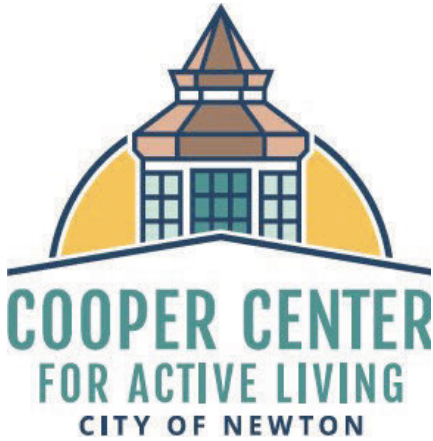


COMING OF AGE

THE NEWSLETTER FOR THE COOPER CENTER FOR ACTIVE LIVING



*Welcome to your source
for connection!*



GoGo Newton Replaces NewMo as New Transportation System

As Mayor Fuller recently announced, after six years of operating Newton in Motion (NewMo), the City of Newton is transitioning to a new transportation system for residents who need the most support – our older adults, our lower income individuals, and people living with disabilities.

We are partnering with an experienced national “customer-service-centric” company, GoGo Technologies. Started in 2016, GoGo now works with more than 500 municipal and non-profit organizations (including Brookline, MA) to provide convenient, safe, and reliable transportation at affordable prices, seven days a week and 24 hours a day.

GoGo Newton will launch on Monday, July 1, to provide rides for Newton residents who are 65 years and older, current NewMo senior riders age 60-64, as well as Newtonians 18 years and older who are low-income or are living with disabilities.

GoGo Newton will provide both on-demand and prescheduled rides. All rides have to originate or end in Newton. We can expect average wait times of less than 20 minutes. **See more details about the new service on pages 2, 3, 4, 6, and 8.**

WHAT'S INSIDE

- Introducing GoGo (cont.).....2
- Pricing and payment info.....3
- Signing up and wait times....4
- Requesting rides and safety with GoGo.....6
- Essential info and GoGo service area map8
- Monthly programs.....9
- Fitness classes.....10
- Lunch, paying for classes, and holidays.....12
- Thank you!, connecting with us, and Medicare info14
- Staff contact info.....16

INTERIM LOCATIONS

- **Brigham House,**
20 Hartford Street, Newton Highlands
- **Hyde Community Center Gymnasium,**
90 Lincoln Street

- **Newton City Hall/War Memorial Auditorium**
1000 Commonwealth Avenue
- **Newton Free Library,**
330 Homer Street

SENIOR CENTER HOURS
MONDAY—FRIDAY, 9 to 4

EXPANDED SERVICE AREA WITH GOGO NEWTON



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Norine Silton

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Program Coordinator

Ilana Seidmann

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GOGO NEWTON REPLACES NEWMO TRANSPORTATION (CONTINUED FROM PAGE 1)

Riders will be able to book rides using the phone with an automated phone system, or with GoGo customer service representatives, or on a computer or smartphone, using the GoGo website.

GoGo Newton has a lot of great features. It provides around-the-clock and 365-days-a-year service, predictable and reliable vehicle arrival times, the option

of sending text notifications to family members



detailing the exact location of their family member throughout their trips, an expansive service area that includes six of our neighboring municipalities (Brookline, Needham, Waltham, Watertown, Wellesley, and Weston) and select medical facilities in Boston, including:

- Beth Israel Deaconess Medical Center
- Boston Children's Hospital
- Boston Medical Center
- Brigham and Women's Faulkner Hospital
- Brigham and Women's Hospital
- Dana Farber Cancer Institute
- Jamaica Plain VA Medical Center
- Mass General Hospital
- Mass Eye & Ear
- Mount Auburn Hospital (Cambridge)
- New England Baptist Hospital
- Shriners Children's Hospital
- Spaulding Rehabilitation Hospital
- St. Elizabeth's Medical Center
- Tufts Medical Center
- West Roxbury VA Medical Center

As we transition to GoGo Newton, we anticipate that there will be questions, and people may need some help. City of Newton staff will be available to assist with the sign-up process. Email gogo@newtonma.gov or call 617-796-GOGO (617-796-4646) for assistance.

We have more detailed information, including frequently asked questions, on our website, www.newtonma.gov/GoGo. See page 4 for details about Zoom information sessions.

GoGo Newton service will begin on July 1. NewMo service will continue through July 12, to help ensure a smooth transition. GoGo Newton will replace NewMo completely on July 13.

PRICING AND REGISTRATION FOR GOGO NEWTON

The City of Newton is helping pay for GoGo Newton rides. The amount a rider pays and the number of trips that are subsidized by the City depend on the income of the rider.

VERY LOW INCOME RIDERS

Available to individuals 18 + who receive qualified forms of public assistance.



- Riders are entitled to 12 subsidized one-way trips (or 6 round trips) each month.
- Rider pays the first \$4 of a trip, the City of Newton pays the next \$10, and the rider pays the remainder for the first 12 trips each month. After the 12 subsidized trips, the rider can continue to use GoGo Newton by paying the full fare of additional trips in that month.

For example: if the cost of the ride is \$15, then:

- ◇ Rider will pay the base price of \$4
- ◇ The City will pay a subsidy of \$10
- ◇ Rider will pay the remaining \$1 overage
- ◇ Total cost to the rider is \$5.

LOW INCOME OLDER ADULTS AND PEOPLE LIVING WITH DISABILITIES

Available to individuals 65+, NewMo senior riders age 60-64, and people 18+ living with disabilities. Gross household income is \$78,600 or less.

- Riders are entitled to 8 subsidized one-way rides (or 4 round trips) per month.
- Rider pays the first \$6 of a trip, the City of Newton pays the next \$8, and the rider pays the remainder for the first 8 trips each month. After the 8 subsidized trips, the rider can continue to use GoGo Newton by paying the full fare of additional trips in that month.

For example: if the cost of the ride is \$15, then:

- ◇ Rider will pay the base price of \$6
- ◇ The City will pay a subsidy of \$8

- ◇ Rider will pay the remaining \$1 overage
- ◇ Total cost to the rider is \$7.

OLDER ADULTS AND PEOPLE WITH DISABILITIES

Available to individuals 65+, current NewMo senior users age 60 to 64, and people 18+ living with a disability. Gross household income is above \$78,600.

- Riders are entitled to 4 subsidized one-way trips (or 2 round trips) per month.
- Rider pays the first \$8 of a trip, the City of Newton pays the next \$6, and the rider pays the remainder for the first 4 trips each month. After the 4 subsidized trips, the rider can continue to use GoGo Newton by paying the full fare of additional trips in that month.

For example: if the cost of the ride is \$15, then:

- ◇ Rider will pay the base price of \$8
- ◇ The City will pay a subsidy of \$6
- ◇ Rider will pay the remaining \$1 overage
- ◇ Total cost to the rider is \$9.

As with Uber and Lyft, the cost of a trip depends on where the rider is going and other factors, such as time of day and traffic. In other words, the price may be different each time you make the same trip. GoGo Newton will let you know the cost of a ride when you book it, so there are no surprises. If you preschedule a ride, the cost of your ride will be confirmed on the day of your trip.

The payment for rides happens through GoGo Newton; you do not pay the driver directly. More specifically, riders provide a credit card number to GoGo Newton for their portion of the cost.

If you do not have a credit card, you may also use a debit card, a gift card in the amount of \$60, or send a check for \$60 to Gogo Newton as a payment method. Checks and gift cards must be replenished in increments of \$60. Mail checks to GoGo Technologies Inc., DBA GoGoGrandparent, PO Box 25634, Pasadena, CA 91185-5634.

FAQS ABOUT GOGO NEWTON (SIGNING UP, WAIT TIMES, ETC.)

How do I sign up for GoGo Newton?

To use the GoGo Newton service, all riders must register and complete Newton's verification process online or in person by appointment. All registrants must provide documentation demonstrating their age, Newton residency, disability status (if applicable), and income or public assistance status (if applicable). To complete Newton's verification process online or learn more about the service, visit newtonma.gov/gogo.

Once you are approved to use GoGo Newton by City staff, you will need to call GoGo at **(855) 605-8544** to complete your account and add a payment method to your account.

If you'd like assistance with the sign-up process, you can email www.gogo@newtonma.gov or call **617-796-GOGO (617-796-4646)** to schedule an in-person appointment in Newton to register for GoGo Newton.

There will also be two virtual GoGo Information Sessions : **Wednesday, June 26, at 10:00 a.m.** and **Wednesday, July 10, at 2:00 p.m.**

Go to www.newtonma.gov/GoGo to register for these sessions. After registering, you will receive a confirmation email with information about joining the webinar. Any additional sessions scheduled will be posted on our website.

After I apply, how long will it be before I can use the service?

The City will review each application to determine if someone is eligible to use the service and what their base price will be. That information will be sent to GoGo. You will be notified of acceptance by GoGo via email or text. Once you receive that notification, call GoGo at **(855) 605-8544** to provide a credit card (see other forms on payment on page 3). You can also give GoGo a list of places you frequent and the name of a friend or family member you'd like to be notified of the status of your rides. *Additionally, please let GoGo know if you use a walker or wheelchair and would like extra*

assistance from the driver.

Why did you switch to GoGo?

NewMo was terrific for six years, providing an affordable and, in many cases, critical transportation service

for many Newtonians with our partner, Via.

As significant federal and state grants ended, we had to reimagine our goals with a more targeted transportation system that was also financially sustainable. We also decided to prioritize service all day every day, a broader service area, and even more rider-friendly customer service. After a Request for Proposal process, we think GoGo Newton meets these goals well.

Can I take additional rides beyond what is subsidized?

Yes! However, you will pay the full fare.

If I don't use all of my rides one month, can I use them the next month?

No. Unused rides cannot be carried over.

Will my ride be private?

Yes! All rides will be private, unless you choose to travel with family members or companions. *You may travel with up to three other people, as long as the vehicle you've requested can accommodate that many passengers.*

How long will I wait for a ride?

GoGo works with Uber and Lyft, so the average wait time will be under 20 minutes from the time you book your ride! During peak hours, the wait may be longer. Please allow an extra 30-minute buffer for doctor appointments.

What about tipping?

Tipping isn't required, but if you'd like to do so, you can give a driver cash, or you can add a tip by calling GoGo's call center or using GoGo's online portal.

See more FAQs on page 6.





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GOGO NEWTON FAQs (SERVICE AREA, BOOKING RIDES, SAFETY)

Am I limited to Newton?

No! You can go from Newton to anywhere in Brookline, Needham, Wellesley, Weston, Waltham, or Watertown, and to the following hospitals:

- Beth Israel Deaconess Medical Center
- Boston Children's Hospital
- Boston Medical Center
- Brigham and Women's Faulkner Hospital
- Brigham and Women's Hospital
- Dana Farber Cancer Institute
- Jamaica Plain VA Medical Center
- Mass General Hospital
- Mass Eye & Ear
- Mount Auburn Hospital (Cambridge)
- New England Baptist Hospital
- Shriners's Children's Hospital
- Spaulding Rehabilitation Hospital
- St. Elizabeth's Medical Center
- Tufts Medical Center
- West Roxbury VA Medical Center



(See the map on page 8)

Can I travel at night and on holidays?

Yes! You can travel 24 hours a day, 7 days a week. There are no blackout periods. Just be aware that prices may be higher during peak times.

How do I request a ride?

You can call GoGo at **(855) 605-8544** and speak to an agent, you can use GoGo's automated phone system (see more about that, in the next column), or you can book rides through a customer portal on GoGo's website, as long as you have an email address and computer access or a smartphone. Details about these options will be included in the welcome kit GoGo will send you after you complete your account.

What if I don't have a smartphone?

You can request a ride from your home phone or a simple cell phone by using Go Go's automated phone system or speaking to an agent. ***If you speak***

to an agent, there will be a \$5 convenience fee for the call. The City of Newton will pay that fee for subsidized rides. If you take additional rides and you speak to an agent, you must pay the \$5 fee. There is no convenience fee for using the automated phone system.

Does GoGo have an app I can use?

GoGo has developed an app, but it will not be available for a few more months.

Is the automated phone system easy to use?

Yes. When you set up your account with GoNewton, you will be asked for your home address and places you go frequently. These will become your custom pickup locations.

When you want to immediately request that an Uber or Lyft be sent to your home, call **(855) 605-8544** and press 1. Press 2 to request an Uber or Lyft to be sent to the address where GoGo Newton dropped you off last. Press 3, 4, or 5 to request a custom pickup location (these must be set up in advance).

Are Uber and Lyft safe to use?

GoGo regularly screens drivers and uses only highly-rated drivers who have historically created positive trip experiences for riders. GoGo also monitors rides to ensure a quality experience. If GoGo detects an issue or a driver is running behind, a GoGo staff member will call you. GoGo also screens cars, and it documents which vehicles are easier for you to get in and out of.

How will I know who my driver is?

When you book a ride on demand, GoGo will tell you the name of the driver, the make and model of the driver's vehicle, and the license plate number. If you preschedule a ride, GoGo will confirm the trip cost, driver name, and vehicle details shortly before your vehicle arrives. This information can also be viewed in your client portal, which allows riders with email addresses and computer access or smartphones to book rides in real time.



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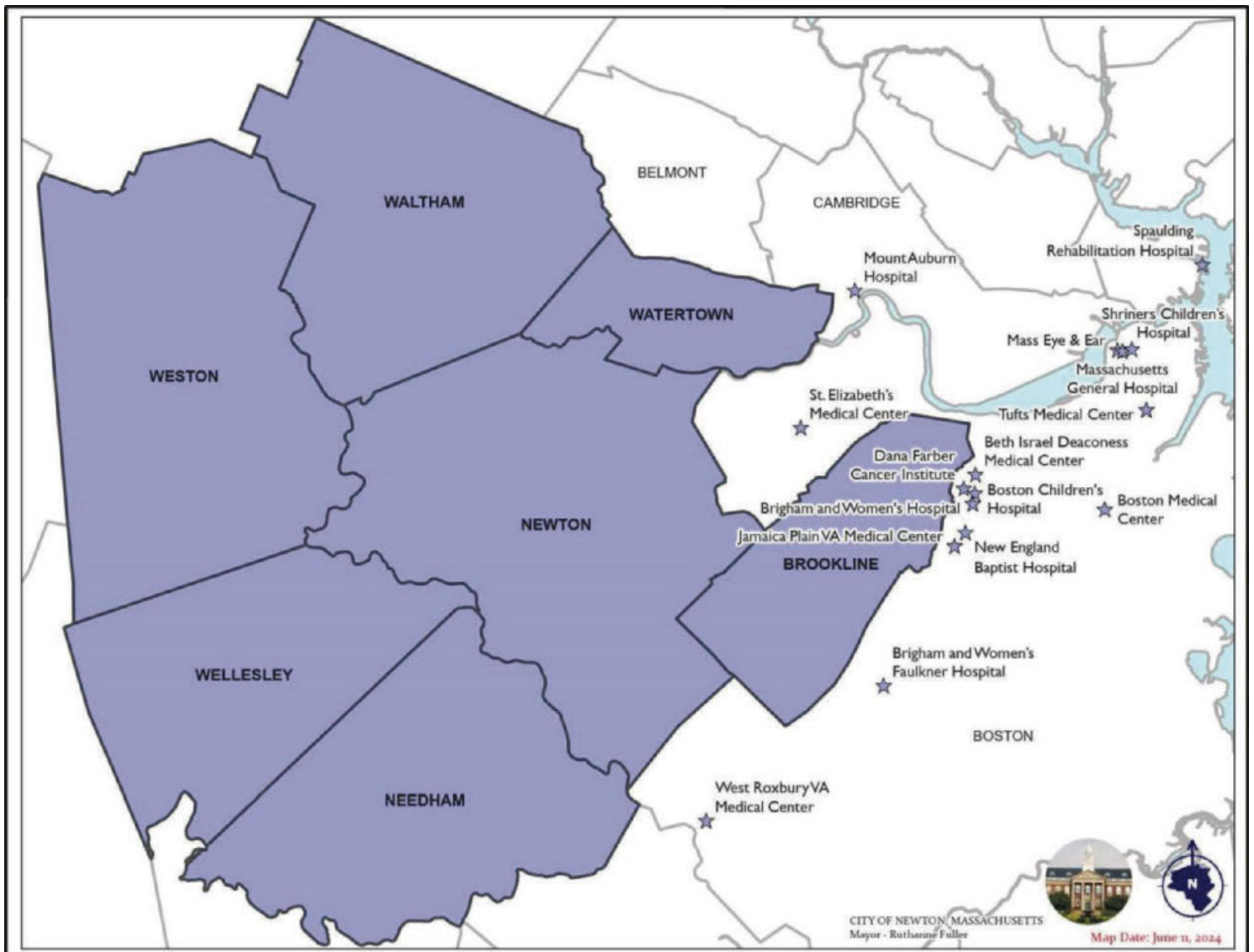
Very Low Income:* All Ages (18+)	Low Income:** Older Adults (65+)** & People with Disabilities (18+)****	Any Income: Older Adults (65+) ***& People with Disabilities (18+)****
12 one-way trips (or 6 round trips) each month	8 one-way trips (or 4 round trips) each month	4 one-way trips (or 2 round trips) each month
<ul style="list-style-type: none"> Rider pays first \$4 Newton pays next \$10 Rider pays the rest 	<ul style="list-style-type: none"> Rider pays first \$6 Newton pays next \$8 Rider pays the rest 	<ul style="list-style-type: none"> Rider pays first \$8 Newton pays next \$6 Rider pays the rest

*Must receive public assistance benefits; see GoGo Newton webpage for eligible documentation for public assistance.

**Low-income residents must have an income less than \$78,600/year.

***65+ age qualification also includes current NewMo riders age 60-64

****See GoGo Newton webpage for eligible documentation of disability.



ONGOING PROGRAMS AT THE CENTER

MetroWest Legal Clinic

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

Health Maintenance Clinic

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

Hearing Screenings

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

Caregiver Support Group

First Tuesday, 2:30 to 4:00
p.m. at Brigham House
Third Tuesday of the
month,
6:00 to 7:30 p.m., on Zoom



Grief Support Group

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

Declutter Support Group

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

Parkinson's Support Group

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

Men's Club (all welcome)

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

Coffee & Conversation Group

Second Tuesday, 10:00 to 11:00 a.m.
Brigham House, 20 Hartford Street

Book Club

Third Friday, 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

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

Mah Jongg Open Play

Every Thursday,
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

Mandarin Conversation Group

2nd and 4th Wednesday, 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

Chair Massage (\$40 for 20 minutes)

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

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

1. Subscribe to our Friday electronic newsletter, "Updates from the Cooper 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, which are easy to follow. Weights are incorporated. We'll 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.



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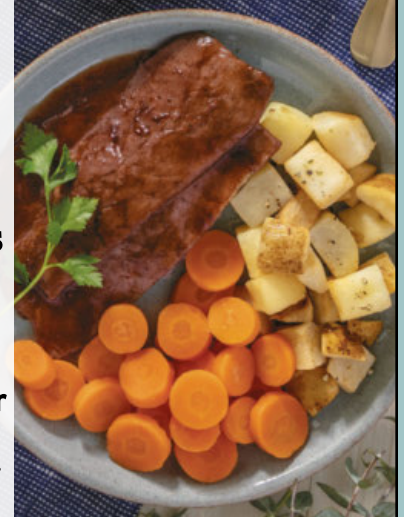
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ESSENTIAL INFORMATION

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 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 HOLIDAY

The Senior Center and our program locations will be closed on

**Thursday, July 4
(Independence Day)**

NewMo will not run that day, but GoGo Newton will.



WHAT'S FOR LUNCH?

Lunch at the Center

Join other older adults 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 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.

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SHOULD YOU DELAY MEDICARE ENROLLMENT?

Most people become eligible for Medicare when they turn 65. **To avoid a lifetime penalty, you must sign up during your Initial Enrollment Period (IEP).** Your IEP begins three months before your 65th birthday and ends three months after your birthday month. To have Medicare start the month of your birthday, you should enroll 3 months before you turn 65, or else it will begin the first of the following month.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, **will not prevent the penalty.**

For help with this or any Medicare issue, make a SHINE appointment by **calling 617-796-1676.**

CONNECTING WITH THE 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 to read 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.

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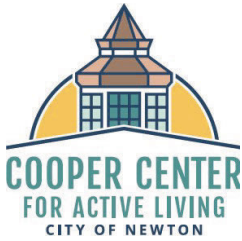
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(BH - 2nd Flr) 1667**

Kitchen (BH - 1st Flr) 1668

**Program Information
Recorded Line 1666**

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

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

**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)**

COOPER 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.