

# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #1 Volume XI



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

## January-February 2018

### Health Care and You: How American Medicine Could Do a Better Job Taking Care of Older People and Why it Doesn't

Wednesday, January 31st, 2:00-3:30 p.m.

What goes wrong when older people go to the doctor's office, to the hospital, or to rehab? We will discuss what happens and how it could happen differently. You will learn how physicians, hospital administrators, drug companies, device manufacturers, and Medicare create the current reality. You will also learn what you can do to improve the care you get, and what policy makers can do to improve health care for all older people. Dr. Muriel Gillick is a physician specializing in Geriatrics and Palliative Care. She is a professor at Harvard Medical School and has written five books for a general audience about health care and older people. Her most recent book is Old and Sick in America: The Journey through the Health Care System. **Register with the Front Desk at 617-796-1660. Free.**

### Navigating the Job Search as an Older Worker

Wednesday, February 7th, 2:00-3:30 p.m.

This program will introduce participants to the current employment landscape for older workers considering work in the Commonwealth. Attention will be paid to the particular circumstances affecting the older worker and what individuals can do to maximize their options. You will learn about the latest research about strategies for older workers from the Institute for Career Transitions. You will also learn about some services and programs that are intended for older workers. Amy Mazur is Career Development Specialist and Counselor Educator at Jewish Vocational Services Career Solutions who has been working in the field for over twenty years. She taught Vocational Development & Career Counseling at Lesley University and supports research focusing on long-term unemployed professionals. **Register with the Front Desk at 617-796-1660. Free.**

### Author Talk:

### They Were My Friends— Jack, Bob, & Ted, My Life in and Out of Politics

Friday, February 9th, 2:00-3:30 p.m.

Author Gerard Doherty will talk about his recent book and share stories about his life, his friendship with the Kennedys, and his career in politics, followed by a dynamic Question & Answer session. Gerry was born and still resides in Charlestown. He was a two-time State Representative and MA State Democratic Party Chairman. He was active in the campaigns of Jack, Bob and Ted Kennedy and was also involved in the presidential campaigns of Lyndon Johnson and Jimmy Carter. He is now an attorney. **Register with the Front Desk at 617-796-1660. Free.**

### Pathways to Prevention: Maximizing Brain-Healthy Behavior to Protect from Cognitive Decline

Wednesday, February 28<sup>th</sup>, 2:00-3:30 p.m.

As life expectancy increases and the number of older Americans grows each year, the prevalence of dementia in the United States is on the rise. Fortunately, there is significant evidence that certain healthy behaviors can decrease the chance of developing new or worsening cognitive problems. Dr. Seth Gale and Hope Schwartz (Brigham and Women's Hospital Center for Brain/Mind Medicine) will provide an overview of cognitive aging and Alzheimer's disease, focusing on modifiable risk factors for dementia. This program will review current research in diet, mindfulness, sleep, exercise, social and cognitive activity and explore the lifestyle changes you can make today to maximize your brain health for the future. **Register with the Front Desk at 617-796-1660. Free.**

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# Co-sponsored with the Newton Free Library

## Save the Dates!

### *You and Your Financial Future Series*

Tuesday, March 27th, 6:30-8:30 p.m. *Newton Free Library*

Tuesday, April 17th, 6:30-8:30 p.m. *Newton Free Library*

Tuesday, May 29th, 6:30-8:30 p.m. *Newton Free Library*

Are you on track to achieve your financial goals now and throughout your life? Join our expert panelists at the three-part *You and Your Financial Future* series where you will learn about a variety of important money-related topics, including Taxes (on 3/27), Gifting, Trusts & Family Asset Preservation, and Diversification & Managing your Portfolio. Dr. Dave Griswold, Senior Lecturer in the Department of Finance and Economics at Boston University Questrom School of Management, will moderate panel discussions. Details will follow in the March/April *Coming of Age* newsletter.

### **Longtime Newtonians Needed for *Newton Talks Oral History Project***

Newton Talks is an oral history project for the City of Newton. Our hope is to help share the stories and experiences of Newtonians of all backgrounds. We are now interviewing veterans, relatives of veterans (household members & immediate family), immigrants in Newton, and

individuals who have spent significant time in the same village and/or have lived in Newton for a significant portion of their lives. Please contact Ilana 617-796-1670 or [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) to be mailed an interview packet.

### ***The Many Faces of Newton: Our Students Speak Out About Race and Racism***

Wednesday, January 24th, 7:00-8:30 p.m. at *Newton Free Library's Druker Auditorium*

*Snow Date:* Wednesday, January 31st, 7:00-8:30 p.m. Believe it or not, racism exists in Newton! In 2017 a group of high school students of color performed original theater pieces they had written as part of *The Monologue Project*. Join them for an eye-opening experience as they take to the stage to speak out about their experiences of race and racism in our city. A Q&A moderated by Beau Stubblefield Tave of the Center for Culturally Fluent Leadership will follow. Cosponsors include the Center for Culturally Fluent Leadership, Cooperative Metropolitan Ministries, First Unitarian Universalist Society in Newton, Newton Health and Human Services/ Youth Services, Newton Human Rights Commission, Newton Department of Senior Services, and the Newton Theatre Company. This program is supported by a grant from the Foundation for Racial Ethnic and Religious Harmony. **Just show up.**

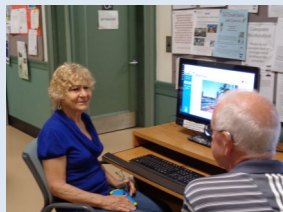
## Program Notes

*Disclaimer:* We thank the advertisers featured in this newsletter for their support. They make printing of *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

**Senior Center Meals:** Lunch, *Monday-Friday 11:45a.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 meals.

### **Come Learn How to Play Fun Brain-Wellness Games**

Senior volunteers who were specifically trained on the Vigorous Mind brain wellness games are ready to show you how to stimulate your brain, enjoy fun stories, trivia, music, and much more. Come and make new friends and challenge your brain - all for free at the Newton Senior Center. **Call the Front Desk (617-796-1660) for up to six free one-on-one appointments with a volunteer mentor.**



### **Snow Emergencies**

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

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

Wednesday, January 17th and Friday, February 9th, 12:00-12:30 p.m.

Join Jayne Colino, Director of Senior Services, for an informal discussion about issues of interest to Newton seniors.

The Newton Senior Center will close **Monday, January 1st** (New Year's Day), **Monday, January 15th** (Martin Luther King, Jr. Day), and **Monday, February 19th** (President's Day).

**City Councilor Constituent Hour:** Join City Councilor Emily Norton (Ward 2) on Fridays: January 26th and February 23rd, 9:00-10:00 a.m.

Please note the registration instructions for our special programs. Register for free programs at the Front Desk (617-796-1660) and paid programs with Ilana Seidmann (617-796-1670) or a staff person.

## Senior Community Service Employment Program

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

SCSEP is a well established federally funded on-the-job training program for unemployed income-eligible individuals 55 years or older. Program participants are matched to a variety of training opportunities at community, municipal, and state agencies throughout the greater Boston area. Participants are paid the prevailing minimum wage of \$11.00/hour for up to 20 hours per week. Karen Sowsy is the SCSEP Regional Manager for Norfolk, Worcester, and West Middlesex Counties. She joined the staff of Operation A.B.L.E. last year after 17 years of employment with State Street Bank. Jill Fainberg is the SCSEP Area Program Coordinator for the Framingham/Natick area of Middlesex County. She joined the staff of Operation A.B.L.E. after 19 years of employment with Wellesley College. **Register with the Front Desk at 617-796-1660. Free.**

## Health Maintenance Clinics

4 Fridays: January 12th, January 26th,  
February 9th, February 23rd,  
9:30 - 11:00 a.m.

Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **No pre-registration required; just show up.**

## MetroWest Legal Clinic

Tuesday, January 16th,  
9:30 a.m.-11:30 a.m.

An attorney from MetroWest Legal Services will offer free legal advice. Assistance is available in the following areas: housing, social security income, government benefits, consumer issues, debt collection, and estate planning documents. **Appointments are required; call 617-796-1660 to schedule an appointment.**

## 9 Personality Types: What's Your Type?

Wednesday, January 24<sup>th</sup>, 1:30-3:30 p.m. We will act out each of the Enneagram (personality types) with hats. We will discover YOUR personality type! You'll learn tips on how to relate to all 9 types. There will be lots of clarity, humor and insights about different ways of perceiving life. Herb Pearce is a psychotherapist. He has worked for 38 years with individuals, couples and families, and written 6 books and taught 5,000 workshops on personality differences, communication skills, and self-esteem. **Register with the Front Desk at 617-796-1660. Free.**

## History of Math

8 Wednesdays: January 31st, February 7th, 14th, 21st, 28th, March 7th, 14th, 21st, 10:00-11:30 a.m.

To trace the history of math, we will go back to about 2,000 BCE in each of five places: Tigris-Euphrates, Nile, Aegean Sea, Yellow River and the Indus River. We will then go to Baghdad and the Islamic-Iranian culture, which benefited from those five cultural flowerings. We'll finish with some Renaissance Italian mathematics. Instructed by volunteer Pete Gilmore. **Space is limited to 16 people. Register with the Front Desk at 617-796-1660. Free.**

## Creating a Legacy from Everyday Life;

## Reflections in the Latter part of Life

Friday, February 2nd, 1:45-3:45 p.m. Many of us have prepared legal wills to distribute our belongings after we die, but few of us have considered leaving a spiritual/*ethical will*, a record of who we are, a document that can be offered to loved ones either now, while we are still alive, or after we are gone. Come and explore some creative ways that you can begin to create an *ethical will* for your children, grandchildren, friends, and colleagues. We will discover a variety of techniques through writing, through which we can pass on and share our val-

ues, our life stories, our wisdom and some of the most important moments in our lives. We will find in the process that we offer both ourselves and others a precious gift. Author Claire Willis is a clinical social worker, lay Buddhist chaplain and yoga teacher who has worked for the last 30 years with people living with cancer. Her private practice is focused on bereavement and helping people close their lives with peace, reconciliation and meaning. She is currently completing her second book, The Grieving Heart: Bearing Sorrow and Embracing the Life that's Yours. **Register with the Front Desk at 617-796-1660. Free.**

## Caption Telephone and Other Assistive Devices for Hearing-Impaired People

Tuesday, February 6th, 12:30-1:30 p.m. This program will explore caption telephones- what they are, how to obtain one, and the various models available. We will review other assistive telephone accessories for the hearing impaired. We will also discuss amplified phones, which have a larger volume range. We will demonstrate the CaptionCall technology, using the actual telephones. Melissa Pacey Mahaffey, Doctor of Audiology at the West Newton Hearing Center, has over 20 years of experience in the treatment of hearing loss. She has presented locally and nationally on the topic of hearing loss, its effect on communication, and the advances in hearing assistive technology. **Register with the Front Desk at 617-796-1660. Free.**

## Dentures 101

Friday, February 23rd, 12:30-2:00 p.m. Enjoy Cupcakes & Coffee while you learn everything you need to know about DENTURES! You'll learn about custom dentures and how they work, types of dentures, denture repairs, denture care, and managing denture problems. Erika Hickey has been a dental hygienist for over fifteen years and she comes to us from the Brookline Denture Center. **Register with the Front Desk at 617-796-1660.**

## Special Educational Programs

### *Spirit of Fashion:* Queen Victoria's Era

Wednesday, January 10<sup>th</sup>, 2:00-3:00 p.m.  
Travel with us through time as we explore the fashions of men and women during Queen Victoria's reign from 1837 to 1901. The Victorian era supported vast changes in fashion that continue to influence styles of today. Witness the modifications in silhouettes, necklines, accessories and hairstyles that reflect the social, political, and cultural reforms that took place during this intriguing period. Karen Antonowicz received her Master's degree on Textiles, Fashion Merchandising and Design, with a concentration in Historic Costume and Textiles from the University of Rhode Island. She taught History of Fashion at the college level for thirteen years. She presented *Spirit of Fashion: Downton Abbey* to the Newton Senior Center in 2016. Generously sponsored by Home Instead Senior Care. **Register with the Front Desk at 617-796-1660. Free.**



### Jewelry Making Workshops

Participants will learn about tools for jewelry making and create a pair of earrings, and/or how to string different styles of necklaces, and create clasps. They will have a piece of jewelry to bring home, after the class. Eve Curtis has been designing and creating jewelry for the past twenty years. Her main interest is metal and wirework. She also enjoys beads.

#### *Earring Making Workshop*

Wednesday, January 17<sup>th</sup>, 10:00-11:30 a.m.

#### *Bracelet Making Workshop*

Wednesday, January 24<sup>th</sup>, 10:00-11:30am

#### *Necklace Making Workshop*

Wednesday, January 31<sup>st</sup>, 10:00-11:30 a.m.

*The snow date, in case a workshop is cancelled due to weather, is Friday, February 2nd, 11:00 a.m.-12:30 p.m. \$20 materials fee for earrings, \$30 for bracelet, \$40 for necklace. Space is limited to 5 participants; register early. Registration required 5 business days before workshop, or class is subject to cancellation. Make check payable to Newton Senior Center. Write your telephone number on the check.*

## Food, Music, and Fun!

### *Happy Birthday, Elvis! A Tribute to the King of Rock N' Roll*

Friday, January 12<sup>th</sup>, 1:00-2:00 p.m.  
Performer Johnny Diamond will return to perform Elvis's greatest hits from 1959, throughout his career, until his untimely death in 1977. We will enjoy some birthday treats in honor of "the King's" birthday. Generously sponsored by Briarwood Rehabilitation & Healthcare Center. **Register with the Front Desk at 617-796-1660. Free.**



### *Throwback 50's Diner Party!*

Wednesday, February 7<sup>th</sup>, 1:00-2:00 p.m.  
Students from Newton South High School will be throwing a throwback party! Party activities will include 'Name that Tune' and Trivia while guests can enjoy drawing, eating fun snacks and sodas, as well as making their own sundaes. Guests are welcome to wear festive 50's-themed outfits or costumes! Please come celebrate with us - and bring your friends! *Crossing Generations* is a club from Newton South that aims to connect high schoolers and seniors. Through social events, interviews with veterans, and community outreach programs, our members hope to create a more intergenerational community. **Register with the Front Desk at 617-796-1660. Free.**

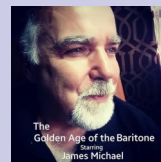
### Valentine's Day Brunch

Wednesday, February 14<sup>th</sup>, 10:15-11:15 a.m.  
Relax with friends and enjoy Valentine's donuts and hot chocolate in honor of Valentine's Day. You will also receive a special surprise from Wish of a Lifetime. They are excited to bring their 5<sup>th</sup> annual Cupid Crew intergenerational Valentine's Day event to Newton. Generously sponsored by Home Instead Senior Care. **Register with the Front Desk at 617-796-1660. Free.**



### *The Golden Age of Baritone*

Friday, February 16<sup>th</sup>, 1:00-2:00 p.m.  
James Michael is a baritone who formerly performed on Broadway. His show captures Broadway's greatest music and he will include many well-known songs. Known as the "Broadway Baritone," Michael stirs up cherished memories with classic songs by Howard Keel, John Raitt, Robert Goulet, and more. We will enjoy some Valentine's treats, as well. Generously sponsored by Maristhill Nursing and Rehabilitation Center. **Register with the Front Desk at 617-796-1660. Free.**



## Memory Cafes

### *Wednesdays afternoons, 2:00-4:00 p.m.*

People with forgetfulness and other changes in their thinking, along with their care partners, are invited to meet for this special program. The Memory Café is a welcoming community setting to talk, enjoy light refreshments, and socialize with other people in similar circumstances.

### **Wednesday, January 17th “The Life and Times of Frank Sinatra,” with Bruce Hambro**

Follow Sinatra’s meteoric rise to fame, his fall from grace, his comeback, and his personal life. Enjoy singing along as the lyrics are projected on the screen! Generously sponsored by Bridges by Epoch—Memory Care Assisted Living at Westwood. **Register for a reminder call at 617-796-1660. Free.**



### **Wednesday, February 21st “Move & Groove,” with Julie Archambault, Music Therapist**

Move with instruments and other expressive therapy props and play Musical Games. Generously sponsored by Rogerson House Assisted Living and Day Program. **Register for a reminder call at 617-796-1660. Free.**



## Games and Gifts

### **Chinese Cooking Class**

Thursday, January 18th, 1:30-3:30 p.m.  
Snow date: Thursday, January 25th, 1:30-3:30 p.m.

Happy Chinese New Year! In honor of the new year, we will hold a class on traditional Chinese cooking with Roberta Hing. You will learn how to make scallion pancakes, Millionaires chicken, and stir-fried sugar snap peas and mushrooms. Then, you will enjoy your creations. Roberta has been cooking Chinese food and other gourmet foods for over 30 years. She was trained by her mother, who was born in China. She has taught cooking classes to children at Dexter Southfield Summer Camp, and she works part-time as a personal chef. This class is limited to 10 people. Please bring Tupperware for leftovers. **\$20 includes all ingredients. Registration required by January 9th, or class is subject to cancellation. Write your telephone number on the check, or call 617-796-1670 to pay by credit card.**

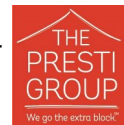
### **Tipsy Truffle Making**

Wednesday, February 14<sup>th</sup>,  
1:30-3:30 p.m.

This workshop leads students through a series of steps to making their own hand-enrobed and molded tipsy chocolates. During the session, students first learn to hand roll, enrobe and decorate their tipsy truffles. This readies them for the second experience, molded chocolates. You will learn about the origins of chocolate, its ties to Massachusetts, and tips for identifying quality chocolate. Note: liqueur is an ingredient. Anne Wright has a Masters from Harvard Graduate School of Education, a Certificate from Ecole Chocolate’s program, as well as experience working as a chocolatier for *gate comme des filles* in Somerville. This class is limited to 12 people. **\$15 materials fee. Registration required by February 9th, or class is subject to cancellation. Write your telephone number on the check, or call 617-796-1670 to pay by credit card.**

## Wednesday 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.”



### **January 3rd, 1pm Hacksaw Ridge**

Based on a true story, this World War II drama focuses on Desmond T. Doss, a conscientious objector who becomes a hero while serving as an unarmed medic during the brutal and bloody fight for Okinawa. Starring Andrew Garfield. 2016. R. 2 hours, 11 minutes.



### **January 17th, 1pm The Zookeeper’s Wife**

After the Nazis invade Poland, two Warsaw Zoo caretakers place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto. Starring Jessica Chastain. 2017. PG-13. 2 hours, 6 minutes.



### **January 31st, 1pm Going in Style**

Cheated out of their pensions, three friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Starring Morgan Freeman, Michael Caine, and Alan Arkin. 2017. PG-13. 1 hour, 36 minutes.



### **February 21st, 1pm The Light Between Oceans**

A lighthouse keeper and his wife live together in married bliss on a remote island off Australia. But Isabel learns that she’s unable to bear a child. One day, a drifting lifeboat washes ashore with a crying baby in it. The dilemma the couple now face will echo far beyond the island. Starring Rachel Weisz. 2016. PG-13. 2 hours, 13 minutes.



## Support Groups

### Parkinson's Support Group

#### *Last Monday of every month*

Mondays: January 29th and February 26th, 10:30-11:30 a.m.

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

### Clutter Support Group

#### *Second Friday of every month*

Fridays: January 12th and February 9th, 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.**

### Caregiver Support Group

#### *Third Tuesday of every month AND Second Wednesday evening of every month*

Tuesdays: January 16th and February 20th, 1:30-3:00 p.m.  
Wednesdays: January 10th and February 14th, 7:00-8:30 p.m.

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an elderly family member. **Register with Case Manager Emily Kuhl at 617-796-1672. Free.**

### Bereavement Support Group

#### *Third Thursday of every month*

Thursdays: January 18th and February 15th, 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 who facilitates workshops in self-care, grief, bereavement, and legacy-building. New members are always welcome! **For questions, call Program Coordinator Ilana Seidmann at 617-796-1670.**

### Low Vision Support Group

#### *First Monday of every month (except July, January & February), 1:00-2:30 p.m.*

We will not meet in January or February 2018 due to unpredictable weather. See you all back on Monday, March 5<sup>th</sup>, 2018- Happy new year!

**For more information, call Low Vision Volunteer Trudy at 617-969-7084.**

## Monthly Programs

### LGBTQ Elder Café

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

#### *Fourth Tuesday of every month*

Tuesdays: January 23rd and February 27th, 6:00-7:30 p.m.  
We'll enjoy dinner and conversation at these monthly gatherings. Free, thanks to the generous sponsorship of Rogerson House. RSVP to be added to the email list to be notified of monthly gatherings. **RSVP to Julie Joy at 617-796-1674.**



### Newton Men's Club

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

Thursdays: January 11th and February 8th, *Johnny's*

#### *Luncheonette, 30 Langley Road, Newton Centre*

*Fourth Thursday of every month at 9:30 a.m.,* January 25th and February 22nd, *Newton Senior Center*

On January 25th, we will hear the story of Holocaust survivor Fred Manasse. On February 22nd, speaker TBA. Do you have something to teach? Men's Clubs volunteer speakers wanted; please contact Ilana Seidmann 617-796-1670.

### Hearing Screenings

#### *First Tuesday of every month*

Tuesdays: January 2nd, 11:00 a.m.-noon

Tuesday, February 6th, **2:00-3:00 p.m.** (note one-time change)

8 Attend a 10-minute hearing screening with a licensed Audiologist from the West Newton Hearing Center. If

you already have hearing aids, they can clean and check them and replace the batteries. **Call the Front Desk at 617-796-1660 to make a 10-minute appointment. Free.**

### Short Story Group

#### *Last Thursday of every month*

Thursday: January 25th and February 22nd, 10:30-11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our Reception Desk. Discussion facilitated by Ditta Lowy. **Free.**

### Book Club

#### *Third Friday of every month*

Fridays: January 19th and February 16th, 10:00-11:30 a.m.

January's book is The Woman in Cabin 10, by Ruth Ware, and February's book is Lilac Girls, by Martha Hall Kelly. All are welcome! **Free.**

### NEW: January & February

### Birthday Celebration!

#### *Third Tuesday of every month*

Tuesdays: January 16th and February 20th, 12:00-12:30 p.m.

All January and February birthday celebrants will receive a special present, and everyone will get a birthday dessert. Generously sponsored by Heathwood Healthcare.



## Our Transportation Program

## Our Fitness Classes

### Transportation Program

Transportation is offered Monday through Friday, 8:00 a.m.-5:00 p.m. to a variety of destinations, including the Senior Center, Newton markets for grocery shopping, the Library, City Hall, houses of worship, long term care facilities, medical appointments, "over 55" Parks & Recreation programs in Newton, and any city-held program within Newton, any day, any time. You must be 60 years old or older and a City of Newton resident. For more information, please consult our website, newtonseniors.org, or contact Alice Bailey: 617-796-1664 or abailey@newtonma.gov

### Fitness and Wellness

All Fitness & Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." **We ask for \$3 per class as a suggested donation.**

Fitness classes include:

- Ageless Grace, Mondays 11:00 a.m.
- Dance Aerobics, Tuesdays 9:00 a.m./Fridays 10:15 a.m.
- Mindful Meditation, Thursdays 8:45 a.m.
- Muscle Conditioning, Tuesdays 11:00 a.m./Fridays 9:00 a.m.
- Nia, Mondays 3:15 p.m.

- Seated Strength & Balance, Wednesdays 10:45 a.m./Fridays 12:30 p.m.
- Tai Chi
  - Beginner, Thursdays 10:00 a.m.
  - Intermediate, Mondays 8:45 a.m.
  - Advanced, Thursdays 11:45 a.m.
- Tong Ren, Thursdays 11:00 a.m.
- Yoga
  - Chairs, Mondays 2:00 p.m./Thursdays 1:00 p.m.
  - Mats, Thursdays 2:00 p.m.
- Zumba Gold, Mondays 10:00 a.m., Wednesdays 12:00 p.m., Fridays 11:15 a.m.

New participants are always welcome!



## Art Classes

**Space for all art classes is very limited; register early!**

### **Ceramics Workshop**

8 Thursdays: February 22nd, March 1st, 8th, 15th, 22nd, 29th, April 5th, April 12th

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

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

Create sculptural and functional ware (plates, bowls, cups). Almost all clay pieces are 3-D. We use a table-top wheel and slab roller. Instructed by Bet Lee. Class limited to 12 people. **\$50. Make check payable to Newton Senior Center. Write your telephone number and preferred Session (I or II) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.**

### **Portrait Drawing Demonstration and Question & Answer Session**

Monday, February 5<sup>th</sup>, 10:00-11:30am

**SNOW DATE: Monday, February 12<sup>th</sup>, 10:00-11:30 a.m.**

Rhode Island School of Design Adjunct Professor Clara Lieu will demonstrate how to draw a portrait in charcoal by drawing a live model. While drawing, Professor Lieu will simultaneously describe the artistic process in concrete, practical terms. She will also describe the drawing materials and what part each tool plays in the drawing process. During the demonstration, she will answer questions from participants about how to draw a portrait. Since 2007, Clara Lieu has taught as an Adjunct Professor at the Rhode Island School of Design, teaching in various departments, including Illustration, Printmaking, Foundation Studies, and Painting.

She is a Partner at artprof.org, a free, online educational platform for visual arts. Class limited to 20 people. **\$5 materials fee for live model. Registration required by January 29th, or class is subject to cancellation. 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.**

### **Introduction to Watercolor Painting**

6 Mondays: March 5th, 12th, 19th, April 2nd, 9th, 16th, 10:00 a.m.-noon

Learn the fundamental elements of watercolors and brush techniques through a focus on still life paintings. Catherine Byun received Masters Degrees in Fine Arts in Painting from the Pratt Institute in Brooklyn and Hong-ik University in Seoul, Korea. She was a studio art instructor in Korea, before moving to Newton. Class limited to 10 people. **\$85.**

**Registration required by February 26th, or class is subject to cancellation. All materials included. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Watercolors, 345 Walnut Street, Newtonville, MA 02460. Write your telephone number on the check.**

### **Senior Walking Group in Newton Highlands**

We have a community walking group in Newton Highlands on Mondays, Wednesdays and Fridays from 7:30-8:30 a.m. We meet in front of the Newton Highlands Congregational Church. **Anyone interested in joining should call Marianne Talis at 617-527-4469.**

## In Gratitude

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

- Stephen Tassone *in thanks for creating the Ceramics Workshop show posters and title cards*
- John and Vera Wood and Jim and Marie Piraino *in gratitude for a wonderful Thanksgiving Day Dinner*
- Johanna Ross *in appreciation of the Newton Senior Center*
- Lucille Chansky and Michael and Oonagh Gill: *In appreciation of the Durable Medical Equipment Loan program*
- Ena Lorant *in memory of Barbara Lincoln, in honor of Alice Bailey's new grandson and Good Wishes for Audrey Cooper*
- Alan and Buena Pearlman *in memory of Harold Cohen*
- Lois Berman *in honor of Joan Starkman Glickman's 90th birthday*
- Zelda Goldstein *in memory of David Rosen*

## SHINE

### Will You Pay More for Medicare Part B in 2018?

The Medicare Part B standard monthly premium for 2018 is \$134, the same as last year. However, many people with Medicare will see a 23 percent increase in their premium. Why is that? It is due to a law that has allowed many people to pay less than the full premium the last two years. This law prevents people's premiums from going up more than the increase in their Social Security benefits. Since there has been little or no increase in these benefits the last two years, most people were paying less than \$134 last year. The average premium last year was \$109. For 2018, there has been a 2 percent increase in Social Security benefits, but many will not see any increase in their benefit check. This is because the increase will go toward paying the \$134 Medicare premium.

People with high incomes will continue to pay more for Medicare, between \$187.50 and \$428.60, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.

## Social Groups

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center, 54 Pettee St. and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Meet new people in these neighborhoods. All seniors are welcome! **Call Anita with questions: 857-928-9742.** There will be no get-together if the weather is bad or if it is icy.

**Upper Falls:** Wednesdays, 10:00-11:30 a.m.

*Bingo:* January 3rd, January 10th, January 17th, January 24th, February 7th, February 14th, February 28th

*Left, Right, Center* January 31st Vacation (no meeting): February 21st

**South Side:** Thursdays, 9:30-11:00 a.m.

*Bingo:* January 8th, January 15th, January 22nd, February 5th, February 12th, February 26th

*Left, Right, Center* January 29th Vacation (no meeting): February 19th

## City of Newton Parks and Recreation 55 and Over Programs

**New Year's Eve :** Join us on Sunday, December 31st aboard the Odyssey for a two-hour cruise with a Champagne toast and a New Year's countdown to noon! Brunch, live music and DJ. Cost \$80.00

**Body Awareness Workshop:** Three week workshop designed to educate the participants on proper body mechanics, in order to prevent injuries and increase activities of daily living. Take home valuable knowledge and detailed copies of exercise and stretching routines. Cost \$25.00

**Ti-Yo-Ba:** This class is a combination of Tia Chi, Balance and Yoga. It is a gentle movement class that can be performed seated or standing. Space is now available on Monday mornings.

**Cribbage, Cards and Bridge:** Mondays and Thursdays, morning or afternoon sessions, or spend all day! Scandinavian Living Center.

**LFCC: 545 Grove Street:** Wednesdays 10:30-12:00 p.m., Scottish Country Dance-- Thursdays 6:15-7:15 p.m. Zumba- Fridays 10:30-12:00, *drop in* Line Dance-- Mondays 10-11a.m., Tap Dance-- Thursdays 9-10 a.m., Jazzercise.

**Craft Group:** Knit, sew or paint on Wednesday afternoons with our mixed media group. 1:00 p.m. at the Albemarle Road Fieldhouse.

**Basketball:** Saturdays, Mondays, and Wednesdays, 8:30 a.m. Hawthorn Gym

**Ballroom and Line Dance:** Thursdays 1:00-3:30 PM at the American Legion Post 440, located at 295 California Street. Informal instruction begins at 12:30PM

**Pickleball :** Tuesday mornings at LFCC and Thursday mornings at Hawthorne Gym. Lessons are also available.**Foxwoods Trip:** February 7<sup>th</sup> Cost \$25.00. Depart 8:00 a.m. and return by 6:00 p.m.



## AARP Tax Aide Counseling

### It's Tax Time Again!

Call the Newton Senior Center at 617-796-1660 to make your appointment with an AARP Volunteer Tax Counselor. You may call starting Tuesday, January 2nd, and appointments begin Monday, February 6th. AARP Volunteer Tax Counselors process **non-complex returns only. You must have an Adjusted Gross Income below \$85,000 per couple or \$65,000 per single** (income includes pension, Social Security, investments, and rental income). Note that the limits for the Senior Circuit Breaker Credit are \$86,000 per couple, \$57,000 per single, and a maximum assessment of \$720,000. **We do not process returns if you have depreciation from rental real estate.**

You may qualify for a MA Senior Circuit Breaker rebate if you own a home or rent and are not subsidized. Your total income or assessed evaluation can-

not exceed the limits mentioned above. You may also be eligible for this rebate if you live in a non-subsidized assisted care facility where up to one third of the monthly payment can be considered rent. Do not hesitate to consult with us, if there is any question about filing an IRS or MA tax return. You may be eligible for a refund.

**Bring with you:** 2017 tax return • Social Security Cards • Form 1099 & K-1 for interest, dividends, pension, IRA, brokerage, Misc. • Form W-2, if employed • Workman's Compensation and Unemployment statements • Social Security Statement (2017) • Real Estate tax • Mortgage statement • Home assessment (2017) • Rent (monthly or annual) and landlord name • Medical expenses (doctors, hospital, drugs, copays, insurance, dentist, eyeglasses, special medical equipment, mileage) • Medicare Supplementary Insurance • Alimony • Contributions • Estimated tax

payments • If you have stock sales, make sure that the purchase price and date is included, or ask your broker for more information.

### Durable Medical Equipment

Our program makes specified durable medical equipment in good condition available on loan to residents. All equipment is loaned free of charge in 'as is' condition. We loan out walkers, wheelchairs/transport chairs, rollators, shower chairs/transfer tub benches, shower benches, raised toilet seats, commodes, canes/quadruped canes, or adult diapers. Nothing motorized and no hospital beds, crutches, walking boots, or specially fitted equipment.

**Appointments are necessary to reserve equipment. Call 617-796-1660 to request equipment with our receptionists and a DME volunteer will call you back.**

## Our Library

### What's Your Favorite Color? Our Library

Many of you have noticed the library system in the Newton Senior Center. The system codes all books with an identifying color category sticker on each book's spine. There are 23 categories to choose from: Animals, Art, Autobiography & Biography, Business & Finance, Cookbooks, Fiction, Foreign Languages, Games, Gardening, History, Large Print, Literary Award Winners, Health & Longevity, Literature, Mystery, Politics, Reference, Religion, Romance, Science, Sports, Travel, and Miscellaneous. Which color category is your favorite? Are you a Mystery reader (orange dot)? Or, perhaps primarily a Fiction reader (green dot)? Or is History your main interest (gold dot)? And,

don't forget categories such as Romance (pink dot) and Large Print (purple dot). Whatever your reading interests, there are over 2,000 categorized books for you to choose from in the Senior Center's collection. In an effort to find space for all our books, they are shelved in several rooms throughout the Senior Center: the Dining Room, the Function Room, and the Library Lounge. Please explore! Look for signage information around the Senior Center. There is no check-out system. Feel very free to borrow (and keep, if interested), any book. However, when you return a book, please place the book(s) on the book cart located on the first floor next to the Program Coordinator's office. Donations of books in good condition are always welcome. HAPPY READING!

## Volunteer Tutors Needed

### Introductory Workshop for ELL Tutors

Thursday, January 11th, 2:00 pm,  
**Trustees' Room, Newton Free Library**  
With your help, the Library provides free tutoring services for adult English Language Learners. Volunteer tutors are needed for this rewarding work. Just an hour a week of your time can make a real difference. No experience or foreign language skill is necessary. Tutor training workshops are offered at the Library. Come to this introductory meeting to find out how you can get involved! **Questions? Contact Susan Becam, Program Coordinator, at 617-796-1360 or [NewtonELL@minlib.net](mailto:NewtonELL@minlib.net)**

## Food Program

### Commodity Supplemental Food Program

**Third Friday of every month**  
2 Fridays: January 19th and February 16th, 1:00-2:00 p.m.  
The CSFP is a food distribution service for eligible seniors 60+. Pre-packaged groceries with primarily shelf-stable food is provided, sometimes with produce. Eligible seniors can pick up 2 free bags of food once a month at the Newton Senior Center. Participants must meet income guidelines, as well as proof of age and residency. To receive an application, call Emily Kuhl at 617-796-1672 or email [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov).

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

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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**

Jayne Colino, Director, 1671

Alice Bailey, Executive Administrator, 1664

Lucy Bedigian, Lunch Site Manager, 1668

John Flynn, Custodian, A.M.

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Margaret Leipsitz, Outreach and Engagement Coordinator, 1665

Ilana Seidmann, Program Coordinator, 1670

**Council on Aging Members**

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Elizabeth Dugan

Chryse Gibson

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Audrey Cooper

Rev. Howard Haywood

Jo-Edith Heffron

Adele Hoffman

Naomi Krasner

Ena Lorant

Donna Murphy

Julie Norstrand

Carol Ann Shea, Vice Chair

Susan Paley

Ernest Picard

Joyce Picard

Eric Rosenbaum

(City Employee)

Nancy Scammon

(City Employee)

Tom Shoemaker

*Mission*

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

*Vision*

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

*Statement of Welcome*

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

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