

COMING OF Age

Your Center for Connection

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

May-June 2019

Exciting New Transportation Service is Ready to Launch

Newton in Motion: "NewMo"

Mayor Ruthanne Fuller and the Newton Department of Senior Services are committed to keeping you connected to the wonderful resources Newton has to offer. In the coming weeks Mayor Fuller will sign a contract with a new transportation provider named Via, which will bring needed improvements and increased reliability to senior transportation in the Garden City.

How will this new service differ from what Veteran's Taxi provided? The Via service, called NewMo, will be flexible and customer-centered, allowing riders to have a great deal of autonomy. Key features of NewMo include:

- You will no longer need to reserve 3 days in advance for a guaranteed ride. You can request a trip that same-day and expect to wait between 15-30 minutes for a pick up or a return trip.
- When you request a trip, you will be told how long the wait time will be.
- You will have the option to book a trip via an app on your smartphone, or you can call Via's Customer Center to reserve a ride.

Trips may be shared by two or more people, reducing the wait time for those in your party, as well as the carbon footprint of our transportation.

Like Veteran's Taxi, the new system will still:

- Serve and subsidize trips to all of the same locations in Newton and designated facilities outside city limits.
- Allow reservations and customer service by phone.
- Provide wheelchair accessible vehicles if required.
- Provide door-to-door service upon request.

Can I use the Yellow Vouchers I haven't used yet? We will not be using paper vouchers in the new system. If you have unused Yellow Vouchers from our current system, you can turn them in for a refund or you can apply that amount of money to open an account with Via.

How will I be charged? When riders establish an account with Via, they will provide a credit or debit card number. The cost of each ride will then be billed automatically to that account.

How do I set up a Via account? Can the Senior Center help me do that? You will be able to call Via's customer call center to set up your account. A representative can help you complete the process in just a few minutes.

What if I don't have a credit card or I don't want to use it? You will be able to set up your account with a prepaid card.

How much will each ride cost? Rider fees will range from .50 cents to \$5.00 per ride depending on individual situations and destinations. This is determined at time of enrollment/account activation.

When will the new service begin? We are working hard to work out all the details you will need to know so that we can launch this summer. If you are a current rider you will be mailed specific information on how to set up an account, make reservations, fees and more.

Where can I learn more about this? Look for more info in our next issue of *Coming of Age*, as well as in the Newton Tab, and on our website www.newtonseniors.org. We also are planning several information sessions across the city so you can see how the system works, meet the Via staff, upload the app, set up your account and more.

Senior Parking Stickers Are Expiring!

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

- Current parking stickers (green) expire on June 30, 2019
- New stickers (blue) will be available in person at the Senior Center starting June 17, 2019
- New stickers will be good for two years and will expire on June 30, 2021

-When arriving at the Center follow the signs.

You can avoid waiting in line by mailing us the necessary documents— [see pg. 13 for a list of documents to bring/mail](#).

- If mailing: **send copies ONLY**, as the documents you send will not be returned; they will be shredded.

- Mail your check, payable to the City of Newton, and **copies** of the required documents to: **Parking Stickers, Newton Senior Center, 345 Walnut St., Newtonville, MA 02460**

- Stickers will be sent by return mail to the address on the driver's license starting on or about June 17, 2019. —> **pg. 13**

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ASSISTED LIVING • MEMORY CARE

Trip to Berkshires

Senior Prom

Shakers, Stockbridge, & Scenes from the Berkshires

This trip is run by Newton Community Education.

Date: Saturday, June 22nd, 8:00 a.m.-8:00 p.m. (check-in starts at 7:30 a.m.) **Description:** We'll travel to Hancock Shaker Village. Shakers were known for their ecstatic worship, communal living, and graceful furniture. Next we'll visit Stockbridge. We'll see the original location of Alice's Restaurant, and the Red Lion Inn. Explore the town on your own: shopping, eating, or just rocking on the inn's porch. On the way back, we'll drive past the "cottages" of the Gilded Age. You'll enjoy trivia and tips from our professional and entertaining guides.

Register: \$119+ \$6 registration fee. Contact Newton Senior Center staff at 617-796-1670 by June 3rd for a \$10 discount code. (Quantities are limited and NCE staff does not have discount codes.) **Registration required by June 5th. Go to newtoncommunityed.org to register online, or you can call Newton Community Education at 617-559-6999.**

Pick-up/Drop-Off Location: Newton North High School, Lowell Avenue Parking Lot (back side of school). Parking in this lot is free.

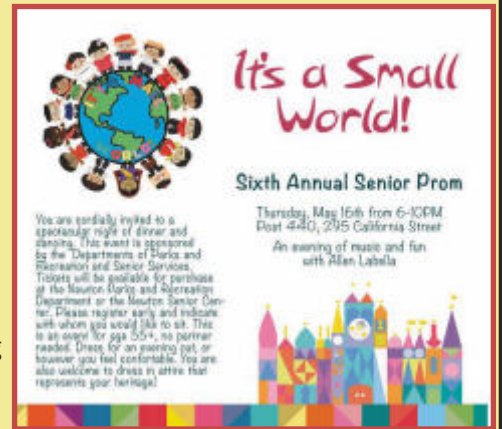
6th Annual Senior Prom: "It's a Small World"

Thursday, May 16th, 6:00-10:00 p.m.

American Legion Post 440, 295 California Street

Enjoy an evening of music and fun with Allen Labella! You are invited to a night of dinner and dancing. This event is sponsored by the Department of Parks and Recreation and the Department of Senior Services. Tickets are available for purchase at the Newton Senior Center. Please register early! This is an event for 55+, no partner needed. Dress for an evening out, or however you feel comfortable. You are also welcome to dress in attire that represents your heritage.

Transportation for Newton seniors available. **\$30. For a registration form, visit the Newton Senior Center, contact Ilana Seidmann (617-796-1670) or visit newtonseniors.org**



Program Notes

Patriotic Songs Swing Band Concert



Tuesday, July 2nd, 1:30-3:00 p.m.
Save the date for the annual Swing Band concert! Enjoy patriotic favorites such as "Give My Regards to Broadway," "This Land is Your Land," "America the Beautiful," and "The Marines Hymn." **Just show up.**

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. Springwell provides the meals. Residents of all towns welcome!

Dialogue with the Director, Jayne Colino

Wednesday, May 15th and Monday, June 17th, 12:00-12:30 p.m.
Join Jayne Colino, Director of Senior Services. Bring your questions and concerns, hopes and dreams. **Just show up.**

Health Maintenance Clinics

5 Fridays: May 3rd, May 17th, May 31st, June 14th, June 28th, 9:30 - 11:00 a.m.

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

Councilor Constituent Hours

2 Fridays: May 31st and June 28th, 9:00-10:00 a.m.
Meet Councilor Emily Norton for an open office hour.

Friday, May 17th, 11:00 a.m.-12:00 p.m.
Meet Councilor Vicki Danberg for an open office hour.

The Newton Senior Center will close: **Monday, May 27th in observance of Memorial Day.**

Registration Instructions for Our Programs

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

Without exception, paid programs are first-come, first-served, by date and time of payment.

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Special Programs

Death Cafe

Monday, May 13th,
11:30 a.m.-1:00 p.m.

Death Cafe brings people together to openly share thoughts, feelings, fears, plans, and wishes around death & dying. We hope to increase compassionate awareness of death and help people make the most of their finite lives. Tea and cake, by The Icing on the Cake, will be served. Sponsored by Living Wisely/Dying Well. Group will be facilitated by Betsy Simmons, MPH. **Register with the Front Desk at 617-796-1660.**



How to Deal with Robo-Calls

Tuesday, May 14th, 1:30-3:00 p.m.
Are you frustrated by robo-calls? Learn how to deal with them, from Judy Zohn, Co-Director of the Newton-Brookline Consumer Office, working in cooperation with the Massachusetts Attorney General's Office. **Register with the Front Desk at 617-796-1660. (For assistance from the Consumer office, call 617-796-1292).**

MBTA Senior CharlieCard

Wednesday, May 29th, 2:00-3:30 p.m.
Applicants must be 65 (or turning 65 by June 12th). You will receive a Senior CharlieCard in the mail without having to apply in person downtown. Bring a photo ID with city of residence (Newton) and birthdate (65+). Senior Center staff and volunteers will take your photo and apply for a Senior CharlieCard on your behalf. The MBTA will mail your Senior CharlieCard to your home in 4-6 weeks. **Newton residents only. Just show up.**

Self-Defense for Seniors

4 Thursdays: June 6th, June 13th, June 20th, June 27th, 3:00-6:00 p.m.
This course, taught by the Newton Police Department, will teach awareness, prevention, risk reduction and risk avoidance, and progresses onto

the basics of hands-on defense training. The course includes lectures, discussions and self-defense techniques suitable for seniors of all ages and abilities. Wear comfortable clothing and plan to attend all four sessions. **Space is limited. Register with the Front Desk at 617-796-1660.**

MetroWest Legal Clinic

Tuesday, June 11th,
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 617-796-1660 for a 20-minute appointment slot.**

AARP Safe Driver Program: Classroom Course

Wednesday, June 19th,
10:30 a.m.-3:30 p.m.
The focus of this course is how the aging process affects hearing, eyesight, and driver response time and how to recognize and compensate for these conditions. Also discussed is how to handle road rage and mistakes by other drivers. Includes a workbook and video. Participants must attend the entire class to receive a certificate of completion. Bring your lunch. **Registration required by June 12th.** Limited to 12 participants. Class \$15 for AARP members (write your AARP number on the check) and \$20 for non-members. Call 617-796-1670 to register. **Make check payable to AARP.** Write your telephone number on the check. **No credit cards.**

Free Help with Smart Phones, Computers, Tablets

Frustrated with your iPad, iPhone, camera, or computer? Meet with a computer volunteer, also a senior, who will be glad to teach you how to use your device! **Call our Front Desk at 617-796-1660** for a free, one-hour appointment. You'll be glad you did!

Arts & Culture

Chamber Ensemble Spring Concert

Wednesday, May 8th, 10:30-11:15 a.m.
Come enjoy a special concert to celebrate spring. The program will include compositions by Bach, Bartok, and Haydn. Spend time with friends and enjoy refreshments. **Just show up.**

Folk Sing-Alongs

Second Thursday of every month
2 Thursdays: May 9th and June 13th,
2:30-3:30 p.m.
Come join us for a Pete Seeger-style song swap with old favorites and folk classics. **Register with the Front Desk at 617-796-1660.**

San Juan del Sur – Newton's Sister City

Wednesday, June 5th, 2:00-3:30 p.m.
Come learn more about Newton's program with our sister city, San Juan del Sur, Nicaragua, to celebrate the 30th anniversary of this program! Hear about the political turmoil in Nicaragua and the Free High School for Adults, co-founded by Newton resident Dr. Margaret Morganroth Gullette. The school has 1,060 graduates and serves students excluded from regular high schools: pregnant women, mothers with children, and people over 18. Margaret is also the author of *Ending Ageism, or How Not to Shoot Old People* (2017), which won both the MLA Prize for Independent Scholars and the APA's Florence L. Denmark Award for contributions to women and aging. She will bring a few copies. Margaret is a Resident Scholar at the Women's Studies Research Center at Brandeis University. **Register with the Front Desk at 617-796-1660.**



San Juan del Sur, Nicaragua

Health and Wellbeing

Edible Perennial Gardening and Landscaping

Wednesday, May 22nd, 2:00-3:30 p.m.
You will learn about a variety of trees, shrubs, vines, canes, and herbaceous perennials that can be grown in New England for bountiful harvests of fruits, nuts, and vegetables. Participants learn how to establish and care for these plants, using organic methods of cultivation. Nutritional and medicinal benefits of the plants are discussed, as well. Questions and comments are welcome throughout the presentation, and handouts with a list of edible perennial plant species, resources for further study, and recommended plant nurseries are distributed at the conclusion of the program. **Register with the Front Desk at 617-796-1660.**



This program is supported in part by a grant from the Newton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. It is also supported by Maristhill Nursing & Rehabilitation Center.

Lighten Up! The Art of Being Playfully Present

Friday, May 17th, 2:00-3:00 p.m.

If you forgot how to play, have been too busy, or never learned how, this class is for you! Through cooperative games, discussion, and movement, you will release stress, connect with others, and have fun! Lift your spirits in a safe, supportive, and non-threatening environment. Linda “Joy”ce Glazer has a B.S. in Leisure Studies. Her master’s thesis was on the relationship of humor to health. She is dedicated to helping others— and herself!— be more playful and present, on a daily basis. **Register with the Front Desk at 617-796-1660.**

Cooking Demonstration

Wednesday, June 19th, 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. The chef will also answer your questions about preparing meals at home. **Space is limited. Register with the Front Desk at 617-796-1660.**



Food, Music, and Fun!

Spring Birthday Party with Girl Scouts

Tuesday, May 7th 1:15-2:15 p.m.

Please join us, even if it’s not your birthday! Enjoy music, activities, and cake! The Girl Scouts are looking forward to meeting you. **Register with the Front Desk at 617-796-1660.**

Tiger’s Loft Luncheon

Tuesday, May 7th, 12:00-1:15 p.m. *at Newton North High School’s Tiger’s Loft Luncheon*

Enjoy a meal prepared by students in the Culinary Arts program. Entrée choice is Baked Stuffed Shrimp or Chicken Marsala. A shuttle is provided from the Newton Senior Center to the school and back and between the Lowell Avenue parking lot and the entrance to the Tiger’s Loft Bistro. Shuttle leaves the Senior Center at 11:30 a.m. Registration required. **\$6. Make check payable to Newton Senior Center or call 617-796-1670 to register by credit card (3% fee). Note your entrée choice.**

Mother’s Day Party

Friday, May 10th, 1:30-2:30 p.m.

Join us for a Mother’s Day celebration featuring refreshments and a performance by clarinetist and saxophone player, Dan Troderman, accompanied by a pianist/vocalist. Reminisce about the era of Arthur Fiedler, who performed classical, jazz, Broadway, and music from around the world. **Generously sponsored by Wingate Residences at Boylston Place. Register with the Front Desk at 617-796-1660.**



Hello, Summer! Ice Cream Social

Friday, June 7th, 1:30-2:30 p.m.

Enjoy ice cream and music from The Tad Show, playing all your favorites on piano. **Generously sponsored by Right at Home Boston Metro West and Presentation Rehabilitation & Skilled Care Center. Register with the Front Desk at 617-796-1660.**



Volunteers Needed-New! Sign up to participate in our new Friendly Visitor program, where you visit an elder in their home weekly. If you have some spare time and would like to volunteer at the Senior Center or in the Newton community, call Julie Joy, Volunteer Coordinator at 617-796-1674 or jjoy@newtonma.gov

Memory Café

Third Wednesday of every month

Afro-Latin Drumming

Wednesday, May 15th,
2:00-4:00 p.m.

Balance the mind and body and have fun with Afro-Latin drums, bells, and shakers from around the world with master teaching artist Cornell “Sugarfoot” Coley.

Generously sponsored by 2Sisters Senior Living Advisors.

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



Movement and Stories

Wednesday, June 19th,
2:00-4:00 p.m.

CC King of “Interplay” invites people into simple movement, sounding and stories. We may sing, share poems with call & response gestures, and are likely to invent poems and stories.

Generously sponsored by 2Sisters Senior Living Advisors. Register with the Front Desk at 617-796-1660.



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. We will enjoy refreshments, socializing, and exploring music, movement, and art with a guest artist. “The goal is just to have fun together,” says Beth Soltzberg, founder of the Massachusetts Memory Café movement.

Games

Vigorous Mind Group Game

Second Thursday of every month

MAY’S PROGRAM IS

CANCELLED.

Thursday, June 13th,
11:00 a.m.-noon

Join us for light refreshments and games! This fun non-competitive game will be led by a Newton Senior Center volunteer who is trained by Vigorous Mind. Open to any seniors who want to exercise their brains and enjoy fun stories, trivia, and music. All are welcome! **Register with the Front Desk at 617-796-1660.**



Beginner Mah Jongg Workshop

5 Fridays: May 24th, May 31st, June 7th,
June 14th, June 21st, 12:00-2:00 p.m.

This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours.

Registration required by May 17th, or class is subject to cancellation. \$70.

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

Thank you!

Many thanks to Wingate at Boylston Place for sponsoring our “You Don’t Have to be Irish” music lecture by Frank King on March 13th. Participants learned a lot about the life stories of notable Irish-American crooners and the songs they made famous. By the end of the hour, everyone was singing along to a beautiful rendition of “Danny Boy” – and all eyes were smiling.



Wednesday Movies

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.”



May 8th, 1:00 p.m.

Crazy Rich Asians

Native New Yorker Rachel Chu accompanies her longtime boyfriend to his best friend’s wedding in Singapore. It turns out that he is not only the scion of one of the country’s wealthiest families but also one of its most sought-after bachelors. 2018. PG-13. 2 hours, 1 minute.



May 22nd, 1:00 p.m.

A Star is Born

Seasoned musician Jackson Maine discovers—and falls in love with—struggling artist Ally. She has just about given up on her dream to make it big as a singer... until Jack coaxes her into the spotlight. 2018. R. 2 hours, 16 minutes.



June 12th, 1:00 p.m.

Operation Finale

Operation Finale follows the thrilling true story of the secret mission led by Israeli intelligence agent Peter Malkin to infiltrate Argentina and capture Adolf Eichmann, the Nazi officer who masterminded the plans that sent millions of innocent Jews to their deaths during World War II, and bring him to justice. 2018. PG-13. 2 hours, 3 minutes.



June 26th, 1:00 p.m.

Molly’s Game

This film is based on the true story of Molly Bloom, an Olympic-class skier who ran the world’s most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknownst to her, the Russian mob. 2017. R. 2 hours, 21 minutes.



May/June 2019 Programs

Monday Drop-In Programs	Tuesday Drop-In Programs	Wednesday Drop-In Programs	Thursday Drop-In Programs	Friday Drop-In Programs
<p>8:45 a.m. Intermediate Tai Chi</p> <p>9:00 a.m. Pool Cues</p> <p>10:00 a.m. Zumba Gold</p> <p>10:00 a.m. Theatre Workshop</p> <p>1:00 p.m. Games</p> <p>1:00 p.m. NewsTalk</p> <p>1:30 p.m. Coloring Drop-In</p> <p>1:30 p.m. Yoga: chair</p> <p>2:45 p.m. Nia</p>	<p>9:00 a.m. Intermediate Spanish</p> <p>9:30 a.m. Beg. Bridge & Coaching</p> <p>10:00 a.m. Zumba Gold (Hyde Community Center, 90 Lincoln Street, Newton Highlands)</p> <p>11:00 a.m. Muscle Conditioning</p> <p>12:30 Ceramics Open Studio</p> <p>1:00 p.m. Bingo</p> <p>1:30 p.m. Swing Band</p>	<p>9:00 a.m. Pool Cues</p> <p>9:00 a.m. Chamber Ensemble</p> <p>9:30 a.m. Drawing and Painting Open Studio</p> <p>10:45 a.m. Seated Strength & Balance</p> <p>12:00 p.m. Zumba Gold</p>	<p>8:45 a.m. Mindful Meditation</p> <p>9:00 a.m. Knitting</p> <p>10:00 a.m. Beginner Tai Chi</p> <p>11:00 a.m. Tong Ren</p> <p>11:45 a.m. Advanced Tai Chi</p> <p>1:00 p.m. Games</p> <p>1:00 p.m. Yoga: chair</p> <p>1:00 p.m. French Salon</p> <p>2:00 p.m. Yoga: mats</p>	<p>9:00 a.m. Muscle Conditioning</p> <p>9:00 a.m. Intermediate Spanish Conversation</p> <p>9:00 a.m. Pool Cues</p> <p>10:00 a.m. Beg. French</p> <p>10:05 a.m. 20-20-20 Fitness Class</p> <p>11:15 a.m. Zumba Gold</p> <p>12:00 p.m. Poker</p> <p>12:30 p.m. Seated Strength & Balance</p> <p>1:00 p.m. Chess</p> <p>1:00 p.m. Bingo</p>
<p>May 6</p> <p>11:45.....Lunch: Ravioli w/ tomato sauce or Turkey Mediterranean salad</p> <p>12:30.....Low Vision Support Group</p> <p>2:00.....Moving Optimally as we Age at Temple Emanuel's Reisman Hall</p>	<p>May 7</p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Springwell Staff Training--Newton Senior Center serves cheese pizza</p> <p>12:00.....Tiger's Loft Luncheon at Newton North High School's Tiger's Loft Restaurant</p> <p>12:00.....Poetry Workshop</p> <p>1:15.....Spring Birthday Party with Girl Scouts</p>	<p>May 1</p> <p>10:30.....Canasta Workshop</p> <p>11:45.....Lunch: Potato crunch fish or Ham & Swiss sandwich</p>	<p>May 2</p> <p>10:30.....Ceramics Session I</p> <p>11:45.....Lunch: Macaroni & cheese or California chicken salad</p> <p>12:30.....Ceramics Session II</p>	<p>May 3</p> <p>9:30.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Oven fried chicken breast or Roast beef w/ Swiss sandwich</p>
<p>May 6</p> <p>11:45.....Lunch: Ravioli w/ tomato sauce or Turkey Mediterranean salad</p> <p>12:30.....Low Vision Support Group</p> <p>2:00.....Moving Optimally as we Age at Temple Emanuel's Reisman Hall</p>	<p>May 7</p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Springwell Staff Training--Newton Senior Center serves cheese pizza</p> <p>12:00.....Tiger's Loft Luncheon at Newton North High School's Tiger's Loft Restaurant</p> <p>12:00.....Poetry Workshop</p> <p>1:15.....Spring Birthday Party with Girl Scouts</p>	<p>May 8</p> <p>10:30.....Canasta Workshop</p> <p>10:30.....Chamber Ensemble Spring Concert</p> <p>11:45.....Lunch: Salmon strips or Roast beef w/ Provolone sandwich</p> <p>1:00.....Movie: <i>Crazy Rich Asians</i></p> <p>6:30.....Making College Affordable at Newton Free Library SEATED STRENGTH & BALANCE CANCELLED</p>	<p>May 9</p> <p>9:30.....Men's Club at Johnny's</p> <p>10:00.....Now What? Living in the 55 and Over Lane at Newton Free Library</p> <p>10:30.....Ceramics Session I</p> <p>11:45.....Lunch: Mother's Day Special: Fruit cup, Broccoli cheese stuffed chicken, carrot cake</p> <p>12:30.....Ceramics Session II</p> <p>2:30.....Folk Sing-Along</p>	<p>May 10</p> <p>11:45.....Lunch: Broccoli mushroom quiche or Tuna salad sandwich</p> <p>1:30.....Mother's Day Party</p>
<p>May 13</p> <p>11:30.....Death Cafe</p> <p>11:45.....Lunch: Orange almond chicken or Egg salad sandwich</p>	<p>May 14</p> <p>11:45.....Lunch: Vegetable lasagna or Turkey w/ Provolone sandwich</p> <p>12:00.....Poetry Workshop</p> <p>1:30.....How to Deal with Robo-Calls</p>	<p>May 15</p> <p>10:30.....Canasta Workshop</p> <p>11:45.....Lunch: Beef stew or Tuna salad sandwich</p> <p>12:00.....Dialogue with Director</p> <p>2:00.....Memory Café: Afro-Latin Drumming</p> <p>CHAMBER ENSEMBLE CANCELLED</p>	<p>May 16</p> <p>10:30.....Bereavement Support Group</p> <p>10:30.....Ceramics Session I</p> <p>11:45.....Lunch: Alaskan crunch pollack or Ham chef salad</p> <p>12:30.....Ceramics Session II</p> <p>6:00.....Senior Prom at American Legion Post 440</p>	<p>May 17</p> <p>9:30.....Health Maintenance Clinic</p> <p>10:00.....Book Club: <i>A Gentleman in Moscow</i></p> <p>11:00.....Councilor Danberg</p> <p>11:45.....Lunch: Hot dog or Chicken pesto Caesar salad</p> <p>2:00.....Lighten Up! The Art of Being Playfully Present</p>
<p>May 20</p> <p>10:30.....Parkinson's Support Group</p> <p>11:45.....Lunch: Baked haddock w/ broccoli cheese sauce or Roast beef w/ Swiss sandwich</p>	<p>May 21</p> <p>11:45.....Lunch: American Chop Suey or Turkey deluxe sandwich</p> <p>1:30.....Caregiver Support Group</p>	<p>May 22</p> <p>10:30.....Canasta Workshop</p> <p>11:45.....Lunch: Chicken Scaloppini or Vegetarian chef salad</p> <p>1:00.....Movie: <i>A Star is Born</i></p> <p>2:00.....Edible Perennial Gardening and Landscaping</p>	<p>May 23</p> <p>9:30.....Men's Club: The Challenges of Planning Retirement Income</p> <p>9:30.....Ceramics Session I or Curry chicken salad sandwich</p> <p>12:00.....Ceramics Session II</p>	<p>May 24</p> <p>11:45.....Lunch: Lentil stew or Tuna salad sandwich</p> <p>12:00.....Beginner Mah Jongg Workshop</p> <p>2:30.....Clutter Support Group</p>
<p>May 27</p> <p>MEMORIAL DAY: NEWTON SENIOR CENTER IS CLOSED</p>	<p>May 28</p> <p>11:45.....Lunch: Honey mustard chicken or Egg salad sandwich</p> <p>6:00.....LGBTQ Elder Cafe</p>	<p>May 29</p> <p>11:45.....Lunch: Potato pollack fillet or Turkey w/ Provolone sandwich</p> <p>2:00-3:30.....MBTA Senior</p>	<p>May 30</p> <p>9:30.....Ceramics Session I</p> <p>10:30.....Short Story Group</p> <p>11:45.....Lunch: Shells w/ tomato</p>	<p>May 31</p> <p>9:00.....Councilor Norton</p> <p>9:30.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Veggie burger or</p>

SWING BAND CANCELLED

Charlie Card Event

<p>June 3 10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Greek chicken or Tuna salad sandwich 12:30.....Low Vision Support Group 2:00.....Navigating the Medical World at Temple Emanuel's Reisman Hall</p>	<p>June 4 11:00.....Hearing Screening 11:45.....Lunch: Potato crunch fish or Turkey w/ Swiss sandwich</p>	<p>June 5 11:45.....Lunch: Lentil stew or Roast beef w/ American sandwich 2:00.....San Juan del Sur: Newton's Sister City</p>	<p>June 6 9:30.....Ceramics Session I 11:45.....Lunch: Roast turkey w/ gravy or Cottage cheese & fruit 12:00.....Ceramics Session II 3:00.....Self-Defense for Seniors</p>	<p>Salmon Caesar salad 12:00.....Beginner Mah Jongg Workshop 1:00.....Commodity Supplemental Food Program</p>
<p>June 10 10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Creole fish or Turkey w/ American sandwich</p>	<p>June 11 11:45.....Lunch: Macaroni & cheese or Roast beef w/ Swiss sandwich 12:00-2:00.....MetroWest Legal Clinic</p>	<p>June 12 11:45.....Lunch: Chicken Swedish meatballs or Vegetarian chef salad 1:00.....Movie: <i>Operation Finale</i> 1:30.....Volunteer Recognition Luncheon (invitation-only)</p>	<p>June 13 9:30.....Men's Club at Johnny's 9:30.....Ceramics Session I 10:00.....Now What? Living in the 55 and Over Lane at Newton Free Library 11:00.....Vigorous Mind Group Game 11:45.....Lunch: Beef tips w/ gravy or Egg salad sandwich 12:00.....Ceramics Session II 2:30.....Folk Sing-Along 3:00.....Self-Defense for Seniors</p>	<p>June 14 9:30.....Health Maintenance Clinic 11:45.....Lunch: Hot Dog or Chicken salad sandwich 12:00.....Beginner Mah Jongg Workshop 2:30.....Clutter Support Group</p>
<p>June 17 10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Aloha chicken or Egg salad sandwich 12:00.....Dialogue with Director</p>	<p>June 18 11:45.....Lunch: BBQ pork or Salmon Caesar salad 1:30.....Caregiver Support Group</p> <p>LAST DAY OF ZUMBA AT HYDE COMMUNITY CENTER (UNTIL SEPTEMBER)</p>	<p>June 19 10:30.....AARP Safe Driver Program 11:45.....Lunch: White bean & kale stew or California chicken sandwich 1:00.....Cooking Demonstration 2:00.....Memory Café: Movement and Stories</p>	<p>June 20 9:30.....Ceramics Session I 10:30.....Bereavement Support Group 11:45.....Lunch: Baked fish or Roast beef w/ Provolone sandwich 12:00.....Ceramics Session II 3:00.....Self-Defense for Seniors</p>	<p>June 21 10:00.....Book Club: <u>Eleanor Oliphant is Completely Fine</u> 11:45.....Lunch: Beef stuffed pepper or Chef salad w/ turkey 12:00.....Beginner Mah Jongg Workshop 1:00.....Commodity Supplemental Food Program</p>
<p>June 24 10:30.....Parkinson's Support Group 11:45.....Lunch: Teriyaki salmon strips or Ham & Swiss sandwich</p>	<p>June 25 11:45.....Lunch: Chicken broccoli divan or Roast beef w/ Swiss sandwich 6:00.....LGBTQ Elder Cafe</p>	<p>June 26 11:45.....Lunch: Beef stew or Chicken breast salad 1:00.....Movie: <i>Molly's Game</i> 1:30.....Green Arts Workshop Presents: Whimsical Weavings</p>	<p>June 27 9:30.....Men's Club: The Latest in Stem Cell Research 9:30.....Ceramics Session I 10:30.....Short Story Group 11:45.....Lunch: Shells w/ tomato sauce or Turkey w/ Swiss sandwich 12:00.....Ceramics Session II 3:00.....Self-Defense for Seniors</p>	<p>June 28 9:00.....Councilor Norton 9:30.....Health Maintenance Clinic 11:45.....Lunch: Meatloaf w/ gravy or Tuna salad sandwich</p>



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Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: May 20th (**NOTE EARLY DATE DUE TO MEMORIAL DAY**)

and June 24th, 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 M.D. with a special interest in Parkinson's Disease and related disorders. **Just show up.**

Clutter Support Group

Second Friday of every month

Fridays: May 24th (**NOTE RE-SCHEDULED DATE**) and

June 14th, 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.

Bereavement Support Group

Third Thursday of every month

Thursdays: May 16th and June 20th, 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: May 21st and June 18th, 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 at 617-796-1672.**

Low Vision Support Group

First Monday of every month (except July, January & February),

Mondays: May 6th and June 3rd, 12:30-2:00 p.m.

May's speaker is Kim Tairangt, demonstrating the use of the iPad. June's speaker is Joseph Kolb from the Carroll School for the Blind, discussing home safety. Some of us will have lunch at 11:45 a.m. at the Senior Center before the meeting- please join us by reserving your lunch by 10:30 a.m. the Friday before. Hope to see you there! **For more information, call Low Vision Volunteer Trudy at 617-969-7084.**

Monthly Programs

LGBTQ Elder Café

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

Fourth Tuesday of every month

Tuesdays: May 28th and June 25th, 6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. The June café will feature the Pride BBQ.

Generously sponsored by Providence House Assisted Living. For more information, call Julie Joy at 617-796-1674. RSVPs required to jjoy@newtonma.gov



Providence House
Assisted Living

Newton Men's Club

Second Thursday of every month at 9:30 a.m.

Thursdays: May 9th and June 13th, *Johnny's Luncheonette, 30 Langley Road, Newton Centre*

Fourth Thursday of every month at 9:30 a.m.,

Thursdays: May 23rd and June 27th,

Newton Senior Center

May's guest speaker at the Senior Center is Tom DeVol, who will be speaking about The Challenges of Planning Retirement Income. June's guest speakers at the Senior Center are students from Newton North High School, who will discuss the latest in stem cell research. **Just show up.**

To be connected to our Men's Club Volunteer, 10 please contact Elizabeth at 617-796-1663.

Hearing Screenings

First Tuesday of every month

Tuesdays: May 7th and June 4th, 11:00 a.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.**

Short Story Group

Last Thursday of every month

Thursdays: May 30th and June 27th, 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: May 17th and June 21st, 10:00-11:30 a.m.

May's book is, A Gentleman in Moscow, by Amor Towles.

June's book is, Eleanor Oliphant is Completely Fine by Gail Honeyman. All are welcome. **Just show up.**



Off-Site Programs

Healthy Living Workshops

“Moving Optimally as we Age”

Monday, May 6th 2:00-3:00 p.m.

at Temple Emanuel’s Reisman Hall

Learn and experience some tips to start you on the path of improved balance, strength, and ease of movement. Led by Anita Luck, Functional Movement Therapist, from Well Within.

“Navigating the Medical World”

Monday, June 3rd, 2:00-3:00 p.m. **at Temple Emanuel’s Reisman Hall**

Learn how to better manage your healthcare, getting the most out of our time-squeezed medical appointments, and managing complicated medication regimens. Led by Roberta Carson, founder of Zaggo, Inc.

RSVP to Tracy Schneider 617-959-4928. Co-presented by Newton Senior Center for the Year of Healthy Living and Sponsored by Sisterhood Temple Emanuel.

Donations are needed of the following art supplies: Watercolor paper, Watercolors, Acrylic paint, and Oil canvas board. **Please call Ilana at 617-796-1670** if you have any of these items to donate. Thank you!

Making College Affordable

Wednesday, May 8th, 6:30-8:30 p.m.

Newton Free Library’s Druker Auditorium

Todd Weaver, Senior Vice President with Strategies For College, Inc., will speak about when to start saving for college, how the formulas work for each family, and how to match the student's academics with the college funding outcomes that work for them. This program is the last part of the 2019 *You and Your Financial Future* Series.

Just show up.

Now What? Living in the 55 and Over Lane Coffee, Tea, & Conversation

Second Thursday of every month

2 Thursdays: May 9th and June 13th, 10:00-11:30 a.m.

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

Join a new 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. Coffee and tea will be provided. **Just show up.**

Questions, contact Elizabeth at 617-796-1663 or elund@newtonma.gov

Art

Ceramics Workshop

8 Thursdays: May 23rd, May 30th, June 6th, June 13th, June 20th, June 27th, July 11th, July 18th (no class or open studio on 4th of July)

Session I, 9:30-11:30 a.m. (note new, longer time)

Session II, 12:00-2:00 p.m. (note new, longer new time)

Have fun while learning to create sculptures, tiles, a wall piece or bowls, cups, and plates. The class is equipped with a pottery wheel and a slab roller. Instructed by Bet Lee. Class limited to 10 people. **\$70 (note new fee). Make check payable to Newton Senior Center. Write your telephone number and preferred Session (I or II) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.**

Introductory Watercolor Workshop

6 Mondays: June 3rd, June 10th, June 17th, July 1st, July 8th, July 15th, 10:00 a.m.-12:00 p.m. (**no class June 24th**)

Learn the fundamentals of watercolors and brush techniques through a focus on still life and landscape paintings.

Catherine Byun Min received two Masters of Fine Arts degrees 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 May 24th 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 617-796-1670.

Green Art's Workshop presents: Whimsical Weavings

Wednesday, June 26th, 1:30-3:30 p.m.

Discover how to make colorful, playful weavings utilizing discarded, reusable, recyclable, and natural materials. First, learn how textiles have developed and reflected societies throughout the world. Then, create a personal textile artwork that re-purposes garments, fibers, books, and more! You are encouraged to bring favorite old garments, ribbons, and other textiles that you want to repurpose for this project. Please bring your grandchildren (8 and over) to join us! Space is limited to 20 people. **This program is supported by a grant from the Newton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Registration required by June 19th. \$10 per person, includes all materials. Make check payable to Newton Senior Center. Write your telephone number on the check. Or, pay by credit card (3% convenience fee) by calling 617-796-1670.**



In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Newtonville Books *in thanks for their generous book and calendar donations*
- Kenneth Roberts, Denise Giardina, Marilyn Flannagan, Joanne Amendole, Lucy Barisano, and Josephine Carchia *in thanks to the AARP Tax Volunteers for providing tax preparation*
- Stephen and Jane Brooks, Susan Rosenzweig, Barbara and James Ferraro, Jeffrey and Sarah Smith, Joanne and Ronald Sensale, and Riptide Autonomous Solutions, *in memory of Maria Mazzola*
- Margaret Pacious, J.E. Geary, and Marian Mandel *in memory of Shirlee Isenberg*
- Trudy Lanman, *in thanks for the Newton Senior Center staff*

GOLDA MEIR HOUSE, 160 Stanton Ave., Auburndale, has 5 below-market rate 1-bedroom apartments available to rent right now! Please call or email Geoffrey Yuan, at 617-965-4252 or gyuan@2lifecommunities.org for an appointment.

SHINE: Serving the Health Insurance Needs of Everyone

High Prescription Drug Costs? Prescription Advantage May Help!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on *income only* and there is *no asset limit!* **Who can join?** For **Massachusetts residents eligible for Medicare**, Prescription Advantage may provide secondary drug coverage if you are: 65 or older with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple OR under 65 with a disability, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple. For Massachusetts residents not eligible for Medicare, who are 65 or older, or who are under 65 with a

disability, Prescription Advantage may provide primary drug coverage. Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You can apply on line by going to www.prescriptionadvantagemma.org.

You may also contact the SHINE Program for help applying for Prescription Advantage or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. **To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660.** For other SHINE-related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

City of Newton Parks and Recreation 55 and Over Programs

HCA Transportation: The Newton Parks and Recreation HCA bus is currently providing transportation to our Thursday programs, which include cornhole, line dancing, cards and more.

(NEW) Essentrics: As seen on channel two, is an original workout that draws on the flowing movements of Tai Chi. Thursday mornings 9:30-10:30 a.m. at the LFCC. \$8.50 per class.

Adapted Ballet: This class is about amazing posture, strong legs and balance. You do not need to have experience. \$6.25 per class. Friday mornings 11-12 at the Langione Dance Studio

Muscle Up: One-hour strength building class, Tuesdays 9:00-10:00 a.m. Albemarle Fieldhouse. Please bring two 5 LBS weights to class. Some equipment is available. \$5 per class.

Golf League: Golf begins on May 7th at the Commonwealth Golf Course. The rate will be \$26, which includes cart and green fees. The rate is payable at the clubhouse.

Tennis: Tennis is held at the Warren House Courts on Washington Street in West Newton. Spring hours 9:00-11:00 a.m.. We begin on Tuesday, May 7th.

Pickleball: Beginning June 3rd, Pickleball is played at the Cove on Monday and Wednesday nights 6:00-8:00 p.m. and Saturday mornings 10:00 a.m. to noon.

Bocce: Beginning June 3rd, Bocce is played at the Cabot field courts, Mondays 2:00-4:00 p.m. Free lessons available. Transportation available.

Day Trips- Luncheons: Essex steam train and river cruise, May 22nd, \$77.00, June 12th, New London Barn Playhouse to see the Pajama Game. Price TBA

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 available on Tue & Thur \$5 per class.

PARKINSON'S BASED Rock Steady: This evidence-based, non-contact boxing fitness designed for people with Parkinson's disease. Class will begin late spring at the Nonantum Boxing Club. Details TBA.

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

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Introducing the Care Dimensions Hospice House

Combining the comfort of home with the benefits of round-the-clock medical care

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; Stainesz Real Estate Professionals; Agronovich & Gein Legal, LLC and Gentle Giant.



Fitness Announcements

New: 20-20-20 ! Fitness Class

Our new 20-20-20 fitness class will begin Friday, May 3rd, 10:05-11:05 a.m.! Led by Nicole, this program will feature 20 minutes of aerobic exercise, 20 minutes of muscle work, and 20 minutes of stretching. As with all of our fitness classes, we ask for a \$3 suggested contribution. Those who are new to exercise or back to exercise are welcome!

All Fitness & Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." Fitness classes include 20-20-20, Mindful Meditation, Muscle Conditioning, Nia, Seated Strength & Balance, Tai Chi, Tong Ren, Yoga, and Zumba Gold. New participants are always welcome! Please note that fitness classes are funded in part by participants, and the schedule may change as a result of the total contributions raised from each class. Your contribution allows these classes to happen!

Zumba Gold Summer Break

Zumba Gold at the Hyde Community Center will stop for the summer on June 18th, and resume in September. There will also be a new, Friday morning Zumba Gold class at the Hyde Community Center, starting in September. Read our September/October 2019 newsletter for the dates!

Volunteer Spotlight



From early February through mid-April, the Senior Center's conference room served as tax central. A team of seven volunteer tax aides – each of whom had weeks of intensive training by AARP – prepared and filed returns for more than 230 local seniors with low to moderate incomes. Larry Lapide (pictured), who coordinated the tax aide staffing, said the experience is a big win-win for everyone involved: "Seniors get their taxes done for free in the Center, a familiar and comfortable environment, among and by fellow seniors, and preparers get to provide a valuable service and meet some really great and appreciative seniors." The preparers were trained to identify deductions and credits that specifically benefit seniors, such as the Massachusetts Circuit Breaker credit, which the state provides. "It is always a pleasure to see people's relief when we finish a return," said George Buffington, who has prepared taxes here for more than 15 years. The tax team also included preparers Michael Zimmer, Eric Karten, Marvis Knospe, David Naim, and Sharon Hughes, another long-time preparer. They were assisted by five intake volunteers: Tom Hart, Barbara Liebman, Norman Meltz, Alice Schafer, and Joseph Shleifer. The Senior Center is so grateful for their efforts!

From the Desk of the Case Manager

Elder Abuse Awareness Day

REACH Beyond Domestic Violence and the City of Newton invite you to join the National Clearinghouse on Abuse in Later Life (NCALL) and the National Center on Elder Abuse in *Lifting Up Voices* for World Elder Abuse Awareness Day (WEAAD) 2019. This year WEAAD is June 15th. The theme is centered on unifying the parallel fields of Elder Justice and Violence Against Women by bringing to the forefront the lived experiences of older people around the globe. Stop by the Newton Senior Center during the week of June 10th-June 14th to show your support for elders by participating in a community art project where you can add your own message to our Helping Hands display. **For questions, contact Emily**

Kuhl at 617-796-1672 for ekuhl@newtonma.gov

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: May 31st and June 21st,

1:00-2:00 p.m. **NOTE DATE CHANGE FOR MAY.**

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.**

Parking Stickers: List of Documents Needed

Required Documents for 2019-2021 Parking Stickers:

- MA driver's license showing age 65 or above AND Newton residence
- MA registration showing Newton residence AND "registration type" as passenger. **Commercial vehicles do not qualify for a sticker**
- Address on registration and driver's license must match
- If leased, make sure you bring your lease agreement showing Lessor and Lessee. **Lease must be for an individual. Business leases do not qualify for a sticker.**
- Lessee address must match driver's license.

-Check payable to the Newton Senior Center, or cash, in the amount of \$6.00 **per vehicle**.

If mailing in your documents:

- A check in the amount of \$6.00 **per vehicle**. No cash, no credit cards.
- Make sure your phone number is on your check, in case we have questions.
- If all required documents are not included, you will not get your sticker.

More details about this program are available at newtonseniors.org

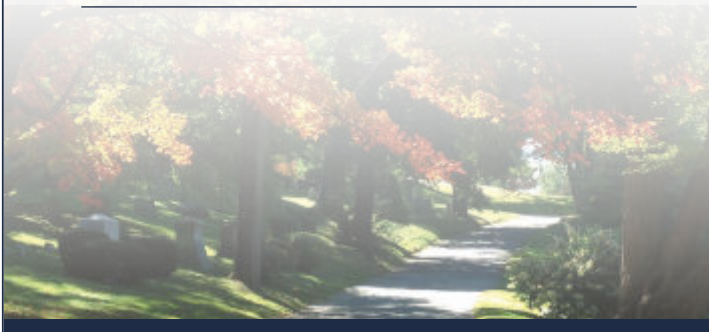


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Newton Department of Senior Services

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

www.newtonseniors.org

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



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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
Elizabeth Lund, Program Assistant, 1663
Ilana Seidmann, Program Coordinator, 1670

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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.