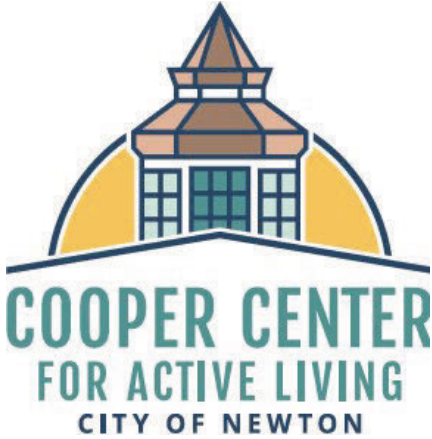


COMING OF AGE

THE NEWSLETTER FOR THE NEWTON SENIOR CENTER



*Welcome to your source
for connection!*

WHAT'S INSIDE

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OUR ANNUAL ALZHEIMER'S WALK

The Senior Center will once again hold a Walk to End Alzheimer's, here in Newton. The event will take place Sunday, October 20, at 10 a.m. We'll walk from Brigham House, 20 Hartford Street in Newton Highlands, to Beacon Street and back. For information, contact Emily Kuhl, Team Leader, at **617-796-1672** or **ekuhl@newtonma.gov**. Together, we will further the cause of ending Alzheimer's disease.

INTERIM LOCATIONS

- **Brigham House,**
20 Hartford Street, Newton Highlands
 - **Hyde Community Center Gymnasium,**
90 Lincoln Street
 - **Newton City Hall/War Memorial Auditorium**
1000 Commonwealth Ave.
 - **Newton Free Library,**
330 Homer Street
- SENIOR CENTER HOURS**
MONDAY—FRIDAY, 9 to 4
Except holidays

STAFF NEWS AND TAX WORK-OFF PROGRAMS



NEWTON STAFF AND COUNCIL ON AGING (COA)

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Mignonne Murray

Executive Administrator

Norine Silton

Administrative Assistants (part-time)

Liz O'Connell, Nancy Gagnon

Program Coordinator

Ilana Seidmann

Program Coordinator/ Volunteer Coordinator

Batia Bloomenthal

Case Manager

Emily Kuhl

Outreach Coordinator

Elizabeth Lund

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Robert Pierson

Eric Rosenbaum

Nancy Scammon

MEET NEW STAFF MEMBER, BATIA BLOOMENTHAL

"My name is Batia Bloomenthal, and I'm the new Program and Volunteer Coordinator in Senior Services, working with Ilana Seidmann. Before coming to Newton, I worked in the Public Service field for 27 years, working for the Public Library of Brookline, in Brookline, Mass., most recently as the Putterham Branch Library Supervisor.



As a librarian, my favorite part of my job was bringing the community together through varied cultural, educational, and entertainment programs. From Storytime to Induction Cooking to Therapy Alpacas, I ensured there was something for everyone to enjoy.

In my spare time, I love seeking out opportunities to challenge myself and to learn something new, whether this means performing stand-up comedy or, most recently, earning three different certifications in the field of Cybersecurity. To de-stress, I bake and crochet.

Though you'll see me in various City buildings, I'm most often at Brigham House. Come in, stop by, say "hi," and introduce yourself, or come to one of our enriching programs, fitness classes, or social groups. I look forward to seeing you."

NEWTON PROPERTY TAX WORK-OFF PROGRAMS

The Fiscal Year 2025 Senior and Veteran's Property Tax Work-Off Programs allow eligible residents to volunteer for a Newton City Department to earn work-off credits that will be applied directly to their property tax bill. If you meet the requirements below, call the Newton Assessor's Office for more info at (617) 796-1160, or contact Batia Bloomenthal in Senior Services, at bbloomenthal@newtonma.gov or (617) 796-1674 .

SENIOR TAX WORK-OFF PROGRAM ELIGIBILITY REQUIREMENTS:

AGE: Must be 60 years of age or older, as of July 1, 2024.

RESIDENCE: Must own and occupy as principal place of residence as of July 1, 2024, the property in Newton, Massachusetts.

GROSS INCOME: must have gross income less than \$50,000 if single, less than \$60,000 if head of household, or less than \$70,000 if applicant files a joint tax return with spouse.

VETERANS PROGRAM REQUIREMENTS: Must be a veteran as defined in M.G.L. Chapter 4 Section 7 Clause 43 as of July 1, 2024.

VETERAN STATUS: must own and occupy as principal place of residence as of July 1, 2024, the property in Newton, Mass.

GOGO NEWTON BASICS AND REGISTERING FOR GOGO

The City of Newton recently launched a new transportation service called GoGo Newton, provided in partnership with GoGo Technologies. GoGo Technologies works with more than 500 municipal and non-profit organizations (including Brookline and Watertown, Mass.) to provide convenient, safe, and reliable transportation seven days a week and 24 hours a day.



GoGo Newton serves Newton residents who are 65 and older, former 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 provides both on-demand and prescheduled rides (rides can be prescheduled up to six months in advance). All rides must originate or end in Newton. We can expect average wait times of less than 20 minutes.

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' Children's Hospital
- Spaulding Rehabilitation Hospital
- St. Elizabeth's Medical Center
- Tufts Medical Center
- West Roxbury VA Medical Center

How many rides am I entitled to each month?

That depends on which tier you're in. **See the chart on page 4** for info about each tier, income eligibility, and how many subsidized rides are included.

How do I sign up for GoGo ?

If you have a computer and Internet access, go to surveymonkey.com/r/GoGoNewton, complete the application, and upload the required documents. If you don't have online access or if you'd like assistance from a City staff member, call **617-796-4646** to make an appointment. All registrants must provide documentation demonstrating their age, Newton residency, disability status (if applicable), and income or public assistance status (if applicable).

After I apply, how soon can I use the service?

If you meet with a staff member and provide the necessary documents, your GoGo Newton account will be created immediately. We can also add your credit card information, which completes your account and enables you to use the service.

If you apply for GoGo Newton online, the City will review your application to determine if you are eligible and what your base price will be. That information will be sent to GoGo at the end of the week you applied. You will be notified of acceptance by GoGo via email the following week.

Once you receive that notification, call GoGo at **855-605-8544** to provide a credit or debit card number as your payment method. **If you do not have a credit card or debit card, you may purchase a gift card in the amount of \$60 or \$120 and use that to purchase GoGo credits.** Speak to a GoGo agent if you want to purchase credit with a gift card. You can also mail a check for \$60 or \$120 to GoGo Newton as a payment method. **Mail checks to GoGo Technologies, Inc., DBA GoGo Grandparent, PO Box 25634, Pasadena, CA 91185-5634. Please allow two weeks for the check to be received, cashed, and the amount added to your account.**

Can GoGo accommodate wheelchairs?

Yes. Please request WAV (wheelchair-accessible) rides 48 hours in advance and let an agent know what kind of wheelchair you use.

What about canes or walkers?

Please let GoGo know if you use a cane or walker or would like extra assistance from the driver. GoGo will note this in your profile so drivers will be aware of your needs.

PRICING AND REGISTRATION FOR GOGO NEWTON

The City of Newton is subsidizing 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.

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

- ◇ The rider pays the base price of \$4
- ◇ The City pays a subsidy of \$10
- ◇ The rider pays 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.

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

- ◇ The rider pays the base price of \$6
- ◇ The City pays a subsidy of \$8

- ◇ The rider pays the remaining \$1 overage
- ◇ Total cost to the rider is \$7

OLDER ADULTS AND PEOPLE WITH DISABILITIES

Available to individuals 65+, previous 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.

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

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

With all three tiers, riders may continue to use GoGo after they've completed their subsidized rides for the month. However, riders will pay the full cost of rides.

Very Low Income*: All (18+)	Low Income**: Older Adults (65+)** & People with Disabilities**** (18+)	Any income: Older Adults (65+)** & People with Disabilities**** (18+)
12 one-way trips each month	8 one-way trips each month	4 one-way trips each month
- Rider pays \$4 - Newton pays next \$10 - Rider pays the rest	- Rider pays \$6 - Newton pays next \$8 - Rider pays the rest	- Rider pays \$8 - Newton pays next \$6 - Rider pays the rest

* Must receive public assistance benefits; see **Eligibility info** at www.newtonma.gov/gogo for eligible documentation of public assistance.

** Household income less than \$78,600 per year.

*** Includes previous NewMo riders ages 60-64.

**** See www.newtonma.gov/gogo for eligible documentation of disability.



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GOGO NEWTON FAQs (WAIT TIMES, BOOKING RIDES, TIPPING)

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 a 30-minute buffer for doctor appointments.

Can I travel at night?

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

If I don't use all of my subsidized rides, do they carry over to the next month?

No, rides do not carry over.

How do I request a ride?

There are three ways to request a ride. The first option is to call GoGo at **855-605-8544** and speak to an agent. You may want to do this the first few times you use GoGo, in case you have questions or want an agent to add notes or frequently visited locations to your account.

When you call, GoGo adds a \$5 convenience fee to the cost of the ride. **The City of Newton will pay that fee for subsidized rides.** If you take additional rides, you must pay the \$5 fee.

The second way to request a ride is to log in to your account through GoGo's website: app.gogograndparent.com/login
There is no cost for this.

The third option is to book a ride through GoGo's automated phone system, once you have set up custom locations with an agent or online. There is no cost to use the automated system.

Is the automated phone system easy to use?

Yes. Dial **855-605-8544** and follow the steps at right.

How will I know who my driver is?

If you book a ride with an agent, the agent will give you the driver's name, car color, make and model, license plate, and estimated time of arrival. If you book using the automated system, you will receive a

phone call with this info.

Will my rides be private?

Yes, unless you choose to travel with friends or family members. You may have up to 3 people with you.

Does GoGo have an app?

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

How much will my rides cost?

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. That means the price may be different each time you make the same trip. If you book rides with an agent, the agent can tell you the cost of the ride. If you preschedule a ride, confirm the cost on the day of your trip.

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 website.

Can I travel with a pet?

Yes, as long as you let an agent know what kind of pet you have, how large it is (some drivers don't feel comfortable transporting animals), and if you need an SUV, when you book the ride. Cats must be in carriers and dogs must be leashed and well behaved. If you need a van, let an agent know; you may need to pay extra for service from GoGo Pet.



USING GOGO'S AUTOMATED REQUEST LINE

To use the phone system, call 855-605-8544. Listen to the menu and press the digit that is right for you. For example:

Press 1 to get picked up at home.

Press 2 to get picked up where you were dropped off.

Press 3, 4, or 5 for one of your custom locations (a recording will tell you which location is associated with each number).

Once your ride is on the way, keep your phone handy, the ringer all the way up, and the line free. You'll get a call when your driver is near. If you need to speak with your driver, call GoGo and **Press 3**. There is no fee for this call.

Press 9 to cancel a ride.



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GOGO NEWTON SERVICE AREA MAP



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 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 seniorprograms@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.



ONGOING PROGRAMS AT THE CENTER

MetroWest Legal Clinic

Second Thursday of the month,
10:00 a.m. to 12:00 p.m. Appointment required.
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.
Appointment required.
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 11:30 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 offers great fun as 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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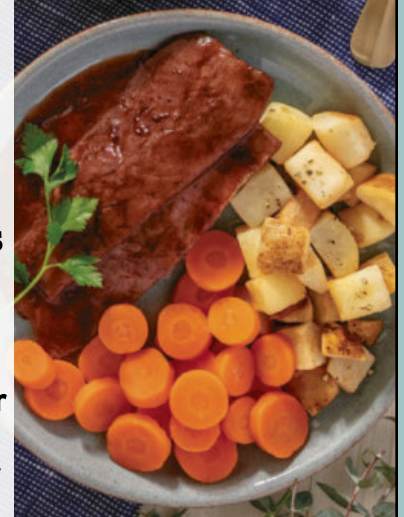
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ESSENTIAL INFORMATION

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 Monday, September 2, in observance of Labor Day.



WHAT'S FOR LUNCH?

Lunch at the Center

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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SHREDDING DAY, OPEN ENROLLMENT, & MORE

SAVE THE DATE:

Community Document Shredding & Drug Take-Back Day

**Saturday, November 16th,
(rain or shine)**

**8:00 a.m. to 12:00 p.m. by appointment
Call 617-796-1000 to make an appointment**

**Newton Resource Recovery Center,
115 Rumford Avenue, Auburndale, MA**

Open to all Newton residents. Shredding service is for RESIDENTIAL materials only (no business materials). Staples and paper clips may be left in documents. Already shredded paper is also accepted since it's not allowed in the City's green recycling carts. Limited to 4 document boxes OR 8 paper bags per car.

Bring your expired or unused prescription medications to be properly disposed.

NO liquids, aerosols, or sharps will be accepted. Note: Vitamins and over-the-counter medications are safe to go in the trash.

Cosponsored by the Newton Department of Senior Services, the Newton Department of Public Works, the Newton Police Department, and the Newton Department of Health and Human Services.

Advance sign-up required. To make an appointment, please call City Hall at 617-796-1000.

There is no cost to participate. However, donations to the Newton Senior Center are appreciated. Mail a \$10+ donation to the Newton Senior Center or donate by credit card at newtonseniors.org; please click on

the "**Pay Online**" button. Or, bring cash or a check to the event and it will be gratefully accepted.



MEDICARE OPEN ENROLLMENT

Medicare plans change every year. If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

SHINE (Serving the Health Insurance Needs of Everyone on Medicare) can help you review any changes and make sure you're in the right plan for you.

Open Enrollment runs from October 15 through December 7. The Senior Center will begin making appointments for Open Enrollment on Friday, September 6. Please call our SHINE request line at **617-796-1662** to make your appointment.

When you meet with a counselor, please have your Medicare account number, your login info (if you have an online account), and a list of your medications.

55+ PROGRAMS FROM PARKS, REC & CULTURE

Newton's Department of Parks, Recreation, and Culture offers a variety of exercise and recreation programs for older adults, from pickleball and pickleball leagues to cribbage, walking groups, watercolors, and much more.

Here are some of their upcoming classes:

- **Learn to Fish:** Tuesday, October 1st, 2-4 p.m., Auburndale Cove. Free.
- **Broadway Beginner Tap!:** Five Wednesdays, beginning September 11th, 10-11 a.m., \$47.00.
- **Ballroom Lessons:** Swing & Slow Fox Trot. Classes begin September 12th. Cost \$120.00.

For more info or to register, contact Nancy Scammon, Over 55 Director, at **617-796-1506** or nscammon@newtonma.gov.

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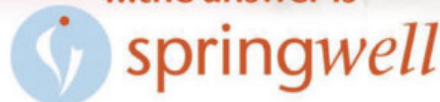
Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving - is there help for me?

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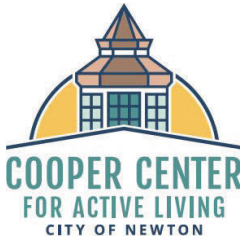
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Kitchen (BH - 1st Flr) 1668

**Program Information
Recorded Line 1666**

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

**Batia Bloomenthal,
Program Coordinator/
Volunteer Coordinator
(BH) 1674**

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

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

**Elizabeth Lund, Outreach
Coordinator
(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.