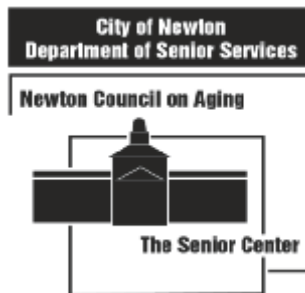


COMING OF Age

Your Center for Connection

Published Bi-Monthly
Issue #4 Volume XII



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

July-August 2019

Delvena Theatre Company presents *Meet Julia Child!*

Wednesday, July 10th, 2:00-3:30 p.m.

Enjoy a live performance featuring Lynne Moulton as Julia Child doing what she did best. Learn more about her life – from her childhood in California to becoming one of the culinary legends of all time. The audience will have the opportunity to view Julia on the set of *The French Chef* television show! After the performance, the cast will host a discussion about Julia Child. **This performance is funded in part by a grant from the Newton Cultural Council, a local agency supported by the Massachusetts Cultural Council. This program is also generously sponsored by Stone Rehabilitation & Senior Living. Register with the Front Desk at 617-796-1660.**



Davis Bates presents *Generations of Fun!* *Songs and Stories for All Ages*

Friday, July 26th, 2:00-3:00 p.m.

Enjoy a lively inter-generational participatory program presented by Parents' Choice Award-winning singer & storyteller, Davis Bates. Pete Seeger called Davis "thoughtful, creative, human, and a fantastic storyteller." This program will involve the audience in a variety of cultural traditions. Feel free to bring your grandkids or other young friends of any age! Davis Bates' recording of Family Stories was named one of the year's best Audio Recordings by Booklist Magazine. **This performance is funded in part by a grant from the Newton Cultural Council, a local agency supported by the Massachusetts Cultural Council. This program is also generously sponsored by Amada Senior Care. Register with the Front Desk at 617-796-1660.**



Barry Pell presents *Nauru and Kiribati - Two Dots in the Pacific Ocean*

Wednesday, July 24th, 2:00-3:30 p.m.

The world's refugee crisis and climate change are two issues which affect even the most remote nations of the Pacific Ocean. Nauru, the world's smallest island country, has accepted thousands of African and Middle East asylum-seekers, producing enormous stresses in their society. Kiribati, a nation of ring-shaped coral islands, has a maximum elevation of eight feet on the main island, where the largest number of its population reside. Thus, it is one of the countries most likely to disappear due to climate change and rising sea levels. Barry Pell traveled in both of these nations, speaking with their residents and documenting with his photography the current conditions of the landscape and lives of their people. Barry Pell is a photojournalist who has traveled widely over five decades, visiting and documenting landscapes and cultures in 168 countries on all continents. **This program is generously sponsored by Avenu at Natick. Register with the Front Desk at 617-796-1660.**



"Have Comedy, Will Travel" presents *Mabel and Jerry*

Wednesday, August 28th, 2:00-3:00 p.m.

Romeo and Juliet meet Burns and Allen. Jerry and Mabel are two hysterically funny people with a lust for life, determined to find excitement, humor, and especially love any way they can. A terrific performance, free and open to the public. **This part is supported in part by a grant from the Newton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Register with the Front Desk at 617-796-1660.**



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Trip to Newport Playhouse

Newport Playhouse!



Date Thursday, August 22nd, 9:30 a.m.-6:00

Description: The bus will depart the Newton Senior Center, and we'll arrive at the Playhouse for lunch: a delicious and hearty buffet. After our lunch, we'll move to the Playhouse's intimate theatre for a hilarious performance of "Funny Money."

After the play, we'll have dessert and enjoy a fun-filled musical cabaret! This trip is generously sponsored by the Crossing Generations Club at Newton South High School.

Register: Call Ilana (617-796-1670), pick up a form at the Newton Senior Center, or download a form at newtonseniors.org. This trip is all-inclusive and includes your ticket to the Playhouse, transportation via coach bus, driver's tip, and a full lunch. Registration is required by August 7th. We cannot guarantee space after this date. **\$58.**

*These trips are run by Newton Community Education.
Full descriptions at newtoncommunityed.org*

New York, New York: The Guggenheim and the Park

Date: Saturday, August 24th, 7:00 a.m.-10:00 p.m. \$145+ \$6 registration fee. Contact Newton Senior Center staff at 617-796-1670 by August 6th for a \$10 discount code.

Trip to Crane Estate

Crane Estate!

Date Tuesday, September 10th, 9:30am-6:30 p.m.

Description: The bus will depart the Newton Senior Center and Jackson Gardens and we'll arrive at Woodman's for an All-American Clambake Lunch under the Salt Marsh Tent. After lunch, we'll head to the Crane Estate for a private tour and we'll explore the grounds. This trip is co-sponsored with the Newton Housing Authority. There are limited spots available for Newton Senior Center participants.

Register: Call Ilana (617-796-1670), pick up a form at the Newton Senior Center, or download a form at newtonseniors.org. This trip is all-inclusive and includes your private tour of the Crane Estate, transportation via coach bus, driver's tip, and a full lunch. Registration is required by Wednesday, August 28th. We cannot guarantee space after this date. **\$106.**

Vermont: Woodstock and Weston

Date: Saturday, September 14th, 7:00 a.m.-9:00 p.m. \$125+ \$6 registration fee. Contact Newton Senior Center staff at 617-796-1670 by August 27th for a \$10 discount code.

Parking/Register: Newton North High School Lowell Avenue Parking Lot. **To register and for trip details: go to newtoncommunityed.org or call NCE at 617-559-6999.**

Program Notes

Theatre Workshop The Theatre Workshop does not meet during the summer. They will resume on Monday mornings, starting September 9th.

Chamber Ensemble does not meet in June, July, or August. They will resume playing on September 11th.

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, July 17th and Tuesday, August 20th, 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

4 Fridays: July 5th, July 19th, August 2nd, August 16th, 9:30 - 11:00 a.m.

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

Actor's Workshop 10 Mondays:

June 24th-August 26th, 10:00 a.m.-1:00 p.m.

Led by Marcy Campbell, this workshop is for people who participated in the spring session of the Theatre Workshop. In this session, members will learn rehearsal techniques by working on a short play. Preregistration is required. Register with Gerry at gerrynarter@gmail.com

The Newton Senior Center will close:
**Thursday, July 4th
(Independence Day).**

Registration Instructions for Our Programs

Registration is required, if noted. Programs without minimum number of registrants are subject to cancellation. If you do not sign up, programs may be cancelled— so please sign up in advance! Without exception, paid programs are **first-come, first-served, by date and time of payment.**

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Special Educational Programs

Poetry Workshop

9 Tuesdays: July 2nd, July 9th, July 16th, July 23rd, July 30th, August 6th, August 13th, August 20th, August 27th, 12:00-1:30 p.m.

This group will be a place to think hard about poetry as an art of saying. We will read and discuss a variety of poems, including any you write and want to share. John Keats' truth and beauty – what is said and how – will be guides in taking the work of others and your own seriously. Led by Marcia Karp, a published poet and experienced teacher. Interest and curiosity are all you need to bring. Please come. **Register with the Front Desk at 617-796-1660.**

MetroWest Legal Clinic

Thursday, July 18th, 9:30-11:30 a.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 and Power of Attorney. **Call 617-796-1660 for a 20-minute appointment slot.**

Estate Planning 101

Wednesday, July 31st, 1:30-3:30 p.m.
At this presentation, you will learn about basic estate-planning documents, including living trusts, wills, durable powers of attorney, health care proxies, and advanced estate-planning techniques. You may ask questions about Aid and Attendance Veterans' benefits, how to protect your home and assets, powers of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes, and alternatives to nursing home care. This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). It coincides with the publication of the revised and expanded "2019 Elder Law Education Guide," the 10th edition of the resource guide, which is available at www.MassLawHelp.com. Led by Attorney Maana Hickson. **Register with the Front Desk at 617-796-1660.**

How to Sell on eBay and Facebook Marketplace

Friday, August 2nd, 2:00-3:30 p.m.
Do you have a lot of stuff and just don't know how to sell it? Learn the basics of selling on eBay and Facebook Marketplace. We will talk about how to take pictures, posting on the sites, pricing, payment options, etc. It can be done from your smartphone, tablet, or computer. Led by Rita Foglia. **Register with the Front Desk at 617-796-1660.**

Cooking Demonstration

Friday, August 9th, 1:15-2:15 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.**

Become a Dementia Friend!

Friday, August 23rd, 2:00-3:30 p.m.

At this session, you will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts! Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Massachusetts. Led by Emily Kuhl, Case Manager, and Gordon Szerlip, volunteer. **Register with the Front Desk at 617-796-1660.**



Off-Site Programs

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

Second Thursday of every month
2 Thursdays: July 11th and August 8th, 10:00-11:30 a.m.
3rd floor Arc, Newton Free Library, 330 Homer Street
Join an informal 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 Elizabeth at 617-796-1663 or elund@newtonma.gov**

Tree Walk

Tuesday, July 30th, 9:30 a.m.-10:30 a.m.
Newton Cemetery Administration Building, 791 Walnut Street
Rain or heat wave date: Wednesday, July 31st, 9:30 a.m.
This walking tour will highlight some unique specimen trees: why they were chosen, their characteristics, and some of the maintenance practices that keep them healthy and happy. Co-sponsored with the Newton Cemetery. **Register with the Front Desk at 617-796-1660.**

You are Cordially Invited: Retirement Party for Alice Bailey

Monday, August 26th, 1:15-2:15 p.m.
Alice Bailey, our Executive Administrator, is retiring this summer, after 23 years of service to the Newton Senior Center. Please join us as we wish her well. **Please RSVP with the Front Desk at 617-79-1660.**

Health and Wellbeing

Introduction to Mindfulness

Friday, July 12th, 2:00-3:30 p.m.

Mindfulness is a way for us to teach our minds to respond to the daily worries of life from a perspective of compassion and acceptance. This meditation technique is a well-documented practice which helps people enjoy the present moment rather than worrying about past or future events. You will learn tools from the leader to use for brief stress management in your daily lives, such as breathing exercises and body relaxation techniques. Come enjoy a feeling of calm within a group setting! Led by Hannah Shulman, Licensed Mental Health Counselor (LMHC). She is a behavioral health clinician at Newton-Wellesley Hospital as part of their primary care system. She conducts mindfulness-based cognitive behavioral therapies for adults.

Generously sponsored by Newton-Wellesley Hospital. Register with the Front Desk at 617-796-1660.

Sweet Sleep:

How to Get a Good Night's Sleep

Monday, July 22nd,
11:30 a.m.-12:30 p.m.

Learn tips on how to get a good night's sleep. Ann Mazzola, RN, is the Nurse Health Educator and a Clinical Client Care Manager with Home Instead Senior Care, a private-pay, non-medical homecare agency. In addition to her nursing degree, Ann holds a B.S. in Health Education and has also been certified in Nutrition and Fitness Education through the

American Council on Exercise. **Register with the Front Desk at 617-796-1660.**

Friends and Family CPR

Tuesday, July 23rd, 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.**

A Matter of Balance:

Managing Concerns about Falls

8 Wednesdays: August 7th, August 14th, August 21st, August 28th, September 4th, September 11th, September 18th, September 25th, -12:30-2:30 p.m.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity and to change their environment to reduce fall risk factors; they also learn simple exercises to increase strength and balance. This eight-week series is sponsored by Newton-Wellesley Hospital and taught by Pearl Pressman. Space is limited to 12 participants; register early. Participants will not be accepted after the second week of the class. **Register with the Front Desk at 617-796-1660.**

Food, Music, and Fun!

Fourth of July Ice Cream Party!

Wednesday, July 3rd, 1:15-2:15 p.m.

You will enjoy ice cream and a live performance by Second Time Around. They will play the tunes of all your favorites, including Frank Sinatra, Dean Martin, and Elvis. **Generously sponsored by Briarwood Rehabilitation & Healthcare Center. Register with the Front Desk at 617-796-1660.**

Annual Summer Barbeque!

Wednesday, August 7th, 12:00-1:00 p.m.

Celebrate summer and enjoy a delicious BBQ. Lunch includes hamburgers, hot dogs, pasta salad, potato chips, and ice cream sandwiches for dessert. Veggie burgers are available, upon request. **This program is generously sponsored by The Village Bank. Register with the Front Desk at 617-796-1660.**



Folk Sing-Alongs

Third Thursday of every month

2 Thursdays: July 18th and August 15th, 2:30-3:30 p.m. Come join us for a Pete Seeger-style song swap with old favorites and folk classics. **Just show up.**

Summer Birthday Party with Girl Scouts

Tuesday, August 27th, 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.**

Memory Café

Third Wednesday of every month

Patriotic Music with Michael Goodwin

Wednesday, July 17th,
2:00-4:00 p.m.

Have you ever wondered why Yankee Doodle liked macaroni? You will find out today! Join us for a musical journey through the history of the United States and celebrate Old Glory! **Generously sponsored by 2Sisters Senior Living Advisors. Register for an optional reminder call with the Front Desk at 617-796-1660.**



"Fill my Heart with Song" with

Joel Light and Dan Moore

Wednesday, August 21st,
2:00-4:00 p.m.

Enjoy a whimsical program of animated show tunes, crooner hits, and familiar sing-along songs. Joel's and Dan's pleasant banter and lighthearted interaction with the crowd leaves everyone toe tapping, interacting, and best of all, smiling. **Generously sponsored by 2Sisters Senior Living Advisors. Register for an optional reminder call with the Front Desk at 617-796-1660.**



Knitters Wanted!

Do you enjoy knitting? Would you like to participate in an informal social knitting circle at the Newton Senior Center? Please join us on Thursdays at 9:00 a.m. in the Dining Room. **Just show up! All levels are welcome.**

Games

Vigorous Mind Group Game

Thursday, July 11th, 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 in 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.**



Advanced Beginner Mah Jongg Workshop

5 Tuesdays: July 16th, July 23rd, July 30th, August 6th, August 13th,
12:00-2:00 p.m.

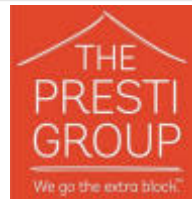
This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours. Registration required by July 9th 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.**

New Parking Stickers Now Available

If your Senior Parking Sticker is green, it expired on June 30, 2019. New stickers are now available at the Senior Center from 8:45 until 3:30 Monday through Friday. Make sure you bring your current MA driver's license and registration (both showing your Newton address) and your personal lease agreement, if your vehicle is leased. The cost for the two-year permit is \$6.00. Commercial vehicles are not eligible.

Friday 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."



Friday, July 5th, 1:00 p.m. *The Children Act*

In this absorbing drama, British High Court judge Fiona Maye faces two daunting issues: At home, her marriage is crumbling, while in court she must decide whether a young man's parents are entitled to deny him a life-saving blood transfusion. 2018. R. 1 hour, 45 minutes.



Friday, July 19th, 1:00 p.m. *Tea with the Dames*

Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins -- all Dames of the British Empire -- gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers. 2018. NR. 1 hour, 21 minutes.



Friday, August 2nd, 1:00 p.m. *Green Book*

When a bouncer from the Bronx is hired to drive a world-class Black pianist on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism and danger, as well as unexpected humanity and humor, they are forced to set aside differences to survive and thrive on the journey of a lifetime. 2018. PG-13. 2 hours, 10 minutes.



Friday, August 16th, 1:00 p.m. *First Man*

The riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. The film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history. 2018. PG-13. 2 hours, 21 minutes.

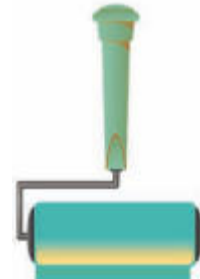


July/August 2019 Programs

| 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. Theatre Workshop cancelled</p> <p>10:00 a.m. Zumba Gold</p> <p>1:00 p.m. Games</p> <p>1:00 p.m. NewsTalk</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>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 cancelled</p> <p>9:30 a.m. Drawing and Painting</p> <p>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>July 1</p> <p>10:00.....Introductory Watercolor Workshop</p> <p>10:00.....Actor's Workshop</p> <p>11:45.....Lunch: Greek chicken or Egg salad sandwich</p> | <p>July 2</p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Macaroni & cheese or Salmon salad with pasta</p> <p>12:00.....Poetry Workshop</p> <p>1:30.....Patriotic Songs Swing Band Concert</p> | <p>July 3</p> <p>11:45.....Lunch: Independence Day Special: Cheeseburger, potato salad, berry trifle</p> <p>1:15.....Fourth of July Ice Cream Party!</p> | <p>July 4</p> <p>INDEPENDENCE DAY: NEWTON SENIOR CENTER IS CLOSED</p> | <p>July 5</p> <p>9:30-11:00.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Lasagna w/ meatball or Turkey & Swiss sandwich</p> <p>1:00.....Movie: <i>The Children Act</i></p> |
| <p>July 8</p> <p>10:00.....Introductory Watercolor Workshop</p> <p>10:00.....Actor's Workshop</p> <p>11:45.....Lunch: Potato crunch fish or Chicken salad sandwich</p> | <p>July 9</p> <p>11:45.....Lunch: American Chop Suey or Turkey & cheese sandwich</p> <p>12:00.....Poetry Workshop</p> | <p>July 10</p> <p>9:00.....NewMo Information Session</p> <p>11:45.....Lunch: Turkey stew or Cottage cheese & fruit plate</p> <p>2:00.....Delvena Theatre Company Presents, <i>Meet Julia Child!</i></p> | <p>July 11</p> <p>9:30.....Men's Club at Johnny's</p> <p>9:30.....Ceramics Session 1</p> <p>10:00.....Now What? Living in the 55 and Over Lane</p> <p>11:00.....Vigorous Mind Group Game</p> <p>11:45.....Lunch: Broccoli mushroom quiche or Roast beef sandwich</p> <p>12:00.....Ceramics Session II</p> | <p>July 12</p> <p>11:45.....Lunch: BBQ chicken drum sticks or Tuna salad sandwich</p> <p>2:00.....Introduction to Mindfulness</p> <p>2:30.....Clutter Support Group</p> |
| <p>July 15</p> <p>10:00.....Introductory Watercolor Workshop</p> <p>10:00.....Actor's Workshop</p> <p>11:30.....NewMo Information Session</p> <p>11:45.....Lunch: Stuffed shells w/ tomato sauce or Egg salad sandwich</p> | <p>July 16</p> <p>9:00.....NewMo Information Session</p> <p>11:45.....Lunch: Alaskan crunch pollack w/ dill sauce or Ham chef salad</p> <p>12:00.....Poetry Workshop</p> <p>12:00.....Mah Jongg Workshop</p> <p>1:30.....Caregiver Support Group</p> | <p>July 17</p> <p>11:45.....Lunch: Cold box lunch: Tuna salad sandwich, potato salad, orange</p> <p>12:00.....Dialogue with the Director</p> <p>1:00.....Introductory Watercolor Workshop</p> <p>2:00.....Memory Café: Patriotic Music with Michael Goodwin</p> | <p>July 18</p> <p>9:30-11:30.....MetroWest Legal Clinic</p> <p>9:30.....Ceramics Session 1</p> <p>11:45.....Lunch: Orange almond chicken or Chicken Presto salad</p> <p>12:00.....Ceramics Session II</p> <p>2:30.....Folk Sing-Along</p> | <p>July 19</p> <p>9:30-11:00.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Hot dog or Turkey Mediterranean salad</p> <p>1:00.....Movie: <i>Tea with the Dames</i></p> <p>1:00.....Commodity Supplemental Food Program</p> <p>2:00.....NewMo Information Session</p> |
| <p>July 22</p> <p>10:00.....Actor's Workshop</p> <p>11:30.....Sweet Sleep</p> <p>11:45.....Lunch: Baked haddock or Curry chicken salad sandwich</p> | <p>July 23</p> <p>9:00.....Friends and Family CPR</p> <p>11:45.....Lunch: Springwell BBQ: Hot dog, hamburger, watermelon</p> <p>12:00.....Poetry Workshop</p> <p>12:00.....Mah Jongg Workshop</p> <p>6:00.....LGBTQ Elder Cafe</p> | <p>July 24</p> <p>11:45.....Lunch: Tortellini w/ cheese or Turkey deluxe sandwich</p> <p>1:00.....Introductory Watercolor Workshop</p> <p>2:00.....Barry Pell presents, Nauru and Kiribati: Two Dots in the Pacific Ocean</p> | <p>July 25</p> <p>9:30.....Ceramics Session I (new sessions begins)</p> <p>9:30.....Men's Club at Johnny's</p> <p>11:45.....Lunch: Meatloaf w/ onion gravy or Chef salad w/ pasta salad</p> <p>12:00.....Ceramics Session II new sessions begins)</p> | <p>July 26</p> <p>10:00.....Introduction to Acrylic Landscape Painting</p> <p>11:45.....Lunch: BBQ pulled pork or Tuna salad sandwich</p> <p>2:00.....Davis Bates presents, Generations of Fun! Songs and Stories for All Ages</p> |
| <p>July 29</p> <p>10:00.....Actor's Workshop</p> <p>10:30.....Parkinson's Support Group</p> | <p>July 30</p> <p>9:30.....Tree Walk at Newton Cemetery</p> <p>11:45.....Lunch: Potato pollack filet w/...</p> | <p>July 31</p> <p>11:45.....Lunch: Veggie burger or Turkey w/ Provolone sandwich</p> | <p>August 1</p> <p>9:30.....Ceramics Session I</p> <p>11:45.....Lunch: Stuffed shells or...</p> | <p>August 2</p> <p>9:30-11:00.....Health Maintenance Clinic</p> |

| | | | | | | | | |
|--|---|--|---|---|--|--|--|---|
| 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich | August 5 10:00.....Actor's Workshop 10:00.....Beading Workshop 11:45.....Lunch: Roast turkey w/ gravy or Tuna salad sandwich 12:30.....Low Vision Support Group | Spinach Alfredo sauce or California chicken salad sandwich 12:00.....Poetry Workshop 12:00.....Mah Jongg Workshop | August 6 11:00.....Hearing Screening 11:45.....Lunch: Alaskan crunch pollock fish or Turkey & Swiss sandwich 12:00.....Poetry Workshop 12:00.....Mah Jongg Workshop | 1:00.....Introductory watercolor Workshop 1:30.....Estate Planning 101 | August 7 12:00.....Annual Summer Barbeque! 12:30.....A Matter of Balance: Managing Concerns about Falls 1:00.....Introductory Watercolor Workshop | BBQ chicken sandwich 12:00.....Ceramics Session II | August 8 9:30.....Ceramics Session I 9:30.....Men's Club <i>at Johnny's</i> 10:00.....Now What? Living in the 55 and Over Lane 11:45.....Lunch: Vegetable quiche or Curry chicken salad sandwich 12:00.....Ceramics Session II | 10:00.....Introduction to Acrylic Landscape Painting 11:45.....Lunch: Beef steak w/ gravy or Salmon salad 1:00.....Movie: <i>Green Book</i> 2:00.....How to Sell on eBay and Facebook Marketplace |
| 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich | August 12 10:00.....Actor's Workshop 10:00.....Get to Know your Sewing Machine 11:45.....Lunch: Chicken Swedish meatballs over egg noodles or Turkey Mediterranean salad | August 13 11:45.....Lunch: Creole fish or Vegetarian chef salad 12:00.....Poetry Workshop 12:00.....Mah Jongg Workshop | August 14 9:30..... <i>The Paint Bar</i> presents, Make your own Bird Painting! 11:45.....Lunch: Macaroni & cheese or Roast beef & Swiss sandwich 12:30.....A Matter of Balance: Managing Concerns about Falls 1:00.....Introductory Watercolor Workshop | August 15 10:30.....Bereavement Support Group 11:45.....Lunch: Chicken cacciatore or Egg salad sandwich 12:00.....Ceramics Session II 2:30.....Folk Sing-Along | August 16 9:30-11:00.....Health Maintenance Clinic 11:45.....Lunch: Hot dog or Chicken salad sandwich 1:00.....Commodity Supplemental Food Program 1:00.....Movie: <i>First Man</i> | 10:00.....Introduction to Acrylic Landscape Painting 11:45.....Lunch: American chop suey or Cottage cheese & fruit 1:15.....Cooking Demonstration | August 19 10:00.....Actor's Workshop 10:00.....Get to Know your Sewing Machine 11:45.....Lunch: Aloha chicken or Egg salad sandwich | August 22 9:30.....Ceramics Session I 9:30-6:00.....Trip to Newport Playhouse 9:30.....Men's Club <i>at Johnny's</i> 11:45.....Lunch: Baked haddock or Roast beef w/ Provolone sandwich 12:00.....Ceramics Session II |
| 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich | August 26 10:00.....Actor's Workshop 10:30.....Parkinson's Support Group 11:45.....Lunch: Fish w/ broccoli cheese sauce or Ham & Swiss sandwich 1:15.....Retirement Party for Alice Bailey | August 20 11:45.....Lunch: BBQ pulled pork or Salmon Caesar salad 12:00.....Poetry Workshop 12:00.....Dialogue with the Director 1:30.....Caregiver Support Group | August 21 9:30..... <i>Plant Nite</i> presents, Make your own Terrarium! 11:45.....Lunch: White bean & kale stew or California chicken salad 12:30.....A Matter of Balance: Managing Concerns about Falls 1:00.....Introductory Watercolor Workshop 2:00.....Memory Café: "Fill My Heart with Song" with Joel Light and Dan Moore | August 22 9:30.....Ceramics Session I 9:30-6:00.....Trip to Newport Playhouse 9:30.....Men's Club <i>at Johnny's</i> 11:45.....Lunch: Baked haddock or Roast beef w/ Provolone sandwich 12:00.....Ceramics Session II | August 23 11:45.....Lunch: Beef stuffed pepper or Chef salad w/ turkey 2:00.....Become a Dementia Friend! SEATED STRENGTH & BALANCE CANCELLED | 10:00.....Introduction to Acrylic Landscape Painting 11:45.....Lunch: Beef steak w/ gravy or Salmon salad 1:00.....Movie: <i>Green Book</i> 2:00.....How to Sell on eBay and Facebook Marketplace | August 27 11:45.....Lunch: Teriyaki chicken lo mein or Egg salad sandwich 12:00.....Poetry Workshop 1:15.....Girl Scouts Party 6:00.....LGBTQ Elder Cafe | |
| 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich | August 26 10:00.....Actor's Workshop 10:30.....Parkinson's Support Group 11:45.....Lunch: Fish w/ broccoli cheese sauce or Ham & Swiss sandwich 1:15.....Retirement Party for Alice Bailey | August 27 11:45.....Lunch: Teriyaki chicken lo mein or Egg salad sandwich 12:00.....Poetry Workshop 1:15.....Girl Scouts Party 6:00.....LGBTQ Elder Cafe | August 28 11:45.....Lunch: Beef stew or Chicken breast salad 12:30.....A Matter of Balance: Managing Concerns about Falls 2:00....."Have Comedy, Will Travel" presents, <i>Mabel and Jerry</i> | August 29 9:30.....Ceramics Session I 11:45.....Lunch: Stuffed shells or Turkey deluxe sandwich 12:00.....Ceramics Session II | August 30 11:45.....Lunch: Meatloaf w/ gravy or Tuna salad sandwich | 10:00.....Introduction to Acrylic Landscape Painting 11:45.....Lunch: Beef steak w/ gravy or Salmon salad 1:00.....Movie: <i>Green Book</i> 2:00.....How to Sell on eBay and Facebook Marketplace | August 29 9:30.....Ceramics Session I 11:45.....Lunch: Stuffed shells or Turkey deluxe sandwich 12:00.....Ceramics Session II | |

**SUPPORT THE ADVERTISERS
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Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: July 29th and August 26th,
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: July 12th, 2:30-3:30 p.m.

AUGUST MEETING CANCELLED

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: August 15th,
10:30-11:30 a.m. **JULY GROUP IS CANCELLED.**

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: July 16th and August 20th,
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),
Monday, August 5th,
12:30-2:00 p.m.

NO MEETING IN JULY

At our August meeting, let's get to know each other. Come and bring your ideas for future meetings— all suggestions welcome! 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: July 23rd and
August 27th,
6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings.

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: July 11th and August 8th, *Johnny's*

Luncheonette, 30 Langley Road, Newton Centre

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

Thursdays: July 25th and August 22nd,

Johnny's Luncheonette— NOTE LOCATION CHANGE

All July & August Men's Club meetings will take place at Johnny's Luncheonette.

Just show up. To be connected to our Men's Club Volunteer, please contact Ilana at 617-796-1670.

Hearing Screenings

First Tuesday of every month

Tuesdays: July 2nd and August 6th,
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 (except July and August)

DOES NOT MEET IN JULY OR AUGUST.

We will resume in September. We welcome new participants! **Just show up.**

Book Club

Third Friday of every month

(except July and August)

DOES NOT MEET IN JULY OR AUGUST.

We will resume on September 20 with, Before We Were Yours, by Lisa Wingate. All are welcome.

Just show up.

Senior Prom Photos!

Website: newtonseniorprom2019.shutterfly.com

Password: itsasmallworld

Thanks to Joanne Shapiro, our photographer!

Art Classes and Workshops

Introductory Watercolor Workshop

6 Wednesdays: July 17th, July 24th, July 31st, August 7th, August 14th, August 21st, 1:00-3:00 p.m.

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 July 10th. **\$85.**

Ceramics Workshop

Session I, 8 Thursdays: July 25th, August 1st, August 8th, August 22nd, August 29th, September 5th, September 12th, September 19th, 9:30-11:30 a.m. (no class August 15th)

Session II, 8 Thursdays: July 25th, August 1st, August 8th, August 22nd, August 29th, September 5th, September 12th, September 19th, 12:00-2:00 p.m. (no class August 15th)

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. Registration required by July 18th. **\$70.**

Introduction to Acrylic Landscape Painting

3 Fridays: July 26th, August 2nd, August 9th, 10:00 a.m.-noon

In three classes, students will learn the basics of working with acrylic paints, while creating an original landscape painting. In the first class, we will review color mixing, composition, underpainting, and a variety of styles used by landscape artists, and participants will begin their painting. In the second class, we will introduce a variety of paint application techniques, and participants will begin to add detail and texture to their paintings. Students will complete their paintings in the third class. Also covered will be, how to prepare canvas and paper for future painting projects. All materials included. Students are encouraged, but not required, to work from personal photos. Donna Calleja has worked as an artist and teacher of visual arts for 35 years. Her work has been included in private and public collections, including the Worcester Art Museum and Boston Public Library. Registration required by July 19th. Class limited to 10 people. **\$45.**

Beading Workshop

Monday, August 5th, 10:00 a.m.-noon

Have you looked a beaded necklace, bracelet or a pair of earrings and wished you knew how to make it yourself? Here is your chance to learn. We will cover materials, placement of beads, and how to add a clasp. You will go home with a piece of jewelry you will be proud to wear. Instructed by Rita Foglia. All materials included. Registration required by July 29th. Class limited to 10 people. **\$15.**

Get to Know your Sewing Machine

2 Mondays: August 12th and August 19th, 10:00 a.m.-noon
Do you have a sewing machine at home that is still in the box or just hardly used because you just don't know where to begin? Bring your machine to the class. We will cover the basics of threading, bobbin, stitching and fabrics, and we will answer any other questions you may have. In the process you will make your own tote bag that will be the envy of your friends. It is not hard, once you know the basics! Bring your sewing machine and one yard of fabric. Instructed by Rita Foglia. Registration required by August 5th. Class limited to 10 people. **\$25.**

The Paint Bar presents

Make your own Bird Painting!

Wednesday, August 14th, 9:30-11:00 a.m.

Do you love children and love to paint? Students from the Service Stars Summer Community Service Program will be working on a joint Paint Bar event with us! Each participant will be creating their own beautiful bird painting. Paint Bar's instructors will guide you, step by step. No experience is necessary! Each registrant receives his/her own easel and painting materials. You will receive a 16' by 20' pre-stretched canvas, acrylic paint, brushes, easels, and an apron. Registration required by August 9th. Limited to 10 people. **\$10. This program is generously sponsored by The Village Bank.**



Plant Nite presents

Make Your Own Terrarium!

Wednesday, August 21st, 9:30-11:00 a.m.

Are you interested in creating a decorative planting? Do you love spending time with kids? Students from the Service Stars Summer Community Service Program will be working on a joint Plant Nite event with us! You will be choosing from a variety of succulents, mosses, stones, and accents to create a one-of-a-kind terrarium. Everyone's got a green thumb, here. All of the plant and succulent options are sturdy and easy to maintain, no matter your experience level. Show up ready to have fun and get your hands dirty. Registration required by August 16th. Limited to 10 people. **\$10. This program is generously sponsored by The Village Bank.**



How do I register for paid art classes?

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.

First-come-first-served by date and time of payment. 11

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Newtonville Books *in thanks for their generous book donations*
- Michael & Jacqueline O' Neil, Andrea Hemment, Rita Tedesco, Lucia DeRubeis, Mario D' Amore, Natalina Tizziano, The DiGiovannini Family, Pasquale Sirigano, Donato Cardarelli, Loretta D' Amore, *in memory of Mary Mazzola*
- Ranny Cooper and J.E. Geary *in honor of Audrey Cooper's 95th birthday*
- Judith Horgan *in memory of Father John Sassani*
- Judith Horgan *in honor of Alice Bailey*
- Margaret Pacious *in memory of Elizabeth D. Sweet*
- Anne Kelley, and The City of Newton Retired Employees Association *in memory of Estelle "Dolly" Dezotell*
- The City of Newton Retired Employees Association *in memory of Velta A. Doherty*
- Lucy & Jean Barisano, S.M., Mary Malagodi, and Joanne Amendola *in thanks for tax preparation*
- The Village Bank, Visiting Angels, West Newton Hearing Center, Stone Rehabilitation & Senior Living, Good Shepard Community Care, Cabot's Ice Cream & Restaurant, Partners Health Care at Home, Watertown Savings Bank, North Hill Retirement Community, Regis Bourdeau, McGinn Bus, Lasell Village, and 2Life Communities, *in thanks for their generous sponsorship of our Senior Prom*

SHINE: Serving the Health Insurance Needs of Everyone

Don't Become a Victim of Medicare Fraud!

Medicare scams are common, including one in which people are being sent braces they don't need. The Senior Medicare Patrol (SMP) offers these tips to protect you from being scammed:

- Do not provide your Medicare or Social Security number to anyone except your trusted medical providers.
- Medicare and Social Security will NOT call you and ask for personal information.
- Hang up if anyone calls offering you free products or claiming to be from Medicare to obtain personal information. Beware!
- Do not reply to any postcards you receive in the mail offering free braces, creams, pain medication, or other

products.

- Do not respond to deceptive TV Ads.
- Do not accept or open any packages you did not order.

To report potential fraud, you can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890. For help with any Medicare issue, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors are available **all year** to help you! They offer free confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

City of Newton Parks and Recreation 55 and Over Programs

Tai Chi: Graceful aging Tai Chi class! This joy-filled class will improve strength and balance through slow and gentle movement. New location: 1294 Centre Street. Wednesday mornings 9:30-10:30 a.m. \$6.25 per class

Eccentrics: As seen on channel two, Eccentric is an original workout that draws on the flowing movements of Tai Chi. Tuesday evenings 6:30-7:30PM and Thursday mornings 10-11 a.m. New location: 1294 Centre Street. \$8.50 per class

Golf League: Commonwealth Golf Course. The rate will be \$26, which includes cart and green fees. The rate is payable at the clubhouse. Tuesdays 9:30 a.m.

Six Hole: Play only six holes at Leo. J. Martin. This program is perfect for newbies, people short on time, or for those who prefer not to join a league. Fridays at 1:00 p.m.

Tennis: Tennis is held at the Warren House Courts on Washington Street in West Newton. Spring hours 9:00-11:00 a.m. Tuesdays and Thursdays. Free.

Pickleball: Pickleball is played at the Cove on Monday and Wednesday nights 6-8 p.m. and Saturday mornings 10 a.m.-12 noon. New Warren courts opening this summer! \$5 drop in.

Bocce: Bocce is played at the Cabot field courts, Mondays 2-4 p.m. Free lessons available. Transportation available. Location: Cabot Park. Free.

Day Trips- Luncheons: July 17th, Thimble Island boat cruise \$70.00, August 14th lobster bake at the Seacoast Science Center, \$82.00.

Tai-Yo-Ba: This gentle movement class is a combination of Tai Chi, yoga and balance. Tuesday at 9:00 a.m. Thursdays at 10:00 a.m., Location: Scandinavian Living Center.

Muscle Up: One-hour strength-building class, Tuesdays 9-10 a.m., please bring two 5-lbs weights to class. Some equipment is available. Location: Scandinavian Living Center. \$5 per class.

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

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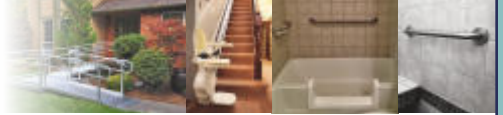
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Fitness Announcements

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 the Community Development Block Grant Program, and in part by participants. The schedule may change as a result of the total contributions raised from each class. Your contribution allows these classes to happen!

Fitness Class Reimbursement

Your health insurer may partially reimburse you for your participation in the Newton Senior Center's fitness classes. Pay for your fitness class with a check or credit card. We will write you a templated letter that you submit with the form that your health insurer provides you. Write the check payable to Newton Senior Center and note the specific fit-

Commodity Foods program

ness classes you are paying for. Maximum one letter per year. **To request your annual letter, contact Ilana, at 617-796-1670 or iseidmann@newtonma.gov**

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: July 19th and August 16th,
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.**

Volunteering Opportunities

Volunteers Needed

Volunteers Needed at the Newton Senior Center, in the Newton community, and beyond - We especially need volunteers for our NEW Friendly Visitor program. You will be trained and matched with a Newton senior and then visit them in their home weekly. We need your caring and a little bit of your time to help end elder isolation in Newton. **If you would like to volunteer, contact Julie Joy, Volunteer Coordinator, at 617-796-1674 jjoy@newtonma.gov.** Also ask Julie about the Newton Property Tax Work-Off program. You may be eligible to get reduced property taxes, in exchange for volunteering.



NewMo (Newton in Motion), Our New Senior Ride Share Program

New System Beginning June 17th, NewMo transportation services will be provided by Via under a contract with the Department of Senior Services. Please note that NewMo is an on-demand, ride-share system, which means that other passengers may be in the car with you.

How the Service Works Before you request a ride, you must set up an account with Via. This can be done with a Via app on your smart phone, or you can call Via's call center at 617-655-8019. Once you have created an account, you can request a ride through the Via app or by calling the call center at 617-655-8019. Either way, you will need to provide the address where you are leaving from, and the address of your destination. After your appointment, you will need to request a return trip. NewMo does not take reservations several days in advance. If you need door-to-door service or if you have a wheelchair or walker, please make this known when you schedule your pickup. You will not have to wait more than 30 minutes for your ride to arrive, and you will not spend more than 30 minutes in the vehicle.

Be Ready When Your Ride Arrives When you book your ride, you will be told (or shown on your app) the approximate arrival time. NewMo will call you when the car is two minutes away from your location. At that time, please go outside to meet the car, if you have not already done so. If you have a cell phone, NewMo will call you to say that the car has arrived. If you have a landline, do not wait inside until you see the vehicle pull up. You are

expected to meet the car when it arrives. Drivers can only wait a few minutes before they must head to their next pickup.

New Riders If you are a new user of transportation for seniors, you must contact the Senior Center to determine eligibility and cost and to get an activation code.

Look for the NewMo and Via Logos When you make the reservation, you will be given the license plate number of the car or van that will pick you up. You will also see the NewMo and Via logos on the doors of the car or van.

Hours of Operation NewMo runs from 8:00 a.m.-5:00 p.m. Monday-Friday, and 9:00 a.m.-noon Saturday and Sunday.

Destinations: Riders can request trips to the Senior Center, medical appointments, houses of worship, grocery shopping, and to long-term care facilities and hospitals within the Garden City. You can also go to any Village center, any sponsored program, event, or building within the city, and to the Needham Street Corridor. You may also go to certain destinations for medical appointments outside of Newton. Please call the Newton Senior or visit newtonseniors.org for a complete list of designated medical destinations, and village center addresses.

Adding Money to Your Account If you do not have a credit card, ride credits may be added to your NewMo account by sending a check, with your name and telephone number, in an increment of \$25 to the Newton Senior Center.

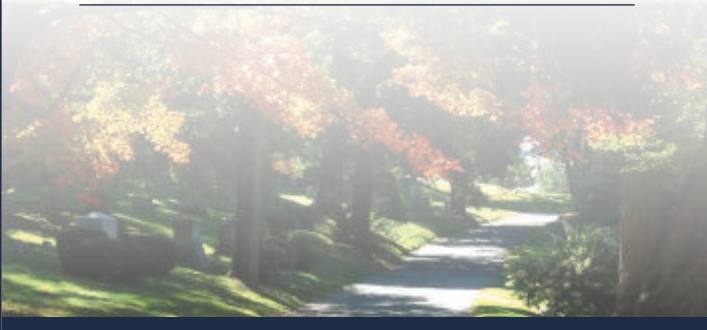


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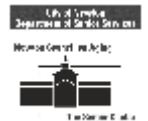
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Newton Department of Senior Services

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

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

Fred Weissman, Administrative Assistant, 1675

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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.