

# COMING OF Age...

Your Center for Connection

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

## November-December 2019

### Shredding & Drug Take-Back Day

Saturday, November 9th, 8:00 a.m.-12:00 p.m.

(rain or shine)

**Rumford Avenue Recycling Depot,  
115 Rumford Avenue, Auburndale, MA**

There will be a paper shredding and drug take-back day at the Rumford Avenue Resource Recovery Center. This is the perfect time to clean out your old files and medicine cabinets. Shredding is for **RESIDENTIAL** materials only (no businesses). Staples may be left in documents, and paper bags may be shredded. Limited to 4 paper boxes **OR** 8 paper bags per car. Bring your old or unused prescription medications to be properly disposed of. **NO** liquids, aerosols, or sharps accepted. Drive-through service; we ask that residents remain in their cars during shredding and drug take-back for everyone's safety. Cosponsored by the Newton Department of Senior Services, the Newton Department of Public Works, the Newton Police Department, and the Newton Department of Health and Human Services. **Advanced sign-up required: call the Newton Senior Center Front Desk at 617-796-1660 to register for a 15-minute time slot between 8:00 a.m. - 12:00 p.m. \$5-\$10 donation (depending on quantity) requested.**

### Thanksgiving Day Dinner

Thursday, November 28th, 11:00 a.m.-2:00 p.m.

Members of the senior community who find themselves far from family or loved ones are invited to join us for a Thanksgiving Day dinner. This event is open to Newton **seniors** only, and pre-registration is required. Register early, as space is limited. **Free, thanks to the generous sponsorship of The Village Bank. Register with Ilana Seidmann at 617-796-1670 or any staff person.** Please provide your name, phone number, and address.



### Cuba After Castro - A Country in Transition

Friday, December 6<sup>th</sup>, 2:00-3:30 p.m.

Cuba is a nation of paradoxes. A leader in health and education but with shortages of basic foods and consumer goods, among the highest literacy rates in Latin America, but with constraints on free speech, and magnificent restored colonial architecture side by side with blocks of dilapidated and crumbling apartment buildings. Kept in a time warp for decades by an economic system controlled exclusively by the government and exacerbated by the United States embargo, Cuba is now emerging to allow private businesses, private property ownership, and public internet access. Barry Pell traveled to Cuba in 2000 and returned in 2019 to speak with the Cuban people and observe the changes. In this program, accompanied by his photography, he will discuss how its people are embracing and benefitting from the changes while remaining devoted to the nation's revolutionary ideals and cultural heritage. **Generously sponsored by Wingate Residences at Boylston Place and Right at Home Boston MetroWest- In Home Care & Assistance. Register with the Front Desk at 617-796-1660.**



### Welcome, Norine!

Norine Silton is our new Executive Administrator for the Senior Services Department, replacing Alice Bailey, who recently retired after 23 years. Prior to coming to Senior Services, she worked in the City's Planning & Development Department for over 18 years as the Executive Assistant/Development Services Supervisor until she decided to change her focus to work more closely with the quickly growing senior population. Her outside interests include taking care of her 2 cats, Koda & Zeus, gardening, tennis, reading, and traveling.

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

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# Trips

## *Newton Community Education Day Trip Christmas in Newport*

*The following trip is led by  
Newton Community Education  
(617-559-6999), **not** the Newton  
Senior Center.*



**Date:** Saturday, December 7th, 8:00 a.m.-8:00 p.m.

**Description:** Enjoy a comprehensive view of Newport during the Christmas season. Your price includes a reserved tour of two Newport mansions decorated for Christmas: the famed Vanderbilt Breakers and

Rosecliff, used as the backdrop in the movie *The Great Gatsby*. Lunch is on your own in historic downtown Newport. A local historian and storyteller will take us on a colorful tour of Newport and provide commentary and stories of the past and present. Trip is led by Endless Byways tour guides; motor coach leaves from Newtonville. More info at newtoncommunityed.org.

**Register:** \$129 + \$6 registration fee. Contact Newton Senior Center staff at 617-796-1670 **by November 13th** for a \$10 discount code. (Quantities are limited. NCE staff does not have discount codes.) Registration required by November 20th by phone (617-559-6999) or at newtoncommunityed.org

## Program Notes

### Fitness & Wellness Classes

Fitness 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, and we welcome you to pay by check (payable to Newton Senior Center; give to staff). Your contribution allows these classes to happen!

### Election Day: Tuesday, November 5th

The Newton Senior Center and the Hyde Community Center are election sites on Tuesday, November 5th. All programs that normally take place on our Main Level are cancelled that day.

### 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.

### Dialogue with the Director, Jayne Colino

2 Wednesdays: November 13th and December 18th, 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

2 Mondays: November 4th and November 18th

2 Wednesdays: December 4th and December 18th  
9:00-10:00 a.m.

Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **Just show up. Please note the change in days and times – Health Maintenance Clinics will no longer be held Fridays from 9:30-11:00.**

The Newton Senior Center will close:

**Monday, November 11th (Veteran's Day),  
Thursday, November 28th (Thanksgiving),  
Friday, November 29th (the day after  
Thanksgiving), and Wednesday, December  
25th (Christmas Day).**

### Registration Instructions for Our Programs

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!

Please be aware that we can offer refunds for paid programs only up until the registration deadline (usually 5 business days prior to the start date). Refunds or credits are not possible for any reason after that date.

Without exception, paid programs are **first-come, first-served, by date and time of payment.** Please leave your check with any (paid) staff person.

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## Lectures & Education

### Senior MBTA CharlieCard

Wednesday, November 6th, arrive anytime between 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. Just show up.**

### 50+Job Networking Group

4 Thursdays: November 7th, November 21st, December 5th, December 19th, 5:30-8:30 p.m. Our facilitator, Tom Patria, a professional career coach, and various guest speakers, will help participants to explore next steps. November 7: Using LinkedIn as a Powerful Job-Search Tool  
November 21: Creating a LinkedIn Profile  
December 5: Networking 2.0

December 19: Interview Preparation/Strategy

This program is funded by the Massachusetts Executive Office of Elder Affairs. **Registration required: call the Front Desk at 617-796-1660.**

### Poetry Workshop

8 Tuesdays: November 12th, 19th, 26th, December 3rd, 10th, 17th, 24th, 31st, 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 plan to attend all eight sessions. **Register with the Front Desk at 617-796-1660.**

### How to Deal with Surprise/ Balance Billing in the Medical System

Wednesday, November 13<sup>th</sup>, 2:00-3:30 p.m. The term “surprise medical bill,” one type of “balance” billing, describes charges assessed when an insured person unintentionally receives care from an out-of-network provider. During this presentation, we will review strategies to make informed decisions regarding cost of care and learn about what consumer protections are in place. Attendees will leave this talk with useful resources and questions answered. 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.**

### Will You Be the Next One Harmed by Fraud?

Friday, December 13<sup>th</sup>, 2:00-3:30 p.m. Come and learn what you can do to protect yourself, your estate, and your home. Susana Lannik, of Lannik Law, will speak on using estate planning documents to prevent financial exploitation. Susan Howards, a courtroom attorney, will speak on court fraud, domestic violence and restraining order fraud, elder abuse fraud, and cyber security. Betsy Millane, Realtor, Keller Williams will speak on fraud in real estate practices. **Register with the Front Desk at 617-796-1660.**

## Arts & Culture

### Holiday Harmonies Histories

Wednesday, December 4<sup>th</sup>, 2:00-3:30 p.m. Music historian Frank King will discuss the fascinating origins of several beloved Christmas and Hanukkah songs, including, the famous song that began as a character for a department store promotion, the beautiful Christmas song created thanks to hungry mice, the novelty holiday song that was banned in parts of the South, the classic holiday song written in a tuberculosis sanitarium. Mr. King holds a Masters in Broadcasting from Boston University. 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 Avenu at Natick. Register with the Front Desk at 617-796-1660.**



### Folk Sing- Alongs

*Third Thursday of every month*  
2 Thursdays: November 21st and December 19th, 2:30-3:30 p.m. Join us for a song swap with old favorites and folk classics. **Just show up.**

### Volunteering!

There are many opportunities available! **Contact Volunteer Coordinator Julie Joy, 617-796-1674.** If you would like to be an AARP volunteer during the tax season, **contact Michael Zimmer at 617-217-1737** for details.

## Health and Wellbeing

### Stress Management 101

#### *Slow Down to Move Fast: How to Calm Yourself*

Monday, November 18<sup>th</sup>,  
11:30 a.m.-12:30 p.m.

What is stress? Learn how to recognize the stressors in your life and what you can do to manage them before they make you sick. Participants should dress in comfortable clothes and come prepared to de-stress! Led by Ann Mazzola, RN, the Nurse Health Educator and Clinic Client Care Manager at Home Instead Senior

Care, a private-pay, non-medical homecare agency. **Register with the Front Desk at 617-796-1660.**

### Support Group for Adult Children Caring for or Managing an Aging Parent

#### *A workshop series for the Sandwich Generation (adults ages 40 -70)*

8 Tuesdays: October 29th, November 19th, December 10th, January 7th, February 4th, March 3rd, April 7th, May 5th, 6:15-7:30 p.m.

### Temple Emanuel, Room 22, 385 Ward Street, Newton

Social Worker Lori Feldman, LICSW, Family Care Program, Center for Memory Health, will facilitate group sessions and begin each session with a relevant topic followed by group input. This program is generously sponsored by Hebrew SeniorLife Center for Memory Health. **Contact Tracy Schneider at 617-959-4928 to register.** Space is limited. There is no charge for this program.

## Food, Music, and Fun!

### Newton North High School Quintet

Friday, November 22nd, 1:00-1:45 p.m.

Enjoy music from the Newton North Jazz combo! They are excited to come and perform. They will take you back with classics from the '40s, '50s, and '60s. **Register with the Front Desk at 617-796-1660.**

### Winter Birthday Party with Girl Scouts

Wednesday, December 4th, 1:00-2:00 p.m.

Enjoy music, activities, and cake! The Girl Scouts are looking forward to meeting you. **Register with the Front Desk at 617-796-1660.**

### Annual Holiday Party

Wednesday, December 11th,  
1:15-2:15 p.m.

Enjoy some holiday cheer! Steve Rudolph's Swing Fever Trio will perform the most popular songs of the 30's, 40's, and 50's, with a special emphasis on holiday music. You'll hear the music of George Gershwin, Cole Porter, Richard Rodgers, Frank Sinatra, Elvis, and much more. Refreshments will be served! **Generously sponsored by CareOne at Newton. Register with the Front Desk at 617-796-1660.**



Come join us and celebrate the holidays with singing and merriment! The band will be decked out in holiday gear, and you should, too! Everyone will receive a copy of the words to the songs, so there'll be no excuse not to join in. You'll hear "Deck the Halls," "I Saw Mommy Kissing Santa Claus," "Let it Snow!" "I Have a Little Dreidel," "Have Yourself a Merry Little Christmas," "Silent Night," and more! **Just show up.** You are also welcome to listen to the Swing Band every Tuesday at 1:30 p.m. for Open Rehearsal.



### Chamber Ensemble Holiday Sing-Along

Wednesday, December 18th, 10:15 a.m.-11:15 a.m.

Join the Chamber Ensemble for a holiday sing-along, followed by light refreshments. You will hear works by Handel, Haydn, as well as holiday music with sing-along booklets. **Please join us! Just show up.**

### New Year's Celebration

Tuesday, December 31st, 12:00-1:00 p.m.

Let's "ring in the new year!" Lunch will be provided. Preference for lunch is given to Springwell clients and then for others, if space is available. Registration is required, and all participants will be called the day before to confirm attendance. **Register with the Front Desk at 617-796-1660.**

**Generously sponsored by Stone Rehabilitation & Senior Living.**



### Swing Band Holiday Concert

Tuesday, December 17th,  
1:30-2:30 p.m.

# Memory Café

*Third Wednesday of every month*  
**Note our new schedule!**

2:00-2:15: Refreshments are served  
2:15-3:15: Guest artist performs  
3:15-3:30: Socializing with new friends!

## Michael Goodwin presents *The Golden Age of Showtunes*

Wednesday, November 20th,  
2:00-3:30 p.m.

We call this the “Lerner and Lowe show” because we start with Brigadoon and end with My Fair Lady. We also get to visit with Shakespeare in *Kiss Me, Katie* and explore love and tragedy in Maine in *Carousel*. There will be singing, lecture, video clips from various shows, and many opportunities to participate. **Generously sponsored by 2Sisters Senior Living Advisors. Request reminder call with the Front Desk at 617-796-1660.**



## Bruce Hambro presents *Bing Crosby:*

### *Swinging on a Star*

Wednesday, December 18th, 2:00-3:30 p.m.

Bing Crosby was America’s early and mid-20th-century beloved crooner. He topped the charts with more than forty #1 hit recordings. He was also the lead actor in 55 motion pictures. We’ll review the highlights of the historic career of “Der Bingle”. **Generously sponsored by 2Sisters Senior Living Advisors. Request reminder call with the Front Desk at 617-796-1660.**



# Games

## Beginner Mah Jongg Workshop

5 Wednesdays: November 20th, November 27th, December 4th, December 11th, and December 18th, 10:00 a.m.-noon

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 November 14th. 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.

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

*Second Thursday of every month*

2 Thursdays: November 14th and December 12th, 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. Reunite with old friends and make new ones, learn about activities, events, volunteering, and employment opportunities, explore this phase of life, and have some laughs. **Just show up.**

Questions, contact Elizabeth at 617-796-1665 or elund@newtonma.gov

## NewMo

If you have yellow vouchers from our old contract with Veteran’s Taxi, the deadline to return them for a refund or transfer is December 31<sup>st</sup>, 2019. Questions? **Call Elizabeth Lund at 617-796-1665 or email elund@newtonma.gov**

# Movies

The Presti Group, an independent real estate agency in Newtonville, will be providing free popcorn to movie-goers. The company’s motto is, “We go the extra block.” **Please register at the Front Desk 617-796-1660 if you would like popcorn at the movie.** A **huge THANK YOU** to the Girl Scouts, and especially “Girl Scouts Mom” Dawn Plummer, for our new video monitor and sound system! Thanks to them, movies will take place in the large Function Room, on Friday afternoons, 1:45-3:45 p.m.



## Friday, November 8th, 1:45 p.m.

### *Yesterday*

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom. 2019. PG-13. 1 hour, 56 minutes.



## Friday, November 22nd, 1:45 p.m.

### *On the Basis of Sex*

Inspired by the powerful true story of a young Ruth Bader Ginsburg, this movie depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. 2018. PG-13. 2 hours, 0 minutes.




## Friday, December 27th, 1:45 p.m.

### *They Shall Not Grow Old*

Using state of the art technology to restore original archival footage which is more than a 100-years old, this film brings to life the people who can best tell this story: World War I soldiers. 2018. Rated R. 1 hour, 39 minutes.



# November/December 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 9:00 a.m. Pool Cues 10:00 a.m. Theatre Workshop 10:00 a.m. Zumba Gold 10:00 a.m. Tai Chi at <b>Scandinavian L.C.</b> 1:00 p.m. Games 1:00 p.m. NewsTalk 1:30 p.m. Yoga: chair 2:45 p.m. Nia</p>	<p>9:00 a.m. Intermediate Spanish 9:30 a.m. Beg. Bridge &amp; Coaching 10:00.....Zumba Gold at <b>Hyde Community Center</b> 11:00 a.m. Muscle Conditioning 12:30 Ceramics Open Studio 1:00 p.m. Bingo 1:30 p.m. Swing Band</p>	<p>9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:00 a.m. Drawing and Painting Open Studio 10:45 a.m. Seated Strength &amp; Balance 12:00 p.m. Zumba Gold</p>	<p>8:45 a.m. Mindful Meditation 9:00 a.m. Knitting 10:00 a.m. Beginner Tai Chi 11:00 a.m. Tong Ren 11:45 a.m. Advanced Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:00 p.m. French Salon 2:00 p.m. Active Chair Yoga at <b>Hyde Community Center</b> 2:00 p.m. Beginner's Tai Chi at <b>Stone Rehabilitation &amp; Senior Living</b></p>	<p>9:00 a.m. Muscle Conditioning 9:00 a.m. Tai Chi at <b>Scandinavian L.C.</b> 9:00 a.m. Intermediate Spanish Conversation 9:00 a.m. Pool Cues 9:45.....Zumba Gold at <b>Hyde Community Center</b> 10:00 a.m. Beg. French 10:05 a.m. 20-20-20 Fitness Class 11:15 a.m. Zumba Gold 12:00 p.m. Poker 12:30 p.m. Seated Strength &amp; Balance 1:00 p.m. Chess 1:00 p.m. Bingo</p>
<p><b>November 4</b> 9:00.....Health Maintenance Clinic 10:00.....Watercolor Workshop 11:45.....Lunch: Cranberry chicken or Egg salad sandwich 12:30.....Low Vision Support Group</p>	<p><b>November 5</b> 11:00.....Hearing Screening 11:45.....Lunch: Chop Suey or Chicken salad sandwich <b>ELECTION DAY: ZUMBA GOLD AT THE HYDE CANCELLED</b> <b>MUSCLE CONDITIONING, SWING BAND, &amp; BINGO CANCELLED</b></p>	<p><b>November 6</b> 11:45.....Lunch: Potato pollack filet or Roast beef sandwich 1:30.....Acrylic Landscape Painting 2:00-3:15.....MBTA Senior CharlieCard (Newton residents only)</p> 	<p><b>November 7</b> 9:30.....Ceramics I 11:45.....Lunch: Beef Burgundy or Cottage cheese &amp; fruit plate 12:00.....Ceramics II 5:30.....50+ Job Networking Group</p>	<p><b>November 1</b> 11:00.....Broccoli mushroom quiche or Tuna salad sandwich 2:00.....Our Bodies, Ourselves 2:15.....Digital Photography 101 <b>ZUMBA GOLD AT HYDE AND SENIOR CENTER CANCELLED</b></p> <p><b>November 8</b> 11:45.....Lunch: Lentil stew or Turkey sandwich 1:45.....Movie: Yesterday 2:15.....Digital Photography 101 2:30.....Clutter Support Group</p> <p><b>November 9 (Saturday)</b> 8:00-12:00.....Shredding and Drug Take-Back Day at <b>Rumford</b></p>
<p><b>November 11</b> <b>VETERAN'S DAY: NEWTON SENIOR CENTER IS CLOSED</b> <b>TAI CHI AT SLC CANCELLED</b></p>	<p><b>November 12</b> 12:00.....Poetry Workshop 11:45.....Lunch: Potato pollack w/ Newburg sauce or Turkey w/ Provolone sandwich</p>	<p><b>November 13</b> 11:45.....Lunch: Beef stew or Egg salad sandwich 12:00.....Dialogue with Director 1:30.....Acrylic Landscape Painting 2:00.....How to Deal with Surprise/Balance Billing in the Medical System</p>	<p><b>November 14</b> 9:30.....Men's Club 9:30.....Ceramics I 10:00.....Now What? 55+ Group at <b>Newton Free Library</b> 11:45.....Lunch: Orange almond chicken or Ham chef salad 12:00.....Ceramics II</p>	<p><b>November 15</b> 10:00.....Book Club: <u>Just Mercy</u> 11:45.....Lunch: Hot dog or California chicken salad sandwich 1:00.....Commodity Supplemental Food Program 2:15.....Digital Photography 101</p>
<p><b>November 18</b> 9:00.....Health Maintenance Clinic 11:30.....Stress Management 101 10:00.....Watercolor Workshop 11:45.....Lunch: Baked fish w/ broccoli cheese sauce or Turkey w/ Provolone sandwich</p>	<p><b>November 19</b> 11:45.....Lunch: Chicken scaloppini or Tuna salad sandwich 12:00.....Poetry Workshop 2:00.....Caregiver Support Group</p>	<p><b>November 20</b> 10:00.....Mah Jongg Workshop 11:45.....Lunch: Macaroni &amp; cheese or Curry chicken salad sandwich 1:30.....Acrylic Landscape Painting 2:00.....Memory Café: The Golden Age of Showtunes</p>	<p><b>November 21</b> 9:30.....Men's Club at <b>Johnny's</b> 9:30.....Ceramics I (<b>new session</b>) 10:30.....Bereavement Group 10:30.....Short Story Group 11:45.....Lunch: <b>Thanksgiving Day Special:</b> Turkey, cornbread, pie 12:00.....Ceramics II (<b>new session</b>) 2:00.....Folk Sing-Along 5:30.....50+ Job Networking Group</p>	<p><b>November 22</b> 11:45.....Lunch: BBQ pulled pork or Vegetarian chef salad 1:00.....Portrait Drawing Studio with a Live Model 1:00.....Newton North High School Quintet 1:45.....Movie: <i>On the Basis of Sex</i> 2:15.....Digital Photography 101</p>
<p><b>November 25</b></p>	<p><b>November 26</b></p>	<p><b>November 27</b></p>	<p><b>November 28</b></p>	<p><b>November 29</b></p>



November 20 10:30.....Parkinson's Support Group 11:45.....Lunch: Stuffed shells w/ tomato sauce or Ham & Provolone sandwich	November 21 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich 12:00.....Poetry Workshop 6:00.....LGBTQ Elder Café 7:30.....Council on Aging meeting	November 22 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group	November 23 10:00.....Mah Jongg Workshop 11:45.....Lunch: Meatloaf w/ onion gravy or Turkey w/ Swiss sandwich	November 24 11:00.....Health Maintenance Clinic 10:00.....Mah Jongg Workshop 11:45.....Lunch: Vegetable quiche or Roast beef sandwich 1:00.....Girl Scouts Party 2:00.....Holiday Harmonies History	November 25 11:00.....Mah Jongg Workshop 11:45.....Lunch: Lentil stew or Chicken salad sandwich 1:00.....Watercolor Workshop 1:15.....Annual Holiday Party	November 26 11:45.....Lunch: Chicken cacciatore or Tuna salad sandwich 12:00.....Poetry Workshop 12:30-3:30.....MetroWest Legal Clinic <b>SWING BAND CANCELLED</b>	November 27 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich 12:00.....Poetry Workshop 6:00.....LGBTQ Elder Café 7:30.....Council on Aging meeting	November 28 11:45.....Lunch: Honey mustard chicken or Egg salad sandwich 12:00.....Poetry Workshop 6:00.....LGBTQ Elder Café 7:30.....Council on Aging meeting	November 29 11:00.....Hearing Screening 12:00.....Poetry Workshop 11:45.....Lunch: BBQ pulled pork or Curry chicken salad sandwich	November 30 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group	December 1 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group	December 2 11:45.....Lunch: Chicken Swedish meatballs or Tuna salad sandwich 12:30.....Low Vision Support Group	December 3 11:00.....Hearing Screening 12:00.....Poetry Workshop 11:45.....Lunch: BBQ pulled pork or Curry chicken salad sandwich	December 4 9:00.....Health Maintenance Clinic 10:00.....Mah Jongg Workshop 11:45.....Lunch: Vegetable quiche or Roast beef sandwich 1:00.....Girl Scouts Party 2:00.....Holiday Harmonies History	December 5 9:30.....Ceramics I 11:00.....Men's Club: Russia: Myths, Mysteries, and Spying 11:45.....Lunch: Potato pollack fish or Turkey & Swiss sandwich 12:00.....Ceramics II 5:30.....50+ Job Networking Group	December 6 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 7 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 8 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 9 10:00.....Holiday Beading Workshop 11:45.....Lunch: Creole fish or Turkey & Swiss sandwich 1:00.....Acrylic Landscape Painting	December 10 11:45.....Lunch: Chicken cacciatore or Tuna salad sandwich 12:00.....Poetry Workshop 12:30-3:30.....MetroWest Legal Clinic <b>SWING BAND CANCELLED</b>	December 11 10:00.....Mah Jongg Workshop 11:45.....Lunch: Lentil stew or Chicken salad sandwich 1:00.....Watercolor Workshop 1:15.....Annual Holiday Party	December 12 9:30.....Ceramics I 10:00.....Now What? 55+ Group at <b>Newton Free Library</b> 11:45.....Lunch: <b>Holiday Special:</b> Braised beef, salad, cupcake 12:00.....Ceramics II	December 13 10:00.....Book Club: <u>The Muralist</u> 11:45.....Lunch: Macaroni & cheese or Roast beef sandwich 2:00.....Will You Be The Next One Harmed by Fraud? 2:30.....Clutter Support Group <b>TAI CHI AT SLC CANCELLED</b>	December 14 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 15 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 16 11:45.....Lunch: Chicken marsala or Egg salad sandwich 1:00.....Acrylic Landscape Painting	December 17 11:45.....Lunch: <b>Traveling Chef: must reserve by Friday, Dec. 13th at 11am:</b> Vegetarian panini or Italian panini 12:00.....Poetry Workshop 1:30.....Swing Band Holiday Concert 2:00.....Caregiver Support Group	December 18 9:00.....Health Maintenance Clinic 10:00.....Mah Jongg Workshop 10:15.....Chamber Ensemble Concert 11:45.....Lunch: White bean & kale stew or Chicken Caesar salad 12:00.....Dialogue with Director 1:00.....Watercolor Workshop 2:00.....Memory Café: Bing Crosby--Swinging Upon A Star	December 19 9:30.....Men's Club at <b>Johnny's</b> 9:30.....Ceramics I 10:30.....Bereavement Group 11:45.....Lunch: Beef stuffed pepper or Chef salad sandwich w/ turkey 12:00.....Ceramics II 2:30.....Folk Sing-Along 5:30.....50+ Job Networking Group	December 20 11:45.....Lunch: Hot dog or Tuna salad sandwich 1:00.....Commodity Supplemental Food Program <b>TAI CHI AT SLC CANCELLED</b>	December 21 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 22 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 23 11:45.....Lunch: Alaskan pollack w/ lemon dill sauce or Ham & Swiss sandwich 1:00.....Acrylic Landscape Painting <b>THEATRE WORKSHOP CANCELLED</b> <b>TAI CHI AT SLC CANCELLED</b>	December 24 11:45.....Box Lunch: Egg salad sandwich 12:00.....Poetry Workshop <b>SWING BAND CANCELLED</b> <b>ZUMBA GOLD AT THE HYDE CANCELLED</b>	December 25 <b>CHRISTMAS DAY: NEWTON SENIOR CENTER IS CLOSED</b>	December 26 9:30.....Ceramics I 10:30.....Short Story Group 11:45.....Box Lunch: Chicken salad sandwich, sugar cookie <b>YOGA AT THE HYDE CANCELLED</b>	December 27 11:45.....Lunch: Roast turkey w/ gravy or Tuna salad sandwich 1:45.....Movie: <i>They Shall Not Grow Old</i> <b>TAI CHI AT SLC CANCELLED</b> <b>ZUMBA AT HYDE CANCELLED</b>	December 28 11:45.....Lunch: Chop Suey or Vegetarian chef salad w/ pasta 2:00.....Cuba after Castro: A Country in Transition	December 29 11:00.....Hearing Screening 12:00.....Poetry Workshop 11:45.....Lunch: BBQ pulled pork or Curry chicken salad sandwich	December 30 10:30.....Parkinson's Support Group 11:45.....Lunch: Greek chicken or Egg salad sandwich 1:00.....Acrylic Landscape Painting <b>THEATRE WORKSHOP CANCELLED</b> <b>TAI CHI AT SLC CANCELLED</b>	December 31 12:00.....New Year's Celebration 12:00.....Poetry Workshop <b>SPRINGWELL LUNCH CANCELLED</b> <b>SWING BAND CANCELLED</b> <b>ZUMBA AT THE HYDE CANCELLED</b>
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# Support Groups

## Parkinson's Support Group

*Last Monday of every month*

Mondays: November 25th and December 30th, 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: November 8th and December 13th, 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: November 21st and December 19th, 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: November 19th and December 17th 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),*

2 Mondays: November 4th and December 2nd, 12:30-2:00 p.m.

This group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. **For more information, call Low Vision Volunteer Trudy at 617-969-7084. Just show up.**

# Monthly Programs

## LGBTQ Elder Café

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

*Fourth Tuesday of every month*

Tuesday, November 26th, 6:00-7:30 p.m.

**December's group is cancelled due to the holidays.**

We'll enjoy dinner and conversation at these monthly gatherings. **Generously sponsored by CareOne at Newton. For more information, call Julie Joy at 617-796-1674. RSVPs required to [jjoy@newtonma.gov](mailto:jjoy@newtonma.gov)**



## Newton Men's Club

Due to the holidays, our schedule for November/December is as follows:

Thursday, November 14th, 9:30 a.m. Laws of Sexual Harassment at the Newton Senior Center

Thursday, November 21st, 9:30 a.m. Kibbitzing *at Johnny's Luncheonette, 30 Langley Road, Newton Center*

Thursday, December 5th, **11:00 a.m. (note time)** Russia: Myths, Mysteries and Spying, at the Newton Senior Center

Thursday, December 19th, 9:30 a.m. Kibbitzing *at Johnny's Luncheonette, 30 Langley Road, Newton Centre*  
To be connected to our Men's Club Volunteer, please contact Ilana, at 617-796-1670.

## Hearing Screenings

*First Tuesday of every month*

Tuesdays: November 5th and December 3rd, 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)*

Thursdays: November 21st (**NOTE RE-SCHEDULED DATE, DUE TO THANKSGIVING**) and December 26th, 10:30-11:30 a.m.

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

## Book Club

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

Fridays: November 15th and December 13th (**note re-scheduled date**) 10:00-11:30 a.m.

November's book is: *Just Mercy* by Bryan Stevenson.

December's book is: *The Muralist* by

B.A. Shapiro. All are welcome. **Just show up.**



## Off-Site Fitness Programs

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

Thursdays, 2:00-3:00 p.m.

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

Led by Aaron Crawford. Open to the community. \$3 suggested contribution. Just show up.

### Zumba Gold with Ketty at the Hyde

Tuesdays, 10:00-11:00 a.m.

Fridays: 9:45-10:45 a.m.

Hyde Community Center, 90 Lincoln Street, Newton Highlands

No Zumba on December 24th, 27th, or 31st, due to Winter Break programs at the Hyde.

Zumba Gold with Ketty, now twice a week!



Classes will have a winter break. \$3 suggested contribution. Just show up.

### Active Chair Yoga with Diane at the Hyde

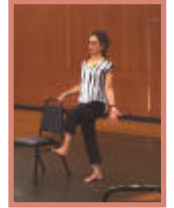
Yoga: Thursdays: 2:00-3:00 p.m.

Hyde Community Center, 90 Lincoln Street, Newton Highlands

No Yoga on December 26th, due to Winter Break programs at the Hyde.

Diane Shufro teaches an active Chair Yoga class that includes standing postures. Diane brings a playful spirit and a dedication to working with yoga students of all ages and abilities. \$3 suggested contribution.

Just show up.



## Art Classes and Workshops

### Ceramics Workshop

Session I, 8 Thursdays: November 21st, December 5th, December 12th, December 19th, December 26th, January 2nd, January 9th, January 16th, 9:30-11:30 a.m.

Session II, 8 Thursdays: November 21st, December 5th, December 12th, December 19th, December 26th, January 2nd, January 9th, January 16th, 12:00-2:00 p.m.

No class November 28th (Thanksgiving)

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.

\$70. Waiting-list only.

### Portrait Drawing Studio with a Live Model

Friday, November 22nd, 1:00-3:00 p.m.

Drawing (dry) media only: Pencil, Charcoal, Pastel, Conte Crayon. Six easels are available, as well as a few lap easels. You must supply your own drawing board--not larger than 14x18 inches. A single two-hour head-and-shoulders pose will be presented. David Wenstrom studied at the R.H. Ives Gammell Educational Studios, Boston, and will be the Portrait Drawing Studio monitor. Registration required by November 18th. Limited to 10 participants. \$10 + \$3 per person Model Fee will be collected at the session.

### Holiday Beading Workshop

Monday, December 9th, 10:00 a.m.-12:00 p.m.

Make a beaded gift for yourself or someone else. 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 or give as a holiday gift. All materials included. Registration required by December 3rd. \$15.

### Introductory Watercolor Workshop

6 Wednesdays: December 11th, December 18th, WINTER BREAK, January 8th, January 15th, January 22nd, January

29th, 1:00-3:00 p.m.

**Snow Date:** Wednesday, February 5th, 1:00-3:00 p.m.

No class on December 25th (Christmas Day) or January 1st (New Year's Day)

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 December 4th. \$85.

### Acrylic Landscape Painting

5 Mondays: December 9th, December 16th, December 23rd, December 30th, January 6th, 1:00-3:00 p.m.

**Snow Date:** Friday, January 3rd, 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. All levels of experience are welcome. 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 December 3rd. \$75.

**How to Register** 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. Payment to a staff person is the **only** way to register!

## In Gratitude

### THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Newtonville Books *in thanks for their generous book donations*
- Carole Herman *in memory of Elaine Abramowitz*
- Gail Elson *in thanks for Durable Medical Equipment*
- Maya Arad *in appreciation for the Newton Senior Center*
- Elaine Reef and Carol Beard *in celebration of Adele Hoffman's special birthday*

## MetroWest Legal Clinic

### MetroWest Legal Clinic

Tuesday, December 10th, 12:30-3:30 p.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

Medicare Open Enrollment

October 15 – December 7

Since the 7th is a Saturday, no SHINE appointments are available.

### Medicare plans change every year!

This is the time to decide on your coverage for 2020.

### SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options.

***Call the Newton Senior Center at 617-796-1660 for a SHINE appointment between October 15 and December 6!***

Bring your NEW Medicare card, any other insurance cards and information from your current plan, as well as

a list of all your prescriptions, including dosage, quantity and type - solution, capsule, tablet gel, etc.

Any previously entered drugs from prior SHINE appointments are no longer accessible.

If you are a couple, you must make separate appointments. We will need more time this year and can accommodate only one person per appointment.

For SHINE-related matters (other than an appointment), 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 return your call within 2 days.

## 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 at 617-796-1506.***

**Ukulele Meet Ups:** Tuesday mornings 10:00-11:00 a.m. at 1294 Centre Street,

**Foam Roller Recover:** Improve connective tissue function noticeably with this interactive class. Tuesdays 7:15-8:15 p.m. or Thursdays 10:45-11:45 a.m. The Centre at 1294, \$67.00

**Stand Tall:** Beginner ballet fitness class will create strong legs, while improving posture and balance.

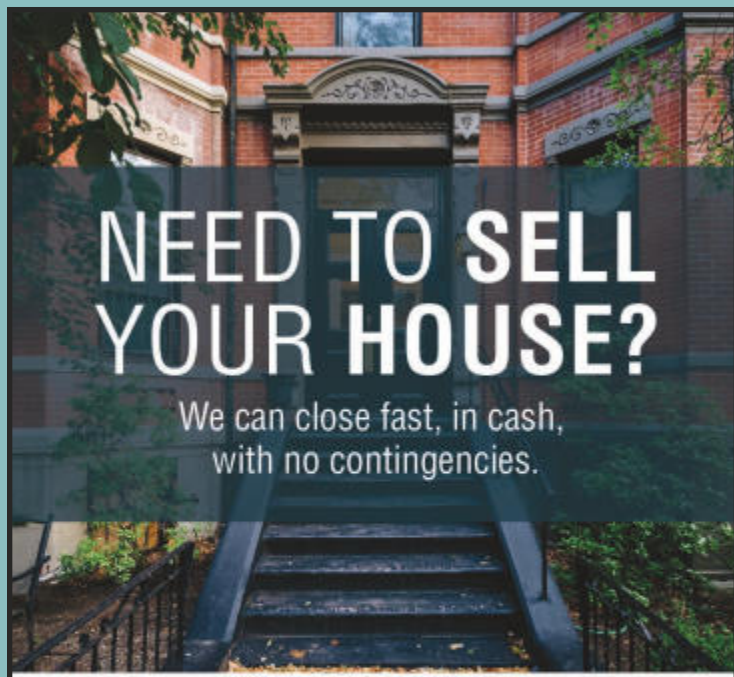
**Scottish Country Dancing:** Having fun, making friends, and keeping fit are just some of the many benefits you can look forward to when you Dance Scottish. Join us at the LLCC, Wed 10:30-12:00 p.m.

**Explore Watercolors-** No experience needed; materials provided. Learn about washes, wet on wet, and dry brush strokes. The Centre at 1294 10:00-11:30 a.m., Nov 20<sup>th</sup>. \$ 15.00

**Organization Workshop: Have a clutter-free holiday.** De-clutter and get organized. December 5th, 12th, & 19th, 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 at the Centre for a fun-filled and interactive evening. The Centre at 1294, October 24<sup>th</sup>, 6:45 p.m. Registration required.

**Travel:** Luncheon in Historic Deerfield Inn. After lunch, we'll board the bus with our step-on guide and enjoy a 35-minute narrated tour. Next, we are off to the Yankee Candle's Flagship Store in Deerfield. Wednesday, November 13<sup>th</sup>.



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- Donation Pick Up



## 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.**



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[AllWeAreForYou.org](http://AllWeAreForYou.org)

## Commodity Foods Program

### *Third Friday of every month*

2 Fridays: November 15th and December 20th,  
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).**

## Fuel Assistance

Action for Boston Community Development (ABCD) provides fuel assistance to low income households in Newton. ABCD accepts applications between November and March. ABCD has an *authorized site* at Newton City Hall and the Newton Senior Center. For seniors 60 years and over you can make an appointment at the Senior Center with Emily Kuhl or Carrie Buddington. **Please call 617-796-1672 for a Fuel Assistance appointment.** Please bring, to your appointment, the following documentation for *everyone* in your household: proof of income; social security number; identification (Social Security Card, birth certificate, copy of driver's license or state issued ID); current copy of lease or rent receipt or mortgage statement; and current primary heating bill (oil, gas or electric).

## Tax Work-Off Program

Are you a resident 60+ who owns and occupies a home in Newton? If you have limited resources, you may qualify to lower your Newton Property Taxes by up to \$1,500 per year in exchange for volunteering through the Newton Senior Tax Work-Off Program! Or are you a Veteran or a Surviving Spouse of a Veteran who owns and occupies a home in Newton? You may be able to participate in the Newton Veterans' Tax Work-Off Program and lower your Newton Property Taxes by up to \$1,500 by volunteering under the Veterans' Tax Work-Off Program. There is no income cap and no age restriction for the Veterans' Tax Work-Off Program. If you are not physically able to work but are otherwise eligible, a proxy, such as a relative or friend, may do the work for you. For income guidelines for Seniors and for any other information, **call Julie Joy at the Newton Senior Center at 617-796-1674.**

## Friendly Visitor Program

### **Newton Seniors: Open your heart to a Friendly Visitor in your home!**

Could you, or someone you know, benefit from a weekly social visit with a Friendly Visitor? You could go for a walk together, sort through mail, or chat over a cup of tea. The Newton Senior Center has a Friendly Visitor Program for residents of Newton. Get connected with a volunteer today! Or help a neighbor or friend who might benefit from the program get connected. Potential Volunteers: Can you help? Make a difference in the life of an older neighbor. Volunteer today! Can you visit with an older neighbor for 1 hour each week, offering social support and friendship? **To learn more, call Julie Joy at the Newton Senior Center at 617 796-1674 or email [JJoy@NewtonMA.gov](mailto:JJoy@NewtonMA.gov)**

## NewCAL Update from Mayor Ruthanne Fuller

The NewCAL project Working Group had recently ranked Albemarle Field as their top city-owned location. The site was selected for many reasons, not the least of which was that it was co-located with fields and pools. There are also many challenges at this site – traffic, parking, and re-creation among them. Recently, Mayor Fuller joined with voices from the Parks & Recreation Commission and some City Councilors to ask the Working Group to go back and re-explore some of the non-park sites, paying particular attention to the Newton Centre parking triangle, which had initially been set aside because it was too small. But, *is* the Newton Centre parking triangle too small? Could it work if parking

was built underground? What would the cost implications of that be? And how would the construction impact the neighborhood, residents and businesses? The initial ideas generated from another look at the Newton Centre parking triangle will be shared in the coming weeks. We will compare the advantages and disadvantages of this site and Albemarle even as we continue to explore City owned sites and private properties across Newton. **If you would like to receive regular updates about NewCAL, please email [newcal@newtonma.gov](mailto:newcal@newtonma.gov) and request to be added to the email list.**



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### 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)

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Ilana Seidmann, Program Coordinator, 1670

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#### Mission

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

#### Vision

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

#### Statement of Welcome

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