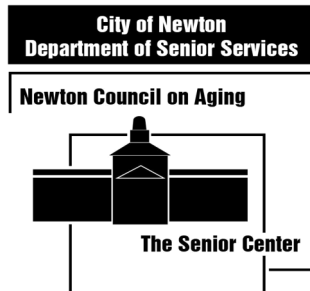


COMING OF Age

Your Center for Connection

Published Bi-Monthly
Issue #2 Volume XI



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

March-April 2018

Barn Babies

Wednesday, March 7th, 1:15-2:15 p.m.

Barn Babies is a traveling petting zoo that brings a menagerie of baby animals, including bunnies, chicks or ducklings, a diapered baby goat, little potbellied pig, kittens and puppies. No children are allowed at this event. Generously sponsored by Marist Hill Nursing & Rehabilitation Center. **Register with the Front Desk at 617-796-1660. Free.**



Welcome to Social Security!

Tuesday, March 13th, 1:30-3:00 p.m.

During this presentation, we will discuss Social Security benefits and services, the history of Social Security, and online services available for those already receiving benefits, as well as for those not yet retired. Kristen Alberino has been working at the Social Security Administration for fifteen years, and she has been doing outreach since 2011. At the end of the session, Kristen will answer any questions you may have about Social Security. **Register with the Front Desk at 617-796-1660. Free.**

You and Your Financial Future Series

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. Dave Griswold, President and Founder, Vantage Point Financial and Senior Lecturer in the Department of Finance and Economics at B.U. Questrom School of Management, will provide a wider context for the evening topics' role in your financial life. **All programs take place at the Newton Free Library. Just show up.**



Tuesday, March 27th, 6:30-8:30 p.m.,

“The Impact of the New Tax Laws” with: Ronald Rice, CPA, Brad McMillan, Certified Public Account and Chief Investment Officer

Tuesday, April 17th, 6:30-8:30 p.m.,

“Gifting, Trusts and Family Asset Preservation” with Laurin D. Johnson and Mary Pajak, estate planning attorneys

Tuesday, May 29th, 6:30-8:30 p.m.,

“Diversification and Managing your Portfolio” with: Dr. Zvi Bodie, professor/author, Aaron Stevens, professor

Antarctica - Travels at the End of the World

Friday, April 6th, 2:00-3:00 p.m.

Antarctica is the coldest, windiest, driest place on earth. The lecturer traveled by ship to Antarctica for two weeks in January, 2017. He will discuss and show his photography of this magnificent and unique continent. Barry Pell is a world traveler and photojournalist. He has traveled widely over nearly five decades, visiting and documenting landscapes and cultures in 165 countries. He currently lectures on international cultures at schools, universities, and institutions in the Boston area. **Generously sponsored by One Wingate Way. Register with the Front Desk at 617-706-1660. Free.**



Getting Around Using Uber and Lyft

3 Fridays: April 27th, May 4th, May 11th, 12:00-1:30 p.m.

Are you looking for ways to save on transportation costs? Do you want to keep healthy and active in your community? Curious how rideshare (using Uber/Lyft) can work for you? Join this multi-session class to use your smartphone and learn to ride-share. We will introduce participants to ride-share, answer common questions, and even take short trips in the community using Uber and Lyft. Participants must have a smartphone and come with their Apple or Google password. **Register with the Front Desk at 617-796-1660. Free.**

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Day Trip

Visit to Harvard Museum of Natural History and Chinese Buffet Lunch at Changsho Thursday, April 12th, 2018

Description: We will visit the Harvard Museum of Natural History and the adjacent Peabody Museum of Archeology & Ethnology. The museums' most famous treasure is the internationally acclaimed Ware Collection of Blaschka Glass Models of Plants, or the "Glass Flowers." We will explore the museums (self-guided) from 10:00 a.m.-noon, then take a quick bus ride to Mass Ave for a Chinese buffet lunch at Changsho. We depart lunch at 2:00 p.m.

Lunch: We will enjoy a buffet lunch at Changso restaurant on Massachusetts Avenue.

Register: Pay by credit card by calling 617-796-1670 (3% convenience fee required). Register by check at the Newton Senior Center, download a form on newtonseniors.org, or call the Newton Senior Center (617-796-1660) for a registration form.

Price: \$57. Includes transportation to and from the museums and restaurant via luxury coach bus (including driver's tip),

entrance to museum, and a buffet lunch (including sales tax and gratuity). Registration is first-come, first-served, by date of payment. This trip requires 25 people to run; the FINAL deadline to register is Thursday, April 5th at noon.

Handicapped Accessibility: This trip is fully handicapped accessible.

Departure: Newton Senior Center 9:15 a.m.
300 Hammond Pond Parkway (Boston College) 9:30 a.m.

Arrival: 300 Hammond Pond Parkway (Boston College) 2:30 p.m.
Newton Senior Center 2:45 p.m.

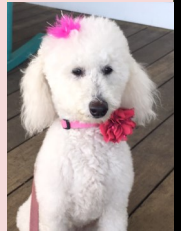
"Date with Daisy"

Second Monday of every month

2 Mondays: March 12th and April 9th,
2:30-3:30 p.m.

Daisy is a miniature poodle who will visit with us monthly. She is very friendly and loves to cuddle! She and her mom/owner, Phyllis, come through the Pets and People foundation. **Register with the Front Desk at 617-796-1660. Free.**

**Meet
Daisy!**



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 11:45 a.m. To reserve, call 617-796-1660 by 11:00 a.m. the previous day.

A voluntary donation of \$2 is suggested per meal. Springwell provides the meals.

Vigorous Mind group game

Thursday, March 29th, 10:30-11:30 a.m.

Join the creator of Vigorous Mind and senior volunteer mentors who were specifically trained on the Vigorous Mind brain wellness game. You will play a game in a fun, low-key setting. You will 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! **Register with the Front Desk at 617-796-1660. Free.**

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 after 7:00 a.m.

Dialogue with the Director, Jayne Colino

Thursday, March 15th and April 19th,
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, April 16th (Patriot's Day).**

City Councilor Constituent Hour

Last Friday of every month

Join City Councilor Emily Norton (Ward 2) on Fridays:
March 30th and April 27th, 9:00-10:00 a.m.

Join City Councilor Andrea Downs (At-Large Councilor from Ward 5) on Friday, March 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.

How to Self-Publish Your Book and Post it for Sale on Amazon for Under \$10

Thursday, March 8th, 10:00-11:00 a.m. It can be fiction, non-fiction, a children's book, a photo book, a memoir or an autobiography. Henry M. Quinlan, publisher of Omni Publishing Co, has over 40 years of experience in book publishing and has spoken extensively about self-publishing. He offers tips and suggestions on writing and self-publishing—including how to fund your book and market it. **Register with the Front Desk at 617-796-1660. Free.**

Health Maintenance Clinics

4 Fridays: March 9th, March 23rd, April 6th, April 20th
9:30 - 11:00 a.m.
Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **Just show up.**

Sages & Seekers

Friday, March 9th, 2:00-3:00 p.m.
Sages & Seekers is a seven-week inter-generational program bringing seniors together with high school students. The program is an opportunity for a senior to share his/her wisdom and life experience with interested teens. The program takes place at the Rivers school in Weston. **Register with the Front Desk at 617-796-1660. Free.**

Return to Norumbega Park: Film Screening & Discussion

Tuesday, March 20th, 10:00-11:00 a.m.,
Historic Newton, Durant-Kenrick House and Grounds
Enjoy a private viewing of the documentary, *Return to Norumbega Park*. For 66 years, Norumbega Park and the Totem Pole Ballroom, located along the Charles River in Auburndale, were the place for canoeing, amusements, and dancing to the big bands! We will have a discussion after the movie. **\$5. Registration required by March 16th or program 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.

Author Talk: Baby Boomers+ Designing These Years, Honoring the Full Circle of Life and Creating Life-giving Conversations

Wednesday, April 4th, 2:00-3:30 p.m.
This book was written to inspire living these years fully and joyfully. It offers guidance and advocates that "now is the time" to engage in and celebrate important conversations with one's family that assure all is in place when life comes full circle. Dawn Pile has a Master of Arts in Ministry and is a Certified Professional Co-Active Coach, as well as a graduate of the Coaches Training Institute Leadership Program. After 35 years in education, she currently has her own business as an author, speaker, seminar leader, and coach. **Register with the Front Desk at 617-796-1660. Free.**

MBTA Senior CharlieCard

Wednesday, March 28th, arrive between 2:00 and 3:30 p.m. sharp.
Applicants must be 65 (or turning 65 by April 11th). You will receive a Senior CharlieCard in the mail without having to apply in person downtown.
1) Bring a photo ID with city of residence (Newton) and birthdate (65+)
2) Senior Center staff and volunteers will take your photo and apply for a Senior CharlieCard on your behalf
3) The MBTA will mail your Senior CharlieCard to your home in 4-6 weeks
Free. Newton residents only.

In conjunction with the Senior Charlie Card event, come visit our transportation information tables to learn about the many transportation options available to you! Stop by for ideas on how to get the most out of that Senior Charlie Card. Learn about all the transportation options (MBTA, The Ride, Yellow Taxi Vouchers, parking stickers, ride hailing) available to seniors in Newton and get one-on-one help downloading smartphone ride-hailing apps like Uber and Lyft. Co-sponsored with TRIPPS

(Transportation, Resources, Planning and Partnership for Seniors). **Just show up.**

Researching your Family History— Without a Computer

Wednesday, April 11th, 2:00-3:30 p.m.
You will learn ways to research your family history without the internet or a computer. Resources for family information are often right at our fingertips, once we know where to look. We will discuss ways to access information from relatives, photographs, city hall, the library, historical societies, and other sources. Jill Balmuth is the owner of Jewel Genealogy, and she has been researching her own family history for the past ten years. **Register with the Front Desk at 617-796-1660. Free.**

The Conversation Project

Thursday, April 12th, 10:00-11:30 a.m.
The Conversation Project is an on-line program, working in collaboration with the not-for-profit Institute for Healthcare Improvement (IHI), dedicated to helping people talk about end-of-life care. Hospice & palliative care nurses and 'Conversation Project' volunteers, Arlene Lowney and Arza Goldstein, will lead you through a "Starter Kit," where you will answer questions and learn about resources to help with these conversations, including how to choose and be a Health Care Proxy. **Register at the Front Desk at 617-796-1660. Free.**

MetroWest Legal Clinic

Tuesday, April 17th,
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. **Call 617-796-1660 to schedule an appointment.**

Special Educational Programs

Nat King Cole: Music and History

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

Join Frank King for a musical lecture where you'll get to hear the standout songs of the Golden Era of our great Crooners – including rare, seldom-heard recordings— and also learn secrets about the singers and the songs. His lecture will focus on the life and songs of the great Nat King Cole, plus the fascinating stories behind some big hit songs from the year 1952, and other musical surprises – including the odd tale of how “The Christmas Song (Chestnuts Roasting...)” came to be written, and the song that saved a movie from oblivion. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. He formerly hosted music programs on WBUR radio. **Generously sponsored by Senior Homecare Solutions. Register with the Front Desk at 617-796-1660. Free.**

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

Wednesdays: April 11th, May 9th, June 13th,

10:30-11:30 a.m., Room B, Newton Free Library

Join a new informal gathering at the Newton Free Library for residents 55 year and older to socialize and engage in conversation on topics that are most important to them.



Songbirds of the Northeast

Friday, April 20th, 2:00-3:00 p.m.

Songbirds of the Northeast, with naturalist educator John Root, will feature both photographs and recordings of our region's songbirds. The role of song in these birds' lives, as well as their diet, social behavior, and other adaptations for survival, are discussed. Participants also learn how to provide attractive habitat for songbirds. Questions and comments are welcome throughout the presentation. **Generously sponsored by Benchmark Senior Living and Cabot Park Village. Register with the Front Desk at 617-796-1660. Free.**



Food, Music, and Fun!

Stand-Up Comedy Show!

Wednesday, March 14th, 1:30-2:30 p.m.

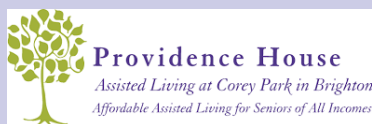
Laughter is the best medicine! Comedian David Shikes will make us all laugh, with some great stand-up comedy. He promises to be funny, while remaining appropriate. A five-time Marathon runner, he's a retired bookseller and an avid reader. He certainly has the “stuff” to entertain us! He's been making folks laugh in MA and NH for over five years.

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

Get Your Irish On!

Friday, March 16th, 1:00-2:00 p.m.

Celebrate St. Patrick's Day with *Stand-Up Chameleon* Jackson Gillman. His songs, stories, and leprechaun spirit will entertain you at this special St. Patrick's Day show. Refreshments will be provided. **Generously sponsored by The Providence House. Register with the Front Desk at 617-796-1660. Free.**



Senior Musical: Cinderella

Sunday, March 18th, 2:00 p.m. **Newton North High School Theatre (entrance on Elm Street)**

Join us for a special performance of *Cinderella* at Newton North High School. The special begins with a talk-back with director Adam Brown, at 1:30 p.m. Pick up your ticket at the Senior Special table at the event. **\$10. Pay by cash or**

check to the Newton Senior Center by Friday, March 16th at 4:00 p.m.

Tiger's Loft Luncheon

Tuesday, April 10th, 12:00-1:15 p.m.

Newton North High School's Tiger's Loft Restaurant

Enjoy a meal prepared by students in the Culinary Arts program. April's entrée choice is Maple Crusted Salmon or Chicken Piccata. A shuttle will be provided between the Lowell Avenue parking lot and the entrance to Tiger's Loft Bistro, from 11:30 to 1:45. Shuttle picks up at the Newton Senior Center at 11:30 a.m. **\$5. Make check payable to Newton Senior Center and note your telephone number and entrée choice. Or pay by credit card (\$1 convenience fee) by calling 617-796-1670.**

7th Annual Spring Fling! Intergenerational Festival

Sunday, April 29th, 12:00-2:30 p.m.,

Newton North High School Cafeteria

The Spring Fling, co-sponsored with student volunteers of Newton ASC (All Students Care), will feature entertainment, lunch, and fun. This event unites the students and seniors of Newton for an enjoyable afternoon. If you have a special talent and would like to perform, contact Margaret Leipsitz at 617-796-1665. Space is limited. **Register for lunch at the Front Desk at 617-796-1660. Free.**

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.

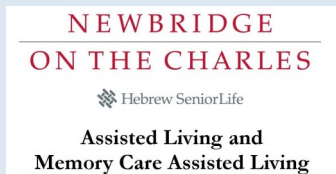
Wednesday, March 21st "Cherry Blossom Trees" with Linda Landsberg

After viewing photos of Cherry Trees in bloom, as well as some Japanese paintings of cherry blossoms, participants will paint their own interpretation of Cherry Blossom Trees. Generously sponsored by Heathwood Healthcare. **Register for a reminder call at 617-796-1660. Free.**



Wednesday, April 18th Wendee Glick and Steve Heck Music

Wendee and Steve perform songs from the Great American Songbook: the songs you know and love from long ago. Wendee's amusing style and stories about the songs will have you laughing, singing along, and loving the music! Generously sponsored by Newbridge on the Charles Assisted Living and Memory Care Assisted Living. **Register for a reminder call at 617-796-1660. Free.**



Canasta Workshop

5 Wednesdays: March 28th, April 4th, April 11th, April 18th, April 25th, 10:00-11:30 a.m.

Looking for a fun card game to play when you get together with friends? Canasta is for you! Linda Lourie has been teaching Canasta for ten years at senior centers, including ours, and she also teaches private groups. This class will either be Beginner or Intermediate, dependent upon the skill level of the majority of registrants. Registration required by March 21st or class is subject to cancellation. **\$45. Make check payable to Newton Senior Center. Write your telephone number and LEVEL (beginner/intermediate) on the check. Or pay by credit card (3% convenience fee required) by calling 617-796-1670.**

Mah Jongg Workshop

5 Tuesdays: April 10th, April 24th, May 1st, May 8th, May 22nd, 12:15-2:30 p.m.

This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours. Registration required by April 3rd, or class is subject to cancellation. **\$70. Make check payable to Newton Senior Center. Write your telephone number and LEVEL (beginner/intermediate) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.**

Save the Date!

5th Annual Senior Prom

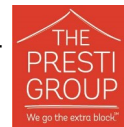
Thursday, May 17th, 6:00-10:00 p.m.
American Legion Post 440

Our theme this year is "1950's Sock Hop!" Enjoy dinner and dancing. **\$30.**

Registration begins in April. Contact Ilana (617-796-1670) for a registration form or visit newtonseniors.org



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."



March 7th, 1:00 p.m. **The Wedding Plan**

This offbeat comedy follows bride-to-be Michal, a 32-year-old Orthodox Jew whose fiancé breaks their engagement. Rather than call off the nuptials, Michal decides to let God provide her with a groom by the scheduled wedding day. Starring Noa Koler. 2017. PG. 1 hour, 50 minutes.



March 21st, 1:00 p.m. **Gifted**

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved. Starring Chris Evans. 2017. PG-13. 1 hour, 41 minutes.



April 4th, 1:00 p.m. **The Big Sick**

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble. Starring Kumail Nanjiani and Zoe Kazan. 2017. R. 1 hour, 59 minutes.



April 18th, 1:00 p.m. **A United Kingdom**

Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love of jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis. Starring David Oyelowo and Rosamund Pike. 2017. PG-13. 1 hour, 51 minutes.



Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: March 26th and April 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, retired primary care M.D. with a special interest in Parkinson's Disease and related disorders. **Just show up.**

Clutter Support Group

Second Friday of every month

Fridays: March 9th and April 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.**

Caregiver Support Group

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

Tuesdays: March 20th and April 17th, 1:30-3:00 p.m.

Wednesdays: March 14th and April 11th, 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: March 15th and April 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! **For questions, call Program Coordinator Ilana Seidmann at 617-796-1670.**

Low Vision Support Group

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

Mondays: March 5th and April 2nd, 1:00-2:30 p.m.

In March, our guest speaker is David Bradburn, President of Visio-500.

In April, our guest speaker is Kyle Robidoux, Director of Volunteers and Group Services at Mass Association for Blind and Vision Impaired, which sponsors this group. Kyle is legally blind and will speak to the many services MABVI provides. **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: March 27th and April 24th, 6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. Free, thanks to the generous sponsorship of Newbridge on the Charles and Orchard Cove. RSVP to be added to the email list to be notified of monthly gatherings. **RSVP to Julie Joy at 617-796-1674.**

NEWBRIDGE
ON THE CHARLES

Hebrew SeniorLife



Orchard Cove
Hebrew SeniorLife

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: March 29th and April 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. Discussion facilitated by Ditta Lowy. **Free.**

Newton Men's Club

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

Thursdays: March 8th and April 12th, *Johnny's*

Luncheonette, 30 Langley Road, Newton Centre

Fourth Thursday of every month at 9:30 a.m., March 22nd and April 26th, *Newton Senior Center*

In March, we will hear about "The Death of John Kennedy: An Assassination by One or a Public Execution by Many," with guest speaker Steve German. In April, we will hear about "Adventures and Misadventures in Pakistan", with guest speaker Richard Morrison. **Just show up.**

Hearing Screenings

First Tuesday of every month

8 Tuesdays: March 6th and April 3rd, 12:00-1:00 p.m. (note temporary time change)

Book Club

Third Friday of every month

Fridays: March 16th and April 20th, 10:00-11:30 a.m.

March's book is Broken Harbor, by Tara French. April's book is Georgia: A Novel of Georgia O'Keefe, by Dawn Tripp. All are welcome! **Free.**

Birthday Celebration!

Third Tuesday of every month

Tuesdays: March 20th and April 17th, 12:00-12:30 p.m.

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



Co-sponsored with Temple Emanuel, 385 Ward Street

Taking Care of the Caregiver

Thursday, March 8th,
11:00 a.m.-12:30 p.m.

Caregivers (aides, spouses, adult children) will enjoy stress-relieving tips, courtesy of Well Within and Senior Helpers. Seniors will participate in a watercolor activity. Lunch included.

Transportation available with Yellow Vouchers. RSVP required: Tracy at 617-959-4928.

Memory Café

Thursday, March 8th, 1:00-2:30 p.m.

The guest artist is Donna Newman-Bluestein, who will be doing Movement to Inspire and Uplift. Sponsored by Newbridge on the Charles. Dessert pro-

vided. **Transportation available with Yellow Vouchers. RSVP to Tracy at 617-959-4928.**

Current Research on Alzheimer's and Neurodegenerative Diseases

Sunday, March 11th, 10:30-11:30 a.m.
Thalia Sass, graduate student of molecular and cell biology at Brandeis University, will present the current scientific research. Dessert and Q & A to follow. **Transportation available with Yellow Vouchers.**

Memory Café

Thursday, April 12th, 1:00-2:30 p.m.

The guest artist is Linda Landsberg, creating sunflower paintings in the style

of Van Gogh. Sponsored by Newbridge on the Charles. Dessert provided.

Transportation available with Yellow Vouchers. RSVP to Tracy at 617-959-4928.

I'll Be Me— Glenn Campbell

Sunday, April 29th, 12:45-3:00 p.m.

Join us as Robyn Shey, RN, from Senior Helpers, provides a brief introduction to Alzheimer's. We watch the movie *I'll Be Me— Glenn Campbell*— and have dessert. A Q & A will follow.

Transportation available with Yellow Vouchers. RSVP to Tracy at 617-959-4928.

All events take place at:

Temple Emanuel's Reisman Hall, 385 Ward Street, Newton

Art

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

Ceramics Workshop

8 Thursdays: March 1st, 8th, 15th, 22nd, 29th, April 5th, 12th, 19th

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.**

Introduction to Chinese Brush Painting

6 Wednesdays: March 21st, 28th, April 4th, 18th, 25th, May 2nd, 1:30-3:30 p.m.

An introduction to freehand Chinese brush painting, depicting classical subjects. We will use special brushes, Chinese watercolor, paints, and ink, on rice paper. It is a meditative art form that creates an expression of the subject in a simple, yet energetic, interpretation with each stroke. Vartus Varadian is a graphic designer and art director and was a software brand manager and creative director at IBM. All materials included. Registration required by March 14th or class is subject to cancellation. **\$80. 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. Class is limited to 10 people.

Acrylic Painting Workshop

4 Mondays: April 23rd, May 7th, 14th, 21st, 9:30-11:30 a.m.
Instructor Margo Volterra will walk you through the process of creating your own "Swan Boats on the Common" acrylic painting on canvas. In the process, we will review the advantages and disadvantages of acrylics. By the end of the course, you will have a better understanding of using acrylics as an expression of your art. Class is limited to 10 people. Registration required by April 17th, or class is subject to cancellation. **\$30. 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.**

Special Spring Performances

Chamber Ensemble Spring Concert

Wednesday, May 2nd, 10:30-11:30 a.m.

Please join us to listen to our very own Senior Center Chamber Orchestra in concert. All are welcome! **Free. Just show up.**

Theatre Workshop Spring Performance

Wednesday, April 25th, 2:00-3:30 p.m.

The Theatre Workshop group will present original works by class members, including two 10-15 minute plays, and two 7-10 minute monologues. **Register with the Front Desk at 617-796-1660. Free.**

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Maryann Greene
- Terri Kasper, *in honor of her SHINE Counselor, Ernest Picard*
- Anonymous, *in honor of Steffi Shapiro teaching yoga for over 50 years*
- Ilse Garfunkel
- Judith Horgan, *in honor of all the volunteers at the Senior Center*
- Judith Horgan, *in appreciation of Sue Andrew's laughter and generosity*
- Thank you to Boston College, *for providing parking for our bus trips*

SHINE

Are you turning 65 in the next three months? Are you over 65 and planning to retire soon? Do you understand all your Medicare plan options? Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance

Needs of Everyone...on Medicare) program. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. **To schedule a SHINE appointment, call**

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: March 14th, March 21st, April 4th

Left, Right, Center March 28th, April 25th

Party: March 7 (singer Tom Quigley), April 11 (singer Kevin Mae)

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

Bingo: March 5th, March 12th, March 19th, March 26th, April 2nd, April 9th, April 23rd

Left, Right, Center April 30th

City of Newton Parks and Recreation 55 and Over Programs

Tennis: Tennis is held at the Warren House Courts on Washington Street in West Newton. Join us on Tuesdays and Thursdays. Spring hours 9:00-11:00 a.m. Lessons Available this year!

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 Mondays and Fridays.

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

LFCC: 545 Grove Street: Scottish Country Dance: Wednesdays 10:30-12:00 p.m., Zumba: Thursdays 6:15-7:15 p.m.,

Drop in Line Dance: Fridays 10:30 a.m.-12:00 p.m., Tap Dance: Mondays 10:00-11:00 a.m.

Mixed Media: Knit, sew, or paint on Wednesday afternoons with our mixed media group. 1:00 p.m. at the Albemarle Road fieldhouse.

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

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

Pickleball: Hawthorne Gym, 10:00-11:00 a.m. Thursday mornings and Emerson Community Center, Wednesday nights. Lessons available.

Walking Groups: Early morning walkers meet at 7:00 a.m. Tuesday through Friday at the Albemarle Fieldhouse, 250 Albemarle Road. The Keep Moving group meets on Tuesday mornings and walks 2 miles or 40 minutes

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

The Newton Power Choice Program, coming this fall, will provide Newton residents with choices regarding the purchase of renewable electricity. **For more information, please call the City's program consultants at 1-833-272-9592.**

Newton Senior Center programs

Do you have a great service provider who is accepting new business?

We are looking for:

- contractors
- computer repair
- electricians
- emergency water/mold restoration
- gutter cleaners
- handymen
- HVAC services
- landscaping
- moving/storage
- plumbers
- personal organizers
- painters
- pest control
- roofers
- snow plowers

Please contact Fred Weissman at fweissman@newtonma.gov or Alice Bailey at 617-796-1664 with the

service provider's name and contact information and your personal experience with the business. Thank you!

Our 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

Durable Medical Equipment

Our program makes specified durable medical equipment in good condition available on loan to Newton 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/quad canes
- also, adult diapers (to keep)

Nothing motorized and no hospital beds, crutches, walking boots, or specially fitted equipment.

Appointments are necessary to reserve and pick up equipment. **Call 617-796-1664 to request equipment** and to schedule a pick up appointment during our designated days and times.

Co-sponsored with Historic Newton

Curator Tours of Durant-Kenrick

Wednesday, April 11th, 10:00 a.m.

Wednesday, April 18th, 10:00 a.m.

Wednesday, April 25th, 10:00 a.m.

Durant-Kenrick House & Grounds, 286 Waverley Ave.

What can a foot warmer tell us about Colonial-era family dynamics? Learn how museum professionals study objects, in a 30-minute tour of the Durant-Kenrick House and Grounds. Then, practice your new curatorial skills by exploring the exhibits on your own to learn more about the three families profiled. Maximum 10 participants per tour. **Register with the Newton Senior Center Front Desk at 617-796-1660.**

Marianne Leone's *MA SPEAKS UP*

Sunday, March 11th, 3:00-4:30 p.m.

Durant-Kenrick House and Grounds, 286 Waverley Avenue

In her memoir, *Ma Speaks Up*, actress Marianne Leone remembers her larger-than-life mother, who emigrated from Italy to raise a family in Nonantum and was widowed at a young age. In this program, Marianne describes life in "The Lake" in the 1960s, shares family stories, takes questions, and signs books. Learn more about local history from someone who lived it. **For questions, call 617-796-1450.**



Volunteer Tutors Needed

Introductory Workshop for ELL Tutors

Thursday, March 29, 7:00 pm,

Trustees' Room at 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**

Food Program

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: March 16th and April 20th, 1:00-2:00 p.m.

The CSFP is a food distribution service for eligible seniors 60+. Pre-packaged groceries, 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.**

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

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

Elizabeth Lund, Program Assistant, 1663

Ilana Seidmann, Program Coordinator, 1670

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Ernest Picard

Joyce Picard

Eric Rosenbaum

(City Employee)

Nancy Scammon

(City Employee)

Tom Shoemaker

Emma Watkins

Mission

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

Vision

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

Statement of Welcome

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

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