

# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #4 Volume XIII



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## September-October 2019

### 50+ Job Networking Group

8 Thursdays: September 19th, October 3<sup>rd</sup>,  
October 17th, October 31st, November 7th, November 21st,  
December 5th, December 19th, 5:30-8:30 p.m.

The job search can be daunting for older workers. The 50+ Job Networking Group can make the process easier. Our facilitator, Tom Patria, a professional career coach, and various guest speakers, will help participants to explore next steps. This program is funded by the Massachusetts Executive Office of Elder Affairs. **Registration required: call the Front Desk at 617-796-1660.** For more information, contact Elizabeth Lund at 617-796-1665 or [elund@newtonma.gov](mailto:elund@newtonma.gov)

### Bicycling Alone Across the U.S. at 70

Wednesday, October 23rd, 2:00-3:30 p.m.  
Have you ever run into cowboys in West Texas? Join John Springfield, as he takes you on his 2,900-mile bicycle journey across the U.S. in early 2019. Tornadoes, extreme temperatures, and mountain climbs are all part of the adventure! Led by John Springfield, a Newton senior resident, retired computer programmer, instructor at Boston College evening school, and a 55-year-long bicycle enthusiast. **Register with the Front Desk at 617-796-1660.**

### Digital Photos 101

5 Fridays: October 25<sup>th</sup>, November 1<sup>st</sup>, November 8<sup>th</sup>,  
November 15<sup>th</sup>, and November 22<sup>nd</sup>, 2:15-3:45 p.m.  
Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert. Bring your camera, manual, and equipment and learn when and how to use special features, such as program mode, manual mode, aperture priority, and shutter priority. Basic composition and best use of light for different situations such as plants, people, macro, and landscape photography will be covered. In addition, your instructor will teach you how to manage and organize your digital photographs. Led by seasoned professional photographer and teacher Steve McGrath. Bring a camera. Minimum 8, maximum 15 participants. **\$45. Make check payable to Newton Senior Center and note your telephone number or pay by credit card (3% convenience fee) by calling 617-796-1670.**

### Robotics 101

Friday, October 25<sup>th</sup>, 2:00 – 3:30 p.m.  
What is a robot? Where are they used today? Is there a robot in your future? Michael A. Marks, Chief Robotician and Robot Wrangler, at TSC Robotics, an educational robotics services company, will answer these questions, and lead a hands-on discovery period using popular educational robots. No prior experience with robots required. Limited to 30 people.

**Generously sponsored by Benchmark Senior Living. Register with the Front Desk at 617-796-1660.**



### What's Age Got to Do with It?

#### Busting the Myths About Getting Older

Tuesday, October 29th, 9:00-10:30 a.m.  
Do you really know what aging means? Is getting old something to fear and dread, or does it lead to surprising benefits not possible to enjoy at younger ages? This presentation will help you discover what aging is — and what it isn't. Drawing from the latest scientific research, it busts social myths and negative stereotypes about older adults and offers practical tips for disrupting ageism. Led by Jeannette Leardi, a social gerontologist, writer, editor, and community educator. She has worked at Newsweek, Life, People, and Conde Nast Traveler, among other publications. **Generously sponsored by Briarwood Rehabilitation & Healthcare Center. Register with the Front Desk at 617-796-1660.**



### Our Bodies, Ourselves: Then and Now

Friday, November 1<sup>st</sup>, 2:00-3:30pm  
The co-authors/ co-founders of *Our Bodies, Ourselves*, the best-selling women's health and sexuality book, will speak informally about the work of today's *Our Bodies, Ourselves*, organization and recall personal experiences in the '70s- first meeting, then writing a celebrated guide, now in 32 languages. The authors are happy to autograph your copy of your book, if you bring it. **Generously sponsored by Wingate Residences at Boylston Place. Register with the Front Desk at 617-796-1660.**



All of our programs are free of charge and take place at the Newton Senior Center, unless otherwise noted.

**FITNESS FOR EVERY BODY**  
**Tone With Joan**  
 IN-HOME PERSONAL TRAINING  
 ALL LEVELS • ALL ABILITIES  
 ToneWithJoan@GMail.com  
 617-538-0496



**SUPERIOR**  
  
**SHOE & BOOT REPAIR**  
 7th Generation Cobbler  
 Award Winning Shoe and Boot Repair  
 As Seen on Chronicle  
 Certified in Pedorthics/Orthopedic Repair  
 781-893-6930  
 www.superiorshoerepair.com  
 839A Main St., Waltham | 21E Charles St., Holliston

**LAW OFFICES OF  
 TIMOTHY R. LOFF**  
 WILLS • TRUSTS  
 PROBATE • MEDICAID  
 1087 Beacon Street  
**617-332-7021**  
 information@loff.com  
 www.lofflaw.com



**R P HOLMES  
 CORPORATION**  
 • BATHROOM & KITCHEN  
 REMODELING  
 • PLUMBING & HEATING  
 CONTRACTORS  
**617-527-0682**  
 www.rpholmes.com  
 WE PARTICIPATE IN THE  
 SENIOR DISC. PROGRAM

**Your Village. Your Bank.**

**Aging in Place in Newton?  
 So are we!**

Proud to  
 Support  
 Our  
 Council  
 On Aging

 **THE Village Bank™**  
 Auburndale • Newton Highlands  
 Newtonville • Nonantum • Waban  
 Wayland • West Newton  
 www.village-bank.com • 617-527-6090  
 Customer Care Center 617-969-4300

 [Facebook.com/VillageBank](https://www.facebook.com/VillageBank) Member FDIC   
Member SIF 

 **SCANDINAVIAN  
 LIVING  
 CENTER**  
*A Unique & Welcoming Assisted Living Community*  
 206 WALTHAM STREET, WEST NEWTON  
 617-527-6566 • [www.slcenter.org](http://www.slcenter.org)

  
 Our award-winning  
 Rehab & Nursing  
 Services make us the  
 preferred choice for:  
 Rehabilitation  
 Long Term Care  
 Short Term Care  
 Respite Stays

**Maristhill**  
 Nursing & Rehabilitation  
 Center 

Contact us today to schedule an on-site tour  
 66 Newton Street, Waltham • 781-893-0240 • [www.maristhill.org](http://www.maristhill.org)

**STAY HOME WITH US**



  
 America's Choice in Homecare.  
**Visiting Angels**  
 LIVING ASSISTANCE SERVICES

We are a locally owned, award-winning agency providing home care services to seniors and disabled persons in Newton and surrounding areas. Call us and speak with a knowledgeable Case Manager today!

**Phone: (617) 795-2727**  
**Website: [www.visitingangels.com/newton](http://www.visitingangels.com/newton)**

**Planning to move?  
 Downsizing? Decluttering?**

Contact Karen Zweig for a  
 free consultation!  
 617.455.1964  
 karen@movemaven.com

  
**the move  
 maven**

Saving you time,  
 money & aggravation!

[www.movemaven.com](http://www.movemaven.com)





# Trips!

## *Newton Community Education Day Trip* **Olde Cape Cod & The Wellfleet Oyster Festival**

**Date:** Saturday, October 19th, 8:00 a.m.-7:30 p.m.

**Description:** Travel with community members to the quaint village of Wellfleet for the annual Oyster Festival which has oysters, of course, but also local food vendors of all types, as well as artists, musicians, and entertainers. Next, we'll stop in Hyannis for a guided tour of the Kennedy Legacy Trail. Before heading home, we'll visit the JFK Museum. Trip is led by Endless Byways tour guides; motor coach leaves from Newtonville. More info at [newtoncommunityed.org](http://newtoncommunityed.org).

**Register:** \$125 + \$6 registration fee. Contact Newton Senior Center staff at 617-796-1670 by September 30th for a \$10 discount code. (Quantities are limited. NCE staff does not have discount codes.) Registration required by October 1 by phone (617-559-6999) or at [newtoncommunityed.org](http://newtoncommunityed.org)

## *Newton Senior Center Day Trip* **Foodie Tour of Chinatown**

**Date:** Wednesday, September 25th, 10:45 a.m.-1:45 p.m.

**Description:** The bus will depart the Newton Senior Center, and we'll arrive at a Dim Sum restaurant in Chinatown. Roberta Hing, our Chinese Cooking instructor, will guide you through the menu and help you order. We will also walk through the heart of Chinatown, visit a Chinese herbal medicine shop, a local bakery, and a Chinese food market while she explains the different kinds of interesting ingredients in Chinese cuisine. Limited to 10 people. **\$51.**

**Register:** Call Ilana (617-796-1670), pick up a form at the Newton Senior Center, or download a form at [newtonseniors.org](http://newtonseniors.org). You must fill out a release form by September 18th. This trip is all-inclusive and includes transportation and a full lunch, with tip.

**Registration is required by September 18th.**

## Program Notes

### **Fitness & Wellness Classes**

Classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." 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. We ask for a \$3 suggested contribution per class. Your contribution allows these classes to happen!

### **Theatre Workshop**

The group resumes on Mondays, starting September 9th, 10:00 a.m.-1:00 p.m. New members of all levels and experience are welcome! Participants do improv, theatre games, scenes, monologues, readings from original works, discussion of all things theatrical, and acting techniques.

### **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.

### **Dialogue with the Director, Jayne Colino**

Friday, September 27th and Monday, October 21st, 12:00-12:30 p.m.  
Join Jayne Colino, Director of Senior Services. Bring your questions and concerns, hopes and dreams. **Just show up.**

### *Save the Date:*

### **Senior MBTA CharlieCard**

Wednesday, November 6th, 2:00-3:15 p.m.  
Applicants must be 65 (or turning 65 by November 20th). You will receive a Senior CharlieCard in the mail without having to apply downtown in person. 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.**

### **Health Maintenance Clinics**

2 Fridays: September 6th and September 20th, 9:30 - 11:00 a.m.  
Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **Just show up.**

### **Chamber Ensemble**

The group will resume playing on Wednesday, September 11th, at 9:00 a.m.

The Newton Senior Center will close:  
**Monday, September 2nd (Labor Day) &  
Monday, October 14th (Columbus 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.**

## The John W. Weeks House

7 Hereward Road, Newton Centre • 617-964-8644

Quality Senior Living at an Affordable Rent

1 & 2 bedroom units; heat included



Visit us at [www.ndfinc.org](http://www.ndfinc.org)



Professionally Managed by Newton Community Development Foundation

## Study On Emotional Processing

Join a research study by the cognitive & affective neuroscience lab at Boston College, examining how we process pleasant or unpleasant information. If you are **healthy, ages 60-85**, please contact us for more information or to schedule an appointment.

Phone: 617-552-6949 | Email: [canlab@bc.edu](mailto:canlab@bc.edu)



277 ELLIOT STREET  
NEWTON UPPER FALLS

### Skilled Nursing Facility Short Term • Long Term Care

*Tastefully decorated, fully furnished rooms, two spacious and elegant dining areas, outdoor handicap accessible walking paths with birdbaths and sitting benches, outdoor patios for dining or relaxing, meticulously landscaped property complete with a resident garden.*

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



781-449-4040

BriarwoodRehab.com

150 Lincoln Street, Needham

- Short Term & Long Term Care
- Cardiopulmonary Care
- Orthopedic Rehabilitation
- Certified Dementia Care



## ANTIQUES PURCHASED

Cleaning Out, Downsizing or Moving?

Looking to declutter storage space, a basement or barn?

WANTED - ITEMS OF INTEREST AND CURIOSITY

FREE HOUSE CALLS - 7 DAYS A WEEK - PROMPT SERVICE  
LICENSED AND BONDED MASS. AUCTIONEER - BUYING SINCE 1984

**BERT - 617-733-8863**

MA Auction LIC. AU2628

Serving all of New England



# 508-651-9200

Three Vision Drive, Natick

[www.SalmonHealth.com](http://www.SalmonHealth.com)

*We don't just buy and sell.  
We also give.*

At The Presti Group, we donate \$200 to the Senior Center, for every reader referral that results in a transaction. So if you're buying or selling a house, we can give together.



We go the extra block.™

617-964-7776

[www.theprestigroup.com](http://www.theprestigroup.com)



Marie Presti  
Broker/Owner  
Seniors Real  
Estate Specialist

465 Centre Street  
Newton  
617-244-2034

*Eaton Funeral Homes*  
Celebrating 200 Years of Dedicated Service

1351 Highland Avenue  
Needham  
781-444-0201

Serving All Religions



Pre Planning & Funeral Trusts

*A Tradition of Caring Since 1818*

*For Over Seven Generations*

[www.eatonfuneralhomes.com](http://www.eatonfuneralhomes.com)

Laurence R. Eaton • David E. Eaton • Kevin J. Greene



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Newton Council on Aging, Newtonville, MA

06-5143



### The Unique Needs of Solo Agers: Building Health, Community, and Emotional Support

Wednesday, September 11<sup>th</sup>,  
2:00-3:30 p.m.

Whether you are a 'solo' ager (*an adult who, because of choice or circumstance, is without the "traditional" family support structure of adult children or close family members*) now or may be in the future or simply know others who are, this program will explore the needs and unique considerations of solo agers and will review specific needs related to healthcare and community, strategies and tips for avoiding loneliness and isolation, and tools for creating and identifying support systems. Led by Ailene Gerhardt, an independent Board-Certified Patient Advocate (BCPA) and founder of Beacon Patient Advocates LLC. **Register with the Front Desk at 617-796-1660.**

### Self-Publish Your Book

Thursday, September 12<sup>th</sup>,  
10:30 a.m.-noon

Henry Quinlan, a publisher with more than 40 years of publishing experience, will demonstrate how to write and self-publish your story when you use available technology to self-publish and to place it on Amazon for sale. He offers writing tips for authors that will help you avoid the most common mistakes amateur writers make. **Register with the Front Desk at 617-796-1660.**

### Understanding Senior Living Options and Costs

Tuesday, September 24<sup>th</sup>,  
9:30-10:30 a.m.

Every day, 10,000 US citizens turn 65. Come learn the best way to be prepared and understand your senior living options and associated costs. The presentation will be given by 2Sisters Senior Living Advisors, a free referral and advisory service. Led by Brenda from 2Sisters Senior Living Advisors. **Register with the Front Desk at 617-796-1660.**

### Downsizing Made Easy

Friday, October 4<sup>th</sup>, 2:00-3:30 p.m.

Whether you plan to age in place or are thinking about moving, this presentation will cover tips for scaling down possessions and provide information on available housing options, from qualified elder housing to living on college campuses. Educator and realtor Marie Presti, a Seniors Residential Specialist, will discuss the nuts and bolts of downsizing. She will also address financing, from home equity lines of credit to the pros and cons of reverse mortgages. Marie Presti has her MBA and was 2018 President of the Greater Boston Association of Realtors. **Register with the Front Desk at 617-796-1660.**

### Staging Your Home with Your Own Stuff!

Betsy Millane

Friday, October 11<sup>th</sup>, 2:00-3:30 p.m.

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

### Memorial March for Peace in Newton

2013 film with Pete Seeger

Friday, October 18<sup>th</sup>, 2:00-3:45 p.m.

In summer of 2013, Pete Seeger came to Boston for a program honoring the 50th Anniversary of the 1963 March on Washington. This video shows footage of the event held at First Baptist Church in Newton and featuring the LoveTones, a keynote address by Susannah Heschel, and Pete's last performance in the Boston area. A discussion following the film will be facilitated by Melinda Gordon, who filmed and edited the video. **Register with the Front Desk at 617-796-1660.**

### Happy Birthday Johnny Mathis!

Friday, September 27<sup>th</sup>, 2:00-3:30 p.m.

In celebration of the singer's birthday this week, Frank King's lecture will focus on the legendary Johnny Mathis including, "Chances Are" and many other Mathis hits from his long career. You'll learn about his life story, including the difficult career choice he faced as a teenager. Also included: the story behind three hit songs from the great music year of 1948, a rare duet by Frank Sinatra and Judy Garland, plus a few surprises. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2400 record albums.

**Generously sponsored by Adelaide of Newton Centre.**

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



### Bharatanatyam Dance Performance

Thursday, October 10<sup>th</sup>,  
10:00-11:30 a.m.

*American Legion Post 440, 295 California Street*

This program will include a dance performance of Bharatanatyam, an ancient Indian classical dance, followed by a Question & Answer session. Led by Smita Rajan, a high school student who has won awards in many dance competitions. Co-sponsored with Newton Parks and Recreation. If you have a NewMo account, transportation is available to the Post 440. **Register with the Front Desk at 617-796-1660.**

### Folk Sing-Alongs

*Third Thursday of every month*

2 Thursdays: September 19<sup>th</sup> and October 17<sup>th</sup>,  
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.**

# Health and Wellbeing

## Everything You Wanted to Know about Over-The-Counter (OTC) Medications

Friday, September 13<sup>th</sup>, 2:00-3:30 p.m. We will discuss the importance of reviewing the “drug facts” label on the packaging, different categories of OTC medications and additionally how appropriate selection can reduce the cost. David Goldwater, R.Ph. is a Clinical Consultant Pharmacist at Your Parents Meds LLC, and a Newton resident. He specializes in geriatric pharmacology and has 20 years of experience in the field. **Register with the Front Desk at 617-796-1660.**

## How to Choose and Be a Health Care Proxy

Tuesday, September 17<sup>th</sup>, 9:00-10:30 a.m. Come learn how to choose a Health Care Proxy, who to choose as a Health Care Proxy, how to prepare your Health Care Proxy as well as discussing frequently asked questions about a Health Care Proxy.

Refreshments provided. Arza Goldstein has been a Birth Doula, Hospice nurse, and is co-founder of Living Wisely, Dying Well in 2016, an organization designed to encourage conversations about death and dying, through many Newton-wide events. Arza also has a private practice as an End of Life Doula. **Generously sponsored by Benchmark Senior Living. Register with the Front Desk at 617-796-1660.**



## You are the Help!

2 Wednesdays: September 25<sup>th</sup> and October 2<sup>nd</sup>, 1:30-3:30 p.m. This is a two-part program to teach lay people the skills and confidence to intervene during an emergency and be the help until help arrives. During Session 1, you will learn how to call 9-1-1, stay safe, stop the bleed, position the injured, and provide comfort. During Session 2, you will learn how to make a plan, build a kit, be prepared, use fire extinguishers, administer Narcan, and perform friends & family CPR. Led by the Newton Health &

Human Services Department, the Newton Fire Department and the Newton Police Department. Please plan to attend both sessions. Limited to 30 people. **Register with the Front Desk at 617-796-1660.**

## Adult Flu Clinic

Tuesday, October 15<sup>th</sup>, 9:00-10:30 a.m. Free flu vaccine for Newton residents ages 18 and up. We will be offering regular-dose quadrivalent flu vaccine and high-dose trivalent flu vaccine. No appointment needed. Medicare, MassHealth, and health insurance information requested but not required. For more information or to download the form in advance, please go to [newtonma.gov/flu](http://newtonma.gov/flu) or call our Flu Hotline at 617-796-1426. **Just show up.**

## Oral Health Talk

Thursday, October 31<sup>st</sup>, 10:30-11:30 a.m. Learn about oral health topics that affect you. Led by Regis College Dental Hygiene students and Jeanne Chambers, MPH, RDH. **Register with the Front Desk at 617-796-1660.**

# Food, Music, and Fun!

## Fall Ice Cream Party

Monday, September 9<sup>th</sup>, 1:15-2:15 p.m. Enjoy ice cream, as we are close to wishing summer goodbye. Tommy Rull returns to perform a Musical Journey Through the Years. He'll sing the songs of Sinatra, Neil Diamond, Elvis, and more! **Generously sponsored by Meadowgreen Rehabilitation and Nursing Center. Register with the Front Desk at 617-796-1660.**



## Newton Lions' Ice Cream Social

Thursday, September 19<sup>th</sup>, 1:15-2:15 p.m. Enjoy an ice cream social, provided by the Newton Lions. **Register with the Front Desk at 617-796-1660.**



## Fall Birthday Party with Girl Scouts

Wednesday, October 30<sup>th</sup>, 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, September 24<sup>th</sup>, 12:00-1:15 p.m.  
Tuesday, October 29<sup>th</sup>, 12:00-1:15 p.m.  
**Newton North High School's Tiger's Loft Restaurant**  
Enjoy a meal prepared by students in the Culinary Arts program. September's meal is salad, corn chowder, BBQ turkey, corn bread, and vegetable succotash. October's menu is salad, butternut squash, herb roasted pork loin, lemon parmesan risotto, and broccoli rabe. NewMo service available. Space limited to 15 people per luncheon. \$6. **Choose one luncheon. Make check payable to Newton Senior Center and note your telephone number or pay by credit card (\$1 convenience fee) by calling 617-796-1670.**

## Halloween Party!

Thursday, October 31<sup>st</sup>, 1:15-2:15 p.m. Enjoy Halloween treats and a return performance by Second Time Around. They will play the tunes of all your favorites, including Frank Sinatra, Dean Martin, and Elvis. **Generously sponsored by Meadowgreen Rehabilitation and Nursing Center. Register with the Front Desk at 617-796-1660.**



## Memory Café

*Third Wednesday of every month*

### **Art Matters presents Mary Cassatt**

Wednesday, September 18th,  
2:00-4:00 p.m.

An American woman was at the very heart of a radical revolution in art. Impressionism changed the art world forever. She is famous for her un-romanticized images of women and children. Join us for a look at her beautiful images, her interesting life, and her celebrated accomplishments. **Generously sponsored by 2Sisters Senior Living Advisors. Register for a reminder call with the Front Desk at 617-796-1660.**



### **Nancy Marks leads Fall Watercolor Painting**

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

Boston-based artist Nancy Marks will return and lead us through a relaxing and inspiring painting activity. No experience or skill required! **Generously sponsored by 2Sisters Senior Living Advisors. Register for a reminder call with the Front Desk at 617-796-1660.**



### **Cooking Demonstration**

Wednesday, September 18th,  
1:15-2:00 p.m.

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

## Games

### **Beginner Mah Jongg Workshop**

5 Tuesdays: September 24th, October 1<sup>st</sup>,  
October 8<sup>th</sup>, October 22<sup>nd</sup>, October 29<sup>th</sup>,  
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. Instructed by Martha Tomanelli. Registration required by September 17th. Minimum 8 participants, maximum 10. **\$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.**

### **Beginner Canasta Workshop**

5 Wednesdays: September 25<sup>th</sup>, October 2<sup>nd</sup>,  
October 16<sup>th</sup>, October 23<sup>rd</sup>, October 30<sup>th</sup>,  
10:15-11:45 a.m. *No Class Oct. 9th*  
Looking for a fun card game to play when you get together with friends? Canasta may be for you! Instructed by Linda Lourie. Registration is required by September 18th. Minimum of 5 participants, maximum of 10. You do not need to bring cards. **\$60. Make check payable to Newton Senior Center. Write your telephone number on the check or pay by credit card (with a 3% convenience fee) at 617-796-1670.**

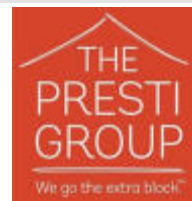
### **Novice Bridge Lessons**

2 Thursdays: October 3<sup>rd</sup> and October 10<sup>th</sup>,  
10:00 a.m.-noon

Have you always wanted to learn the absolute basics of Bridge? Come to this 2-part lesson, led by volunteer Paul Melman. Paul is a scientist by trade, with a long history of bridge playing. He has spent over 10 years teaching the game to friends & family. Space is limited to 8 participants. **Please plan to attend both sessions. Register with the Front Desk at 617-796-1660.**

## 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, September 20th,  
1:00 p.m.**

### ***Can You Ever Forgive Me?***

In this fact-based drama, author Lee Israel strikes gold in the 1970s and '80s with a series of successful celebrity biographies. But when tastes shift and her demons begin to disrupt her writing, she turns to forgery to support herself. 2018. R. 1 hour, 46 minutes.



**Wednesday, October 2nd,  
1:00 p.m.**

### ***Bohemian Rhapsody***

Farrokh Bulsara emigrated to England in his teens and formed the band Queen in 1970 under his new name, Freddie Mercury. This biopic charts the group's first 15 years, culminating with their Live Aid performance in 1985. 2018. R. 2 hours, 14 minutes.



**Wednesday, October 16th,  
1:00 p.m.**

### ***A Private War***

Marie Colvin was one of the most celebrated war correspondents of our time. Her mission was to show the true cost of war, driving her, along with renowned war photographer Paul Conroy, to embark on the most dangerous assignments of their lives. R. 2018. 1 hour, 50 minutes.



**Wednesday, October 30th,  
1:00 p.m.**

### ***Free Solo***

In this "cliff-hanging" documentary, rock climber Alex Honnold prepares for and undertakes the most daunting challenge of his life: becoming the first person to free-solo climb (without ropes or safety gear) the face of Yosemite's El Capitan. 2018. PG-13. 1 hour, 37 minutes.





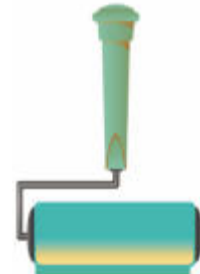
# September/October 2019 Programs

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</p> <p>10:00 a.m. Zumba Gold</p> <p>10:00 a.m. Tai Chi at <b>Scandinavian L.C.</b> starts <b>September 16th</b></p> <p>1:00 p.m. Games</p> <p>1:00 p.m. News Talk</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 &amp; Coaching</p> <p>10:00.....Zumba Gold at <b>Hyde Community Center</b> starts <b>September 10th</b></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>9:30 a.m. Chamber Ensemble</p> <p>9:30 a.m. Drawing and Painting Open Studio</p> <p>10:45 a.m. Seated Strength &amp; 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. <b>Yoga at Hyde Community Center</b> starts <b>September 5th</b></p> <p>2:00 p.m. Beginner's Tai Chi at <b>Stone Rehabilitation &amp; Senior Living</b> starts <b>September 12th</b></p>	<p>9:00 a.m. Muscle Conditioning</p> <p>9:00 a.m. Tai Chi at <b>Scandinavian L.C.</b> starts <b>September 13th</b></p> <p>9:00 a.m. Intermediate Spanish Conversation</p> <p>9:00 a.m. Pool Cues</p> <p>9:45.....Zumba Gold at <b>Hyde Community Center</b> starts <b>September 13th</b></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 &amp; Balance</p> <p>1:00 p.m. Chess</p> <p>1:00 p.m. Bingo</p>
<p><b>September 2</b></p> <p><b>LABOR DAY: NEWTON SENIOR CENTER IS CLOSED</b></p>	<p><b>September 3</b></p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Potato pollack filet or Egg salad sandwich</p> <p>12:00.....Poetry Workshop</p>	<p><b>September 4</b></p> <p>11:45.....Lunch: Greek chicken or Turkey &amp; Swiss sandwich</p> <p>12:30.....A Matter of Balance: Managing Concerns about Falls</p>	<p><b>September 5</b></p> <p>9:30.....Ceramics I</p> <p>11:45.....Lunch: <b>Labor Day Special:</b> Cheeseburger, Hoodsie</p> <p>12:00.....Ceramics II</p>	<p><b>September 6</b></p> <p>9:30-11:00.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Lasagna or Roast beef w/ Swiss sandwich</p> <p><b>ZUMBA GOLD CANCELLED</b></p>
<p><b>September 9</b></p> <p>11:45.....Lunch: Teriyaki salmon strips or Chicken salad sandwich</p> <p>12:30.....Low Vision Support Group</p> <p>1:15.....Fall Ice Cream Party</p> <p><b>THEATRE WORKSHOP RESUMES</b></p>	<p><b>September 10</b></p> <p>9:30-6:30.....Trip to Crane Estate</p> <p>11:45.....Lunch: American chop suey or Cottage cheese &amp; fruit plate</p> <p>12:00.....Poetry Workshop</p>	<p><b>September 11</b></p> <p><b>CHAMBER ENSEMBLE RESUMES</b></p> <p>11:45.....Lunch: Lentil stew or Turkey deluxe sandwich</p> <p>12:30.....A Matter of Balance: Managing Concerns about Falls</p> <p>1:00.....Portrait Drawing with Model</p> <p>2:00.....The Unique Needs of <b>Solo Agers</b></p>	<p><b>September 12</b></p> <p>9:30.....Men's Club at <b>Johnny's</b></p> <p>9:30.....Ceramics I</p> <p>10:00.....Now What? Living in the 55 and Over Lane at <b>Library</b></p> <p>10:30.....Self-Publish Your Book</p> <p>11:45.....Lunch: Vegetable quiche or Roast beef w/ Swiss sandwich</p> <p>12:00.....Ceramics II</p>	<p><b>September 13</b></p> <p>11:45.....Lunch: Cranberry chicken or Tuna salad sandwich</p> <p>2:00.....Everything You Wanted to Know about Over-The-Counter (OTC) Medications</p>
<p><b>September 16</b></p> <p>10:00.....Introductory Watercolor Workshop</p> <p>11:45.....Lunch: Stuffed shells w/ tomato sauce or Turkey &amp; Provolone sandwich</p>	<p><b>September 17</b></p> <p>9:00.....How to Choose and Be a Health Care Proxy</p> <p>11:45.....Lunch: Beef stew or Chicken presto Caesar salad</p> <p>2:00.....Caregiver Support Group</p>	<p><b>September 18</b></p> <p>11:45.....Lunch: Orange almond chicken or Tuna salad sandwich</p> <p>12:30.....A Matter of Balance: Managing Concerns about Falls</p> <p>1:15.....Cooking Demonstration</p> <p>2:00.....Memory Café: Art Matters presents Mary Cassatt</p>	<p><b>September 19</b></p> <p>9:30-11:30.....Legal Clinic</p> <p>9:30.....Ceramics I</p> <p>10:30.....Bereavement Support Group</p> <p>11:45.....Lunch: Potato pollock filet or Ham chef salad</p> <p>12:00.....Ceramics II</p> <p>1:15.....Newton Lions' Ice Cream</p> <p>2:30.....Folk Sing-Along</p> <p>5:30.....55+ Job Networking</p>	<p><b>September 20</b></p> <p>9:30-11:00.....Health Maintenance Clinic</p> <p>10:00.....Book Club: <b>Before We Were Yours</b></p> <p>11:45.....Lunch: Hot dog or California chicken salad sandwich</p> <p>1:00.....Movie: <i>Can You Ever Forgive Me?</i></p> <p>1:00.....Commodity Supplemental Food Program</p>
<p><b>September 22 (Sunday)</b></p> <p>8:30.....Walk to End Alzheimer's at <b>North Point Park in Cambridge</b></p>	<p><b>September 24</b></p> <p>9:30.....Understanding Senior Living Options and Costs</p> <p>11:45.....Lunch: Chicken lo mein or Turkey w/ Swiss sandwich</p> <p>12:00.....Tiger's Loft Luncheon at <b>Newton North High School</b></p> <p>12:00.....Beginner Mah Jongg Workshop</p>	<p><b>September 25</b></p> <p>10:15.....Canasta Workshop</p> <p>10:45-1:45.....Foodie Tour of Chinatown</p> <p>11:45.....Lunch: Macaroni &amp; cheese or Roast beef w/ Swiss sandwich</p> <p>12:30.....A Matter of Balance: Managing Concerns about Falls</p> <p>1:30.....You are the Help! Part 1</p>	<p><b>September 26</b></p> <p>9:30.....Men's Club: Laws of Sexual Harassment</p> <p>9:30.....Ceramics I (<b>new session begins</b>)</p> <p>10:30.....Short Story Group</p> <p>11:45.....Lunch: Beefsteak w/ onion gravy or Vegetarian chef salad</p> <p>12:00.....Ceramics II (<b>new session begins</b>)</p>	<p><b>September 27</b></p> <p>10:00.....Introduction to Mosaics</p> <p>11:45.....Lunch: BBQ pulled pork or Tuna salad sandwich</p> <p>12:00.....Dialogue with Director</p> <p>2:00.....Happy Birthday Johnny Matthis!</p> <p>2:30.....Clutter Support Group</p>
<p><b>September 23</b></p> <p>10:00.....Introductory Watercolor Workshop</p> <p>11:45.....Lunch: Baked fish w/ broccoli cheese sauce or Curry chicken salad</p>	<p><b>September 24</b></p> <p>10:00.....Introductory Watercolor Workshop</p> <p>11:45.....Lunch: Baked fish w/ broccoli cheese sauce or Curry chicken salad</p>	<p><b>September 25</b></p> <p>10:15.....Canasta Workshop</p> <p>10:45-1:45.....Foodie Tour of Chinatown</p> <p>11:45.....Lunch: Macaroni &amp; cheese or Roast beef w/ Swiss sandwich</p> <p>12:30.....A Matter of Balance: Managing Concerns about Falls</p> <p>1:30.....You are the Help! Part 1</p>	<p><b>September 26</b></p> <p>9:30.....Men's Club: Laws of Sexual Harassment</p> <p>9:30.....Ceramics I (<b>new session begins</b>)</p> <p>10:30.....Short Story Group</p> <p>11:45.....Lunch: Beefsteak w/ onion gravy or Vegetarian chef salad</p> <p>12:00.....Ceramics II (<b>new session begins</b>)</p>	<p><b>September 27</b></p> <p>10:00.....Introduction to Mosaics</p> <p>11:45.....Lunch: BBQ pulled pork or Tuna salad sandwich</p> <p>12:00.....Dialogue with Director</p> <p>2:00.....Happy Birthday Johnny Matthis!</p> <p>2:30.....Clutter Support Group</p>



<p>6:00.....LGBTQ Elder Cafe</p> <p><b>October 1</b> 11:00.....Hearing Screening 11:45.....Lunch: Potato pollack filet or California chicken salad 12:00.....Beginner Mah Jongg Workshop</p>	<p>6:00.....Beginner Mah Jongg Workshop</p> <p><b>October 2</b> 10:15.....Canasta Workshop 11:45.....Lunch: Honey mustard chicken or Turkey w/ Swiss sandwich 1:00.....Movie: <i>Bohemian Rhapsody</i> 1:30.....You are the Help! Part 2</p>	<p>12:00.....Ceramics II (New session begins)</p> <p><b>October 3</b> 9:30.....Ceramics I 10:00.....Novice Bridge Lesson I 11:45.....Lunch: Hot dog or Tuna salad sandwich 12:00.....Ceramics II 5:30.....55+ Job Networking</p>	<p>12:00.....Introduction to Mosaics 11:45.....Lunch: Stuffed shells or Egg salad sandwich 2:00.....Downsizing Made Easy</p> <p><b>October 4</b> 10:00.....Introduction to Mosaics 11:45.....Lunch: Stuffed shells or Egg salad sandwich 2:00.....Downsizing Made Easy</p>
<p>6:00.....Beginner Mah Jongg Workshop</p> <p><b>October 1</b> 11:00.....Hearing Screening 11:45.....Lunch: Potato pollack filet or California chicken salad 12:00.....Beginner Mah Jongg Workshop</p>	<p><b>October 2</b> 10:15.....Canasta Workshop 11:45.....Lunch: Honey mustard chicken or Turkey w/ Swiss sandwich 1:00.....Movie: <i>Bohemian Rhapsody</i> 1:30.....You are the Help! Part 2</p>	<p><b>October 3</b> 9:30.....Ceramics I 10:00.....Novice Bridge Lesson I 11:45.....Lunch: Hot dog or Tuna salad sandwich 12:00.....Ceramics II 5:30.....55+ Job Networking</p>	<p><b>October 4</b> 10:00.....Introduction to Mosaics 11:45.....Lunch: Stuffed shells or Egg salad sandwich 2:00.....Downsizing Made Easy</p>
<p>10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group</p> <p><b>October 7</b> 10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group</p>	<p><b>October 8</b> 11:45.....Lunch: Roast turkey w/ gravy or Curry chicken salad sandwich 12:00.....Beginner Mah Jongg Workshop</p>	<p><b>October 9</b> 11:45.....Lunch: <b>Cold Box Lunch:</b> Roast beef w/ Provolone sandwich <b>YOM KIPPUR: CHAMBER ENSEMBLE CANCELLED</b></p>	<p><b>October 10</b> 9:30.....Men's Club <b>at Johnny's</b> 9:30.....Ceramics I 10:00.....Bharatanatyam Dance Performance <b>at Post 440</b> 10:00.....Novice Bridge Lesson II 10:00.....Now What? Living in the 55 and Over Lane <b>at Library</b> 11:45.....Lunch: Vegetable quiche or Turkey w/ Swiss sandwich 12:00.....Ceramics II</p>
<p><b>October 14</b> <b>COLUMBUS DAY: NEWTON SENIOR CENTER IS CLOSED</b></p>	<p><b>October 15</b> 9:00-10:30.....<b>Adult Flu Clinic</b> 11:45.....Lunch: Chicken cacciatore or Egg salad sandwich 2:00.....Caregiver Support Group</p>	<p><b>October 16</b> 10:15.....Canasta Workshop 11:45.....Lunch: Macaroni &amp; cheese or Chicken salad sandwich 1:00.....Acrylic Landscape Painting 2:00.....Movie: <i>A Private War</i> leads Fall Watercolor Painting</p>	<p><b>October 17</b> 9:30.....Ceramics I 9:30-11:30.....Legal Clinic 10:30.....Bereavement Support Group 11:45.....Lunch: Creole fish or Roast beef w/ Swiss sandwich 12:00.....Ceramics II 2:30.....Folk Sing-Along 5:30.....55+ Job Networking</p>
<p>10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Teriyaki chicken lo mein or Egg salad sandwich 12:00.....Dialogue with Director</p> <p><b>October 21</b> 10:00.....Introductory Watercolor Workshop 11:45.....Lunch: Teriyaki chicken lo mein or Egg salad sandwich 12:00.....Dialogue with Director</p>	<p><b>October 22</b> 11:45.....Lunch: BBQ pulled pork or Chicken Caesar salad 12:00.....Beginner Mah Jongg Workshop 6:00.....LGBTQ Elder Cafe</p>	<p><b>October 23</b> 10:15.....Canasta Workshop 11:45.....Lunch: White bean &amp; kale stew or Tuna salad sandwich 1:00.....Acrylic Landscape Painting 2:00.....Bicycling Alone Across the U.S. at 70</p>	<p><b>October 24</b> 9:30.....Men's Club: Custer and the Battle of the Little Big Horn 9:30.....Ceramics I 11:45.....Lunch: Baked fish or Roast beef w/ Provolone sandwich 12:00.....Ceramics II</p>
<p>10:30.....Parkinson's Support Group 11:45.....Lunch: Turkey stew or Roast beef w/ Provolone sandwich <b>YOGA CANCELLED</b></p> <p><b>October 30</b> 10:30.....Parkinson's Support Group 11:45.....Lunch: Alaskan pollock or Ham &amp; Swiss sandwich</p>	<p><b>October 31</b> 9:00.....What's Age Got to Do With It? Busting the Myths About Getting Older 11:45.....Lunch: Aloha chicken or Egg salad sandwich 12:00.....Tiger's Loft Luncheon <b>at Newton North High School</b> 12:00.....Beginner Mah Jongg Workshop</p>	<p><b>October 30</b> 10:15.....Canasta Workshop 11:45.....Lunch: Beef stroganoff or Chicken breast over salad 1:00.....Movie: <i>Free Solo</i> 1:00.....Acrylic Landscape Painting 1:15.....Fall Birthday Party with Girl Scouts</p>	<p><b>October 31</b> 9:30.....Ceramics I 10:30.....Oral Health Talk 10:30.....Short Story Group 11:45.....Lunch: Stuffed shells or Turkey w/ Provolone sandwich 12:00.....Ceramics II 1:15.....Halloween Party! 5:30.....55+ Job Networking</p>

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# Support Groups

## Parkinson's Support Group

*Last Monday of every month*

Mondays: September 30th and October 28th, 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*

2 Fridays: September 27th (**note re-scheduled date**) and October 11th, 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: September 19th and October 17th, 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: September 17th and October 15th, 2:00-3:30 p.m. (**note new time**)

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an older 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, September 9th

(**note re-schedule due to Labor Day**), and October 7th, 12:30-2:00 p.m.

At our September meeting, we will welcome Catherine H. Bly, M.Ed, TVI. Catherine, who is visually impaired, herself, will discuss MassMATCH, MA's initiative to Maximize Assistive Technology in Consumer's Hands. She will demonstrate various kinds of low vision, daily living and low hearing devices to "show and tell." Examples include electric magnifiers, talking color identifier, talking blood pressure device, telescopes, handheld magnifiers, and the pocketalker. The topic of the October meeting will be selected from suggestions made at the planning meeting. **Just show up.**

# Monthly Programs

## LGBTQ Elder Café

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

*Fourth Tuesday of every month*

Tuesdays: September 24th and October 22nd, 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](mailto:jjoy@newtonma.gov)**



Providence House  
Assisted Living

## Newton Men's Club

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

Thursdays: September 12th and October 10th, **Johnny's Luncheonette, 30 Langley Road, Newton Centre**

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

**Newton Senior Center**

Thursdays: September 26th and October 24th, September's talk is Laws of Sexual Harassment with Joel Suttenger. October's talk is Custer and the Battle of the Little Big Horn with Guy Moss. All retired and semi-retired men are welcome. **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: September 3rd, 11:00 a.m.-noon and October 1st, 11:00-11:50 a.m.

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

Thursdays: September 26th and October 31st, 10:30-11:30 a.m.

*Last Thursday of every month (except July and August)*

We will resume in September. We welcome new participants! Get the story at our Front Desk. **Just show up.**

## Book Club

Fridays: September 20th and October 18th, 10:00-11:30 a.m.

*Third Friday of every month (except July and August)*

We will resume on September 20 with Before We Were Yours, by Lisa Wingate. October's book is The President Is Missing, by James Patterson and Bill Clinton. All are welcome. **Just show up.**



## Off-Site Fitness Programs

### **Beginner's Tai Chi with Aaron at Stone**

8 Thursdays: September 12th-October 31st,  
2:00-3:00 p.m.

*Stone Rehabilitation & Senior Living, 277 Elliot Street,  
Newton Upper Falls*

Led by Aaron Crawford. Open to the community. This class will continue to meet all year, if there is sufficient participation. Registration required by September 9th. **\$3 suggested contribution. Register with the Front Desk at 617-796-1660.**

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

*Nordic Hall, 206 Waltham Street, West Newton*

Mondays, 10:00-11:00 a.m. *Starts September 16th*

OR Fridays, 9:00-10:00 a.m. *Starts September 13th*

This 12-week class, made possible through the generous support of Newton Wellesley Hospital. There is NO fee, but

registration is required. **Register with Elizabeth Lund at 617-796-1665.**

### **Yoga and Zumba Gold at the Hyde**

Zumba Gold: Tuesdays, 10:00-11:00 a.m. *Starts Sept. 10th*

Zumba Gold: Fridays: 9:45-10:45 a.m. *Starts Sept. 13th*

Yoga: Thursdays: 2:00-3:00 p.m. *Starts Sept. 5th*

*Hyde Community Center, 90 Lincoln Street,  
Newton Highlands*

New to our lineup is Diane, who will be teaching an active Chair Yoga class that includes standing postures. Diane is a certified yoga instructor who completed the 200-hour Yoga-works Teacher Training Program. She studied with Lakshmi Voelker, founder of "Get Fit Where you Sit" chair yoga. Diane brings a playful spirit and a dedication to working with yoga students of all ages and abilities. And, return to Zumba Gold with Ketty, now twice per week! Classes will have a winter break. **\$3 suggested contribution. Just show up.**

## Art Classes and Workshops

### **Introductory Watercolor Workshop**

6 Mondays: September 16th, September 23rd, October 7th,  
October 21st, November 4th, November 18th,  
10:00 a.m.-noon

*No class on September 30th, October 14th, October 28th, or  
November 11th.*

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. Registration required by September 9th. **\$85.**

### **Ceramics Workshop**

*Session I, 8 Thursdays: September 26th, October 3rd,  
October 10th, October 17th, October 24th, October 31st,  
November 7th, November 14th, 9:30-11:30 a.m.*

*Session II, 8 Thursdays: September 26th, October 3rd,  
October 10th, October 17th, October 24th, October 31st,  
November 7th, November 14th, 12:00-2:00 p.m.*

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. Please bring your own apron. **Both sessions are waiting-list only. \$70.**

### **Acrylic Landscape Painting**

6 Wednesdays: October 16th, October 23rd, October 30th,  
November 6th, November 13th, November 20th,  
1:00-3:00 p.m.

Students will learn the basics of working with acrylic paints, while creating an original landscape painting. We will review color mixing, composition, underpainting, and a variety of

styles used by landscape artists; we will introduce a variety of paint application techniques. 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 October 9th. **\$90.**

### **Portrait Drawing Studio with a Live Model**

Wednesday, September 11<sup>th</sup>, 1:00-3:00 p.m.

Pencil, charcoal, pastel drawing media only. We will work with a live model. Limited instruction. Please bring your own art materials; six easels available. Registration required by September 6th. Facilitated by David Wenstrom. **\$10.**

### **Introduction to Mosaics**

2 Fridays: September 27th and October 4th, 10:00 a.m.-noon  
This workshop will introduce participants to the materials and techniques – cutting, adhesives, and grouting – necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as tiles, beads, or broken dishes, feel free to bring them along. Minimum of 7 people to avoid cancellation. Taught by Rita Foglia. Registration required by September 20th. **\$30.**

### **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*
- Jane Singer *in appreciation for the Senior Prom*
- Phyllis Solomon *in appreciation for Durable Medical Equipment*
- Ena Lorant *in appreciation of the Newton Senior Center*
- Myril & Sim Adler *in appreciation of the Newton Senior Center*
- Jane & Arthur Singer *in appreciation of the Newton Senior Center*

## MetroWest Legal Clinic

### MetroWest Legal Clinic

2 Thursdays, September 19th and October 17th,  
9:30-11:30 a.m.

An attorney from MetroWest Legal Services will offer free legal advice at the Newton Senior Center. 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.**

**Please call to cancel if you are unable to attend, as we always have a waiting list!**

## SHINE: Serving the Health Insurance Needs of Everyone

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call soon to schedule your SHINE appointment during the Open Enrollment, which

is from **October 15th through December 7th!**

**REMINDER: Bring your Medicare card and drug list to your appointment!**

Trained SHINE volunteers offer free confidential counseling on all aspects of Medicare and related health 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

*The following programs are led by the Newton Parks & Recreation Department (617-796-1506), not the Newton Senior Center. Registration for ALL Parks & Recreation programs (free and paid) is required: call them 617-796-1506 to register.*

**Ukulele Lessons:** Tuesday mornings 10:00-11:00 a.m. at 1294 Centre Street, five-week session begins September 10<sup>th</sup>. Cost \$25.00

**New-Self Massage Class:** Improve connective tissue function noticeably with this interactive class. Tuesdays 6:45-7:45 p.m. or Thursdays 10:45- 11:45 p.m. at 1294 Centre Street, \$67.00

**Art Class - Still Life with Gourds:** No experience needed; materials provided. Multiple Options to choose from. Albemarle Fieldhouse, 9/18/19 1:00-2:30 p.m.

The Centre at 1294; 10/10/19 10:00-11:30 a.m. or 10/22/19 6:30-8:00 p.m. Cost \$15.00

**Organization Workshop:** Learn the basics, break free from clutter, and get organized. Program is free but registration is required. Dates: September 5, 12, 19 Time: 10:00-11:30 a.m. Place: The Centre at 1294.

**To Love your Mother-in-Law is a Piece of Cake!** Entertaining and informative, speaker Irene Bloomstone will join us on at the Center at 1294, October 24<sup>th</sup>, 6:45p.m. Registration required

**Travel:** All Tied Up in Knotts: Rhode Island luncheon with show, Thursday September 19<sup>th</sup>, Castle in the Clouds, New Hampshire, Wednesday, October 16<sup>th</sup>, Yankee Candle's Flagship Store and historic Deerfield, Wednesday, November 13<sup>th</sup>.

**Multiple Fitness and Dance Classes:** Box Steady, Power Posture Ballet, Eccentrics, Tai Chi for Graceful Aging, Muscle Up Strength Class, Basketball, Tai Yo Ba, golf league, La Blast, Scottish Country Dance, Line Dance, Zumba, Tap Dance, Aquatics.



# NEED TO SELL YOUR HOUSE?

We can close fast, in cash, with no contingencies.

**No Commissions. No Repairs.**



**WeBuyOldProperties.com**

**617-694-7356**

**FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE**



**FREE HOME SAFETY ASSESSMENTS**  
**GRAB BARS, STAIRLIFTS, RAMPS, & MORE**

16 Production Road | Walpole, MA

**508.269.9227 | OakleyHomeAccess.com | MA reg 193504**



**Providence House Assisted Living**



617-731-0505 | 180 Corey Road | Brighton, MA 02135

**www.providencehouseassistedliving.com**



617.893.9824

Serving the Greater Boston Area  
Steven Conroy - Owner

**www.lugaway.com | info@lugaway.com**

Home Cleanouts  
Garage Cleanouts  
Office Cleanouts  
Storage Unit Cleanouts  
Estate Cleanouts  
Yard Sale Cleanouts  
Furniture  
Appliances  
Televisions  
Construction Debris  
Yard Waste  
Donation Pick Up



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

**CONTACT US AT**

**careers@4LPi.com • www.4LPi.com/careers**

*Call today to connect with a* **SENIOR LIVING ADVISOR**

**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.



◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

*There's no cost to you!*

**(888) 672-0689**

We're paid by our partner communities



### 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](http://CareDimensions.org) or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Newton Council on Aging, Newtonville, MA

06-5143

## Commodity Foods program

### Commodity Supplemental Food Program

#### *Third Friday of every month*

2 Fridays: September 20th and October 18th,  
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](mailto:ekuhl@newtonma.gov).**

## Conversation Group

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

#### *Second Thursday of every month*

2 Thursdays: September 12th and  
October 10th, 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 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 617-796-1665 or [elund@newtonma.gov](mailto:elund@newtonma.gov)

## Volunteer Opportunities

**Newton Senior Center Support:** Clerical support, Reception Desk, On-Call for Parties/Events, Store, LGBTQ Café, Newsletter distributors, Data Entry, Customer Service Representative

#### **Other Volunteer Programs via the Newton Senior**

**Services Department:** Friendly Visitor, Youth/Schools, Hospice, Food Pantries, Baby Cuddler in hospitals, AARP Tax Aide, Nursing Home Ombudsman, Parks and Recreation 55+ programs (such as pickleball helper), Newton Emergency Support, Newton Main Library Shelf Attendant, AND MANY MORE....

We need you. If you have a little bit of time to give, consider volunteering. Do you know that Seniors or Veterans who are Newton Homeowners may be able to receive a credit on your

property taxes in exchange for volunteering in the Newton Tax Work-Off Program? For Seniors there is an income cap. For Veterans there is no income cap! If the homeowner is physically unable to volunteer, someone else may qualify to be their Proxy.

**FOR MORE INFORMATION, CONTACT JULIE JOY, VOLUNTEER COORDINATOR at [JJOY@NewtonMA.gov](mailto:JJOY@NewtonMA.gov) or 617 796-1674**

*Special Thanks:* This past summer presented some unusual staffing challenges, and we want to extend our appreciation to our wonderful volunteers, and especially to Tom Hart, Liz O'Connell and Yael Melman for many extra hours of volunteering help! Thank you for your generosity!

## NewMo (Senior Transportation Service)

### **NewMo**

If you haven't signed up for or used NewMo yet, here are some helpful hints to make the process easier:

**Opening an account is easy.** Call ahead to the Senior Center to make sure someone is available. They can set up an account for you in minutes. Or, if you'd prefer to set up an account using VIA on your smart phone, call the Senior Center to get a promo code that will allow you to complete the process. The call center (617-655-8019) can also help you set up an account, once you have the promo code.

**You don't need a smartphone or cell phone to use NewMo.** The service allows riders to schedule rides by

calling the call center at 617-655-8019 or using the VIA app. You can dial the call center from anywhere: from your home phone, a cell phone, or a phone in a public place.

**Plan ahead.** Currently, the average wait time for a vehicle is 15 minutes, but if you have a doctor appointment, you should schedule a ride **an hour** before your appointment. That way you won't have to worry about unexpected traffic or construction. When your appointment ends, call NewMo to schedule a ride home. **For return trips, you must call by 4:55 p.m. on weekdays or 11:55 a.m. on weekends.**

If you have other questions, please call the Senior Center at 617-796-1660.

## Walk to End Alzheimer's!

### **Walk to End Alzheimer's Disease**

Sunday, September 22nd, depart Newton Senior Center at 8:30 a.m. return at approximately 1:00 p.m.

#### **North Point Park in Cambridge**

Join the Newton Senior Center team for the Walk To End Alzheimer's Disease. To walk with or donate to Team Newton Senior Center you can go to this link,

<http://act.alz.org/goto/NewtonSeniorCenter> or register/donate with Case Manager Emily Kuhl (Team captain) 617-796-1672. **Transportation is generously sponsored by Providence House Assisted Living.**







# Newton Cemetery & Arboretum

Open to the public and serving greater Boston since 1855, Newton Cemetery & Arboretum is a private non-profit Cemetery that serves all faiths. Newton Cemetery is proud to offer a variety of traditional and cremation options in both newly developed and historic areas of the Cemetery



Please call or email our office to schedule an appointment.  
617.332.0047 • [www.newcemcorp.org](http://www.newcemcorp.org) • [ncc@newcemcorp.org](mailto:ncc@newcemcorp.org)  
Established 1855 • 791 Walnut Street, Newton Center, MA 02459

## TRAIN with SHAIN

IN HOME PERSONAL TRAINING  
FOR SENIORS

Gait, Balance/Fall Prevention  
& Strength Training

**(508) 231-6378**

[www.trainwithshain.net](http://www.trainwithshain.net)

**FULLY INSURED**

## DENNIS M. DEVENY & SONS

New England Memorial Monuments

Custom Cemetery Monuments & Inscriptions  
Indoor Showroom

701 Moody St.  
Waltham

**781-891-9876**

CUSTOM DESIGNS AT LOCATION



Email: [Dennis@NEMonuments.com](mailto:Dennis@NEMonuments.com)

[NEMonuments.com](http://NEMonuments.com)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Steve Twomey to place an ad today!  
[stwowmey@lpiseniors.com](mailto:stwowmey@lpiseniors.com) or (800) 950-9952 x5854

### PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



# \$29.95/MO

BILLED QUARTERLY

PLUS  
SPECIAL  
OFFER

CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)

## ULTIMATE URBAN LIVING FOR BOSTON'S SENIORS

- All-Inclusive Monthly Rentals with Stunning City Views
- Access to On-Site Supportive Services
- Health Club and Pool Staffed by Train Boston®
- Gourmet Dining and 24-Hour Concierge

Limited Apartments with Premium Views Remain!

Call **617.829.9220** to schedule a visit.

[WaterstoneCircle.com](http://WaterstoneCircle.com)



## WATERSTONE AT THE CIRCLE

385 Chestnut Hill Avenue • Boston

MASS RELAY 711



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Newton Council on Aging, Newtonville, MA

06-5143

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

Non-Profit Org  
U.S. Postage  
PAID  
Boston, MA  
Permit #52475

### Newton Department of Senior Services

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

[www.newtonseniors.org](http://www.newtonseniors.org)

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



#### Staff: 617-796-XXXX

Email: [first initial last name@newtonma.gov](mailto:first initial last name@newtonma.gov)

Jayne Colino, Director, 1671

Lucy Bedigian, Lunch Site Manager, 1668

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Elizabeth Lund, Outreach & Engagement  
Coordinator, 1665

Ilana Seidmann, Program Coordinator, 1670

Fred Weissman, Administrative Assistant, 1675

#### Council on Aging Members

Donna Murphy, Chair

Naomi Krasner, Vice Chair

Carol Ann Shea

Elizabeth Dugan

Julie Irish

Norman Meltz

Julie Norstrand

Allison Sharma

#### Advisory Board

Audrey Cooper

Jo-Edith Heffron

Adele Hoffman

Jessica Johnson

Marian Knapp,

Secretary

Ena Lorant

Maria Meyer

Joan Murray Shultz

John Pelletier

Ernest Picard

Joyce Picard

Eric Rosenbaum

Lisa Samelson

Nancy Scammon

Laura Shaw

Tom Shoemaker

Gordon Szerlip

Emma Watkins

#### Mission

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

#### Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.

#### Statement of Welcome

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