted!

We're looking for a few good people who will leave us a legacy. Your bequest now is a gift of hope—and a way of making sure the Senior Center will be here to support others. Bequests, trusts, insurance policies, and retirement accounts can help. No gift is too small. Our thank you is just the beginning. Be a quiet hero. Call Kitty Kaufman, Director of Development: 617-438 -1790.

THANK YOU

To Annual Appeal donors Irene Allard, Anonymous, Lawrence Marks & Doris Toby Axelrod, Robert W. Basile, Nancy Blanchard, Alvin & Deborah Brass, Esther Brecker, Brookline Municipal Credit Union, Carol & Frank Caro, George & Margie Chapman, Morgan & Rita Daly, Glenn Boghosian & Ruthann Dobek, Jean Doherty, Mady & Bruce Donoff, Bernice Epstein, Susan & Edward Goldstein, Deborah Goodman, Claire Goodwin, W. Guralnick, Edgar & Hinda Gutoff, Mary W. Haas, Mary Harris, Helen & Rudy Kass, Mary W. Haas, Pauline Katz, Judith H. Kidd, Harriet F. Koch, Chi Chung & Toy Soo Lau, Sherry Lee, Levine Chapel, Inc., Kadimah & Mark Michelson, Jamie Rubino, Jesse Moore, Robert M. O'Brein, Francine Schachter, Martin & Jeannine Schetzen, Stephen & Margaret Sentura, Ruthann Sneider, Mr. & Mrs. Murray Solomon, Dr. Robert & Mrs. Edith Sperber, Marcia Starensier, Irvin & Phyllis Stock, Martha Sue Turnbull, Doreen D. Vittori, Christina Wolfe, and Sonia & William Wong

To Van Fund donors Phyllis A. Elfman, Helen Elias, Sylvia Franklin, Richard T. Leary, Mak So Hing, Yolanda E. Santo, Eileen Solomon (honoring Marie Lavine), Lorraine Tobin (with good health wishes to Sarah Rossi), and Esther Yanow

To Brookline-CAN Fund donors Ellen P. Bick, Dorothy & Gaston Blom, Janet Evans, Diane Gallagher, Anne M. Kahan, Alexander Kovel, Judy Meyers, Lynn & Willy Osborn, Katherine Frome Paget, Alice & Philip Shabecoff, Elaine B. White, and Jim Waldroop & Valerie Zimber

To Arlene Strowman ***for her gift in honor of*** Chris Dippel (the AARP tax volunteer)

To Ruth Geller and Margaret Sullivan ***for their gifts in honor of*** John Knutson for income tax preparation

To Mary Hass, Kathryn Kilpatrick (supporting the Van Fund), and Elizabeth Linde ***for their gifts in honor of*** Peter Rosenbaum for income tax preparation

To Brookline Bank-South Brookline Branch for ***its gift in honor of*** the South Brookline Senior Social Event

To Judith Chernoff ***for her gift in honor of*** Charlotte Millman

To Betty Latner ***for her gift in honor of*** Mariana & Peter Jakab

To Barbara Scotto ***for her gift in honor of*** Bob & Evelyn Roll

To the Chinese Mah Jong Group ***for their gift in honor of*** the Chinese Mah Jong program

To Trudie Caravas ***for her gift in memory of*** Norman C. Bell

To Rob & Jodi Sokoloff on behalf of the Susan & Barry Tatelman Family Foundation for ***their gift in memory of*** Charlotte Sokoloff

To Edward R. Wolpow ***for his gift in memory of*** Gudrun Wolpow

To Beacon InHome ***for its gift in memory of*** Sy Yesner

To Lillian Ehrlich ***for her gift in memory of*** Howard B. Ehrlich

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to our nonprofit arm and reminds our readers that these donations are 100% tax deductible to the giver. I want to express a special thank you to those who already responded to our annual appeal letter. The funds from the appeal are needed to support the van, replace worn chairs, and renovate the Fitness Center.

We are very pleased that Harold Brown and Hamilton Realty Charitable Foundation are matching the first $10,000 in donations. Double your donation by writing a check today!

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years.

Thank you, Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?

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OUR CONTRIBUTORS

We thank the contributors to this issue of the *Senior News and Events*: charity.lovetoknow.com on p. 1, Marsha Sloan on p. 3, Dr. Suzanne Salamon on p. 5, and SHINE on p. 11.

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