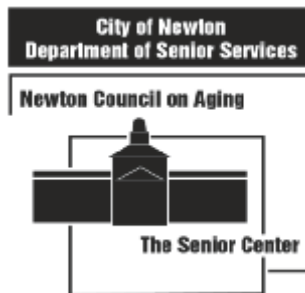


COMING OF Age

Your Center for Connection

Published Bi-Monthly
Issue #1 Volume XII



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

January-February 2019

Newton's Department of Senior Services and FriendshipWorks Partner to End Elder Isolation

The Newton Department of Senior Services and FriendshipWorks are pleased to announce a pilot program aimed at reducing elder isolation in Newton. The Boston-based non-profit strives to improve the quality of life and preserve the dignity of elders in the Boston area by matching elders with volunteer visitors.

Founded in 1984, FriendshipWorks has grown to approximately 450 Boston-area volunteers of all ages, backgrounds, and ethnicities. Each volunteer is carefully paired with an older adult who has few friends or family members in the area. In addition to their signature program, called Friendly Visits, the group offers other support systems in its Boston and Brookline locations. Their pilot program in Newton will offer just Friendly Visits.

"We were delighted when Newton asked us to be their partner," says Janet Seckel-Cerrotti, Executive Director of FriendshipWorks. "Over 20% of Newton's population is 60 years old or older; of those who are 65 plus, nearly 19% are 85 or older. Newton's request signaled to us that there is a growing recognition of the problem of elder isolation in communities beyond Boston, and we are eager to help."

"Isolation was named by many residents and city leaders as a main concern during our PLAAN (Planning for a Livable All Age Friendly Newton) listening sessions," says Jayne Colino, Director of Senior Services. "Isolation and loneliness have been recognized internationally and across all ages as a very important issue that contributes to health. What better prescription can there be than a friend?"

If you would like to learn more about the FriendshipWorks pilot or are interested in volunteering to be a visitor or would like a visitor, **please contact Julie Joy, Volunteer Coordinator at the Senior Center. She can be reached at 617-796-1674 or jjoy@newtonma.gov.**

City's New Energy Plan Means Greener Electricity

Come to the Senior Center on **Wednesday, January 23, at 2 p.m.** to learn about the city's new energy plan, which will enable Newton residents to get most—or all—of their electricity from local renewable sources such as solar and wind. Beginning in March 2019, the plan will significantly reduce the City's carbon footprint and greatly lower the price of electricity, at least for the first several months.



This historic move is possible because of Newton Power Choice, a form of group electricity purchasing known as a "municipal electricity aggregation." With Newton Power Choice, Eversource will continue to deliver the electricity and bill customers; customers will continue to contact Eversource if their power goes out. The difference is that Newton will select the supplier of electricity, rather than Eversource.

A typical Newton electricity customer (who uses 710 kwh/month) will receive 60% renewable energy and will pay \$165.89 per month. By contrast, that same customer would pay \$182.37 per month on Eversource's winter Basic Service rate. In other words, that customer will save \$16.48 per month as compared to Basic Service.

Customers can choose to opt up to 100% renewable energy for an additional \$2.91 per month – on top of the \$165.89 – or they can opt down to the 14% state renewables requirement (as of 2019) and pay \$162.55, saving \$3.34 per month. Customers also can opt out of the program entirely, if they wish to remain on Eversource Basic Service.

Newton's contract price will remain stable for 22 months. However, Eversource's Basic Service rate changes every six months, so it isn't possible to ensure that there will be cost savings under Newton Power Choice relative to Basic Service for the entire 22 months. **For more information, go to www.newtonpowerchoice.com.**

All programs are free of charge and take place at the Newton Senior Center, 345 Walnut Street, Newtonville, MA, unless otherwise noted in the program's description.

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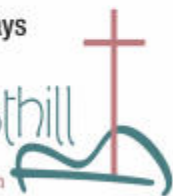
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Volunteer Spotlight: Tom Hart

Tom Hart is used to juggling multiple projects at once. For 27 years, he worked as the clerk of the Federal Bankruptcy Court that serves Vermont. “My job encompassed a lot, all of which seemed to happen at once,” says Tom, who was trained as an accountant. “I also made sure we stayed on budget.”

When he and his wife moved to Newton in 2016, to be close to their daughter, son-in-law, and two grandchildren, Tom began volunteering at the Senior Center. “I wanted to be helpful to the community,” he says, “And I’m always happy to pick up and learn something new.”

Tom’s first task was processing hundreds of parking stickers at their two-year expiration date. After that, he

began filling in at the receptionist desk – another hectic spot.



Since then, he has worked with the Commodity Food Distribution program, records program data, and answers people’s questions at the Customer Service Desk. “The Senior Center

performs so many services for people and offers a lot of opportunity to learn,” he says. “There’s something for everyone at the Senior Center, whether you want a greater sense of community or you have an aging parent or neighbor who might benefit from the wide range of programs at the Center.”

For more information about volunteering, please contact Julie Joy at 617-796-1674 or jjoy@newtonma.gov

Play Piano? Volunteers are welcome to play the Center’s piano on Tuesdays and Fridays between 9:00 a.m. and 10:00 a.m. Please contact Elizabeth Lund at 617-796-1663, if you are interested.

Program Notes

Disclaimer

We thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire participants. The Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

Senior Center Meals

Lunch, *Monday–Friday 11:45 a.m. To reserve, call 617-796-1660 by 11:00 a.m. the previous day.* A voluntary donation of \$2 is suggested per meal.

The **Low-Vision support group** does not meet in January or February. It will resume on March 4th.

The **Theatre Workshop** will resume their weekly meetings on Monday, January 7th at 10:00 a.m. No experience necessary. All are welcome!

Zumba Gold resumes at the Hyde Center on January 8th at 10:00a.m. after a brief winter break. Shake off the winter cold with the energy and fun routines of instructor Ketty Rosenfeld. \$3 suggested donation.

Tai Chi at Jackson Gardens (111 Kennedy Circle in Newton) resumes on January 10th. New participants are welcome! \$3 suggested donation.

Dialogue with the Director, Jayne Colino

Friday, January 11th and Tuesday February 19th, at 12 p.m. Join Jayne Colino, Director of Senior Services, for a discussion of issues important to seniors. **Just show up.**

Snow Cancellations

Please call our main number (617-796-1660) after 7:00 a.m. if it is snowing or icy. The pre-recorded message will indicate if we are closed due to weather. You may also check our website: newtonseniors.org after 7:00 a.m.

City Councilor Constituent Hours

Join City Councilors for discussion:

- Councilor Emily Norton (Ward 2) from 9 a.m. to 10 a.m. on the last Friday of every month: January 25th and February 22nd.
- Councilors Victoria Danberg (Ward 6) and Andrea Downes (Ward 5) on January 11th and February 15th at 11 a.m.

The Newton Senior Center will close:
**Tuesday, January 1st (New Year’s Day),
 Monday, January 21st (Martin Luther King Jr. Day), and Monday, February 18th (President’s Day).**

Registration Instructions for Our Programs

Registration is **required**, if noted. Programs without minimum registrants are subject to cancellation. We will notify registrants only if there are any changes.

Paid programs are first-come, first-served by date and time of payment.

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Living Well: Making Every Moment Count

Friday, January 18th,
2:00 p.m.-3:00 p.m.

As the new year starts, many people are thinking about what it means to live their best life. This presentation, led by Nicole Fox, Education Coordinator of Care Dimensions, will encourage participants to talk about what that means and how we can start to do so. We'll also consider some of the challenges seniors face and tools that can be beneficial. This light-hearted program will deal with serious issues in a positive manner. **Register with the front desk at 617-796-1660. Free.**

50+ Job Networking Group

Wednesdays: January 23rd,
February 13th, and February 27th
Check-in: 5:30 p.m., workshop from
6:00 p.m. to 8 p.m.

Looking for a job can be challenging at any age, and older job seekers face particular hurdles. This group can help make the process less daunting. Each session will feature strategies to help with various aspects of the job hunt – from updating your resume to answering tough interview questions. There will also be time for networking and the opportunity to speak directly with a coach. Tammy Gooler Loeb, a veteran career coach, will facilitate the group, and various guest speakers will be also be featured.

This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging (MCOA). **Registration required. Call the Front Desk at 617-796-1660 or register online at:**

<https://mcoonline.com/employment/50-plus-job-seeker-networking-groups/registration-form-new-attendees/>

For more information, contact Margaret Leipsitz at 617-796-1665 or mleipsitz@newtonma.gov

Staging Your Home With Your Own Stuff!

Friday, February 1st,
2:00-3:30 p.m.

Using slides and handouts, you will learn how to stage your own home, using what you own. It will be an interactive, collaborative class. You will see “before” and “after” room photos. You are encouraged to bring in your own “before” photos, and presenter Betsy Millane will offer suggestions. Betsy is a realtor at Keller-Williams and has experience with staging, home décor, and finding decorative gems. **Register with the Front Desk at 617-796-1660. Free.**

Cooking Demo with Benchmark-Evans Park

Friday, February 22nd,
1:00-2:00 p.m.

Need some inspiration when it comes to making dinner? A chef from Benchmark-Evans Park at Newton Corner will demonstrate how to make a tasty, healthy entrée, side dish, and vegetable that you can replicate at home. Participants will get to taste everything. Bring a plastic container, in case there are leftovers. The chef will also answer your questions about preparing meals at home. **Free, but space is limited. Register with the Front Desk at 617-796-1660.**

All-Newton Music School Presents:

Con Brio Lunch Club

Friday, March 1st,
11:00 a.m.-1:00 p.m.
*All Newton Music School,
321 Chestnut Street*

Take a peek behind the musical curtain with violist Scott Woolweaver, a faculty member at the All-Newton Music School. Joined by talented musical guests, Scott presents fascinating composer anecdotes and chamber music while you enjoy lunch, coffee, tea, and dessert with friends. Lunch catered by L'Arôme Café and Bakery. **\$25. Space is limited. Register with the Front Desk at 617-796-1660. Registration deadline is February 26th.**

What's Old Is New:

Jazz Talk with Peter Gerler

Wednesday, January 30th,
1:30-3:00 p.m.

When music writer Peter Gerler gives a talk on jazz, he often hears seniors say, “I wish we had the old music back again! I miss the great New Orleans ‘Dixieland’ sound, the big bands, and the swing beat.” Gerler explains that the beat *is* back. The past decade has seen an international resurgence of early jazz and swing dance among the Millennial generation. In this one-hour “*Jazz Jumps*” talk, he’ll present six pairs of tunes, each pair featuring a band from 100 years ago and a 21st-century band playing the same song. The program includes recorded music by famous orchestras, together with vintage film and photography. Come see and hear for yourself that the music you love still lives. Generously sponsored by Maristhill Nursing and Rehabilitation Center. **Register with the front desk at 617-796-1660. Free.**



Valentine's Concert by The Broadway Baritone

Friday, February 8th,
1:00-2:00 p.m.

James Michael will return to the Senior Center to perform classic love songs by the great crooners. Michael – aka the Broadway Baritone – has performed on Broadway for years, and all of his shows bring back cherished memories. This performance will make you fall in love again with songs from the 40s, 50s, 60, and 70s. Generously sponsored by Maristhill Nursing and Rehabilitation Center. **Register with the Front Desk at 617-796-1660. Free.**

Health and Wellbeing

Health Maintenance Clinics

4 Fridays: January 11th, January 25th, February 8th, and February 22nd, 9:30-11:00 a.m.

Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **Just show up.**



Hearing Screenings

First Tuesday of every month

Tuesdays: January 8th and February 5th, 11:00a.m.-noon

Attend a 10-minute hearing screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, they can clean and check them and replace the batteries. **Call the Front Desk at 617-796-1660 to make a 10-minute appointment. Free.**

The Conversation Project

Thursday, January 31st, 10:00-11:30 a.m.

We will explore the importance of having end-of-life conversations so your wishes for care known and honored. You will be guided through the starter kit from The Conversation Project, theconversationproject.org. This will be a safe space to learn, reflect, and write and share your thoughts, feelings and experiences. The presenter is Betsy Simmons, MPH, Meditation Teacher/Interfaith Minister. She is a trainer/facilitator with The Conversation Project, which is dedicated to helping people talk about their wishes for end-of-life care. **Register at the Front Desk at 617-796-1660. Free.**

Friends & Family CPR

Tuesday, February 12th, 9:00-10:30 a.m.

Want to learn how to save a life? Come learn the lifesaving skills of adult/child/infant hands-only CPR and Automatic External Defibrillator (AED) and how to help a choking adult/child/infant. Please note that this program is non-credentialed - no course card will be awarded upon completion. Taught by the City's Public Health Nurse. Class is limited to 16 people. **Register with the Front Desk at 617-796-1660. Free.**

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: January 18th and February 15th, 1:00-2:00 p.m.

The CSFP is a food distribution service for eligible Newton seniors 60+.

Pre-packaged groceries with primarily shelf-stable food is provided, sometimes with produce. Participants can pick up 2 free bags of food once a month at the Newton Senior Center. Participants must meet income guidelines, as well as provide proof of age and residency. **To receive an application, contact Emily Kuhl, 617-796-1672 or ekuhl@newtonma.gov.**



Food, Music, and Fun!

Winter Birthday Party with Girl Scouts

Wednesday, February 6th, 1:30 -2:15 p.m.

Even if it's not your birthday, please join us for music, craft activities, cake, and more! The Girl Scouts look forward to meeting you. All are welcome. Register with the Front Desk at 617-796-1660. **SNOW DATE: Thursday, March 21.**



Valentine's Day Party

Wednesday, February 13th, 1:30-2:30 p.m.

Even Cupid would fall in love with our Valentine's Day party. We'll have love-ly refreshments and a performance by the String-Swing Jazz Trio. These professional musicians



perform swing music from the "big band" era of the 20s, 30s, and 40s. You're invited to sing along or dance. **Generously sponsored by Boston Raw Luxury.**

Winter Wonderland Party

Friday, January 25th, 1-2 p.m.

Come celebrate the beauty of winter at our annual Winter Wonderland Party. Enjoy refreshments and the music of Gene and Barbara, who will perform songs from the Great American Songbook, plus show tunes, winter songs, and sing-alongs. They will also tell some entertaining stories. Generously sponsored by Maristhill Nursing and Rehabilitation Center.

Register with the front desk at 617-796-1660.



Third Wednesday of every month

Memory Café: The Golden Age of Musical Theatre

Wednesday, January 16th
2:00-4:00 p.m.

What makes a classic a *classic*? Great music? Memorable lyrics? Or a little magic you can't put your finger on? In The Golden Age of Musical Theater, Michael Goodwin will sing, lecture, and show video clips from *Oklahoma!*, *Annie Get Your Gun*, *South Pacific*, and other musicals. We'll sing and have lots of opportunities to participate.

**Generously sponsored by
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Memory Café: Dance for Connection

Wednesday, February 20th,
2:00-4:00 p.m.

Experience the joy of movement with Donna Newman-Bluestein, dance and movement therapist. Donna will lead participants in playfully moving to music from the Caribbean to oldies swing bands. Together, the group will create an original dance. No experience necessary. Donna will follow your lead. **Generously sponsored by
2Sisters Senior Living Advisors.**

What is a Memory Café?

People with forgetfulness and other changes in their thinking and their caretakers are invited to meet for this special program. "The goal is just to have fun together," says Beth Soltzberg, founder of the Massachusetts Memory Café movement.

Vigorous Mind Group Game

*Second Thursday of
every month*

January 10th and
February 14th,
11:00 a.m.-noon



Vigorous Mind games can stimulate your short-term memory, attention to details, focus, speed, and reasoning. These fun, non-competitive games will be led by a Newton Senior Center volunteer who is trained in Vigorous Mind. Open to any seniors who want to exercise their brains. *All are welcome!*

**Register with the Front Desk at
617-796-1660.**

Mah Jongg Workshop



7 Wednesdays: February 20th, 27th,
March 6th, 13th, 20th, 27th, and April
3rd

10:00-11:15 a.m.

Have you ever wanted to play Mah Jongg? It takes only a little time and effort to master the key principles. This course will introduce you to the basic rules of the game. By the second class, you'll will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours. Registration required by February 15th, or class is subject to cancellation. **\$70.**

Make check payable to Newton Senior Center. Write your telephone number and LEVEL (beginner/intermediate) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.

The Presti Group, an independent real estate agency in Newtonville, will be providing free popcorn to moviegoers. The company's motto is, "We go the extra block."



**January 9th, 1:00 p.m.
*Wonder Wheel***



Woody Allen looks back to the New York City of his youth in this 1950s drama set amid the surroundings of Coney Island amusement park, where love, greed, betrayal and youthful dreams coalesce. Starring Kate Winslet and James Belushi. 2017. PG-13. 1 hour, 41 minutes.

**January 23rd, 1:00 p.m.
*The Commuter***



Insurance salesman Michael MacCauley's quiet train ride home turns into a terrifying situation when a mysterious woman forces him to find a specific passenger before the last stop, entangling him in a deadly conspiracy. Starring Liam Neeson and Vera Farmiga. 2018. PG-13. 1 hour, 44 minutes.

**February 6th, 1:00 p.m.
*Won't You Be My Neighbor?***



For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. There hadn't been anything like Mr. Rogers on television before and there hasn't been since. 2018. PG-13. Starring Fred Rogers. 1 hour, 34 minutes.

**February 27th, 1:00 p.m.
*The Florida Project***



Living within sight of Disney World's glittering attractions, the children of families residing in tacky motels near the megapark create their own magical world together, led by the spirited 6-year-old Moonee. Starring William Dafoe. 2017. R. 1 hour, 55 minutes.

Support Groups

Bereavement Support Group

Third Thursday of every month

Thursdays: January 17th and
February 21st,
10:30-11:30 a.m.

This group is a safe place to reflect on our losses (separation from or death of loved ones, end of life, etc.). We will explore meditation, writing, poetry, and simple rituals, and share strategies for self-care and community support. Betsy Simmons is a holistic health educator, spiritual care provider, and mindfulness teacher. New members are always welcome! **Just show up.**

Caregiver Support Group

Third Tuesday of every month

Tuesdays: January 22nd and
February 19th, 1:30-3:00 p.m.

Open to all family caregivers of seniors.

Learn from, and share with, other participants who are caring for an elderly family member. **Register with Case Manager Emily Kuhl: 617-796-1672.**

Parkinson's Support Group

Last Monday of every month

Mondays: January 28th and
February 25th, 10:30-11:30 a.m.

People with Parkinson's Disease, caregivers, and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, a retired primary care physician with a special interest in Parkinson's Disease and related disorders. **Just show up.**

Send a Message of Cheer!

Do you have a friend from the Center who has been ill, had a loss, or could just use some encouragement?

If yes, write his or her name in the *Special Thoughts Book* near the coffee table in the first floor common room. A card to your friend will be sent from the Newton Senior Center.

Clutter Support Group

Second Friday of every month

Fridays: January 11th and February 8th,
2:30-3:30 p.m.

Come get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care. **For more information, contact Karin Lehr 617-969-4925, ext. 5958.**

Monthly Programs

LGBTQ Elder Café

(Lesbian, Gay, Bisexual, Transgender, & Queer)

Fourth Tuesday of every month

Tuesday: January 22nd
and February 26th,
6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. **January's event**

is generously sponsored by

Aging in Detail, an alliance of professionals serving seniors and their families. February's event generously sponsored by Heathwood Healthcare and West Newton Healthcare For more information, call Julie Joy at 617-796-1674. RSVPs required to jjoy@newtonma.gov


An alliance of professionals serving seniors and their families



discuss sexual harassment laws. **Just show up. To be connected to our Men's Club Volunteer, please contact Elizabeth at 617-796-1663 or elund@newtonma.gov.**

Short Story Group

Last Thursday of every month

Thursdays: January 31st and February 28th
10:30-11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our Reception Desk. Discussion facilitated by Ditta Lowy. We particularly welcome new participants! **Just show up.**

Book Club

Third Friday of every month

Fridays: January 18th and February 15th,
10:00-11:30 a.m.

January's book is The Essex Serpent, by Sarah Perry. February's book is Behold the Dreamer, by Imbolo Mbobe. All are welcome. **Just show up.**

Newton Men's Club

PLEASE NOTE THE CHANGE OF SCHEDULE

Thursdays: January 24th and February 14th,
9:30 a.m., Johnny's Luncheonette, 30 Langley Road, Newton Centre

Thursdays: January 10th and February 28th
9:30 a.m., Newton Senior Center

The guest speaker for January is Dick Flavin, Poet Laureate of the Red Sox. Dick is senior ambassador for the team and the public address announcer for Red Sox game days.

10 February's speaker is attorney Joel Suttnerberg, who will

MetroWest Legal Clinic

Tuesday, February 12th,
12:00-2:00 p.m.

An attorney from MetroWest Legal Services will offer free legal advice. Assistance is available in housing, social security income, government benefits, consumer issues, debt collection, and advance directives such as healthcare proxy or power of attorney. **Call the front desk at 617-796-1660 for a 20-minute appointment slot.**

Off-Site Programs

Now What? Living in the 55 and Over Lane **Conversation Group**

Second Thursday of every month

2 Thursdays: January 10th and February 14th,
10:00-11:30 a.m.

3rd floor Arc, Newton Free Library, 330 Homer Street

Join a gathering for residents 55+ to socialize and engage in conversation on topics that are most important to them. The goals of the group are to reunite with old friends and make new ones, to learn helpful information about activities, events, volunteering and employment opportunities, to explore this phase of life, and to have some laughs. .

Just show up. Questions? Contact Margaret Leipsitz at 617-796-1665 or mleipsitz@newtonma.gov org.

Tai Chi Continues **at the Scandinavian Living Center**

12 Fridays: January 11th, 18th, and 25th, February 1st, 8th, 15th, and 22nd, and March 1st, 8th, 15th, 22nd, and 29th,
10:00-11:00 a.m.

Scandinavian Living Center's Nordic Hall,
206 Waltham Street, West Newton

Last fall, we started a new Tai Chi Class for older adults at the Scandinavian Living Center, in partnership with Newton-Wellesley Hospital. Thanks to the hospital's generous support, that class will continue for another 12 weeks. This opportunity is open to the general community and to participants of all levels, including beginners. **There is NO fee for the class but registration is requested. Register with the**

Front Desk at 617-796-1660.

Caring for Our Parents and Ourselves

Tuesday, January 22nd, 7:00-8:30 p.m.

Newton Free Library's Druker Auditorium

Are you juggling multiple responsibilities, including caring for an aging parent while working and/or raising your own children? Research shows that family caregivers, who provide the majority of long-term care in this country, are prone to chronic illness and are often unlikely to seek preventive health care. In this engaging talk by Jody Gastfriend, LICSW and Vice President of Senior Care at Care.com, you will learn strategies for effectively caring for parents while caring for yourself. A book signing with Jody's book, My Parent's Keeper, will follow the presentation.

Just show up.

Taste of Senior Living Tuesdays

Fourth Tuesday of every month

Tuesday, January 22nd – Avita of Needham

Tuesday, February 26th — Wingate Residences at Boylston Place

11:45 a.m.-1:45 p.m.

You will have a taste of different senior living facilities in the area. Eat lunch in the dining room and have a tour of the facility. A van will provide pick-up and drop-off. Limited to 11 people. **Advance registration is required. Call the main line: 617-796-1660. Please provide 24 hours notice if cancelling your tour, so someone on the waiting list may attend.**

Art

Ceramics Workshop

8 Thursdays: January 17th, January 24th, January 31st, February 7th, February 14th, February 21st, February 28th, March 7th. **SNOW DATE: March 14th**

Session I, 10:30 a.m.-12:00 p.m.

Session II, 12:30 p.m. -2:00 p.m.

Have fun while learning to create sculptures, tiles, a wall piece or bowls, cups, and plates. The classroom is equipped with a pottery wheel and a slab roller. Instructed by Bet Lee. Class limited to 10 people. **Cost: \$50. Make check payable to Newton Senior Center. Please write your telephone number and preferred Session (I or II) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1663.**

Introduction to Watercolor Painting

6 Mondays: January 28th, February 4th, February 11th, February 25th, March 4th, March 11th. **SNOW DATE: March 18th**

10 a.m. to 12 p.m.

Learn the fundamentals of watercolors and brush techniques through a focus on still life and landscape paintings. Catherine Byun Min received Master's Degrees in Fine Arts in Painting from the Pratt Institute in Brooklyn and Hong-ik University in Seoul, Korea. She has taught art classes for many years. Class limited to 10 people. Registration required by January, 18th or class is subject to cancellation. **\$85. Make check payable to Newton Senior Center. Write your telephone number on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1663.**

Donations are needed for our open-studio sessions:

- * Watercolor paper
- * Acrylic paint
- * Watercolors
- * Oil canvas board

Please call Elizabeth at 617-796-1663 if you have any of these items to donate.

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Ena Lorant *in celebration* of Ilana's new baby
- Stephen Gerzof *in appreciation* of the Newton Senior Center
- WAITT and First Light Home Care *in appreciation* of the Council on Aging
- Ilse Garfunkel *in thanks for* the programs at the Center

Art and Photography Demonstrations

The Newton Art Association invites you to their monthly art demonstrations at the Newton Senior Center. All are Welcome!!

Sunday, January 20, 2019, 2:30 p.m.

O'Neil & O'Dowd: "Two for One" Two Artists, Two Mediums, One Subject. Pastel and Acrylic

Sunday, February 10, 2019, 2:30 p.m.

Joanne Tarlin, Color Theory

The **Newton Camera Club** provides a welcoming community for photographers of all skill levels to learn, discuss, and practice photography with other like-minded people. The Club provides opportunities to learn from renown photographers through presentations, critiques, and workshops. Members enjoy opportunities to exhibit and share their work. Meetings are held the second and fourth Monday evenings of each month, from 7:30-9 p.m., at the Newton Senior Center. **See their website for more details.** <https://www.newtoncameraclub.org>

City of Newton Parks and Recreation 55 and Over Programs

*****Registration for ALL programs (free and paid) is required: call 617-796-1506 to register*****

Mobility Factory: The goal of this class is to become more balanced and mobile during daily activities, which will be achieved through walking patterns and sports-oriented mobility drills performed at different speeds, directions, and much more. 8-week session begins in February. Details to be announced.

Fall-Prevention Workshop: This active workshop will give participants the tools they need to stay safe during daily activities and in emergency situations, such as getting up from a fall. Tuesday, February 5th, at 2 p.m. Location: Fieldhouse, 250 Albemarle Road, Cost \$15.

Ukulele Lessons: Every week, close to 100 seniors from neighboring towns enjoy playing the ukulele and singing songs from yesteryear in a fun-filled, relaxed atmosphere. And now Newtonians can join in the fun! Eight-week session starts February 7th. Location to be announced. Cost \$65.00

Indoor Fitness at Newton South High School: Join us on Sunday afternoons for walking, treadmills, rowing machines, stair climbers, stationary bikes, free weights, and Pickleball. Six-week program begins on January 6th.

MGM Casino Trip: Our trip to the new MGM casino in Springfield is scheduled for February 13th; snow date February 27th. Registration is required, cost \$25. Casino incentive is a \$20 slot play. **No lunch provided.**

New Advanced/Intermediate Pickleball Friday mornings, 9:30 a.m.-11:30 a.m. New indoor evening Pickleball on Monday nights. Time to be determined. Location: Lower Falls Community Center, 545 Grove Street. New evening Pickleball at the LFCC begins in January. Details to be announced.

(New) LaBlast: This multi-level, partner-free dance class enables participants to learn at their own pace, and it's a blast. Monday mornings at 10 a.m., at the Hawthorne Gym. \$5 per class and registration is required.

(New) Box Steady: This class is a combination of cardio and strength, designed for both men and women. Cost \$6.25 per class, and registration is required. Location: Nonantum Boxing Club.

Tai-Yo-Ba: This gentle movement class is a combination of Tai Chi, yoga, and balance and can be performed while standing or seated. Classes on Tuesday, Wednesday, and Thursday, Albermarle Fieldhouse, \$5 per class.

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Introducing the Care Dimensions Hospice House

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When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.



GIVING BACK TO THE SENIOR COMMUNITY



Thank you, MP

Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.

We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org

or call **617-331-7848**.

We will meet with candidates at their homes at their convenience.

Maria Project organizers include Home Ready Solutions; Stolovetz Real Estate Professionals; Agnewitz & Green Legal, LLC and Gentle Giant.



Newton Senior Center Announcements

Fitness and Wellness

All Fitness and Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." These classes include Nia, Mindful Meditation, Muscle Conditioning, Seated Strength & Balance, Tai Chi, Tong Ren, Yoga, and Zumba Gold. New participants are always welcome! Just drop in. **Please note that fitness classes are funded largely by participants. We rely on your contribution of \$3 per class or more if you can.** Your support allows these important classes to happen!

Durable Medical Equipment

Specified durable medical equipment in good condition is available on loan, free of charge to Newton residents. Loaned equipment includes walkers, wheelchairs/transport chairs, rollators, shower chairs/transfer tub benches, shower benches, raised toilet seats, commodes, canes/quad canes, and adult diapers. Nothing motorized and no hospital beds, crutches, walking boots, or specially fitted equipment are provided. **Call Alice Bailey at 617-796-1664 to request equipment and to schedule a pick-up time.**

Please no drop-ins.

Yellow Voucher

Transportation Program

Transportation for Newton seniors is provided by Newton's Yellow Voucher Program. Transportation is offered Monday through Friday, between 8:00 a.m. and 5:00 p.m., or at other times, if a resident is going to a City-sponsored program. **Reservations must be made 24 hours in advance. For information or if you need vouchers, please call Alice at 617-796-1664.**

It's Tax Time Again!

Tax Filing Support for Seniors

If you need help doing your taxes, call the Newton Senior Center at 617-796-1660 to make an appointment with an AARP Volunteer Tax Counselor. You may call starting Wednesday, January 2nd. Appointments begin Monday, February 4th.

AARP Volunteer Tax Counselors focus on preparing returns for low to moderate income seniors meeting the following guidelines:

- Age 50 and over
- **Income must be below \$85,000 per couple or \$70,000 per single individual**
- **CANNOT HAVE RENTAL INCOME, except for rental of Land**
- **Schedule C Business cannot include Inventory or Depreciation**

Items you must bring will be specified in detail in the letter you will receive confirming your appointment, they will include:

- 2017 Federal and MA tax returns

- Social Security Cards and government-issued photo ID
- Documents showing interest and dividends, including year-end brokerage statements
- Forms showing pension and IRA distributions, including 2018 Social Security Statement
- Real Estate tax, mortgage statement, and water bills
- Home assessment (2018)
- Rent (monthly or annual) and landlord name

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

Volunteers Needed

AARP is looking for volunteers to assist the Tax Counselors with intake at the Senior Center. If you are interested, attend the information session on Friday, January 11 at 10 a.m. For more information, contact Michael Zimmer at michaelzimmer0220@gmail.com or 617-217-1737.

Tax Deferral Program

Are you at least 65 years old, have owned your home for at least 5 years, and have less than \$60,000 a year in income? If so, Newton offers a program that will allow you to postpone paying your property taxes until you sell your house or transfer it to your heirs. The program charges a lower interest rate than home equity loans, and you can never be forced to move or sell your property because you're behind on your property tax payments. Find out if you qualify for the program and how to apply, by contacting **the Assessing Department at assessing@newtonma.gov and 617-796-1160.**

Sign Up for Mayor Fuller's Email Updates

Looking for the latest news about happenings at City Hall and around Newton? To receive Mayor Ruthanne Fuller's email updates, go to:

newtonma.gov/gov/mayor/newsletters.asp and click on the image pictured above. To see archived editions of the Mayor's Email Updates, visit the City of Newton website at <http://www.newtonma.gov>.



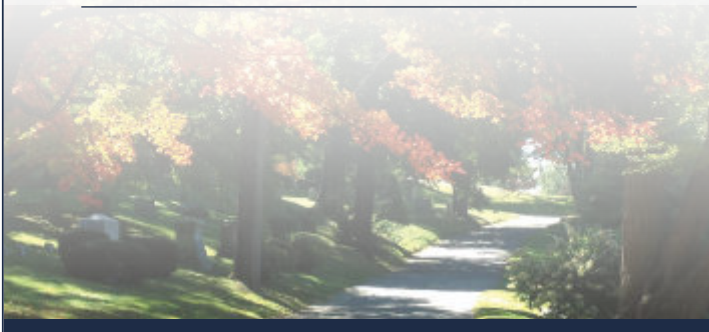


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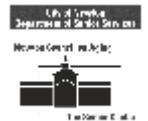
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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671

Alice Bailey, Executive Administrator, 1664

Lucy Bedigian, Lunch Site Manager, 1668

John Flynn, Custodian, A.M.

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Margaret Leipsitz, Outreach

Engagement Coordinator, 1665

Elizabeth Lund, Program Assistant, 1663

Ilana Seidmann, Program Coordinator, 1670

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Emma Watkins

Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support us through welcoming, respectful, and meaningful opportunities that engage and value older people and empower us 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.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs, and advocacy.

The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.