

COMING OF AGE

THE NEWSLETTER FOR THE NEWTON SENIOR CENTER



*Welcome to your source
for connection!*



Exciting NewCAL Update

As the New Year begins, the Senior Center is thrilled to announce that in December, the Newton City Council unanimously voted to approve the full project funding for our new senior center, NewCAL, at 345 Walnut Street. The building is slated to open in the spring/summer of 2025. "We are thankful to all who have worked on this project over the past six years and look forward to opening this new facility to the community," says Mignonne Murray, Director of Senior Services. **Read more on page 2.**

WHAT'S INSIDE

- Letter from the Director and special programs2
- In-home fire inspections and weather policy.....3
- Transportation and Friendly Visiting info.....4
- Parking stickers and tax appointments.....6
- Monthly programs.....8
- Exercise classes.....9
- Volunteering and property tax work-off program..... 10
- Lunch, paying for classes, and closures..... 12
- Thank you!, COVID kits, other essentials..... 14
- Staff contact info..... 16

INTERIM LOCATIONS

- **Brigham House,**
20 Hartford Street, Newton Highlands (administrative offices, lunch, social services, various programs)
- **Newton City Hall/War Memorial Auditorium**
(drawing and music)
1000 Commonwealth Avenue, Newton
- **Hyde Community Center Gymnasium,**
90 Lincoln Street, Newton Highlands (exercise classes, Commodity Foods)
- **Newton Free Library,**
330 Homer Street
(SHINE appointments)

SENIOR CENTER HOURS
MONDAY—FRIDAY, 9 to 4

SENIOR CENTER UPDATES



NEWTON STAFF AND COUNCIL ON AGING (COA)

STAFF

Director

Mignonne Murray

Executive Administrator

Norine Silton

Administrative Assistants (part-time)

Liz O'Connell, Nancy Gagnon

Program Coordinator

Ilana Seidmann

Case Manager

Emily Kuhl

Volunteer Coordinator

Julie Joy

Outreach Coordinator

Elizabeth Lund

COA BOARD

Executive Committee

Joan Belle Isle (Chair)

Sandra Davidow

Naomi Krasner

Sue Rasala

Laura Shaw

Advisory Board

Ena Lorant

John F. Pelletier

Ellen Penso

Robert Pierson

Eric Rosenbaum

Nancy Scammon

Dan Shaw

FROM DIRECTOR MIGNONNE MURRAY

As we plan for Newton's Center for Active Living (NewCAL), the City of Newton has partnered with the Gerontology Institute at the University of Massachusetts Boston to conduct a needs assessment of the experiences, interests, and long-term needs of residents. The needs assessment is generously funded by the Senior Citizens Fund of Newton.

The project will include one-on-one interviews with Mayor Ruthanne Fuller, Fire Chief Gregory Gentile, Police Chief John F. Carmichael, Health and Human Services Commissioner Linda Walsh, Parks, Recreation, and Culture Commissioner Nicole Banks, and me, your Director of Senior Services. The UMass team is researching demographic information, facilitating focus groups, and will gather important information from a survey that will be sent to thousands of Newton residents age 60+. The survey will help us plan for the future of programming and services offered at NewCAL and will improve the livability of Newton for all.

By completing the survey, you can have your voice heard about your experience of living in Newton. The Department of Senior Services, as well as other City departments, **need your help** to understand **what matters to you**, today, and emerging issues that may impact you over the next 5 to 10 years. We appreciate your participation and look forward to sharing the results of the needs assessment with you, later this year. Together, we will continue transforming Newton into a stronger, more vibrant community for people of all ages. **To request regular updates about NewCAL, email newcal@newtonma.gov**

UPCOMING SPECIAL PROGRAMS

Coffee & Conversation Social Group

1/9, 2/13, 3/12, 10:00 a.m. at the Brigham House

Preparing for Emergencies, with the Newton Health Department 1/25, 1:00 p.m. at Hyde Community Center

Optimizing your Brain Health, with Dr. Maggie Syme

2/1 at 1:00 p.m. at Hyde Community Center

Scams and Fraud 101, with the Better Business Bureau

2/8 at 1:00 on Zoom

Valentine's Day Concert with the Bob Drukman Band

2/14, 1:00 p.m. at Newton Free Library

"Great Singer-Songwriters of the 50s, 60s, and 70s"

with Bill Reidy 2/29 at 1:00 p.m. at Newton Free Library

For more information or to register for any of these programs, please contact our receptionist, at 617-796-1675.

SENIOR CENTER NOTICES

OUR INCLEMENT WEATHER POLICY

When winter storms are predicted, please call the Newton Senior Center, at **617-796-1660**, after 7:30 a.m. and press "1." A pre-recorded message will indicate if we're closed due to weather. You can also check our website: newtonseniors.org



IN-HOME FIRE-SAFETY INSPECTIONS FOR SENIORS

Beginning in January, the Newton Fire Department will conduct free 30-minute in-home fire safety inspections for Newton seniors. The fire department will check your battery-operated smoke and carbon monoxide detectors and make sure that your home is fire-safe. If there's an issue, they will offer recommendations and suggestions. This service is open to all Newton residents age 65+ who live independently – either in their homes or in apartment buildings. *This program is not open to those who live in senior residences.*

To sign up, call our Front Desk, at 617-796-1675, or email seniorprograms@newtonma.gov. Include your full name, your age, your address, and your telephone number. The Newton Fire Department will reach out to you directly, to schedule your inspection.

CONNECTING WITH THE SENIOR CENTER

There's always something happening at the Newton Senior Center – classes, programs, games, and opportunities to connect with other seniors and with services that can enhance your life. The best way to learn what's happening is by reading our weekly e-newsletter, which comes out every Friday. To sign up, go to our website – www.newtonseniors.org – and look for "Sign Up Here," at the bottom of the page. Or email iseidmann@newtonma.gov.

If you don't have email, please call our Programs Information Line, at **617-796-1666**, where you can listen to a recorded listing of our weekly activities. You can also pick up an Activity Listing at Brigham House.



TABLET LOANS & TECH TUTORING

Thanks to a grant from the Massachusetts Association of Councils on Aging (MCOA), the Senior Center has purchased several tablets with data plans, meaning Internet access is "built in." The tablets are a great way for seniors to explore the ever-growing digital world, at no cost. Each tablet is prepopulated with links to the Newton Free Library and popular applications such as Zoom, Facebook, email, and brain games. Each tablet also comes with a User Guide, and we have volunteer Tech Tutors (see below) to work with you, one-on-one. Newton residents age 60+ may borrow a tablet for three months. Call Ilana, at **617-796-1670**, to reserve one.

The Senior Center's volunteer "tech tutors" assist Newton seniors on an appointment basis. Tech tutors can help you with the following: iPhone, iPad, PC tablet, Android phone, Android tablet, Mac laptop, Jitterbug, and the desktop computers located at the Newton Senior Center. **Call Ilana, at 617-796-1670, with your name, phone number, phone number, what kind of device you have, and what you need help with.**

SENIOR CENTER NOTICES

INFO AND TIPS ABOUT NEWMO TRANSPORTATION

NewMo — Newton in Motion — is a shared-ride service that takes seniors (age 60 and older) anywhere they want to go in Newton. Seniors also can go to certain medical facilities outside of Newton. That list can be found on our website: www.newtonma.gov/NewMoSeniors



“arrive by” time that is 30 minutes earlier than your appointment time. If you cannot pre-schedule and want to request a ride on demand, please book with time to spare before your appointment.

Once a NewMo account has been created, riders can request a ride by calling the Call Center at **617-655-8019** or by using the NewMo app on a smartphone.

Tips for Using NewMo

Seniors receive door-to-door service and can pre-schedule all of their rides through the app or by calling the call center — at **617-655-8019** — by 5 p.m. the day before they want to travel, or up to five days in advance. If your appointment is on a Tuesday after a Monday holiday, be sure to call by 5 p.m. the Friday before. **Please ask for an**

Wait times for a ride will vary, but they often fall between 20 and 40 minutes. Wait times tend to be longer in the afternoon, especially toward the end of the week. Remember, NewMo is a shared-ride service, so the vehicle may need to pick up or drop off other people during your trip.

Hours of operation and cost

NewMo operates from 7 a.m. to 6:30 p.m. on weekdays and from 9 a.m. to 12 noon on weekends. Seniors pay \$3 a ride. A discounted rate is available to those who meet certain criteria. If you create your account using a smart phone, please call us for the senior code to complete your account.

FRIENDLY VISITING PROGRAM EXPANSION

The Newton Senior Center has expanded our partnership with FriendshipWorks to pilot two new programs: Medical Escorts and Friendly Helping. These programs, as well as our long-running Friendly Visiting Program, are for Newton residents age 60+ and residents 55+ with hearing or vision loss.

ONGOING: Friendly Visiting: Friendly Visitors visit once a week to drink coffee or tea, share stories, go for walks, do errands together, or assist with small tasks. Over time, both people grow and learn from each other, often becoming great friends.

NEW: Medical Escorts: Medical Escorts offer comfort, reassurance, and mobility/navigation assistance, beginning inside the home, continuing to the doctor’s office and appointment room, and ending with a safe return back inside the home. The program does not currently provide transportation, but your escort will accompany you on public transportation, ride services, or NewMo.

Please note that requests for Medical Escort services require 14 business days' notice in advance of a medical appointment. This time allows our coordinators to identify and schedule an appropriate volunteer for your escort.

NEW: Friendly Helping: Volunteers provide short-term assistance to older adults who need help with specific tasks, such as helping with organization, seasonal chores, errands, or boxing up for a move.

To inquire about these services, contact the Senior Center’s social worker, Emily Kuhl, at 617-796-1672. If you are interested in volunteering to be a friendly visitor, medical escort, or friendly helper, please contact Julie Joy, our Volunteer Coordinator, at **617-796-1674** or jjoy@newtonma.gov.



SENIOR CENTER NOTICES

RENEW YOUR SENIOR PARKING STICKER

The Department of Senior Services offers Newton residents aged 65 or older free parking in the City's municipal parking lots, with some restrictions.

- **Current stickers (purple)** are available and are valid through **June 30, 2025**.
- **Purchase of the sticker** will be accepted by **mail-in or limited walk-in hours**.

Senior Parking Sticker mail packets MUST include four items:

- 1.) A legible copy of your MA driver's license** showing age 65 or above AND Newton residence
- 2.) A legible copy of your MA registration** showing Newton residence AND "registration type" as passenger. *Commercial vehicles do not qualify for a sticker.* The address on registration and driver's license must match. If car is leased, also provide a copy of your lease agreement showing Lessor and Lessee (usually on the first page). *Lessee address must match driver's license.*
- 3.) A check or cash for \$6 per sticker** requested (max 1 per vehicle), payable to the City of Newton. **Please make sure your telephone number is included with your information, in case we have questions or you are missing documentation.** You also have the option to pay with a credit card online by going to our website, www.newtonseniors.org and clicking on the **"Pay Online"** button, then Senior Services. A copy of your online receipt must be included with your mailed packet. **Please note that online payments are not a submission for a parking sticker. We must also receive a copy of your driver's license and vehicle registration.**
- 4.) For mail-in requests please include a self-addressed, stamped envelope** for the return of your sticker(s) or a telephone number where we can call you when your sticker is ready for pick-up.

Mail in to: Newton City Hall, Senior Services Dept,

1000 Commonwealth Ave, Newton, MA 02459, Attention: Parking Stickers. All of the documentation sent to us will be shredded, unless you request it be returned to you along with your sticker.

Walk-in: Due to limited staffing, walk-in times will be limited. Please call our office at **617-796-1675** for specific hours the day you are planning to arrive. Our office is located at 20 Hartford St., Newton Highlands (Brigham House). If you have questions, you can reach us at nsilton@newtonma.gov or **617-796-1675**.

IT'S TAX TIME AGAIN — AND AARP CAN HELP

The Newton Senior Center and AARP Volunteer Tax Counselors will provide tax assistance again in 2024, at the Senior Center Outpost at the Newton Free Library, Room C, on the second floor.

If you need help doing your taxes, please call the Senior Center, at **617-796-1662**, to make an appointment with the AARP Volunteer Tax team.

We will begin scheduling tax appointments on Monday, January 29. Appointments will run from mid-February through mid-April.

Please note that the AARP Tax Program is intended to help low-to-mid-income seniors – less than \$70,000 for individual returns or \$85,000 for joint returns. This program is meant for people who have simple returns. If you have foreign pensions, more than \$25,000 in schedule C expenses, and/or more than 14 days of rental income other than land, we cannot do your taxes.

Once you make an appointment, you will receive a confirmation letter that lists all the documents you will need and other criteria to ensure that your tax return is within the scope of this program.

On the day of your appointment, please arrive 15 minutes early, with your paperwork in order.

ONGOING PROGRAMS AT THE SENIOR CENTER

MetroWest Legal Clinic

Second Thursday of every month,
10:00 a.m. to 12:00 p.m.
Brigham House, 20 Hartford Street

Health Maintenance Clinic

Third Friday of every month, 10:00 to 11:00 a.m.
Brigham House, 20 Hartford Street

Hearing Screenings

Last Monday of every month,
12:00 to 1:00 p.m.
Brigham House, 20 Hartford Street

Caregiver Support Group

First Tuesday of every month,
2:30 to 4:00 p.m. at Brigham House, 20 Hartford St.
Third Tuesday of the month, 2:30 to 4:00 p.m.,
on Zoom

Grief Support Group

Third Thursday of every month, 10:30 to 11:30 a.m.
Brigham House, 20 Hartford Street

Declutter Support Group

Second Friday of every month,
2:00 to 3:00 p.m.
on Zoom

Parkinson's Support Group

Last Monday of every month,
10:30 to 11:30 a.m.
Brigham House, 20 Hartford Street, or on Zoom

Men's Club (all welcome)

Fourth Thursday every month, 9:30 to 10:30 a.m.
Brigham House, 20 Hartford Street

Book Club

Third Friday of every month, 10:30 a.m. to
12:00 p.m. on Zoom

Swing Band

Every Tuesday, 1:30 to 3:00 p.m.
Newton City Hall, 1000 Commonwealth Avenue

Folk Sing-Alongs

Scheduled monthly, outdoors or on Zoom

Drawing Studio

Every Monday, 9:00 to 11:30 a.m.
Newton City Hall, 1000 Commonwealth Avenue

Canasta Play

Every Wednesday, 1:00 to 3:00 p.m.
Brigham House, 20 Hartford Street

Mah Jongg Play – pre-formed groups only

Every Monday, 1:00 to 3:00 p.m.
Brigham House, 20 Hartford Street

Billiards Play

Monday, Wednesday, and Friday, 9:00 a.m. to noon
Brigham House, 20 Hartford Street

Chair Massage (\$40 for 20 minutes)

Fourth Monday of every month, 12:50 to 2:50 p.m.
Hyde Community Center, 90 Lincoln Street

Mandarin Conversation Group

2nd and 4th Wednesday of every month,
10:00 to 11:00 a.m.
Brigham House, 20 Hartford Street

French Conversation Group

Every Thursday, 1:00 to 2:00 p.m.
Brigham House, 20 Hartford Street

Spanish Conversation Group

Every Tuesday, 9:00 to 11:00 a.m. on Zoom

German Conversation Group

Every Tuesday, 12:00 to 1:00 p.m.
Brigham House, 20 Hartford Street

To find out about art and special workshops, as well as other programs:

1. Subscribe to our Friday electronic newsletter, "Updates from the Newton Senior Center," or view it on our website, newtonseniors.org
2. Call 617-796-1666 (our 24/7 Program Hotline).
3. Pick up an Activity Listing at Brigham House, 20 Hartford Street, or Hyde Community Center.

WEEKLY EXERCISE PROGRAMS

Chair Yoga

Mondays at 9:00 a.m. – 90 Lincoln Street

Wednesdays at 10:00 a.m. – 90 Lincoln Street

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses can be modified while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit. Led by Diane S.

LaBlast

Fridays at 1:00 p.m. – 90 Lincoln Street

LaBlast Cardio Dance and Strength is a fitness class based on dances such as disco, salsa, foxtrot, swing, cha cha, and more. No partner or dance experience necessary. We'll use simple patterns from these dances that are easy to follow. Weights are incorporated. We use music from all genres and decades. Led by Karen K.

Dance Aerobics

Wednesdays at 1:00 p.m. – 90 Lincoln Street

Enhanced low-impact dance aerobics movement with muscle conditioning, strength training, and stretching. Led by Louise C.

Muscle, Movement, & Balance

Tuesdays at 10:30 a.m. – 90 Lincoln Street

Thursdays at 10:30 a.m. – 90 Lincoln Street

A balance, movement, and strength-building class using exercise loops and weights. The class focuses on strengthening areas that are prone to injury. Modifications are offered; exercises can be done seated. All abilities are welcome. Led by Nicole V.

Line Dancing

Mondays at 1:30 p.m. – 90 Lincoln Street

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. No need to have a partner and no experience necessary! Led by Paul H.



Seated Strength & Balance

Wednesdays at 12:00 p.m. – 90 Lincoln Street

Mondays at 12:00 p.m. – Zoom

The class begins with a thorough warm-up and is followed by strength training & balance exercises, using weights. Led by Pearl P.

Tai Chi

All Tai Chi classes are held at 90 Lincoln Street

Beginners: Fridays at 10:45 a.m.

Intermediate: Mondays at 10:15 a.m.

Advanced: Mondays at 11:30 a.m.

Advanced: Fridays at 9:30 a.m.

Tai Chi is an ancient Chinese tradition that is practiced today as a form of low-impact exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Led by Aaron C.

Meditation (on Zoom)

Thursdays at 9:00 a.m.

Practice paying compassionate attention to all that moves through us. This group is a supportive space to begin or continue a meditative practice. Led by Betsy S.

Zumba Gold (on Zoom)

Mondays, Tuesdays, and Thursdays at 10:00 a.m.

This class introduces easy-to-follow Zumba (Latin-style) choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and strong. Led by Ketty R.

Questions about programs? Call 617-796-1675.

VOLUNTEERING AND CITY ANNOUNCEMENTS

VOLUNTEER OPPORTUNITIES

If you'd like to share your talents and skills, consider volunteering. A variety of volunteer opportunities are available through the Department of Senior Services.



These opportunities may include being a: Friendly Visitor, Friendly Helper, Medical Escort, tutor for English Language Learners, math tutor in Newton elementary schools, Tech Tutor, Book Shed volunteer, Swap Shop volunteer, hospice volunteer, nursing home ombudsman, food pantry volunteer, and more.

Placement opportunities change frequently, so please make an appointment with Julie Joy, Volunteer Coordinator, at **617-796-1674** or jjoy@newtonma.gov. Julie will help you find the right placement to meet your interests, schedule, and needs!

COMMODITY FOODS

The Commodity Supplement Food program (CSFP) is sponsored by The Greater Boston Food Bank. CSFP works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods. Eligible residents will receive two free bags of food once a month (**3rd Friday of the month, 1:00 to 2:00 p.m.**).

Packages include a variety of healthy shelf-stable foods such as nonfat dry milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. On occasion, fresh produce will be distributed, as well. Food pick-up will be at the **Hyde Community Center: 90 Lincoln St, Newton Highlands**. If participants cannot pick up their own groceries, they can assign someone as a proxy to pick up groceries for them. To register, contact Emily Kuhl, at **617-796-1672** or ekuhl@newtonma.gov.

NEWTON PROPERTY TAX WORK-OFF PROGRAM

Newton's Property Tax Work-Off programs allow eligible residents to volunteer for Newton City Departments to earn work-off credits that will be applied directly to your property tax bill.

Fiscal Year 2024 Senior and Veteran Property Tax Work-Off Programs have increased their credit caps from \$1,500 annually to \$3,000 annually, effective July 1, 2023!

If you own a home in Newton and qualify according to the eligibility requirements listed below, contact the Newton Assessors Office for more information at 617 796-1160. Or you can contact Julie Joy, Volunteer Coordinator, at the Newton Senior Center, at **617-796-1674** or jjoy@newtonma.gov

SENIOR TAX WORK-OFF PROGRAM ELIGIBILITY REQUIREMENTS:

AGE: 60 years of age or older as of July 1, 2023.

RESIDENCE: Must own and occupy as principal place of residence, property in Newton, Mass., as of July 1, 2023.

GROSS INCOME: Less than \$50,000 if resident is single and not head of household, less than \$60,000 if resident is head of household, or less than \$70,000 if resident files a joint tax return with spouse.

VETERAN TAX WORK-OFF PROGRAM ELIGIBILITY REQUIREMENTS:

RESIDENCE: Must own and occupy as principal place of residence, property in Newton, MA as of July 1, 2023.

VETERAN STATUS: Honorably discharged veteran or the surviving spouse of an honorably discharged veteran. There are no income eligibility requirements for the Veteran Tax Work-Off program.

With prior approval, a qualifying proxy may perform the volunteer service for a qualifying senior or qualifying veteran who is physically unable to volunteer.

ESSENTIAL INFORMATION

PAYING FOR FITNESS CLASSES

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. There are four ways to pay:

1) Pay online

Go to newtonseniors.org and click the blue "Pay Online" button (please note there is an additional 3% convenience fee for credit cards).

2) Drop off a monthly check

Please make it out to the Newton Senior Center. You can leave it with Reception. Make sure to note which classes you are taking.

3) Mail in a check

Please make payable to "Newton Senior Center" and write the class name on your check. Donations may be mailed to: City of Newton, Senior Services Department, Attn: Fitness Contribution, 1000 Commonwealth Avenue, Newton, MA, 02459.

4) Credit card by phone (business hours only)

Please call Reception, at **617-796-1675**, or Norine Silton, at **617-796-1664**. Please note there is an additional 3% convenience fee for credit card payments.

HOW TO MAKE A DONATION

If you'd like to support the Newton Senior Center or honor the efforts of loved ones or colleagues, you can mail a check payable to the Newton Senior Center to City of Newton, Attn: Department of Senior Services, 1000 Commonwealth Avenue, Newton, MA 02459.

You can also donate online at newtonseniors.org. Click the blue "Pay Online" button, and make a "General Donation" or "Memorial Donation." Thanks for your support!

UPCOMING CLOSURES

The Newton Senior Center will be closed:

Monday, January 1 (New Year's Day)

**Monday, January 15
(Martin Luther King, Jr. Day)**

**Monday, February 19
(Presidents' Day)**

NewMo will not run on those days.



WHAT'S FOR LUNCH?

Lunch at the Senior Center

Join fellow seniors and Springwell for lunch. Grab-and-go lunches OR dine-in lunches are available Monday through Friday (except holidays), from 11:30 a.m. to 12:30 p.m. at the Senior Center's interim location at 20 Hartford Street. The menu can be found at www.newtonma.gov/lunch

To make a reservation, please leave a message at 617-796-1668, two business days in advance.

Your message should include your name and what day you would like to attend and/or pick up lunch. The meal is free to all. However, an optional donation of \$2.50 to Springwell, a local non-profit, is suggested.

WE'D LIKE TO SAY THANK YOU!

TO OUR SPONSORS:

The Jayne Colino Fund of the Senior Citizens Fund of Newton, Inc., for sponsoring:

Magic & Illusion show with Lyn Dillies

Piano concert with Archie Richards

The Newton Cultural Council, a local agency that receives support from the **Massachusetts Cultural Council**, for sponsoring:

Ballroom Dance Exposition with Dance Caliente



The Village Bank, for sponsoring:

Weekly apple pie giveaway

Thanksgiving Social, featuring guitarist Chris Carter



TO OUR DONORS:

Athanasius Anagnostou, in thanks to the Newton Senior Center

Donna Cohen, in thanks for the special Zumba Gold event with Ketty Rosenfeld



ADDITIONAL ASSISTANCE FOR SENIORS:

AT-HOME COVID-19 TESTS

Free at-home COVID-19 rapid tests are available for order and shipment through the United States Postal Service[®]. You can place an order online at [COVID.gov](https://www.covid.gov). If you do not have internet access and need to place an order by phone, you can call the [COVID.gov](https://www.covid.gov) order fulfillment helpline at **1-800-232-0233**. Tests will be delivered by mail.

MEDICARE ADVANTAGE OPEN ENROLLMENT

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment ... now's your second chance! From January 1st to March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare. Book your appointment today with a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you. To schedule a SHINE appointment, call the Newton Senior Center at **617-796-1675**.

FUEL ASSISTANCE 2023-2024

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton. ABCD accepts applications between November and March. For seniors 60 years and over, you can make a Fuel Assistance appointment at the Senior Center with Emily Kuhl, by calling **617-796-1672**. Please bring the following documentation for *everyone* in your household: proof of income, social security number, if you have one, identification (Social Security Card, birth certificate, copy of driver's license or state-issued ID), current copy of lease or rent receipt or mortgage statement, and current primary heating bill (oil, gas or electric). You can also apply online: <https://www.toapply.org/MassLIHEAP>



NEWTON SENIOR CENTER

City of Newton, ATTN Senior Services
1000 Commonwealth Avenue
Newton, MA 02459

Non-Profit Org
U.S. Postage
PAID
Boston, MA
Permit #52475

SENIOR CENTER CONTACT INFO

Phone 617-796-1660

Staff: 617-796-xxxx

Fax: 617-969-9560

Reception Desk (BH) 1675

**Customer Service Desk,
(BH – 2nd Flr) 1667**

Kitchen (BH – 1st Flr) 1668

**Program Information
Recorded Line 1666**

**Mignonne Murray,
Director (BH) 1671**

**Nancy Gagnon,
Administrative Assistant
(BH, Thur/Fri) 1675**

Julie Joy, Volunteer
Coordinator (BH) **1674**

Emily Kuhl, Case Manager
(BH) **1672**

Elizabeth Lund, Outreach
Coordinator & NewMo
(Library) **1665**

Liz O’Connell,
Administrative Assistant
(BH, Mon-Wed) **1675**

Norine Silton, Executive
Administrator (BH) **1664**

Ilana Seidmann, Program
Coordinator (BH) **1670**

SENIOR CENTER

Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful, and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.