

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

July-August 2018

“Taste of Senior Living Tuesdays”

Fourth Tuesday of every month

Tuesday, July 24th, CareOne at Newton,

2102 Washington St., Newton

Tuesday, August 28th, Stone Rehabilitation & Senior Living,

277 Elliot Street, Newton

You will have a taste of different senior living facilities in the area. Eat a complimentary lunch in the dining room and have a tour of the facility. Van will provide pick-up and drop-off. Each trip is limited to 11 seniors. 11:45: Newton Senior Center pick-up. 12:00: Tour. 12:30: Lunch. 1:45: Newton Senior Center Drop-off. Limited to 11 people. **Advance registration is required: call 617-796-1660. Note: please provide 24 hours notice if cancelling your tour.**

Elder Law Education Program

Tuesday, July 31st, 1:30-3:00 p.m.

Join attorney and CPA Steve Mann for a discussion about estate planning. He will discuss wills, trusts, joint ownership, health care proxies, and powers of attorney. Attorney Mann’s specialties are estate planning, elder law, and taxation. He is a member of the National Academy of Elder Law Attorneys and the Treasurer for the Mass. chapter. This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA).

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

Downsizing Made Easy

Friday, August 3rd, 2:00-3:30 p.m.

Whether you plan to age in place or are thinking about moving, this presentation will cover tips for scaling down possessions and provide information on available housing options, from qualified elder housing, to living on college campuses. Educator and Realtor Marie Presti, a Seniors Residential Specialist, will discuss the nuts and bolts of downsizing (or right sizing, as she likes to call it). She will also address financing, from home equity lines of credit to the pros and cons of reverse mortgages. Marie will be joined by Kathleen

Wright, a Newton-based downsizing consultant who began her business when she noticed a demand in the market for senior transitioning services. Marie Presti is President of the Greater Boston Association of Realtors and has taught more than 100 courses through Newton Community Education. **Register with the Front Desk at 617-796-1660. Free.**

How to Spot Scams

Friday, August 10th, 2:00-3:30 p.m.

Marian Ryan, the Middlesex District Attorney, will discuss identity theft and safe banking practices and living safely at home, and she will answer questions from the audience about safety, scams, and abuse. “Scam artists are skilled, and anyone can fall victim,” said District Attorney Ryan. “Still, there are things individuals can do to educate and protect themselves from these sorts of crimes.” Prior to being named District Attorney, Marian Ryan served as the Chief of the Office’s Elder and Disabled Unit for 18 years. Through her experience, she has worked to promote best practices and protocols in investigating and prosecuting cases involving abuse. **Register with the Front Desk at 617-796-1660. Free.**

Annual Summer BBQ

Wednesday, August 8th, 12:00-1:00 p.m.

Celebrate summer and enjoy a delicious barbecue! Lunch includes hamburgers, hot dogs, veggie burgers, pasta salad, potato salad, potato chips, drinks, and ice cream sandwiches for dessert. **Generously sponsored by The Village Bank. Register with the Front Desk at 617-796-1660. Free.**



2018 Newton Senior Prom Photos

Photographs from our 2018 Newton Senior Prom 50’s Sock Hop are available at newtonseniorprom.shutterfly.com There is no password needed and you can order prints directly from the website. Thanks to Joanne Shapiro, Volunteer Photographer.

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- We put the needs of our clients before our own and only associate with people who are committed to that
- We don't tell people what they want to hear, we tell them the truth
- We treat our clients like our family
- We believe an educated consumer is an empowered consumer



Trips

Rockport, MA

Thursday, July 19th, 9:30 a.m.-4:30 p.m.

- Depart Newton Senior Center at 9:30 a.m., Boston College (300 Hammond Pond Parkway) at 9:45 a.m.
- Lunch We'll have a delightful lunch with a harbor view at Blue Lobster Grille in Rockport. Choose: Fish and Chips, Baked Haddock, or Grilled Chicken Sandwich. Includes a drink.
- Explore The restaurant is located at the entrance of Bearskin Neck Village. Explore the village and the charming town of Rockport. Depart at 3:00 p.m.
- Return Newton Senior Center at 4:30 p.m., Boston College (former Mishkan Tefila, 300 Hammond Pond Parkway) at 4:45 p.m.
- Fee \$51. Includes bus, lunch, and all gratuities (waitstaff + bus driver).
- Register Pay by credit card by calling 617-796-1670 (3% convenience fee). 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. The FINAL deadline to register is Thursday, July 12th, at noon.

Sponsored trip! USS Constitution Museum

Thursday, August 2nd, 9:30 a.m.-2:00 p.m.

- Depart Newton Senior Center at 9:30 a.m.
- Museum USS Constitution "Hands-on History" Tour and Independent Exploration from 10:00 a.m.-11:30 a.m.
- Lunch 99 Restaurant in Charlestown. Includes Bistro Salad, a drink, Petite Fours, and choice of: Balsamic Salmon, Steak Tips, or Balsamic Chicken. Depart 1:30.
- Return Newton Senior Center at 2:00 p.m.
- Fee \$13. Includes bus, lunch, museum tour, and all gratuities (wait staff + bus driver). **The fee for the majority of this trip is very generously subsidized by the Crossing Generations club at Newton South High School.**
- Register Pay by credit card by calling 617-796-1670 (3% convenience fee). 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. The FINAL deadline to register is Thursday, July 26th, at noon.

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.

Theatre Workshop does not meet in July or August. They will resume on Monday, September 10th.

Chamber Ensemble does not meet in June, July, or August. They will resume playing on Wednesday, September 12th.

Save the Date: Senior CharlieCard event
The next MBTA Senior CharlieCard event will occur on Wednesday, September 5th, 2:00-3:30 p.m. Details to follow in the September/October 2018 edition of *Coming of Age*. You must be a Newton resident and 65 (or turning 65 by September 19th) to participate.

Patriotic Songs Swing Band Program

Tuesday, July 3rd, 1:30-2:30 p.m.
Wear your patriotic outfits and be ready for a hand-clapping, foot-stomping, sing-along hour of music! Enjoy patriotic favorites such as "Over There," "Give My Regards to Broadway," "The Star-Spangled Banner," "America the Beautiful," and "This Land is Your Land." **Just show up.**



Dialogue with the Director, Jayne Colino

Tuesday, July 10th and Friday, August 10th, 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
Wednesday, July 4th (Independence Day).**

City Councilor Constituent Hour

Last Friday of every month
Councilor Norton will not meet in July or August. She will resume her constituent hours in September.

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.

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Senior Medicare Patrol

Tuesday, July 10th, 12:30-1:30 p.m.
Learn how to prevent, detect, and report healthcare errors, fraud, and abuse. Become a more informed and engaged health care consumer and learn about the distribution of new Medicare cards with random numbers rather than Social Security numbers. Led by Judy Gertler, a representative of the Massachusetts Senior Medicare Patrol Program. **Register with the Front Desk at 617-796-1660. Free.**

AARP Smart Driver:

Classroom Course

Wednesday, July 11th,
10:30 a.m.-3:30 p.m.
The focus of this course is how the aging process affects hearing, eyesight, and driving response time and how to recognize and compensate for these conditions. Also discussed is how to handle road rage and mistakes by other drivers. Includes a workbook and a video. Students must attend the entire class to receive a certificate of completion. Registration required by July 9th or class is subject to cancellation. **\$15 for AARP members (write your AARP number on your check) and \$20 for non-members. Make check payable to AARP. Write your telephone number on the check. No credit cards.**

Electricity Initiative

(Newton Power Choice)

Thursday, July 12th, 9:30-10:30 a.m.
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. Learn about the program and get your questions answered. Ann Berwick is the Co-Director of Sustainability for the City of Newton. **Register with the Front Desk at 617-796-2660. Free.**

Vigorous Mind Group Game

Second Thursday of every month

2 Thursdays: July 12th and August 9th,

11:00 a.m.-noon

This fun, non-competitive game will be led by a senior volunteer who was trained in the Vigorous Mind brain wellness computer program. Open to any seniors who want to stimulate their brains and enjoy fun stories, trivia, and music. All are welcome! **Register with the Front Desk at 617-796-1660.**

Mah Jongg Workshop

7 Mondays: July 16th, July 23rd, 30th, August 6th, 13th, 20th, 27th, 2:30-4:00 p.m.

This course will introduce you to the basic rules of the game. A very short time and little effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught at many senior centers, including ours. Registration required by July 11th, 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.**

MetroWest Legal Clinic

Tuesday, July 17th,
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.**

Author Talk: *Aged Healthy, Wealthy, & Wise*

Tuesday, July 24th, 1:30-3:00 p.m.

Nationally recognized wealth advisor Coventry Edwards-Pitt applies the success-story format of her highly acclaimed first book, "Raised Healthy, Wealthy & Wise", to one of today's most pressing issues: how to age well--given our increased longevity--and ensure that our later years have a positive, rather than negative, impact on our families. Drawing on her many years of

professional experience, Covie interviewed vibrant elders and brings to life the daily choices they are making that allow them to live content, engaged, and purposeful later lives and design legacies of meaning. **Register with the Front Desk at 617-796-1660. Free.**

Peggy Lee:

Music Appreciation Class with Frank King

Friday, July 27th, 2:00-3:30 p.m.
Hear the standout songs of the Golden Era – including rare, seldom-heard recordings, and also learn some fascinating secrets about the singers and the songs. This lecture will focus on “Miss” Peggy Lee, who was not only a great singer but a great lyricist, as well. Also: a rare Sinatra duet from radio days, the surprising history of the song “Autumn Leaves,” a strange and funny duet by Rosemary Clooney and Marlene Dietrich, “Too Old to Cut the Mustard,” and more. Mr. King holds a Masters in Broadcasting from Boston University. He formerly hosted music programs on WBUR radio. His lectures draw from the music from his personal collection of over 2,400 record albums. **Free, thanks to the generous sponsorship of CareOne at Newton. Register with the Front Desk at 617-796-1660.**



What the Heck is an HECM?

The Facts about Reverse Mortgages

Wednesday, August 1st,
10:00-11:30 a.m.

Learn what a Home Equity Conversion Mortgage (HECM) is, how it works, and what the positives and negatives are. Bonny Gilbert of Fairway Independent Mortgage joined the mortgage industry in 2010, after working in finance and later practicing law. She is a member of the Financial Planning Association (FPA), and NARMLA (the National Reverse Mortgage Lender's Association). **Register with the Front Desk at 617-796-1660.**

Health and Wellbeing Workshops

Health Maintenance Clinics

4 Fridays: July 13th, July 27th, August 10th, August 24th, 9:30 - 11:00 a.m.

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

Falls Prevention and Balance Screening

Wednesday, August 22nd, 1:30-3:00 p.m.

Identify if you are at risk of falling, and find resources to address this risk. Physical therapists from the American Physical Therapy Association of Massachusetts will lead participants through a series of standardized tests that will identify their level of risk for falling. Recommendations (home modification, assistive devices, physical therapy) will be provided, based on the results of the tests. Led by Hayes Rainier, Physical Therapist at Marathon Physical Therapy in Newton. **Register with the Front Desk at 617-796-1660. Free.**

Healthy Snacking Class

Wednesday, July 25th, 1:00-2:00 p.m.

This is a cooking class where you will learn how to create healthy snacks. We will make: healthy trail mix, chocolate chip oatmeal balls, popcorn with two toppings, and dried apricot/pecan/goat cheese bites. Elissa Goldman, owner of

Nutrition by Elissa LLC, is a Boston-based Registered Dietitian and nutrition expert. **\$15 materials fee.** Registration required by July 18th 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 required) by calling 617-796-1670.

My Life, My Health Workshop:

Helping you Manage your Ongoing Health Challenges

6 Tuesdays: July 24th, July 31st, August 7th, August 14th, August 28th, September 4th, 1:00-3:30 p.m.

If you deal with a daily health issue such as high blood pressure, arthritis, COPD, kidney disease, back pain, cancer, or any other health condition, this workshop is for you! This workshop was developed by researchers at Stanford University Medical Center. Learn about healthy eating and exercise, how to deal with difficult emotions, stress, depression, and pain. We'll also cover relaxation techniques, fall prevention, the importance of sleep, how to make difficult decisions and communicate better with your doctor, family, and friends, how to keep track of medications, evaluate treatments, and plan for the future. **Call 617-796-1670 to register.** Deadline July 21st or class is subject to cancellation. **\$15 book fee. Write telephone number on check.**

Food, Music, and Fun!

Fourth of July Party and Concert with Johnny Diamond

Friday, July 6th, 1:00-2:00 p.m.

Join Johnny Diamond for patriotic songs, such as Yankee Doodle Dandy, and Vintage Classics from the 60's and 70's! You will also enjoy some delicious ice cream. **Generously sponsored by Wingate Residences at Boylston Place. Register with the Front Desk at 617-796-1660. Free.**



Summer Concert and Ice Cream Social With Heather Ferrari

Friday, July 20th, 1:00-2:00 p.m.

Celebrate summer with ice cream and enjoy the music of Heather Ferrari from Songful Artists as she sings patriotic music and songs from the Great American Songbook!

Selections range from beautiful

ballads to your favorite toe-tapping tunes. **Generously sponsored by Briarwood**

Rehabilitation & Healthcare

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



Ice Cream Social

Thursday, July 26th, 1:00-1:30 p.m.

Relax, cool off, enjoy delicious ice-cream sundaes. Generously sponsored by New Outlook Homecare.

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



Stand-Up Comedy Show with David Shikes

Wednesday, August 1st, 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 fivetime 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.

Summer Concert and Ice Cream Social with Gary Landgren

Friday, August 24th, 1:00-2:00 p.m.

Celebrate summer with ice cream and enjoy the Honky Tonk music of Gary Landgren. **Generously sponsored by**

Meadow Green Rehabilitation and Nursing Center. Register with the Front Desk at

617-796-1660. Free.



Memory Café

Third Wednesday of every month

“Memory Café: The Legendary Judy Garland” with Bruce Hambro Wednesday, July 18th, 2:00-4:00 p.m.

Bruce Hambro will engage us in a fun, one-hour review of the life and fabulous career of the girl from *Oz*! Audience members are encouraged to sing along! **Register for a reminder call at 617-796-1660. Free. Generously sponsored by Marist Hill Nursing & Rehabilitation Center.**



Memory Café: “Moving to Music” with Donna Newman-Bluestein Wednesday, August 15th, 2:00-4:00 p.m.

Dance/movement therapist Donna Newman-Bluestein will lead us in moving to irresistible toe-tapping music from the Big Bands, popular tunes from the 40’s to the 60s, Broadway and disco to Strauss waltzes. Together, sitting, or standing, the group will experience a greater sense of aliveness and joy, as we inspire and uplift one another. **Register for a reminder call at 617-796-1660. Free. Generously sponsored by Marist Hill Nursing & Rehabilitation Center.**



Death & Dying Series

Death as a Spiritual Event

Wednesday, July 11th, 2:00-3:30 p.m.
Learn different ways that people of various religious/spiritual perspectives, as well as those who do not view themselves as religious or spiritual, think of and experience death. Spiritual resources and contributing factors to spiritual distress will be discussed. This workshop will be led by Sharon Dunbar-Link, Spiritual Counselor at Care Dimensions. **Register with the Front Desk at 617-796-1660. Free.**

Cemetery 101

Wednesday, July 25th, 1:30-3:00 p.m.
A ‘cemetery’ is defined as a ‘burial ground,’ but cemeteries and their burial options can be quite diverse. What is the role of a cemetery? What are the different types of cemeteries and burial options? What are the main considerations that are to be made when preplanning a funeral or burial? These questions, and many others, will be answered. Timothy Burns has been the Director of Cemetery Services at Newton Cemetery for six years. He has worked with families, funeral directors, memorial dealers, visitors, and cemetery staff to help assist those in need of Newton Cemetery’s services. **Register with the Front Desk at 617-796-1660. Free.**

Conversation Project

Thursday, August 2nd, 10:00-11:30 a.m.
We will explore the importance of end-of-life conversations, so that you may live and die well, with your wishes for care known and honored. You will be guided through the starter kit from The Conversation Project, theconversationproject.org. This will be a safe space to learn, reflect, and write and share your thoughts, feelings and experiences. Basic information on palliative care and hospice care will be shared. The presenter is Betsy Simmons, a trainer/facilitator with The Conversation Project, which is dedicated to helping people talk about their wishes for end-of-life care. **Register at the Front Desk at 617-796-1660. Free.**

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.”



Wednesday, July 18th, 1:00 p.m.

Darkest Hour

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days. Starring Gary Oldman. 2017. PG-13. 2 hours, 5 minutes.



Wednesday, August 1st, 1:00 p.m.

Wonder

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Starring Julia Roberts. 2017. PG. 1 hour, 53 minutes.



Wednesday, August 15th, 1:00 p.m.

Victoria & Abdul

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. The two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. Starring Judi Dench. 2017. 1 hour, 51 minutes.



Wednesday, August 29th, 1:00 p.m.

Stronger

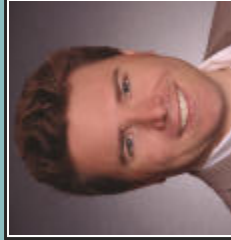
In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he's celebrating his completion of the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits. Starring Jake Gyllenaahl. 2017. R. 1 hour, 59 minutes.



July/August 2018 Programs

Monday Drop-In Programs	Tuesday Drop-In Programs	Wednesday Drop-In Programs	Thursday Drop-In Programs	Friday Drop-In Programs
<p>8:45 a.m. Intermediate Tai Chi</p> <p>9:00 a.m. Pool Cues</p> <p>10:00 a.m. Zumba Gold</p> <p>11:00 a.m. Ageless Grace</p> <p>1:00 p.m. Games</p> <p>1:00 p.m. NewsTalk</p> <p>1:30 p.m. Coloring Drop-In</p> <p>2:00 p.m. Yoga: chair</p> <p>3:15 p.m. Nia</p>	<p>9:00 a.m. Dance Aerobics</p> <p>9:00 a.m. Intermediate Spanish</p> <p>9:30 a.m. Bridge & Coaching</p> <p>11:00 a.m. Muscle Conditioning</p> <p>1:00 p.m. Bingo</p> <p>1:30 p.m. Swing Band</p>	<p>9:00 a.m. Pool Cues</p> <p>9:30 a.m. Drawing and Painting</p> <p>Open Studio</p> <p>10:45 a.m. Seated Strength & Balance</p> <p>12:00 p.m. Zumba Gold</p>	<p>8:45 a.m. Mindful Meditation</p> <p>9:00 a.m. Knitting</p> <p>10:00 a.m. Beginner Tai Chi</p> <p>11:00 a.m. Tong Ren</p> <p>11:45 a.m. Advanced Tai Chi</p> <p>1:00 p.m. Games</p> <p>1:00 p.m. Yoga: chair</p> <p>1:00 p.m. French Salon</p> <p>1:30 p.m. Tai Chi (Jackson Gardens, 101 Kennedy Circle, Newton)</p> <p>2:00 p.m. Yoga: mats</p>	<p>9:00 a.m. Muscle Conditioning</p> <p>9:00 a.m. Intermediate Spanish Conversation</p> <p>9:00 a.m. Pool Cues</p> <p>10:00 a.m. Beg. French</p> <p>10:15 a.m. Dance Aerobics</p> <p>11:15 a.m. Zumba Gold</p> <p>12:30 p.m. Seated Strength & Balance</p> <p>1:00 p.m. Chess</p> <p>1:00 p.m. Bingo</p>
<p>July 2</p> <p>10:00.....Introduction to Watercolor Painting</p> <p>11:45..... Lunch: Potato Pollack filet or Ham & Swiss sandwich</p> <p>TAI CHI CANCELLED</p>	<p>July 3</p> <p>11:00.....Hearing Screening</p> <p>11:45..... Lunch: Independence Day Special: Cheeseburger, fries, berry trifle</p> <p>1:30.....Patriotic Songs Swing Band Program</p>	<p>July 4</p> <p>INDEPENDENCE DAY: NEWTON SENIOR CENTER IS CLOSED</p>	<p>July 5</p> <p>10:00.....Movie: <i>I, Tonya</i></p> <p>10:30.....Ceramics I</p> <p>11:45.....Lunch: Fried chicken breast or Cottage cheese & fruit plate</p> <p>12:30.....Ceramics II</p> <p>TAI CHI CANCELLED (BOTH LOCATIONS)</p>	<p>July 6</p> <p>11:45.....Lunch: Stuffed shells w/ meatballs or vegetarian chef salad</p> <p>1:00.....Fourth of July Party and Concert with Johnny Diamond—sponsored by Wingate Residences at Boylston Place</p>
<p>July 9</p> <p>10:00.....Introduction to Watercolor Painting</p> <p>11:45.....Lunch: Salmon w/ lemon dill sauce or Turkey & Swiss sandwich</p>	<p>July 10</p> <p>11:45.....Lunch: American Chop Suey or Chicken pesto Caesar salad</p> <p>12:00.....Dialogue with the Director</p> <p>12:30.....Senior Medicare Patrol</p>	<p>July 11</p> <p>10:00.....Living in the 55 and Over Lane at Newton Free Library</p> <p>10:30.....AARP Smart Driver Classroom Course</p> <p>11:45.....Lunch: BBQ chicken or Tuna salad sandwich</p> <p>12:30.....A Matter of Balance</p> <p>2:00.....Death as a Spiritual Event</p> <p>5:00.....Caregiver Topics</p>	<p>July 12</p> <p>9:30.....Men's Club at Johnny's</p> <p>9:30.....Information Session: Electricity Initiative (Newton Power Choice)</p> <p>10:30.....Ceramics I</p> <p>11:00.....Vigorous Mind group game</p> <p>11:45.....Lunch: Turkey w/ gravy or Roast beef w/ Swiss sandwich</p> <p>12:30.....Ceramics II</p>	<p>July 13</p> <p>9:30.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Spinach & red pepper quiche or Seafood salad sandwich</p>
<p>July 16</p> <p>10:00.....Introduction to Watercolor Painting</p> <p>11:45.....Lunch: Creole Fish or BBQ chicken breast sandwich</p> <p>2:30.....Mah Jongg Workshop</p>	<p>July 17</p> <p>9:30-11:30.....MetroWest Legal Clinic</p> <p>10:00.....Tree Walk with the Arborist at Newton Cemetery</p> <p>11:45.....Lunch: Macaroni & cheese or Turkey & Swiss sandwich</p> <p>1:30.....Caregiver Support Group</p>	<p>July 18</p> <p>11:45.....Lunch: Box Lunch: Egg salad sandwich, pina colada cake</p> <p>1:00.....Movie: <i>The Darkest Hour</i></p> <p>sponsored by The Presti Group</p> <p>2:00.....Memory Café: "The Legendary Judy Garland"—sponsored by Marist Hill Rehabilitation & Nursing</p>	<p>July 19</p> <p>9:30-4:30.....Trip to Rockport, MA</p> <p>10:30.....Bereavement Support Group</p> <p>10:30.....Ceramics I</p> <p>11:45.....Lunch: Meatloaf w/ onion gravy or Chef salad w/ turkey</p> <p>12:30.....Ceramics II</p>	<p>July 20</p> <p>11:45.....Lunch: Meatball sub or Roast beef w/ Swiss sandwich</p> <p>1:00.....Commodity Food Program</p> <p>1:00.....Summer Concert and Ice Cream Social with Heather Ferrarri—sponsored by Brianwood Rehabilitation & Healthcare</p>
<p>July 23</p> <p>11:45.....Lunch: Chicken Cacciatore or Mediterranean Plate w/ hummus</p> <p>2:30.....Mah Jongg Workshop</p>	<p>July 24</p> <p>11:45.....Lunch: BBQ: Hot dog, hamburger, potato salad, watermelon</p> <p>11:45.....Taste of Senior Living: CareOne at Newton</p> <p>1:30.....Author Talk: <i>Aged Healthy, Wealthy, and Wise</i></p> <p>1:00.....Disease Management workshop</p> <p>6:00.....LGBTQ Elder Café sponsored by AMADA Senior Care—Boston MetroWest</p> <p>SWING BAND CANCELLED</p>	<p>July 25</p> <p>11:45.....Lunch: Hot dog w/ baked beans or Tuna salad sandwich</p> <p>1:00.....Healthy Snacking Class</p> <p>1:30.....Cemetery 101</p>	<p>July 26</p> <p>10:30.....Ceramics I</p> <p>11:45.....Lunch: Stuffed pepper w/ beef or Chef salad w/ turkey</p> <p>12:30.....Ceramics II</p> <p>1:00.....Ice Cream Social — sponsored by New Outlook Homecare</p>	<p>July 27</p> <p>9:30.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Lentil stew or Chicken salad sandwich</p> <p>2:00.....Peggy Lee: A Music Appreciation Class</p> <p>2:30.....Clutter Support Group</p>
<p>July 30</p> <p>10:30.....Parkinson's Support Group</p>	<p>July 31</p> <p>11:45.....Lunch: Vegetable lasagna rollup</p>	<p>August 1</p> <p>10:00.....What the Heck is a HECM</p>	<p>August 2</p> <p>9:30-2:00.....Trip to USS Constitution</p>	<p>August 3</p> <p>11:45.....Lunch: Potato Pollack filet</p>

<p>10:36.....Lunch: Lemon Dijon chicken or Egg salad sandwich 2:30.....Mah Jongg Workshop</p>	<p>11:45.....Lunch: Beef stroganoff over noodles or Tuna salad sandwich 12:30.....Low Vision Support Group 2:30.....Mah Jongg Workshop</p>	<p>August 6 11:45.....Lunch: Beef stroganoff over noodles or Tuna salad sandwich 12:30.....Low Vision Support Group 2:30.....Mah Jongg Workshop</p>	<p>August 7 11:00.....Hearing Screening 11:45.....Lunch: Fish w/ Newburg or Roast beef w/ Provolone sandwich 1:00.....Disease Management workshop</p>	<p>August 8 12:00.....Annual Summer BBQ sponsored by The Village Bank 1:30.....Chinese Brush Painting 5:00.....Caregiver Topics</p>	<p>August 9 9:30.....Men's Club at Johnny's 10:30.....Ceramics I (SESSION ENDS) 11:00.....Vigorous Mind group game 11:45.....Lunch: Vegetable quiche or Chicken salad sandwich 12:30.....Ceramics II (SESSION ENDS)</p>	<p>August 10 9:30.....Health Maintenance Clinic 11:45.....Lunch: American Chop Suey or Seafood salad sandwich 12:00.....Dialogue with the Director 2:00.....District Attorney Discusses: How to Spot Scams</p>
<p>11:45.....Lunch: Turkey Marsala or Chicken salad sandwich 1:00.....Disease Management workshop</p>	<p>August 13 11:45.....Lunch: Chicken meatball sub or Egg salad sandwich 2:30.....Mah Jongg Workshop</p>	<p>August 14 11:45.....Lunch: Turkey Marsala or Chicken salad sandwich 1:00.....Disease Management workshop</p>	<p>August 15 10:00.....Living in the 55 and Over Lane at Newton Free Library 11:45.....Lunch: Salmon w/ lemon sauce or Chef salad w/ ham 1:00.....Movie: <i>Victoria & Abdul</i> sponsored by The Presti Group 1:30.....Chinese Brush Painting 2:00.....Memory Café: "Moving to Music" sponsored by Marist Hill Rehabilitation & Nursing</p>	<p>August 16 10:30.....Bereavement Support Group 11:45.....Lunch: BBQ chicken breast or Tuna salad sandwich</p>	<p>August 17 11:45.....Lunch: Macaroni & Cheese or Turkey w/ Swiss sandwich 1:00.....Commodity Food Program</p>	<p>August 21 11:45.....Lunch: Chicken lo mein or Seafood salad sandwich 2:30.....Mah Jongg Workshop</p>
<p>August 20 11:45.....Lunch: Chicken lo mein or Seafood salad sandwich 2:30.....Mah Jongg Workshop</p>	<p>August 21 11:45.....Lunch: Beef stew or Curry chicken salad 1:30.....Caregiver Support Group</p>	<p>August 22 11:45.....Lunch: Stuffed shells or Roast beef w/ Provolone 1:30.....Falls Prevention and Balance Screening 1:30.....Chinese Brush Painting</p>	<p>August 23 11:45.....Lunch: Potato Pollack filet or Ham & Swiss sandwich</p>	<p>August 24 9:30.....Health Maintenance Clinic 11:45.....Lunch: Veggie burger or Garden salad w/ chicken breast 1:00.....Summer Concert and Ice Cream Social with Gary Landgreen- sponsored by Meadow Green Rehabilitation & Nursing 2:30.....Clutter Support Group</p>	<p>August 29 11:45.....Lunch: Hot dog or Egg salad sandwich 1:00.....Movie: <i>Stronger</i> sponsored by The Presti Group 1:30.....Chinese Brush Painting</p>	<p>August 30 11:45.....Lunch: Beef stuffed peppers or Turkey w/ Provolone sandwich</p>
<p>August 27 10:30.....Parkinson's Support Group 11:45.....Lunch: Fish almonidine or Roast beef w/ Swiss sandwich 2:30.....Mah Jongg Workshop</p>	<p>August 28 11:45.....Lunch: Chicken broccoli divan or Tuna salad sandwich 11:45.....Taste of Senior Living: Stone Rehabilitation & Senior Living 1:00.....Disease Management workshop 6:00.....LGBTQ Elder Café sponsored by AMADA Senior Care-Boston MetroWest</p>	<p>August 29 11:45.....Lunch: Hot dog or Egg salad sandwich 1:00.....Movie: <i>Stronger</i> sponsored by The Presti Group 1:30.....Chinese Brush Painting</p>	<p>August 30 11:45.....Lunch: Beef stuffed peppers or Turkey w/ Provolone sandwich</p>	<p>August 31 11:45.....Lunch: White bean & kale stew or Chicken pesto Caesar salad</p>		



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Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: July 30th and August 27th,
10:30-11:30 a.m.

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

Clutter Support Group

Second Friday of every month

Fridays: July 27th and August 24th,
2:30-3:30 p.m. (**note 2-week delays**)

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

Tuesdays: July 17th and August 21st,
1:30-3:00 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: July 19th and August 16th,
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),
Monday, August 6th, 12:30-2:00 p.m.
(no July meeting)

In August, our guest speaker will be Officer Rosenbaum from the Newton Police Elder Affairs Department. Please note our early start of 12:30 p.m. The meeting will end at 2:00 p.m. Sponsored by the MA Association for the Blind and Visually Impaired. **For more information, call Low Vision Volunteer Trudy at 617-969-7084.**

Caregiver Topics

Second Wednesday of every month

2 Wednesdays: July 11th and August 8th,
5:00-6:00 p.m.

This is an evening support group that explores common topics of caregiving such as communication skills, dealing with emotions, and self care. Must have at least 4 participants to run the program. **Register with Case Manager Emily Kuhl at 617-796-1672 or ekuhl@newtonma.gov**

Monthly Programs

LGBTQ Elder Café

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

Fourth Tuesday of every month

Tuesdays: July 24th and August 28th,
6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. Free, thanks to the generous sponsorship of AMADA Senior Care Boston-MetroWest. For more information, **call Julie Joy at 617-796-1674. RSVPs required to jjoy@newtonma.gov**



Newton Men's Club

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

Thursdays: July 12th and August 9th, *Johnny's Luncheonette, 30 Langley Road, Newton Centre*

*****We will not meet at the Newton Senior Center in July and August, only at Johnny's. If anyone is interested in being a guest speaker at our Men's Club, we'd like to hear from you. Topics of interest include space, technology, sports, hobbies, and history. Please contact Ilana at 617-796-1670 or iseidmann@newtonma.gov to be connected to our Men's Club Volunteer Coordinator.**

Hearing Screenings

10 First Tuesday of every month

Tuesdays: July 3rd and August 7th,

11:00 a.m.-noon

Attend a 10-minute hearing screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, they can clean and check them and replace the batteries. **Call the Front Desk at 617-796-1660 to make a 10-minute appointment. Free.**

Short Story Group

Last Thursday of every month The Short Story Group does not meet in July or August. We will resume in September.

Book Club

Third Friday of every month The Book Club does not meet in July or August. We will resume in September.

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: July 20th and August 17th,
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 and show proof of age and residence. **To receive an application, contact Emily Kuhl, 617-796-1672 or ekuhl@newtonma.gov.**

Off-Site Programs

Now What?

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

Second Wednesday of every month

2 Wednesdays: July 11th and August 8th, 10:00-11:30 a.m.,

Room B, Newton Free Library, 330 Homer Street

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. Questions, Margaret Leipsitz mleipsitz@newtonma.gov or 617-796-1665.**

Tai Chi at the Newton Housing Authority

On-going program: every Thursday, 1:30-2:30 p.m.

Jackson Gardens Community Room

101 Kennedy Circle, Newton

Enjoy our popular Tai Chi program at a different location.

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. **Just show up.**

Tree Walk with the Arborist

Tuesday, July 17th, 10:00-11:00 a.m., **Newton Cemetery**

Administration Building, 791 Walnut Street

Rain or heat wave date:

Thursday, July 19th, 10:00-11:00 a.m.

This walking tour will highlight some unique specimen trees: why they were chosen, their characteristics, and some of the maintenance practices that keep them healthy and happy.

Robert Reardon has been a state-certified Arborist since 1984. He has been planting and maintaining trees at Newton Cemetery for 20 years. Co-sponsored with the Newton Cemetery. **Register with the Front Desk at 617-796-1660. Free.**

Transportation to Off-Site Programs

Transportation for Newton seniors is provided by Newton's Yellow Voucher program. Reservations required. **If you don't have vouchers call Alice Bailey at 617-796-1664.**

Art

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

Ceramics Workshop

8 Thursdays: June 21st, 28th, July 5th, 12th, 19th, 26th, August 2nd, 9th

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

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

Have fun while learning to create sculptures, tiles, a wall piece or bowls, cups, and plates. The class is equipped with a pottery wheel and a slab roller. Instructed by Bet Lee. Class limited to 10 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.**

Chinese Brush Painting

6 Wednesdays: August 1st, 8th, 15th, 22nd, 29th, September 5th, 1:30-3:30 p.m.

An introduction to freehand Chinese brush painting, depicting classical subjects. We will use special brushes, Chinese watercolor 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 brush 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 July 25th 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.

The Paint Bar Visits Newton Senior Center!

Thursday, August 16th, 9:30-11:00 a.m.

Students from The Service Stars Summer Program, ages 6-10, will be coming to the Senior Center to work on a joint Paint Bar event with us! We will paint summer garden scenes. Paint Bar's fabulous instructors will guide you step by step through your session's painting. Absolutely no experience is necessary! At the end of the session, you'll be amazed at the artwork you've created. You'll receive a 16' x 20' pre-stretched canvas, acrylic paint, brushes, easels, and an apron. (We recommend wearing something you wouldn't mind getting paint on, just in case!) Registration required by Friday, August 10th. **\$10 materials fee (pay any Senior Center staff person) or call 617-796-1670 to pay by credit card). This program is generously sponsored by The Village Bank.**



Student Performance: "Click, Clack, Moo, Cows that Braille"

Thursday, August 2nd,
11:00-11:15 a.m.

Newton Public School students with visual impairments, ages 4-14, will perform a play for us! **Just show up.**

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Thanks to Newtonville Books *for their very generous book donations to the Newton Senior Center library*
- *Thanks to our Platinum Level Senior Prom sponsor The Village Bank; our Gold Level sponsor West Newton Hearing Center, and our Silver Level sponsors Seniors Helping Seniors, Good Shepherd Community Care, Cabots Ice Cream and Restaurant, Newton Wellesley Hospital, Partners Health Care at Home, Visiting Angels, Watertown Savings Bank, Presentation Rehabilitation and Skilled Care Center; and our Copper Level sponsors Regis Boudreau, Kevin Max, Home Instead Senior Care, and Newton Community Development Foundation for their generous donations.*
- Paula Seams and Jake St. Philip, Valerie and Peter Szymkowicz, Joan Starkman, and Mark Barry, Maria Barron, Karen and Michael Fortin, *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*
- Marilyn Flannagan, Beverly Paoli, and Lucy Barisano, *in thanks for tax preparation*
- Daniel Malia and Hensa Shah, *in thanks for the Senior Center*
- Judith Horgan, *in gratitude for the executive staff at the Senior Center*
- Bernadette Castellanos, *in memory of Margaret "Peg" Hannigan*

SHINE: Serving the Health Insurance Needs of Everyone

Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost.

Other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including vaccines for shingles, Zostavax and the newly available

Shingrix. You may pay different amounts, depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

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.

Senior Walking Group

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.**

City of Newton Parks and Recreation 55 and Over Programs

Aquatic Exercise: Increase your physical activity without stress on your joints. Swimming skills are not necessary. Summer Aquatics meets at the Gath Pool Monday through Friday, 12:15-1:00 p.m., during July and August.

Tennis: Tennis is held at the Warren House Courts on Washington Street in West Newton, Tuesdays and Thursdays.

Pickleball: At the Cove on Monday and Wednesday nights and Saturday mornings. Lessons available.

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.

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

The Fashions of Downton Abbey with Tea: September 9th. Save the date for this Sunday afternoon tea and special fashion presentation with Ren Antonwicz.

Trips: Block Island, July 18th, \$88.00. Lobster Bake on the lawn at the Beachmere Inn, Maine, \$75.00.

Castle Island, July 11th (via the Helen Curtis Able Mini Bus), \$10.00; Stone Zoo, August 15th, \$10.00.

Red Sox Night: July 10th at the Newton North High School. Watch the game inside the theater and enjoy free hot dogs and popcorn.

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

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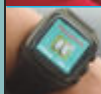
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Newton Senior Center Announcements

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 currently 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. Interviews are one hour long and take place at Newton City Hall on the first Thursday afternoon of each month. **Please contact Ilana at 617-796-1670 or iseidmann@newtonma.gov.**

Volunteers needed!

If you have some spare time and would like to volunteer at the Senior Center or

in the Newton community, call **Julie Joy, Volunteer Coordinator at 617-796-1674**. Some examples of volunteer opportunities are: Customer Service Representative at the Senior Center, Swap Shop or Book Shed Volunteer at the Resource Recovery Center, or clerical support volunteer in other Newton City Departments. Ask about the Tax Work Off Program. Seniors and Veterans, you may qualify to decrease your property tax bill by volunteering in Newton.

Come Take a Tour of the Newton Senior Center!

To sign up for a guided tour, call the main number, 617-796-1660, or talk to the Receptionist when you are here. If you get the *Coming of Age* newsletter but haven't been to the Senior Center, this is a great introduction. If you are already familiar with the Senior Center, please tell your friends who haven't

been here, and go on a tour with them to learn new things!

Fitness Class Reimbursement

Your health insurer may partially reimburse you for your participation in the Newton Senior Center's fitness classes. Pay for your fitness classes with a check to a staff person. We will write you a letter that you submit with the form that your health insurer provides you. **Questions? Contact Ilana at 617-796-1670 or iseidmann@newtonma.gov**

Game Players

Interested in playing games (Canasta, Bridge, Mah Jongg, Kitty Whist, etc.) at the Newton Senior Center? **Contact Elizabeth Lund at 617-796-1663 or elund@newtonma.gov** and tell her your name, contact information, game, and level, and she'll try her best to match you with other interested game players!

Newton-Brookline Consumer Office

Newton-Brookline Consumer Office

Be a Savvy Consumer

Are you having a dispute with a business, regarding the purchase of goods or services for personal use? Do you have questions about your rights as a tenant? Do you have a concern about an offer that will provide you with a financial gain that sounds too good to be true? **If so, assistance is available by calling 617-796-1292** from 9:30 a.m.-3:45 p.m., Monday– Friday, to reach the Newton-Brookline Consumer Office, located in Newton City Hall and working in cooperation with the office of the Attorney General. We're just a phone call away!
Mim Cole and Judy Zohn, Co-Directors

ELL Tutoring

Introductory Workshop for ELL Tutors

Thursday, July 12th, 10:00 a.m.

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.**

Planning Department

"*Hello Washington Street*" is the City of Newton's initiative to plan proactively the future of Washington Street in a community-based process with residents, local businesses, and City Councilors, with the help of the Principle Group, the planning firm under contract with the City of Newton. The thirteen-month process started in spring 2018 and will result in a vision plan and draft zoning for the areas that link West Newton to Newtonville to Newton Corner.

This is a community-based planning process, which got

started with the Public Design Week, June 5 - June 12. There will be more events in the fall 2018.

We're trying to make it easy to participate and find information. The project Facebook page is www.facebook.com/hellowashingtonstreet. The City webpage is www.newtonma.gov/washingtonstreetvision, where you can sign up to receive email updates. **You can also call the City of Newton Planning Department at 617-796-1120.**

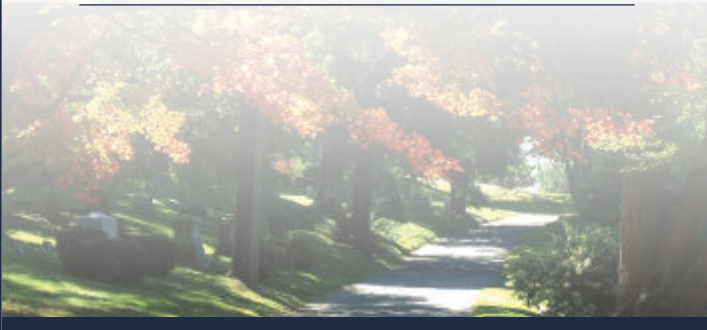


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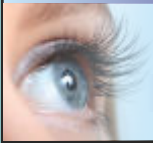


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Newton Department of Senior Services

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

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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

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Elizabeth Lund, Program Assistant, 1663

Ilana Seidmann, Program Coordinator, 1670

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Eric Rosenbaum

(City Employee)

Lisa Samelson

Nancy Scammon

(City Employee)

Laura Shaw

Tom Shoemaker

Gordon Szerlip

Emma Watkins

Mission

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

Vision

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

Statement of Welcome

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

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