

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

May-June 2018

5th Annual Senior Prom

Thursday, May 17th, 6:00-10:00 p.m.

American Legion Post 440, 295 California Street

Our theme this year is “1950’s Sock Hop!” Dinner and dancing— “come twist the night away!” Dress code is 50’s fun or whatever makes you comfortable. **\$30. Transportation for Newton seniors available.** For a registration form, contact Elizabeth Lund (617-796-1663) or visit newtonseniors.org

Shredding Day

Saturday, May 19th, 9:00 a.m.-noon

Come to the Newton Senior Center parking lot to dispose of your old papers. Items must be dropped off on this day only. Staples may be left in documents and paper bags may be shredded, but plastic bags may not. **\$5 suggested donation** to the Newton Senior Center for 1-4 paper bags *or* 1-2 cardboard boxes, **\$10 suggested donation** for 5-8 paper bags *or* 3-4 cardboard boxes. The total per-person limit is 8 paper bags, *or* 4 cardboard boxes. **Generously sponsored by Adam Shamus— Seniors Real Estate Specialist at Keller-Williams Realty, and The Village Bank. Call the Front Desk at 617-796-1660 for a time slot.**



You and Your Financial Future Series:

Diversification and Managing your Portfolio

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

Newton Free Library’s Druker Auditorium

Join our expert panelists at the final program in this year's *You and Your Financial Future* series where you will learn about a variety of important money-related topics. Author and professor Dr. Zvi Bodie will discuss steps you can take to reduce risk and achieve your financial goals. Professor Aaron Stevens will discuss how you can make smart financial choices to achieve your retirement and other goals. David Griswold, President and Founder, Vantage Point Finan-

cial and Senior Lecturer in the Department of Finance and Economics at BU Questrom School of Management, will act as moderator and panelist. **Just show up. Transportation for Newton seniors available.**

Navigating the Job Search as an Older Worker

Wednesday, June 27th, 2:00-3:30 p.m.

This program will introduce participants to the current employment landscape for older workers considering work in the Commonwealth. You will learn about the particular circumstances affecting the older worker, what individuals can do to maximize their options, services and programs intended for older workers, and the latest research from the Institute for Career Transitions about strategies for older workers. Amy Mazur is Career Development Specialist and Counselor Educator at Jewish Vocational Service CareerSolution; she taught Vocational Development & Career Counseling at Lesley University. **Register with the Front Desk at 617-796-1660. Free.**

Newton Center for Active Living Kick-Off Meeting

Tuesday June 19th, 7:00 p.m.-8:30 p.m.,

Newton Senior Center- 345 Walnut St.

Mayor Fuller invites you to the first of a series of meetings to hear about the process, timeline and to share input that will help to create a new facility for senior programs and services. We’re beginning the process of scoping out what and where a Newton Center for Active Living or NewCAL, the name we’re currently using for the new senior center, will be. This is a very exciting time for Newton and we want to make sure to keep you informed and to hear your thoughts as we launch this process and throughout. Tell a friend and come with your ideas about how to make the best possible facility for the City of Newton. **Please let us know if you are planning to attend by calling the Front Desk at 617-796-1660.**

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Trips

Visit to the Eustis Estate and Blue Hills Grille Thursday, June 28th, 2018

Description: The Eustis Estate is the only William Ralph Emerson-designed house open to the public. It was built on a picturesque landscape at the base of the Blue Hills. We will arrive at 10:00 a.m. and we will receive a brief introduction to the house and family. Throughout the house, we will learn about the artwork and history. Guides are available to answer questions. If the weather is nice, you may explore the grounds. At noon, we'll go to lunch nearby.

Lunch: We will enjoy lunch at the Blue Hills Grille. Choose chicken Caesar salad, pastrami Reuben, chicken salad sliders, or sweet potato black bean burger. Includes coffee, tea, or soft drink. We will depart lunch at 2:00 p.m.

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: \$63; **the FINAL deadline to register is Thursday,**

June 21st, at noon.

Handicapped Accessibility: The Eustis Estate itself is fully handicapped accessible; however, the grounds are not.

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.

Take A Photographic Visit to St. Augustine, Florida

Wednesday, May 9th, 1:30-2:30 p.m.

Viv Shein will take you on a virtual tour of St. Augustine, Fla., the oldest city with European origins in continental America. You will see her photos of wildlife, scenery, and historic sites and can ask questions about planning a visit to this beautiful and interesting area. Viv, originally from England, is passionate about photography. A former teacher and therapist, she has been developing her photographic art for the past 15 years and has had many exhibits. Examples of her work may be seen by searching for Viv Shein on flickr.com. **Register with the Front Desk at 617-796-1660.**

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.

Student Piano Concert

Friday, May 18th, 11:30 a.m.-noon

Emma Caracciolo-King will play

Beethoven's Appassionata, Opus 57, II. And III. movement and Chopin's Nocturne Opus 72 No.1, in E minor. **Just show up.**

Dehydration 101

Wednesday, May 30th, 12:00-12:30 p.m.

Come learn why older adults are at an increased risk for dehydration, why it is a concern, and what you can do about it. Led by Meghan Ostrander, Springwell's Registered Dietitian. **Just show up.**

Chamber Ensemble Spring Concert

Wednesday, May 2nd, 10:30-11:15 a.m.

Come enjoy a special concert to celebrate spring. The program will include compositions by Sibelius, Dvorak, and William Boston (World Premier). Spend time with friends and enjoy refreshments. **Free. Just show up.**

Dialogue with the Director, Jayne Colino

Thursday, May 17th and Tuesday, June 12th,

12:00-12:30 p.m. Join Jayne Colino, Director of Senior Services, for an informal discussion about issues of interest to Newton seniors. Please bring your questions!

**The Newton Senior Center will close Monday,
May 28th (Memorial Day).**

City Councilor Constituent Hour

Last Friday of every month

Join City Councilor Emily Norton (Ward 2) on Friday, May 25th, 9:00-10:00 a.m.

There will be a pizza party on Tuesday, May 1st. Register by noon on April 30, with Ilana Seidmann (617-796-1670). **\$2.**

Please note the registration instructions for our programs. Register for free programs at the Front Desk (617-796-1660), and paid programs with Ilana (617-796-1670), Elizabeth (617-796-1663), or another staff person.



Dietary Supplements 101

Monday, May 7th, 12:15-1:15 p.m.
Herbal remedies. Vitamins and Minerals. Dietary supplements. They're all marketed as "natural" products. However, these products can have serious side effects, and even some essential vitamins and minerals can cause problems when taken in excess or mixed with other medications. Learn about the potential benefits and risks of these supplements. Ann Mazzola, RN, is the Nurse Health Educator and a Clinical Client Care Manager with Home Instead Senior Care. **Generously sponsored by Home Instead Waltham. Register with the Front Desk at 617-796-1660. Free.**

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

Thursday, May 10th, 10:00-11:30 a.m.
It can be fiction, non-fiction, a children's book, a photo book, a memoir, or an autobiography. Henry M. Quinlan, owner 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.**

Armchair Choreography

Friday, May 11th, 2:00-3:00 p.m.
Participants will have the opportunity to try their hand at collaborative choreography in a safe, comfortable group setting. First, participants will make simple, two-dimensional art; we will then apply those images and ideas to the process of making a short dance, which will be performed at the end of the class by our facilitator. Karen Bray has a MFA in Dance and an MSPT in Physical Therapy. She has been an art & movement teacher at the New Art Center since 2009, and she has been performing and producing dance in the Boston area since 1980. **Register with the Front Desk at 617-796-1660. Free.**

MetroWest Legal Clinic

Tuesday, May 15th,
9:30 a.m.-11:30 a.m.
An attorney from MetroWest Legal Services will offer free legal advice. Assistance is available in housing, social security income, government benefits, consumer issues, debt collection, and advance directives, such as healthcare proxy or power of attorney. **Call 617-796-1660 for appointments.**

Commodity Supplemental Food Program

Third Friday of every month
2 Fridays: May 18th and June 15th
1:00-2:00 p.m.
The CSFP is a food distribution service for eligible seniors 60+. Pre-packaged groceries are provided. 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 residence. **To receive an application, contact Emily Kuhl, 617-796-1672 or ekuhl@newtonma.gov.**

Family & Friends CPR

Wednesday, May 30th
1:30-3:30 p.m.
Want to learn how to save a life? Come learn the lifesaving skills of adult/child/infant hands-only CPR and Automatic External Defibrillator (AED) and how to help a choking adult/child/infant. Please note that this program is non-credentialed - no course card will be awarded upon completion. Taught by the City's Public Health Nurse. **Class is limited to 16 people. Register with the Front Desk at 617-796-1660. Free.**

Presidential Enneagram Types

Wednesday, June 6th, 1:30-3:30 p.m.
Herb Pearce teaches us the Personality Types of US Presidents from Washington to Trump. Hear revealing stories from his new book of the personal lives, loves and losses, triumphs and failures of each of the 44 Presidents from birth to death. Some dreamed of being President from childhood and others were

pressured into it by wives or politicians. Each President is "typed" in the 9 different Enneagram Personality Types. Herb Pearce, M.Ed., has taught over 2000 Enneagram workshops. He is the author of 6 books, including his new book on the Presidents. **Register with the Front Desk at 617-796-1660. Free.**

Estate Planning 101

Wednesday, June 13th, 1:30-3:00 p.m.
You will learn about basic estate planning: trusts, wills, estate taxes, and Medicaid. Joseph M. Annutto and Laura A. Munyon of Annutto Law Office will present this seminar. Joseph Annutto has been guiding individuals through their estate planning journeys for twenty years. **Register with the Front Desk at 617-796-1660. Free.**

Welcome to Social Security!

Tuesday, June 19th, 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 questions. **Register with the Front Desk at 617-796-1660. Free.**

Chinese Cooking Class with Roberta Hing

Wednesday, June 27th 1:30-3:30 p.m.
We will make Xi'an savory pancakes, scallion beef stir fry, jasmine rice, and Chinese sesame cookies. Roberta has been cooking Chinese and other gourmet food for over 30 years. She was trained by her mother, who was born in China. She works part-time as a personal chef and has taught cooking classes. Bring Tupperware for leftovers. Class is limited to 10 people. Registration required by June 20th, or class is subject to cancellation. **\$25 includes all ingredients. Call 617-796-1670 to register.**

Health and Wellbeing Workshops

Health Maintenance Clinics

5 Fridays: May 4th, May 18th, June 1st, June 15th, June 29th, 9:30 - 11:00 a.m.

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

My Life, My Health Workshop

6 Fridays: May 25th, June 1st, June 8th, June 15th, June 22nd, June 29th, 12:30-3:00 p.m.

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more ongoing health conditions or for people living with or caring for someone with an ongoing health condition. Participants learn techniques to help take control of their health and life, including healthy eating and exercise, how to deal with difficult emotions, stress, depression, and pain, relaxation techniques, fall prevention, the importance of sleep, how to make difficult decisions and communicate better with their doctor, family, and friends, how to keep track of medications, evaluate treatments, and plan for the future. Space is limited to 16 people. **Call 617-796-1670 to register. \$15 book fee. Write your telephone number on the check. If the book fee would cause a hardship, please contact Ilana at 617-796-1670 to request a confidential book fee abatement.**

Matter of Balance Workshop

8 Wednesdays May 16th, May 23rd, May 30th, June 6th, June 13th, June 20th, June 27th, July 11th, 12:30-2:30 p.m. *A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. This eight week series is sponsored by Newton-Wellesley Hospital and taught by Pearl Pressman. This program is generously sponsored by Newton-Wellesley Hospital. Space is limited to 16 participants. **Register with the Front Desk at 617-796-1660. Free.**

Dealing with Anticipatory Grief

Friday, June 15th, 2:00-3:30 p.m.

In this workshop, we will discuss the meaning of 'anticipatory grief' (grief reaction that occurs before an impending loss) and its impact on families and loved one. You will learn how to find the resources you need to give you support through this process. This workshop will be led by Nicole Foxe, LICSW, Education Coordinator at Care Dimensions. **Register with the Front Desk at 617-796-1660. Free.**

Food, Music, and Fun!

Mother's Day Celebration

Monday, May 14th, 1:00-2:00 p.m.

Join us for a Mother's Day celebration featuring refreshments and a performance by clarinetist and saxophone player Dan Troderman, accompanied by a pianist/vocalist. Reminisc about the era of Arthur Fiedler, who performed classical, jazz, Broadway, and music from around the world. **Generously sponsored by AMADA Senior Care Boston Metrowest. Register with the Front Desk at 617-796-1660. Free.**



Classical Piano Concert

Wednesday, May 23rd,

1:00-2:00 p.m.

Archie Richards will return to perform a classical piano concert that will include music of Chopin, Rachmaninoff, Liszt, and Grieg. Mr. Richards studied piano at the Longy School in Cambridge, MA. He plays concerts throughout New England, mostly in retirement homes. **Generously sponsored by Wingate at Chestnut Hill. Register with the Front Desk at 617-796-1660. Free.**



Father's Day Celebration

Friday, June 15th, 1:00-2:00 p.m.

Join us for a Father's Day Celebration featuring refreshments and a performance by Isabel Stover. Isabel will perform jazz standards and Latin jazz favorites, all with unique and original arrangements. Her laid-back style, ability to connect with her audience, and unique repertoire provide a refreshingly different experience from the typical jazz singer's showcase. **Generously sponsored by Wingate at Chestnut Hill. Register with the Front Desk at 617-796-1660. Free.**



Jazz/Piano Concert

Friday, June 29th, 1:00-2:00 p.m.

Jazz singer Barbara Balistreri and pianist Mark L. West will be performing a repertoire of many of the great jazz standards of yesterday. Included are standards by the Gershwin brothers, Duke Ellington, Cole Porter, Harold Arlen, and more! **Generously sponsored by First Light Home Care. Register with the Front Desk at 617-796-1660. Free.**



Memory Café

**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, May 16th
“Improv Boston”**

Enjoy an afternoon of fun and improv! We will have a special visit from the famous Improvisation Center of Boston (“ImprovBoston”). Come for surprises and laughs! **Register for a reminder call at 617-796-1660. Free. Generously sponsored by 2Sisters Senior Living Advisors.**



**Wednesday, June 20th
Afro-Latin Drumming
with Cornell Coley**

Balance the mind and body and have fun with Afro-Latin drums, bells, and shakers from around the world with master teaching artist Cornell “Sugarfoot” Coley. **Register for a reminder call at 617-796-1660. Free. Generously sponsored by Right at Home Boston Metro West— In Home Care & Assistance.**



Housing Programs

AARP HomeFit Program

Friday, May 25th, 2:00 p.m.
The AARP HomeFit program was developed to educate older adults about how to navigate all living spaces independently, to allow them to remain in their own homes as they age. Participants receive information on how to easily evaluate their own home for “livability,” should they or one of their family members become unable to use stairs or have to rely on assistive devices. It is designed to help individuals plan for independence, choice, and dignity as they age. A HomeFit facilitator will help you understand how homes can be designed and modified to help you get around independently in all of your living areas and how to make your home as safe as possible. You will also receive a personal copy of the AARP Home Fit Guide. **Register with the Front Desk at 617-796-1660. Free.**

What to Think About When Considering “Right Sizing”

Friday, June 8th, 2:00-3:30 p.m.
Join us for a panel discussion about options to consider when moving out of the family home. Each panelist will speak from the perspective of his or her field. We will have a Q & A at the end of the discussion. Presented by Adam Shamus, Realtor, Seniors Real Estate Specialist with Keller Williams Realty, Pamela Greenfield, an elder law attorney at Samuel, Sayward and Baler LLC, Judy Dovev, eldercare consultant and owner of Elder Life Decisions, and Amy Roberta, with Out of the Box Moves. **Register with the Front Desk at 617-796-1660. Free.**

Welcome Elizabeth Lund!

The next time you’re at the Senior Center, say hello to Elizabeth Lund, our new, part-time Program Assistant. Elizabeth has a background in writing, teaching, and interviewing. She and Ilana Seidmann, our Program Coordinator, are working to bring some great new programs to the Center and around the city. You can reach her at 617-796-1663 or elund@newtonma.gov

New! Thursday 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.”



**Thursday, May 3rd, 10:00 a.m.
Dunkirk**

This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces. 2017. PG-13. 1 hour, 47 minutes.



**Thursday, May 31st, 10:00 a.m.
Three Billboards Outside
Ebbing, Missouri**

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. Starring Frances McDormand and Woody Harrelson. 2017. PG-13. 1 hour, 41 minutes.



**Thursday, June 14th, 10:00 a.m.
Lady Bird**

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. Starring Saoirse Ronan. 2017. R. 1 hour, 33 minutes.



**Thursday, July 5th, 10:00 a.m.
I, Tonya**

This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics. Starring Margot Robbie. 2017. R. 2 hours.



Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: May 21st (**note change due to Memorial Day**) and June 25th, 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: May 11th and June 8th, 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: May 15th and June 19th, 1:30-3:00 p.m.

Wednesdays: May 9th and June 13th, 6:30-8:00 p.m. (note time change)

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: May 17th and June 21st, 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. **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: May 7th and June 4th, 1:00-2:30 p.m.

In May, our guest speaker is Jill Juran, from the Massachusetts Commission for the Blind, speaking on kitchen safety. In June, please bring ideas for our meetings next year. We are sponsored by the MA Association for the Blind and Visually Impaired. **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: May 22nd and June 26th, 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. For more information, **RSVP to Julie Joy at 617-796-1674.**

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: May 31st and June 28th, 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: May 18th and June 15th, 10:00-11:30 a.m.

May's book is Elephant Company by Vicki Croke. June's book is Infidel by Ayaan Hirsi Ali. All are welcome! **Free.**

Birthday Celebration!

Third Tuesday of every month

Tuesdays: May 15th and June 19th, 12:00-12:30 p.m.

All May and June birthday celebrants will receive a special present, and everyone will get a birthday dessert. Generously sponsored by Heathwood Healthcare. **Just show up.**



NEWBRIDGE
ON THE CHARLES

Hebrew SeniorLife



Orchard Cove
Hebrew SeniorLife

Newton Men's Club

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

Thursdays: May 10th and June 14th, *Johnny's*

Luncheonette, 30 Langley Road, Newton Centre

Fourth Thursday of every month at 9:30 a.m., May 24th and June 28th, *Newton Senior Center*

On May 24th, we will hear about "Laws Of Sexual Harassment," with guest speaker Joel Suttenger. On June 28th, the program is "The History of Crossword Puzzles," with guest speaker Guy Moss. **Just show up.**

Hearing Screenings

First Tuesday of every month

Tuesdays: May 1st and June 5th,

10 11:00 a.m.-noon

Attend a 10-minute hearing screening with a licensed

Off-Site Programs

Now What?

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

Second Wednesday of every month

2 Wednesdays: May 9th and June 13th, 10:00-11:30 a.m.,

Room B, Newton Free Library

Join a new gathering for residents 55+ to socialize and engage in conversation on topics that are most important to them. The goals of the group are to reunite with old friends and make new ones, learn helpful information about activities, events, volunteering, and employment opportunities, explore this phase of life, and have some laughs. Coffee and tea will be provided. **Just show up.** For questions, Margaret Leipsitz mleipsitz@newtonma.gov or 617-796-1665.

Memories to Hand Down: Writing Program

3 Thursdays: June 7th, 14th, and 21st, 3:00-4:30 p.m.

at Historic Newton's Durant-Kenrick House (286 Waverley Avenue)

History is made up of grand events, but also moments that tell individual stories within a particular time period. We present examples of memories that others have written down and lead you through activities designed to help you remember and write stories from your own life. Come pre-

pared to write, and leave with ideas of what you might like to record for future generations. We will explore a different topic at each meeting. **\$10 per person for all three sessions.**

The Massachusetts Marathon:

The Campaign for Woman Suffrage

Tuesday, June 5th, 7:00-9:00 p.m.

Newton Free Library's Druker Auditorium

Barbara Berenson will give a talk on her new book, The Massachusetts Marathon: The Campaign for Woman Suffrage. A book sale will follow. The program is cosponsored by Historic Newton. **Just show up.**

Tai Chi at the

Newton Housing Authority

Thursdays starting May 10th, 1:30-2:30 p.m.

Jackson Gardens Community Room

101 Kennedy Circle, Newton

We are bringing our popular Tai Chi program to an additional site, the JFK Community Room at the Newton Housing Authority. Tai Chi is low impact and puts minimal stress on muscles and joints. Taught by Aaron Crawford. A donation of \$3 per class is suggested. This program is co-sponsored with the Newton Housing Authority. **Register with the Front Desk (617-796-1660).**

Art

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

Ceramics Workshop

8 Thursdays: April 26th, May 3rd, May 10th, May 17th, May 24th, May 31st, June 7th, June 14th

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.**

Mosaics Workshop

4 Wednesdays: May 23rd, May 30th, June 6th, June 13th, 12:30-2:00 p.m.

Students will learn techniques to produce decorative mosaics. Instruction will include types of basic materials, cutting, adhesives, grout and types of tiles, glass, and ceramics to be used. Students will be encouraged to bring ideas for projects, as well as materials from home they would like to use. Although some materials and tools will be provided, please bring anything you would like to incorporate into your piece,

i.e. dishes, tiles, beads, etc. Possible projects include a mirror, frame, plant pot, or picture. Rita Foglia was the Adult and Children's Program Coordinator at Watertown Community Education for 19 years. She continues to teach mosaics and sewing to adults and children in Watertown and Belmont. Class is limited to 10 people. Registration required by May 16th, or class is subject to cancellation. **\$50. 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: June 4th, June 11th, June 18th, July 2nd, July 9th, July 16th, 10:00 a.m.-noon

Learn the fundamental elements of watercolors and brush techniques through exploring still life and landscape paintings. Catherine Byun received Masters Degrees in Fine Arts in Painting from the Pratt Institute in Brooklyn, NY and Hong-ik University in Seoul, Korea. She was a studio art instructor in Korea before moving to Newton. Class is limited to 10 people. Registration required by May 28th, or class is subject to cancellation. All materials included. **\$85. 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.**

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Trudy Lanman, *in memory of her dog Rose*
- Vaunita and Dick Schnell, *in thanks for Rita Kelly's welcoming personality*
- Steve and Cheryl Banas, Margaret and Steve Gioia, Thomas & Sarah Lyons, M.B. Hill & C.A. Cuthbertson, Margaret Sutton, Bill & Nancy Healey, Theresa Keys, Village Bank, and Michael & Jane Kuronen, *in memory of Ruth White*
- Lucy Bedigian, Sergey & Rimma Vikdorichik, Denise Giardina, Marilyn Flanagan, Beverly Paoli, Mary Malagodi, and Lucy Barisano, *in thanks for tax assistance*
- Colleen Frankhart, *in memory of Len Solomon*
- Leslie Friedman, Rita Kelly, and Helen Watson, *in appreciation of John Flynn*
- Alan Sewell, *for the subscription to the Christian Science Monitor*
- Paula Seams and Jake St. Philip, Valerie and Peter Szymkowicz, Joan Starkman, Mark Barry, and Maria Barron, *in memory of Edward Gallagher*
- Ruth Kramer Baden, *in thanks for SHINE counselor Steve Maas*
- Bea Carp, *in memory of John Wood, Vera Wood's beloved husband*
- Daniel Malia, *in thanks for the Senior Center*

SHINE: New Medicare Cards are Coming!

Medicare will mail new cards from April 2018 through April 2019. You may bring your old card to the Newton Senior Center to be shredded. The mailings are being done by region, and Massachusetts residents are not expected to begin getting new cards until after June, 2018. To help prevent identity theft, new cards won't include Social Security numbers. Instead, each person will get a new unique Medicare Number. You don't need to do anything

to get a new card, but you should make sure your mailing address is up to date. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address, if updates are needed. Medicare will never call and ask for personal information before sending new cards, so don't share your Medicare number or other personal information if someone calls and asks for it. If you have any questions, trained SHINE (Serving Health Insurance

Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule an 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, then leave your name and number on the voicemail. A volunteer will call you back.

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.** The parties are the last meetings until the fall. Everyone have a wonderful summer!

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

Left, Right, Center May 30th

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

Left, Right, Center May 28th

Bingo: May 9th, May 16th, May 23rd, June 6th

Party: May 2nd, June 13th (with Bingo)

Bingo: May 7th, May 14th, May 21st, June 4th, June 11th

Party: June 18th (with Bingo)

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!

Golf League: \$26 for nine holes and a cart, Tuesday mornings at Commonwealth Golf Course

Bocce League: Monday afternoons, 1:30-4:00 p.m. at Cabot Park

***New* Country Line Dance:** Friday mornings, with cowgirl Nancy DiDuca, LFCC, 545 Grove Street 10:30-11:30 a.m., \$5 drop in.

Trips: May 10th, Mother's Day Tea, May 24th Roger Williams Park \$50.00, May 30th Mystery Fundraiser Casino Trip \$25.00 June 13th, Dinner & Show at the Blue Ocean in Salisbury price TBA **Helen Curtis Able Bus-** May 16th Rockport \$10.00 June 12th Castle Island \$10.00

Other Programs

The Home Modification Loan Program (HMLP)

The Home Modification Loan Program (HMLP) is a state lending program that helps qualifying participants finance home modifications. The program offers loans from \$1,000 to \$50,000 to individuals and families for modifications related to a disability. Typical modifications include: installation of ramps and lifts, widening of doorways, and alteration of bathrooms to make them accessible. The program is also available to help individuals with cognitive and neurological limitations such as dementia. The loan terms are zero interest, and the loan does not have to be repaid until the home is sold or transferred. Have questions? Contact Jennifer Shaw at 617-425-6637 or Jennifer.shaw@metrohousingboston.org.

Memorial Day Parade

Sunday, May 27th, 3:00-5:00 p.m.

Beginning at Newton North High School

The parade will end at Coletti-Magni Park in Nonantum. There will be a Wreath Laying Ceremony on Monday (Memorial Day) at 10:00 a.m. at the Newton Cemetery.

2018 Newton House Tour

Sunday, May 20th, 12:00-5:00 p.m.

Historic Newton's 36th annual Newton House Tour gives you a rare opportunity to tour carefully selected remarkable private residences and properties. The tour showcases outstanding historic preservation, as well as creative modern interpretation in a broad range of architectural and interior design styles. \$35 in advance (\$30 for Historic Newton members), \$40 on the day of the tour (\$35 for members). Purchase tickets

through historicnewton.org.
Questions? Call 617-796-1450.

Newton Festival of the Arts

Telling Our Stories, Celebrating Our Lives

Wednesday, May 2nd, 1:30-3:00 p.m.

at Newton Free Library

For more information about other Festival events, contact the Newton Cultural Center at 617-796-1540.

Computer Tutorials Need help learning to use common programs on your Mac, PC or iPad? Sign up with the front desk receptionist at the Newton Senior Center or by **calling 617-796-1660** for FREE one-on-one tutorials! Our volunteers can help with the following: Email, Photos, On-Line Purchases and Bill Pay, Apps, YouTube, Maps, Camera, Excel, Facebook, Games, Google, iPad, MAC, PC, Word, and more!

Newton Power Choice Program

Newton Power Choice Program

The City of Newton is developing a plan for a new electricity program called Newton Power Choice, which will provide an opportunity for Newton to significantly increase the amount of renewable energy in the community's electricity supply. Newton Power Choice is a form of group purchasing known as an electricity aggregation.

With the program, the City will use the bulk buying power of the community to purchase the electricity that Eversource will continue to deliver to customers. The program will impact the supply charges on customers' Eversource electricity bill, but not the delivery charges. Newton Power Choice will provide greener electricity, price stability, and consumer protections.

Newton aims to have many more customers getting all of their electricity from New England renewable projects

than any other community. All Eversource Basic Service customers will be *automatically enrolled*. But participation is not required. Electricity customers may opt out of the program before being enrolled or at any time *with no fee or penalty*.

For more details on Newton Power Choice, see
www.newtonpowerchoice.com.

Planning Department

28 Austin Street The City of Newton and Austin Street Partners have come together as a partnership for this exciting mixed-use project at 28 Austin Street in Newtonville, the site of a long-existing public parking lot. Construction is now underway. To stay-up-to date on parking options during construction and to sign up for email updates, visit www.newtonma.gov/austinstreet or austinstreet@newtonma.gov.

Needham Street Area Vision Plan

The Needham Street area is a key gateway to the City of Newton. The area has been and is currently the subject of private development efforts. A clear vision for the area will assist the City of Newton in evaluating future plans for the area. Therefore, the City, led by the Planning and Development Department, is now seeking to engage the broader community in informing the development of a vision plan for the Needham Street Area to be adopted into the City's Comprehensive Plan. To learn more about the project and sign up for email updates please go to, www.newtonma.gov/needhamstreet.

Volunteering To explore volunteering opportunities at the Senior Center and in the community, contact **Julie Joy** at jjoy@newtonma.gov or 617 796-1674.

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.