

# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #5 Volume XI



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

## September-October 2018

### Zumba Gold

#### at the Hyde Community Center

Every Tuesday, starting September 11th, 10:00-11:00 a.m.

**90 Lincoln Street, Newton Highlands**

If you can't get to the Senior Center for Zumba Gold, try our new off-site class at the Hyde Community Centre, in the heart of Newton Highlands. Each week during the school year (September 11th-June 17th, with a winter break December 24th-January 7th), instructor Ketty Rosenfeld will lead participants through easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

You'll have fun, get a good workout, and leave feeling strong and empowered. No experience necessary. **Just show up.**

**Suggested contribution: \$3.**

### *Living and Aging in Newton: Now and in the Future Library Series*

**Newton Free Library, Druker Auditorium**

NewCAL Listening Session

Monday, September 17th, 7:00-8:30 p.m.

How Your Home Can Support Aging in Place

Tuesday, October 2nd, 7:00-8:30 p.m.

TBA

Thursday, November 1st, 7:00-8:30 p.m.

In September, join us for a listening and brainstorming session and share your thoughts, hopes and dreams, for the future Newton Center for Active Living (NewCAL).

NewCAL is the City's exploration of options to renovate an existing structure or build a new facility. In October, attend a panel discussion focusing on home modifications as well as a presentation from Deborah Pierce, Newton architect and author of *The Accessible Home*, describing home modifications that are achievable, affordable, and appropriate for people at every stage of life. November's session in TBA.

**Just show up.**

### 50+ Job Networking Group

7 Wednesdays: September 12th, September 26th, October 10th, October 24th, November 14th, 29th, December 12th, 5:30-8:30 p.m.

Looking for a job can be challenging at any age, and seniors face particular hurdles. If you want to find employment, this new group can help make the process less daunting. Each session will feature tips and strategies to help with various aspects of the job hunt – from updating your resume to answering tough interview questions. There will also be time for group discussion and networking. Our facilitator, a professional career coach, and various guest speakers, will help participants to explore next steps. Participants are encouraged, but not required, to attend all six sessions. This program is funded by the Massachusetts Executive Office of Elder Affairs. **Registration required: call the Front Desk at 617-796-1660. For more information, contact Margaret Leipsitz at 617-796-1665 or mleipsitz@newtonma.gov**

### Mayoral Meet-Up

Friday, September 28th, 2:00-3:30 p.m.

Mayor Fuller invites all residents to join her at a series of "Mayoral Meet-Ups" she hosts at venues across the city. All are welcome to attend—adults, families, and business people. Drop in for a few minutes to say hello or join us for the whole session. This session will take place at the Newton Senior Center. We hope to see you there! **Just show up.**

### Dialogue with the Director, Jayne Colino

Friday, September 28th and Monday, October 29th, 12:00-12:30 p.m.

Join Jayne Colino, Director of Senior Services, and special guests, Teresa Wilson, NewCAL Designer, and Italo Visco, NewCAL Project Manager, for public listening sessions about NewCAL. Please bring your concerns, compliments, suggestions, or questions related to the Center, and your hopes and dreams for the new Center! **Just show up.**

#### Table of Contents

Notes.....3  
Health/Wellbeing.....6  
Food and Fun.....6

Movies.....7  
Support Groups.....10  
Monthly Programs.....10  
Art Classes.....11

Calendar.....8-9  
All programs take place at the Newton Senior Center, 345 Walnut St, unless otherwise noted in **bold/italics.**

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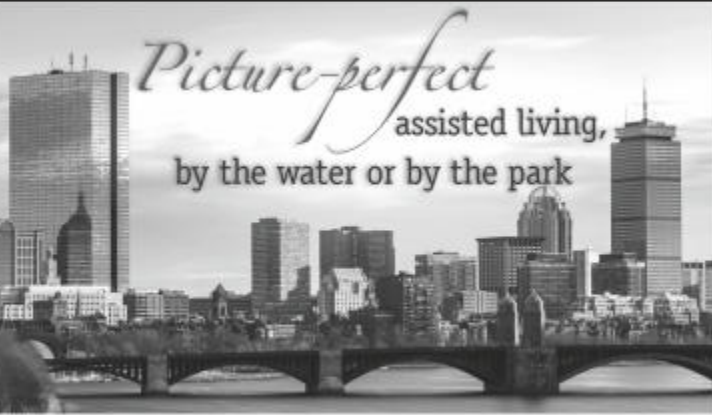
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# Fall Trips

## Foster's Clambake and the Ogunquit Playhouse in Maine – co-sponsored with Newton Housing Authority

Date: Wednesday, September 26th, 2018, 9:30am-7:00 p.m.

Description: We will see *Jersey Boys* at the famous Ogunquit Playhouse and enjoy a clambake at Foster's. Lunch choices are: Lobster, BBQ Chicken, or Vegetarian. This trip is all-inclusive (meal, ticket, bus, all gratuities).

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. Trip is limited to 15 NSC participants.

Price: The reduced price is \$102. The coach bus is sponsored by the Newton Housing Authority. Deadline to sign up is September 7th, or our spaces will be released.

### Schedule

Departure: Newton Senior Center 9:30 a.m.  
Arrive at Foster's Clambake 11:30 a.m.  
Clambake Lunch Noon-1:30 p.m.  
Depart Foster's 1:45 p.m.  
Arrive Ogunquit Playhouse 2:00 p.m.  
*Jersey Boys* performance 2:30-5:00 p.m.

Depart Ogunquit Playhouse 5:15 p.m.  
Arrive Newton Senior Center 7:00 p.m.

## A Connecticut Yankee: co-sponsored with Newton Community Education

Date: Saturday, October 20th, 8:00 a.m.-9:00 p.m.

Description: Enjoy a guided tour of Mark Twain's historic Hartford home, stroll, shop, and eat lunch on Main Street in the shoreline town of Old Saybrook, CT and tour the Florence Griswold Museum in the village of Old Lyme, CT.

Register: Registration required by October 5th. Go to newtoncommunityed.org to register online, or call 617-559-6999 (NCE staff does not have discount codes).

Price: \$139 + \$6 registration fee. Contact the Newton Senior Center (617-796-1670) staff for a \$10 discount code.

Pick-up/Drop-Off Location: Newton North High School, Lowell Avenue Parking Lot (back side of school). Parking in this lot is free.

Amenities: The motorcoach has a restroom and wifi. The trip is narrated by professional tour guides who accompany the driver. They're available to answer any of your travel questions along the way!

## Program Notes

### State Primary: Tuesday, September 4th

Dance Aerobics, Muscle Conditioning, and Swing Band will be cancelled on Tuesday, September 4th, as the Function Room is a voting site for the State Primary Election.

### Disclaimer

We thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire participants. The Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

### Senior Center Meals

Lunch, Monday-Friday 11:45 a.m. **To reserve, call 617-796-1660 by 11:00 a.m. the previous day.**  
A voluntary donation of \$2 is suggested per meal. Springwell provides the meals.

**Please note:** Registration is **required** if noted. Programs without minimum registrants are subject to cancellation. We are only able to notify registrants of any changes.

### New Time for Two Monday Fitness Classes

Beginning September 1st, the *Yoga: Chair* class with Steffi will meet from 1:30-2:30 p.m. and the *Nia* class with Leslie will run from 2:45-3:45 p.m. This will allow participants to depart the building before 4:00 p.m. and avoid the evening darkness that sets in during the fall and winter.

### Library Lounge is Closed

### Tuesday, September 4<sup>th</sup>-Friday, September 7<sup>th</sup>

The Library Lounge will be closed for plumbing repair, that week. All programs scheduled during that time will be moved to other rooms. *Beginner French* will meet at 10:30 a.m. instead of 10:00 a.m. Check the weekly listings (at the Front Desk and Customer Service Desk) for more details.

### Computer Tutorials

Need help learning to use common computer programs? **Call 617-796-1660 for free one-on-one tutorials!** Our volunteers can help with the following: Email, Photos, On-Line Purchases Apps, YouTube, Maps, Camera, Excel, Facebook, Games, Google, iPad, MAC, PC, and Microsoft Word.

The Newton Senior Center will close  
**Monday, September 3rd (Labor Day) &  
Monday, October 8th (Columbus Day).**

### City Councilor Constituent Hour

*Last Friday of every month*

Friday, September 28th, 9:00-10:00 a.m.

Friday, October 26th, 9:00-10:00 a.m.

Councilor Emily Norton (Ward 2) will meet with you.

*All programs are free of charge and take place at the Newton Senior Center, unless otherwise noted in the program's description.*

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### MBTA Senior CharlieCard Event

Wednesday, September 5th,  
2:00-3:30 p.m.

Applicants must be 65 (or turning 65 by September 19th). You will receive a Senior CharlieCard in the mail without having to apply in person downtown. Bring a photo ID with city of residence (Newton) and birthdate (65+). Senior Center staff and volunteers will take your photo and apply for a Senior CharlieCard on your behalf. The MBTA will mail your Senior CharlieCard to your home in 4-6 weeks. In conjunction with the Senior Charlie Card event, come visit our transportation information tables to learn about the many transportation options available to you! Stop by for ideas on how to get the most out of that Senior Charlie Card. Learn about all the transportation options (MBTA, The Ride, Yellow Taxi Vouchers, parking stickers, ride hailing) available to seniors in Newton and get one-on-one help downloading smartphone ride-hailing apps like Uber and Lyft. Co-sponsored with TRIPPS (Transportation, Resources, Planning and Partnership for Seniors). **Newton residents only. Just show up.**

### Intergenerational Home Sharing

Friday, September 7th, 2:00-3:30 p.m.  
Looking for a new way to benefit from the extra space in your home? Nesterly connects households with spare space with students who are seeking a place to stay for longer than one month. After a successful pilot with the City of Boston, it is now operating in Newton and all across the greater Boston Area. **Register with the Front Desk at 617-796-1660.**

### MetroWest Legal Clinic

Tuesday, September 18th,  
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.**

### Getting Around Using Uber/Lyft

3 Wednesdays: September 26th, October 3rd, October 10th, 10:00-11:30 a.m.  
Are you looking for ways to save on transportation costs and maintain your independence? Curious about using Uber/Lyft? This workshop will teach you how ride-share works and how to use your cellphone to arrange for and pay for rides. Instructor Maria Foster from TRIPPS will give you all the info you need and will answer common questions. On the last day of class, participants will take short trips in the community using Uber and Lyft. You must have a smartphone and come with your Apple or Google password. **Limited to 16 participants. Register with the Front Desk at 617-796-1660.**

### Near-Death Experiences

Thursday, October 4<sup>th</sup>,  
10:00 a.m.-noon

Hospital patients around the world have Near-Death Experiences every day. The International Association for Near-Death Studies (IANDS) is working with researchers to study the impact of these experiences; the group has also produced two DVDs on the subject. We will view these DVDs and respond to questions and comments. Susan Hebard is a five-time Near-Death Experiencer and Executive Director of Greater Boston IANDS. **Register with the Front Desk at 617-796-1660.**

### Chinese Cooking Class with Roberta Hing

Wednesday, October 18th,  
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. Registra-

tion required by October 11th or class is subject to cancellation. **\$25 includes all ingredients. 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.**

### *The Golden Age of Baritone Concert*

Friday, September 21st, 1:00-2:00 p.m.  
James Michael is a baritone who formerly performed on Broadway. His show captures Broadway's greatest music and he will include many well-known songs. Known as the "Broadway Baritone," Michael stirs up cherished memories with classic songs by Howard Keel, John Raitt, Robert Goulet, and more. **Generously sponsored by CareOne at Newton. Register with the Front Desk at 617-796-1660.**



### Boston Dance Theatre Special Performance

Friday, October 19th, 2:30-3:30 p.m.  
Under the co-artistic direction of Jessie Jeanne Stinnett and award winning Dutch-Israeli, choreographer Itzik Galili, Boston Dance Theater (BDT) is Boston's first contemporary dance repertory company with international ties at the leadership level. With a commitment to presenting works of socio-political relevance that challenge the edges of current world issues, BDT matches the talents of Boston-based dancers with those of acclaimed global choreographers in a tour de force of performative dynamism, community connection, and trans-national ambassadorship. **Generously sponsored by Wingate Residences at Boylston Place. Register with the Front Desk at 617-796-1660.**



# Health and Wellbeing

## Welcome to Medicare!

Thursday, September 20th, 7:00-8:30 p.m.

Are you turning 65, new to Medicare, or retiring soon?

Presented by the MetroWest SHINE program, this presentation will provide a basic overview of Medicare and related programs to help individuals make educated and informed decisions about their healthcare coverage.

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

## Health Maintenance Clinics

2 Fridays: September 7th and September 21st,  
9:30 - 11:00 a.m.

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

## Friends and Family CPR

Wednesday, September 12<sup>th</sup>, 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 certification card will be awarded. Taught by the City's Public Health Nurse. Class is limited to 16 people. **Register with the Front Desk at 617-796-1660.**

## Rehab Secrets for Total Joint Replacements

Friday, September 14th, 2:00-3:30 p.m.

Thinking of getting joint replacement, or about to receive the surgery? You will learn about the potential complications, such as scar tissue formation, and critical factors to successfully rehabilitate total joint replacements for the knee, hip, and shoulder. We will use statistics and case examples. We welcome your questions. Dr. Rob Strachan holds a clinical doctorate in Physical Therapy and

has had extensive training and experience in orthopedics. He is the owner of Multisport Rehab & Training in Newtonville. **Register with the Front Desk at 617-796-1660.**

## Navigating the Nitty Gritty to Help our Aging Parents

5 Thursdays: October 18th, November 15th, December 13th, March 7th, April 4th, 7:30-9:00 p.m.

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

The programs will be led by trained facilitators, including a legal mediator, a geriatrician, and a social worker. Topics will include the emotions of role reversal, navigating family conflict, understanding cognitive issues, psychological challenges in older adults, and tips for hands-on caregiving. Co-presented with Newton Senior Center. **Generously sponsored by Hebrew SeniorLife. RSVP to Tracy Schneider at 617-959-4928.**

## The Engaged Patient: An Advocacy Primer

4 Wednesdays: October 24th, October 31st, November 7th, and November 14th, 1:30-3:00 p.m.

This is a four-part program on advocating for yourself within the healthcare system. Each program is free-standing; you do not need to attend them all to benefit from the discussions. Presenter Ailene Gerhardt, Independent Board Certified Patient Advocate (BCPA), is the founder of Beacon Patient Advocates LLC. Ailene has been helping people navigate the complexities of the healthcare system since 2011. She will answer your questions after each talk.  
October 24th- *Communicating Effectively with your Doctor*  
October 31st- *Knowing your Rights as a Patient*  
November 7th- *Staying Safe in the Hospital and Beyond*  
November 14th- *How to Be Your Own Best Advocate*  
**Register with the Front Desk at 617-796-1660.**

# Food, Music, and Fun!

## Fall Harvest Party

Friday, October 5th, 1:00-2:00 p.m.

Come enjoy autumnal décor and scrumptious cider, apple pie and more, along with marvelous musical entertainment by classical guitarist Mark Leighton!



**Generously sponsored by Maplewood at Weston. Register with the Front Desk at 617-796-1660.**

## Halloween Party and Concert

Friday, October 26th, 1:00-2:00 p.m.

Join us for treats and a ghoulishly good time as Tommy Rull performs *A Musical Journey Through the Years*. **Generously sponsored by Wingate at Chestnut Hill.**

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



## Tiger's Loft Luncheons

Tuesday, September 25th, 12:00-1:15 p.m.

Tuesday, October 23rd, 12:00-1:15 p.m.

*Newton North High School's Tiger's Loft Restaurant*

Enjoy a meal prepared by students in the Culinary Arts program. September's entrée choices are Chicken and Mushroom Risotto or Stuffed Sole. October's entrée choices are Baked Cod or Chicken Croquettes. A shuttle will be provided between the Lowell Avenue parking lot and the entrance to Tiger's Loft Bistro, from 11:30 to 1:45. The shuttle will also pick up at the Newton Senior Center at 11:30 a.m. Space is limited to 15 seniors. **\$6 per lunch (please note the increase in price). Make check payable to Newton Senior Center and note your telephone number and entrée choice. Or, pay by credit card (\$1 convenience fee required) by calling 617-796-1670.**

# Memory Café

# Games

# Wednesday Movies

*Third Wednesday of every month*

## Memory Café: Art Matters

Wednesday, September 26th, 2:00-4:00 p.m. (**note date change**) Enter the world of painter Henri Matisse — a world of color, enjoyment, and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music, and art. Matisse's world has a "calming influence on the mind, like a good armchair." Indulge yourself and join us for a vacation from stress.

Generously sponsored by **Maristhill Rehabilitation & Nursing. Register with the Front Desk at 617-796-1660.**



## Memory

### Café: Fall Leaf Painting

Wednesday, October 17th, 2:00-4:00 p.m. After viewing and discussing photos of Fall trees, their structure and colors, as well as a demonstration, the participants will paint their own Fall scene. Led by artist Linda Landsberg. **Generously sponsored by Hebrew SeniorLife and NewBridge on the Charles Memory Care and Assisted Living. Register with the Front Desk at 617-796-1660.**



### What is a Memory Café?

People with forgetfulness and other changes in their thinking are invited to meet for this special program. The first Café was launched in Holland in 1997; now there are over 80 in Massachusetts. "Expect smiles and laughter. The goal is just to have fun together." - Beth Soltzberg

## Beginner Canasta Workshop

5 Wednesdays: October 17th, October 24th, October 31st, November 7th, November 14th, 1:00-2:30 p.m. Looking for a fun card game to play when you get together with friends? Canasta is for you! Linda Lourie has been teaching Canasta for ten years at senior centers, including ours, and she also teaches private groups. Registration required by October 10th or class is subject to cancellation. Minimum 4 class participants, maximum 10 participants. **\$60. 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.**

## Mah Jongg Workshop

6 Wednesdays: October 17th, October 24th, October 31st, November 7th, November 14th, November 21st, 10:00-11:45 a.m. This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours. Registration required by October 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.**

## Vigorous Mind Group Game

*Second Thursday of every month*  
Thursday, October 11th, 11:00 a.m.-noon (September is cancelled)  
Vigorous Mind games can stimulate your short term memory, attention to details, focus, speed, and reasoning. This fun, non-competitive game will be led by a senior volunteer who is trained by Vigorous Mind. Open to any seniors who want to exercise their brains and enjoy fun stories, trivia, and music. All are welcome! **Register with the Front Desk at 617-796-1660.**

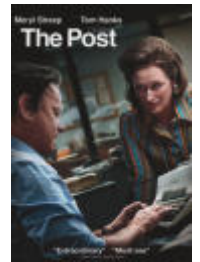


The Presti Group, an independent real estate agency in Newtonville, will be providing free popcorn to movie-goers. The company's motto is, "We go the extra block."



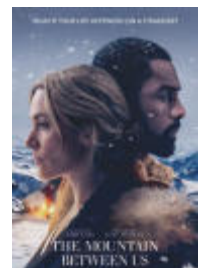
### Wednesday, September 12th, 1:00 p.m.

**The Post**  
When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle. Starring Meryl Streep and Tom Hanks. 2017. PG-13. 1 hour, 55 minutes.



### Wednesday, September 26th, 1:00 p.m.

**The Mountain Between Us**  
When a plane they've chartered to beat a storm crashes in a remote mountain area, two strangers must trust each other in order to survive the extreme elements. With little hope of rescue, they begin a perilous journey that will shape the course of their lives. Starring Kate Winslet and Idris Elba. 2017. PG-13. 1 hour, 52 minutes.



### Wednesday, October 10th, 1:00 p.m.

**All the Money in the World**  
All the Money in the World follows the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather to pay the ransom. When Getty Sr. refuses, Gail attempts to sway him as her son's captors become increasingly volatile and brutal. Starring Michelle Williams and Christopher Plummer. 2017. R. 2 hours, 12 minutes.



# September/October 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>10:00 a.m. Theatre Workshop</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>1:30 p.m. Yoga: chair</p> <p>2:45 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. Beg. Bridge &amp; Coaching</p> <p>10:00 a.m. Zumba Gold (<i>Hyde Community Center, 90 Lincoln Street, Newton Highlands</i>)</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>9:00 a.m. Chamber Ensemble</p> <p>9:30 a.m. Drawing and Painting Open Studio</p> <p>10:45 a.m. Seated Strength &amp; 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 (<i>Jackson Gardens, 101 Kennedy Circle, Newton</i>)</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 &amp; Balance</p> <p>1:00 p.m. Chess</p> <p>1:00 p.m. Bingo</p>
<p><b>September 3</b></p> <p><b>LABOR DAY: NEWTON SENIOR CENTER IS CLOSED</b></p>	<p><b>September 4</b></p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Potato Pollack w/ lemon dill sauce or Ham &amp; Swiss sandwich</p> <p>1:00.....Disease Management Workshop</p> <p><b>STATE PRIMARY ELECTIONS: DANCE AEROBICS, MUSCLE CONDITIONING, &amp; SWING BAND CANCELLED</b></p> <p><b>LIBRARY LOUNGE CLOSED</b></p>	<p><b>September 5</b></p> <p>11:45.....Lunch: Stuffed shells w/ tomato sauce or California chicken salad sandwich</p> <p>1:30.....Chinese Brush Painting</p> <p>2:00.....MBTA Senior ChatlieCard Event</p> <p><b>LIBRARY LOUNGE CLOSED</b></p>	<p><b>September 6</b></p> <p>10:30.....Ceramics I (<i>new session begins</i>)</p> <p>11:45.....Lunch: <b>Labor Day Special:</b> Oven fried chicken, potato wedges, cole slaw, cornbread, apple pie</p> <p>12:00.....Ceramics II (<i>new session begins</i>)</p> <p><b>LIBRARY LOUNGE CLOSED</b></p>	<p><b>September 7</b></p> <p>9:30.....Health Maintenance Clinic</p> <p>11:45.....Lunch: Hamburger or Cottage cheese &amp; fruit plate</p> <p>2:00.....Intergenerational Home Sharing</p> <p><b>LIBRARY LOUNGE CLOSED</b></p>
<p><b>September 10</b></p> <p>11:45.....Lunch: Roast turkey w/ gravy or Roast beef w/ Swiss sandwich</p> <p>12:30.....Low Vision Support Group</p> <p><b>ROSH HASHANAH</b></p> <p><b>YOGA: CHAIR CANCELLED</b></p> <p><b>THEATRE WORKSHOP RESUMES</b></p>	<p><b>September 11</b></p> <p>11:45.....Lunch: Teriyaki salmon or Chicken pesto Caesar salad</p> <p><b>ZUMBA GOLD AT HYDE COMMUNITY CENTER BEGINS</b></p>	<p><b>September 12</b></p> <p>11:45.....Lunch: American Chop Suey or Tuna salad sandwich</p> <p>1:00.....Movie: <i>The Post</i> sponsored by The Presti Group</p> <p>1:30.....Friends and Family CPR</p> <p>5:00.....Caregiver Topics</p> <p>5:30.....50+ Job Networking Group</p> <p><b>CHAMBER ENSEMBLE RESUMES</b></p>	<p><b>September 13</b></p> <p>9:30.....Men's Club at <i>Johnny's Lane at Newton Free Library</i></p> <p>10:00.....Living in the 55 and Over</p> <p>10:30.....Ceramics I</p> <p>11:45.....Lunch: Spinach &amp; red pepper quiche or Turkey w/ Swiss sandwich</p> <p>12:30.....Ceramics II</p> <p><b>LIBRARY LOUNGE CLOSED</b></p>	<p><b>September 14</b></p> <p>11:45.....Lunch: Lemon chicken w/ peas or Seafood salad sandwich</p> <p>2:00.....Rehab Secrets for Total Joint Replacement</p> <p>2:30.....Clutter Support Group</p>
<p><b>September 17</b></p> <p>11:45.....Lunch: Creole fish or Curry chicken salad sandwich</p> <p>7:00.....<i>Living and Aging in Newton: Now and in the Future</i> Library Series</p>	<p><b>September 18</b></p> <p>9:30.....MetroWest Legal Clinic</p> <p>11:45.....Lunch: Swedish meatball over egg noodles or Roast beef w/ Swiss sandwich</p> <p>1:30.....Caregiver Support Group</p>	<p><b>September 19</b></p> <p>11:45.....Lunch: Lentil stew or BBQ chicken breast w/ mozzarella</p> <p><b>YOM KIPPUR</b></p> <p><b>CHAMBER ENSEMBLE CANCELLED</b></p>	<p><b>September 20</b></p> <p>10:30.....Ceramics I</p> <p>10:30.....Bereavement Support Group</p> <p>11:45.....Lunch: Meatloaf w/ gravy or Turkey w/ Provolone sandwich</p> <p>12:30.....Ceramics II</p> <p>7:00.....Welcome to Medicare!</p>	<p><b>September 21</b></p> <p>9:30.....Health Maintenance Clinic</p> <p>10:00.....Book Club: <i>Pachinko</i></p> <p>11:45.....Lunch: Marsala chicken or Egg salad sandwich</p> <p>1:00.....The Golden Age of Baritone sponsored by CareOne at Newton</p> <p>1:00.....Commodity Food program</p>
<p><b>September 23 (Sunday)</b></p> <p>10:30.....Walk to End Alzheimer's at <b>DCR's North Point Park</b></p>	<p><b>September 25</b></p> <p>11:45.....Lunch: Chicken cacciatore over ziti or Chef salad w/ turkey</p> <p>11:45.....Taste of Senior Living: Providence House</p> <p>12:00.....Tiger's Loft Luncheon @ <b>Newton North High School's Tiger's Loft Restaurant</b></p> <p>6:00.....LGBTQ Elder Cafe</p>	<p><b>September 26</b></p> <p>9:30.....Trip to Foster's Clambake and Ogunquit Playhouse</p> <p>10:00.....Getting Around Using Uber/Lyft</p> <p>11:45.....Lunch: Macaroni &amp; cheese or Chicken salad sandwich</p> <p>1:00.....Movie: <i>The Mountain Between Us</i> sponsored by The Presti Group</p> <p>2:00.....Memory Cafe: Art Matters sponsored by Maristhill Rehabilitation &amp; Nursing</p>	<p><b>September 27</b></p> <p>9:30.....Men's Club: The Labor Market Consequences of Artificial Intelligence</p> <p>10:30.....Ceramics I</p> <p>10:30.....Short Story Group</p> <p>11:45.....Lunch: Beef stew or Tuna salad sandwich</p> <p>12:30.....Ceramics II</p>	<p><b>September 28</b></p> <p>9:00.....Councilor Norton</p> <p>11:45.....Lunch: Hot dog or Chicken pesto Caesar salad</p> <p>12:00.....Dialogue with Director</p> <p>2:00.....Mayoral Meet-Up</p>
<p><b>September 24</b></p> <p>10:30.....Parkinson's Support Group</p> <p>11:45.....Lunch: Baked haddock w/ broccoli cheese sauce or Roast beef w/ American sandwich</p>				



<p><b>October 1</b> 10:00.....Introduction to Watercolor Painting 11:45.....Lunch: Cranberry Chicken or Egg salad sandwich 12:30.....Low Vision Support Group</p>	<p><b>October 2</b> 11:00.....Hearing Screening 11:45.....Lunch: Lasagna w/ tomato sauce or Tuna salad sandwich 7:00.....7:00.....<i>Living and Aging in Newton: Now and in the Future</i> Library Series</p>	<p><b>October 3</b> 45.....Lunch: Veggie burger or California Chicken salad sandwich 10:00.....Getting Around Using Uber/Lyft</p>	<p><b>October 4</b> 10:00.....Near-Death Experiences 10:30.....Ceramics I 11:45.....Lunch: Turkey w/ gravy or Vegetarian chef salad 12:30.....Ceramics II</p>	<p><b>October 5</b> 10:00.....Mosaics Workshop 11:45.....Lunch: Potato Pollack fillet or Roast beef w/ Swiss sandwich 1:00.....Fall Harvest Party sponsored by Maplewood at Weston</p>
<p><b>October 8</b> <b>COLUMBUS DAY: NEWTON SENIOR CENTER IS CLOSED</b></p>	<p><b>October 9</b> 11:45.....Lunch: Honey mustard chicken or Turkey w/ Swiss sandwich</p>	<p><b>October 10</b> 10:00.....Getting Around Using Uber/Lyft 11:45.....Lunch: Fish filet or Roast beef w/ Provolone sandwich 1:00.....Movie: <i>All the Money in the World</i> sponsored by The Presti Group 5:00.....Caregiver Topics 5:30.....50+ Job Networking Group</p>	<p><b>October 11</b> 9:30.....Men's Club at <i>Johnny's Lane at Newton Free Library</i> 10:30.....Ceramics I 11:00.....Vigorous Mind Group Game 11:45.....Lunch: Broccoli mushroom quiche or Garden salad w/ chicken 12:30.....Ceramics II</p>	<p><b>October 12</b> 10:00.....Mosaics Workshop 11:45.....Lunch: American Chop Suey or Tuna salad sandwich 2:30.....Clutter Support Group</p>
<p><b>October 15</b> 10:00.....Introduction to Watercolor Painting 11:45.....Lunch: Chicken meatball sub or Egg salad sandwich</p>	<p><b>October 16</b> 11:45.....Lunch: <b>Autumn Lunch Special:</b> Broccoli cheese soup, steak tips, mashed potatoes, candied carrots and parsnips, dinner roll, pumpkin cupcake 1:30.....Caregiver Support Group</p>	<p><b>October 17</b> 10:00.....Mah Jongg Workshop 11:45.....Lunch: <b>Cold Box Lunch:</b> Curry chicken salad, pudding 1:00.....Beginner Canasta Workshop 2:00.....Memory Café: Fall Leaf Painting sponsored by Hebrew SeniorLife and NewBridge on the Charles Memory Care and Assisted Living</p>	<p><b>October 18</b> 10:30.....Bereavement Support Group 10:30.....Ceramics I 11:45.....Lunch: Chicken Marsala or Ham chef salad 12:30.....Ceramics II 1:30.....Chinese Cooking Class</p>	<p><b>October 19</b> 10:00.....Book Club: <u>Educated:</u> A Memoir 11:45.....Lunch: Macaroni &amp; cheese or Turkey w/ Swiss sandwich 1:00.....Commodity Food program 2:30.....Boston Dance Theatre Special Performance sponsored by Wingate Residences at Boylston Place</p>
<p><b>October 22</b> 10:00.....Introduction to Watercolor Painting 11:45.....Lunch: Stuffed shells w/ tomato sauce or Roast beef w/ Provolone sandwich</p>	<p><b>October 23</b> 11:45.....Lunch: Chicken lo mein or Seafood salad sandwich 11:45.....Taste of Senior Living: One Wingate Way 12:00.....Tiger's Loft Luncheon @ <b>Newton North High School's Tiger's Loft Restaurant</b> 6:00.....LGBTQ Elder Cafe</p>	<p><b>October 24</b> 10:00.....Mah Jongg Workshop 11:45.....Lunch: Beef stew or California chicken salad sandwich 1:00.....Beginner Canasta Workshop 1:30.....The Engaged Patient: An Advocacy Primer 5:30.....50+ Job Networking Group</p>	<p><b>October 25</b> 9:30.....Men's Club: Adventures and Misadventures in Pakistan 10:30.....Short Story Group 10:30.....Ceramics I 11:45.....Lunch: Fish sticks or Ham &amp; Swiss sandwich 12:30.....Ceramics II</p>	<p><b>October 26</b> 9:00.....Councilor Norton 10:00.....Mosaics Workshop 11:45.....Lunch: Spinach &amp; red pepper quiche or Turkey chef salad sandwich 1:00.....Halloween Party and Concert sponsored by Wingate at Chestnut Hill</p>
<p><b>October 29</b> 10:30.....Parkinson's Support Group 11:45.....Lunch: Fish w/ broccoli cheese sauce or Roast beef w/ Swiss sandwich 12:00.....Dialogue with Director</p>	<p><b>October 30</b> 11:45.....Lunch: Chicken cacciatore over ziti or Tuna salad sandwich</p>	<p><b>October 31</b> 10:00.....Mah Jongg Workshop 11:45.....Lunch: Hot dog or Egg salad sandwich 1:00.....Beginner Canasta Workshop 1:30.....The Engaged Patient: An Advocacy Primer</p>		



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## Support Groups

### Parkinson's Support Group

*Last Monday of every month*

Mondays: September 24th and October 29th, 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: September 14th and October 12th, 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*

Tuesdays: September 18th and October

16th, 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.**

### Bereavement Support Group

*Third Thursday of every month*

Thursdays: September 20th and October 18th 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.**

### Low Vision Support Group

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

Mondays: September 10th and October 1st, 12:30-2:00 p.m. (**note our new start time and September date change**)

Our September speaker will give us an overview of the Carrol Center for the Blind, and its services for elders. Our October speaker is TBD. Some of us will have lunch at 11:45 a.m. at the Senior Center before the meeting- please join us by reserving your lunch by 10:30 a.m. Friday. Hope to see you there! **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: September 25th and October 23rd, 6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. **Generously sponsored**

**by Hebrew Senior Life and Newbridge on the Charles.**

**For more information, call Julie Joy at 617-796-1674.**

**RSVPs required to [jjoy@newtonma.gov](mailto:jjoy@newtonma.gov)**

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### Newton Men's Club

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

Thursdays: September 13th and October 11th, *Johnny's Luncheonette, 30 Langley Road, Newton Centre*

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

September 27th and October 25th, *Newton Senior Center*

On September 27th, we will hear from Richard Murnane on "The Labor Market Consequences of Advanced Artificial Intelligence." On October 25th, we will hear about "Adventures and Misadventures in Pakistan," with guest speaker Richard Morrison. **Just show up. To be connected to our Men's Club Volunteer, please contact Ilana at**

**617-796-1670 or [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov).**

### Hearing Screenings

*First Tuesday of every month*

Tuesdays: September 4th and October 2nd, 11:00 a.m.-noon

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

### Short Story Group

*Last Thursday of every month*

Thursdays: September 27th and October 25th, 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. **Just show up.**

### Book Club

*Third Friday of every month*

Fridays: September 21st and October 19th, 10:00-11:30 a.m. September's book is Pachinko, by Min Jin Lee. October's book is Educated: A Memoir, by Tara Westover. All are welcome. **Just show up.**

## Off-Site Programs

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

#### **Second Thursday of every month**

2 Thursdays: September 13th and October 11th,  
10:00-11:30 a.m.

#### **3rd floor Arc, 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, to learn helpful information about activities, events, volunteering and employment opportunities, to explore this phase of life, and have some laughs.

*Please note that the meeting day of the week has changed from Wednesday to Thursday.* Coffee and tea will be provided. **Just show up. Questions, Margaret Leipsitz** [mleipsitz@newtonma.gov](mailto:mleipsitz@newtonma.gov) or 617-796-1665.

### **Taste of Senior Living Tuesdays**

#### **Fourth Tuesday of every month**

September 25th– Providence House, 180 Corey Rd, Brighton  
October 23rd– “Garden to Table Spa Luncheon,” One Wingate Way, 235 Gould Street, Needham  
11:45 a.m.-1:45 p.m.

You will have a taste of different senior living facilities in the area. Eat lunch in the dining room and have a tour of the facility. Van will provide pick-up and drop-off. Limited to 11 people. **Advance registration is required: call 617-996-**

**1660. Provide 24 hours notice if cancelling your tour.**

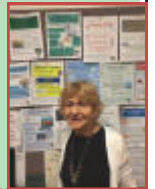
### **Tai Chi at Newton Housing Authority**

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

**Jackson Gardens Community Room, 101 Kennedy Circle**  
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 contribution of \$3 per class is suggested. This program is co-sponsored with the Newton Housing Authority. **Just show up.**

### **Volunteer Spotlight**

People often ask, “Who makes the beautiful flyers for your programs?” The answer: volunteer Yael Melman, who creates a colorful, engaging design for each of our featured programs – nearly 30 every month. “I started coming to the Senior Center to take ceramics classes,” says Yael, who did computer programming and project management during her career. When she began volunteering almost two years ago, she wanted to do something computer-related. Although she had never created flyers before, her experience enabled her to do the task. “It’s a creative challenge. The goal is to catch the observer’s attention and make him/her want to participate,” says Yael, who also teaches the Vigorous Minds computer games. “I am happy when I see people standing in front of the flyers and reading them.”



## Art

### **Ceramics Workshop**

8 Thursdays: September 6th, 13th, 20th, 27th, October 4th, 11th, 18th, 25th

*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.**

### **Mosaics Workshop**

3 Fridays: October 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>, 10:00 a.m.-noon

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 Friday, September 28th, 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: October 1st, 15th, 22nd, November 5th, 19th, December 3rd, 10:00 a.m.-noon

Learn the fundamental elements of watercolors and brush techniques through a focus on still life and landscape paintings. Catherine Byun Min received a Masters Degrees in Fine Arts in Painting from the Pratt Institute in Brooklyn and Hong-ik University in Seoul, Korea. She has been teaching studio art classes for many years. Class limited to 10 people. Registration required by September 25th, or class is subject to cancellation. **\$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:

- Kenneth Roberts *in thanks for taxes*
- Sandy Leneten *in appreciation of transportation*
- Esther Prester *in appreciation of Durable Medical Equipment*

## SHINE: Serving the Health Insurance Needs of Everyone

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open

Enrollment from **October 15 through December 7<sup>th</sup>**!

**REMINDER: Be on the alert for your new Medicare card in the mail and, as always, bring your card and drug list to your appointment!**

Trained SHINE volunteers offer free confidential counseling on all aspects of Medicare and related health insurance programs. **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 quickly.

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

Unleash your inner musician with our eight-week **Ukulele Workshop!** Learn the basics in a fun, social, and easygoing environment. Workshop begins on September 17<sup>th</sup> at the Newton Cultural Center. 1:00-2:15 p.m. call for more information.

Punch up your fitness routine with our new **Box Steady class!** This modified version of the sport can help improve your strength, endurance, and balance. It is a combination of cardio and strength, designed for both men and women. This class is designed with the option for people who wish to remain seated. Cost \$6.25 per class, \$50.00 for 8-week session. Location Nonantum Boxing Club

**September 9<sup>th</sup> The Fashions of Downton Abbey with Tea** - Join us for a Sunday afternoon tea and special fashion presentation with Ren Antonwicz. \$25.00 registration required.

**Trips:** Sept 12<sup>th</sup>, visit to Plum Island and Yankee Clipper boat ride on the Merrimack River, Oct 10<sup>th</sup> Castle in the Clouds, Oct 17<sup>th</sup> MGM Grand Casino, Nov 7<sup>th</sup> visit to the Trappist Abbey, followed by luncheon and entertainment (Patsy Cline Tribute) at Zukas Hill Top Barn

**Tia-Yo-Ba:** This class is a combination of Tai Chi, Balance, and Yoga. It is a gentle movement class that can be performed seated or standing. Classes are held Tuesday and Thursday mornings. \$5 per class.

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

## Newton Parks & Recreation Friendship Groups

**Senior Friendship Groups:** Social groups for older adults offering friendship, conversation, and socializing. Groups play table top games and Bingo and enjoy entertainment and special events. Coffee and light snacks provided. Everyone welcome!

**Upper Falls Seniors:** Wednesdays 10-11:30 a.m. at the Upper Falls at the Emerson Center, 54 Pettee St. Program opens September 19<sup>th</sup>

**South Side Seniors:** Mondays 9:30-11 a.m. at the Shuman Center, 675 Saw Mill Brook Parkway. Program opens September 17<sup>th</sup>.

**\*\*\*Please call Nancy at 617-796-1506 to register for all Friendship Groups.\*\*\***



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When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

**Watch our video tour at [CareDimensions.org](http://CareDimensions.org) or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.**



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# Newton Senior Center Announcements

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

We are looking for:

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

Please contact Fred Weissman at [fweissman@newtonma.gov](mailto:fweissman@newtonma.gov) or Alice Bailey at 617-796-1664 with the service provider's name and contact information and your personal experience with the business. Thank you!

## Fitness and Wellness

All Fitness & Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." Fitness classes include: Dance Aerobics, Mindful Meditation, Muscle Conditioning, Nia, Seated Strength & Balance, Tai Chi, Tong Ren, Yoga, and Zumba Gold. New participants are always welcome! **We ask for \$3 per class as a suggested contribution.** Please note that fitness classes are funded in part by participants, and the schedule may change as a result of the total contributions raised from each class. Your contribution allows these classes to happen!

## Durable Medical Equipment

Our program makes specified durable medical equipment in good condition available on loan to Newton residents. All equipment is loaned free of charge in 'as is' condition. We loan out: walkers, wheelchairs/transport chairs, rollators, shower chairs/transfer tub benches, shower benches, raised toilet seats, commodes, canes/quad canes, and adult

diapers (to keep). Nothing motorized and no hospital beds, crutches, walking boots, or specially fitted equipment. Appointments are necessary to reserve and pick up equipment. **Call Alice at 617-796-1664 to request equipment** and to schedule a pick up appointment during our designated days and times.

## Transportation Program

Transportation for Newton seniors is provided by Newton's Yellow Voucher program. Transportation is offered Monday through Friday between 8:00 a.m. and 5:00 p.m. The City of Newton is almost totally accessible to you! Reservations required. **If you don't have vouchers call Alice at 617-796-1664.**

## 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](mailto: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!

## Walk to End Alzheimer's

### 2018 Walk to End Alzheimer's!

Sunday, September 23rd, 10:30 a.m. **at DCR's North Point Park, Museum Way, Cambridge, MA 02141**

Honor a loved one or recognize a caregiver by joining the Newton Senior Center team. Every effort counts, and together we can help those most affected by this disease and move toward our vision of a world without Alzheimer's! Register on-line to join the Newton Senior Center team or contact **Jayne Colino (617-796-1671) for a paper application form, if preferred.**

- 1) [Act.alz.org/greaterboston](http://Act.alz.org/greaterboston)
- 2) Click 'Register' navigation button
- 3) Click 'Join a team' then search for 'Newton Senior Center'

## Food Program

### Commodity Supplemental Food Program

**Third Friday of every month**

2 Fridays: September 21st and October 19th, 1:00-2:00 p.m. The CSFP is a food distribution service for eligible Newton seniors 60+. Pre-packaged groceries with primarily shelf-stable food is provided, sometimes with produce. Participants can pick up 2 free bags of food once a month at the Newton Senior Center. Participants must meet income guidelines, as well as provide proof of age and residency. **To receive an application, contact Emily Kuhl, 617-796-1672 or [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov).**

## ELL Tutoring

### Introductory Workshop for ELL Tutors

**Thursday, September 27th, 7:00 pm, Trustees' Room at Newton Free Library**

With your help the Newton Free 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. **Questions? Contact Susan Becam, Program Coordinator, at 617-796 1360 or [NewtonELL@minlib.net](mailto:NewtonELL@minlib.net).**

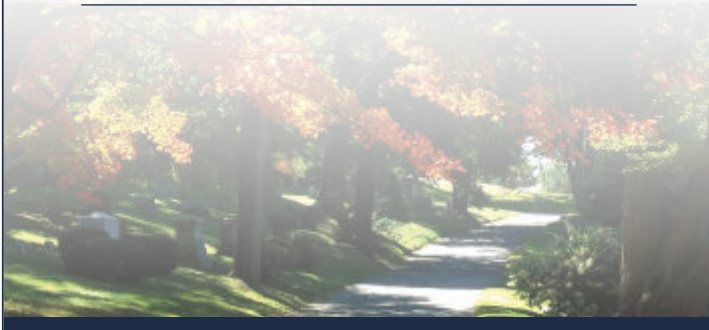


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### Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

[www.newtonseniors.org](http://www.newtonseniors.org)

Monday - Friday, 8:30 a.m. - 4:00 p.m.



**Staff: 617-796-XXXX**

**Email: first initial last name@newtonma.gov**

Jayne Colino, Director, 1671

Alice Bailey, Executive Administrator, 1664

Lucy Bedigian, Lunch Site Manager, 1668

John Flynn, Custodian, A.M.

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Margaret Leipsitz, Outreach

Engagement Coordinator, 1665

Elizabeth Lund, Program Assistant, 1663

Ilana Seidmann, Program Coordinator, 1670

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*Mission*

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

*Vision*

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

*Statement of Welcome*

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

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