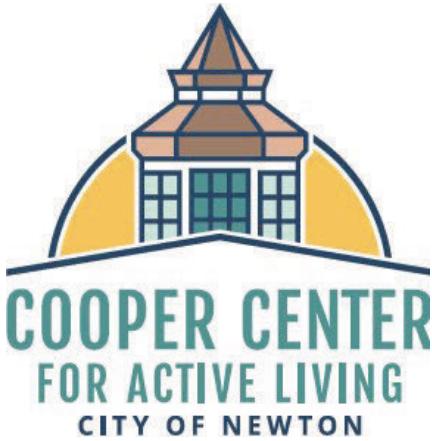


COMING OF AGE

THE NEWSLETTER FOR THE COOPER CENTER



*Welcome to your source
for connection!*

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COOPER CENTER UPDATE

If you haven't driven by 345 Walnut Street recently, you may not realize how much progress the construction team has made at the Cooper Center for Active Living site (see photo above). The building will be fully framed by early November and will be enclosed by Thanksgiving so builders can work inside during the late fall and winter months.

As Josh Morse, Public Buildings Commissioner for Newton, said recently, "It is so incredible to see our collective vision become a reality. As the construction team works hard to complete the framing of the building, we can see the future literally start to take shape. It's so exciting to imagine the building bustling with activity next year."

The new center will be 33,000 square feet (the previous building was 8,000 feet) and will include a library, gymnasium, walking track, performance area and stage, an art room, SHINE rooms, and lots of places for people to gather and socialize informally. The building will be substantially completed by fall of 2025.

STAFF LIST AND LETTER FROM THE DIRECTOR



NEWTON STAFF AND COUNCIL ON AGING (COA)

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Mignonne Murray

Executive Administrator

Norine Silton

Administrative Assistants (part-time)

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Program Coordinator

Ilana Seidmann

Program Coordinator/ Volunteer Coordinator

Batia Bloomenthal

Case Manager

Emily Kuhl

Outreach Coordinator

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DIRECTOR MIGNONNE MURRAY SHARES AN EXCITING UPDATE

As we prepare for the opening of the Cooper Center in fall of 2025, the City is making some important updates to our department. The first update was made this past March, when Mayor Ruthanne Fuller changed the name of the new Senior Center to the Cooper Center for Active Living, in honor of the many contributions made by Audrey Cooper. Audrey was a Newton resident who had a deep commitment to enriching our community and fostering collaboration among various groups. She spearheaded the creation of the previous Senior Center building, which opened in 1993, in what had been a branch of the Newton Free Library.

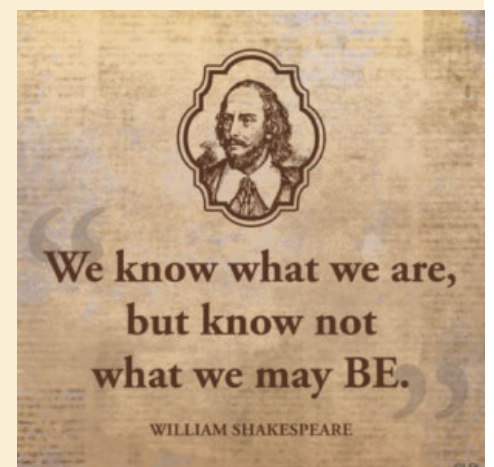


The second name change was approved in September, when the Department of Senior Services became the Department of Older Adult Services. Going forward, you will see the Senior Center and Senior Services referred to as the Cooper Center and Older Adult Services (OAS). The department and all we provide will not change, but we will now use the new language.

Why the name change? Many organizations, including the State Executive Office of Elder Affairs, have stopped or will soon stop using the terms "elder," "senior," and "senior citizen," to be more welcoming of active, independent people who may not identify themselves as "seniors."

This shift in phrasing reflects the fact that many people now live well past retirement age and look forward to a new start in life, a second career, or simply the chance to explore and discover interests that they never had time for, previously.

The new Cooper Center for Active Living, opening in fall 2025, will be a place where older adults can come together to connect with others and to explore ways to continue living their best lives.



UPCOMING SPECIAL PROGRAMS

- **Concert with Elaine Woo**

Thursday, November 7, 1:00 p.m.,
Newton Free Library's Druker Auditorium, 330 Homer Street

- **Concert with Joel Light & Dan Moore**

Thursday, November 21, 1:00 p.m.,
Newton Free Library's Druker Auditorium

- **Thanksgiving Social**

Tuesday, November 26, 1:00 p.m., Brigham House, 20 Hartford Street

- **Travel Series with Barry Pell**

Tuesday, December 3, 1:00 p.m. on Zoom (the series continues in January and February)

- **Concert with Gilded Harps**

Thursday, December 5, 1:00 p.m., Newton Free Library's Druker Auditorium

- **How to Protect Yourself from Scams with the Middlesex Sheriff's Office**

Tuesday, December 10, 1:00 p.m., Hyde Community Center, 90 Lincoln Street

- **Ballroom Series with Dance Caliente**

Thursday, December 12, 1:00 p.m., Hyde Community Center, 90 Lincoln Street
(the series continues in January and February)

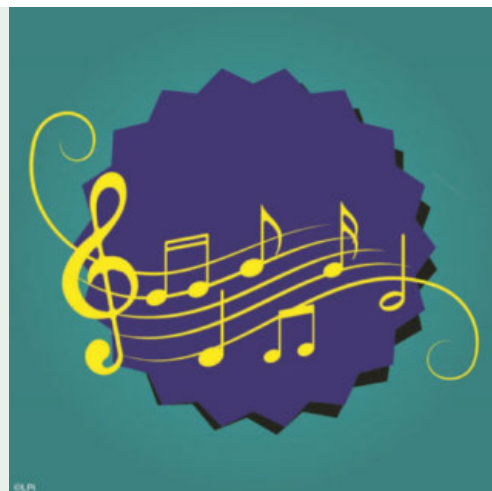
- **Swing Band Holiday Concert**

Tuesday, December 17, 1:30 p.m., Newton City Hall's War Memorial, 1000 Commonwealth Avenue

- **Lecture with Dr. Mark Parker: Prescription vs. Over-the-Counter Hearing Aids**

Thursday, December 19, 1:00 p.m. on Zoom

Program dates/times are subject to change. Please call **617-796-1666** or check our online Weekly Activity Listing before you show up. For more information or to register, please contact our receptionist at **617-796-1675** or email seniorprograms@newtonma.gov



Many thanks to

Florence Ferullo, Barbara Heller, Bradley S. Miller, and Nancy Q. Schon for their generous donations this summer in thanks for the Cooper Center. We're grateful for their support of our work.

ONGOING PROGRAMS AT THE COOPER CENTER

Book Club

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

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

Chair Massage (\$40 for 20 minutes)

Appointment required

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

Coffee & Conversation Group

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

Drawing Studio

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

Declutter Support Group

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

Grief Support Group

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

Men's Club (all welcome)

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

MetroWest Legal Clinic

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

Parkinson's Support Group

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

Billiards Play

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

Canasta Play

Every Wednesday, 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

Mah Jongg Play – pre-formed groups only

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

Rummikub Play

Every Wednesday, 11:30 a.m. to 1:00 p.m.
Brigham House, 20 Hartford Street

French Conversation Group

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

German Conversation Group

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

Mandarin Conversation Group

2nd and 4th Wednesday, 10:00 to 11:30 a.m.
Brigham House, 20 Hartford Street

Spanish Conversation Group

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

Swing Band

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

To find out about 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.



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WEEKLY FITNESS CLASSES

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.

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.

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.

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.

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.
For info on paying for classes, see page 14.**



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 meditation practice. Led by Betsy S.

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.

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.



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TRANSPORTATION BASICS AND REGISTERING

The City of Newton recently launched a new transportation service called GoGo Newton, provided in partnership with GoGo Technologies (also known as GoGo Grandparent).

GoGo Newton serves Newton residents who are 65 and older, former NewMo riders age 60-64, as well as Newtonians 18 years and older who are low-income or are living with disabilities. The service provides safe, reliable individual rides (unless you choose to travel with companions) seven days a week and 24 hours a day.

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.



What areas does GoGo Newton cover?

Riders can go anywhere in Newton — including to Newton Wellesley Hospital and other medical offices. Riders can also go from Newton to anywhere in Brookline, Needham, Wellesley, Weston, Waltham, or Watertown. Additionally, the service goes 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 9 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. **The email will come from GoGoGrandparent.**

Once you receive that notification, call GoGo at **855-605-8544** (this number was created specially for GoGo Newton) 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 and cashed, and the amount added to your account.***

Can GoGo accommodate wheelchairs?

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

TRANSPORTATION PRICING AND SERVICE AREA

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.



TRANSPORTATION 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.

The second way to request a ride is to log in to your account through GoGo's website: app.gogograndparent.com/login

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.

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 preschedule a ride or book using the automated phone system, you will receive a phone call with this information.

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 when you book the ride what kind of pet you have, how large it is (some drivers don't feel comfortable transporting animals), and if you need an SUV. 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.

CONNECTING WITH THE COOPER CENTER

There's always something happening at the Cooper Center – classes, programs, games, and opportunities to connect with other older adults 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.





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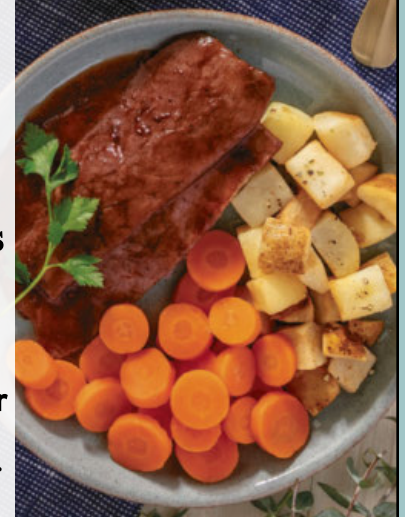
For inquiries or to schedule a tour, contact the
Director of Admissions, Lisa Belle at 617-527-0023 x227



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CONNECTING FOR ASSISTANCE, AND A SCAM WARNING

HOW THE FRIENDLY VISITING PROGRAM CAN HELP

Would you or an older adult you know benefit from having a weekly visitor or someone to help with specific tasks? The Cooper Center partners with FriendshipWorks to provide those options for Newton residents age 60+ and residents 55+ with hearing or vision loss. FriendshipWorks can also provide medical escorts.

Here are details about each of those programs:



program does not currently provide transportation, but your escort will accompany you on public transportation, ride services, or GoGo Newton.

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.

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.

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

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

To inquire about these services, contact the Cooper 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 Batia Bloomenthal, Program/Volunteer Coordinator, at **617-796-1674**.

SCAM WARNING FROM THE NEWTON POLICE

The Newton Police Department wants everyone to be aware of the latest scam impacting residents. This scam comes via email and includes your current address, your name, and a Google map image of the road you live on and your house. The scammers also claim they have spyware on your phone.

Rest assured, that is not the case. The scammers involved want you to pay them \$2,000 in Bitcoin in order to keep your information from being leaked. Please do not do this. Just delete the correspondence.

We understand how upsetting it is to receive this kind of email, which includes information from online sources.

If you believe you were a victim of this scam or any other scams, please call NPD's dispatch center at **(617) 796-2100**, so they can determine if a report is needed.



NEWTON MEMORIAL ART

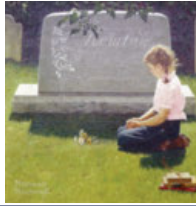
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FUEL ASSISTANCE, PAYING ONLINE, LUNCH

FUEL ASSISTANCE 2024-2025

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton and other cities in Massachusetts. ABCD accepts applications between November and March of each year. ABCD has intake sites at Newton City Hall and the Cooper Center. People 60 years old and over can make an appointment at the Cooper Center with Emily Kuhl. Call **617-796-1672** for a fuel assistance appointment. 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 other state-issued ID), current copy of lease or rent receipt or mortgage statement, and current primary heating bill (oil, gas or electric).

There is also the option to apply online: <https://www.toapply.org/MassHEAP>

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 City of Newton. You can leave it with Reception. Make sure to note which classes you are taking.

3) Mail in a check

Please make payable to the City of Newton and write the class name on your check. Donations may be mailed to: City of Newton, Department of Older Adult Services, 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.

UPCOMING HOLIDAYS

The Cooper Center and our program locations will be closed on Monday, November 11, in observance of Veterans Day.

We will also be closed on Thursday, November 28, for Thanksgiving.



HOW TO MAKE A DONATION

If you'd like to support the Cooper Center or honor the efforts of loved ones or colleagues, consider mailing a check payable to the City of Newton, Attn: Department of Older Adult 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!

LUNCH AT THE COOPER 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 Cooper 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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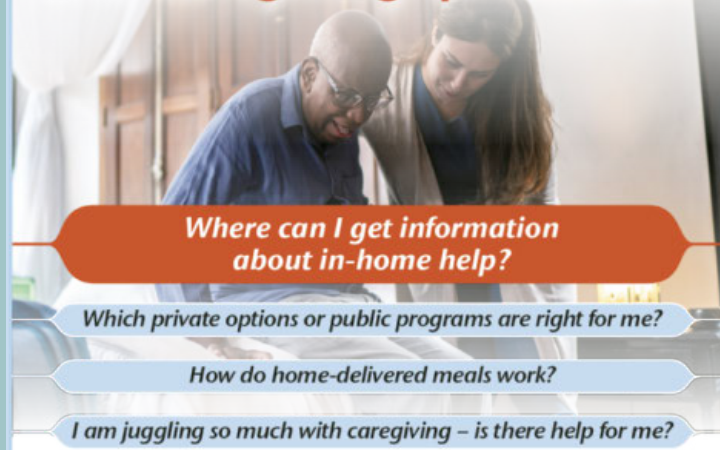
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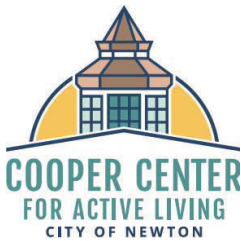
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COOPER CENTER CONTACT INFO

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Staff: 617-796-xxxx
Fax: 617-969-9560
Hours: 9 a.m. to 4 p.m.

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**

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**

COOPER CENTER

Mission

The mission of the Cooper Center and Department of Older Adult 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.