

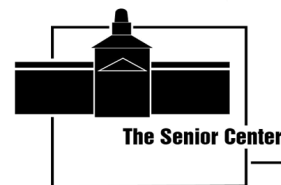
COMING OF Age

Your Center for Connection

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City of Newton
Department of Senior Services

Newton Council on Aging



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

November-December 2018

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

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

Newton Free Library, Druker Auditorium

Did you know that Mayor Ruthanne Fuller has taken the first steps to address the facility and program needs of Newton's seniors? Learn about NewCAL (Newton's Center for Active Living) at this listening session which will: Provide an overview of the plans to develop NewCAL including the City's exploration of options to renovate an existing structure or build a new facility. Give you an opportunity to share your thoughts, hopes and dreams for our future facility. Explain how the plan will address the needs of seniors today and in the future, while considering additional community space needs. **Just show up.** Are you interested in receiving updates about NewCAL? **Contact newcal@newtonma.gov** to stay updated, or check out our bulletin board at the Newton Senior Center to view upcoming open office hour and community meeting dates.

50+Job Networking Group

Wednesdays: November 14th, 28th,

December 12th, 5:30-8:30 p.m.

Looking for a job can be challenging at any age, and seniors face particular hurdles. This new group can help make the process less daunting. Each session will feature 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 networking and opportunity to speak directly with a coach. Tammy Gooler Loeb, a veteran career coach, will facilitate the group and various guest speakers will be also be featured. This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging (MCOA). **Registration required: Online at, <https://mcoonline.com/employment/50-plus-job-seeker-networking-groups/registration-form-new-attendees/>**

Registration Form for New or call the Front Desk at 617-796-1660. For more information, contact Margaret Leipsitz at 617-796-1665 or mleipsitz@newtonma.gov

Shredding & Drug Take-Back Day

Saturday, November 17th, 8:00 a.m.-noon (rain or shine)

Rumford Avenue Recycling Depot, 115 Rumford Avenue, Auburndale, MA

There will be a paper shredding and drug takeback day at the Resource Recovery Center. This will be a perfect time to clean out your old files and medicine cabinets! Shredding is RESIDENTIAL shredding only (no businesses). Staples may be left in documents, and paper bags may be shredded. Limited to 4 paper boxes OR 8 paper bags per car. Also, clean out your medicine cabinet! Bring all of you old or unused medications to be properly disposed of. NO liquids, aerosols, or sharps will be accepted. Drive-through service only, we ask that residents remain in their cars during shredding and drug takeback for safety reasons. Co-sponsored by the Newton Department of Senior Services, the Newton Department of Public Works, the Newton Police Department, and the Newton Department of Health and Human Services. **Advanced sign-up required: call 617-796-1660 to register for a 15-minute time slot, between 8:00 a.m. and noon.**

Thanksgiving Day Dinner

Thursday, November 22nd, 11:00 a.m.-2:00 p.m.

Members of the senior community who find themselves far from family or loved ones are invited to join us for a Thanksgiving Day dinner. Transportation is provided through our Yellow Voucher system. This event is open to Newton seniors only, and pre-registration is required. Register early, as space is limited. **Free, thanks for the generous sponsorship of The Village Bank. Register with Elizabeth Lund at 617-796-1663.**



All programs are free of charge and take place at the Newton Senior Center, 345 Walnut Street, Newtonville, MA, unless otherwise noted in the program's description.



Fall Trips co-sponsored with Newton Community Education

Lower Manhattan and Brooklyn

Date: Saturday, November 10th, 7:00 a.m.-10:00 p.m.

Description: Our first stop is Chelsea Market, one of the best indoor food markets there is. We'll travel a short way to visit the inspirational 9/11 Memorial and Museum at Ground Zero. Next, we'll cross the famed Brooklyn Bridge and visit its 85-acre riverfront park, which offers spectacular views of the Manhattan skyline. We'll walk the pier, and learn about the iconic bridge and the borough of Brooklyn.

Register: Registration required by October 27th. Go to newtoncommunityed.org to register online, or call

617-559-6999 (NCE staff does not have discount codes).

Price: \$145 + \$6 registration fee. Contact the Newton Senior Center (617-796-1670) staff for a \$10 discount code.

Christmas in Newport

Date: Saturday, December 8th, 8:00 a.m.-8:00 p.m.

Description: We'll tour the grandest of these summer "cottages," The Breakers, a 70-room mansion built for Cornelius Vanderbilt and his family, considered one of America's finest examples of the Gilded Age. We'll also visit two nearby mansions, Marble House, and The Elms/ We'll have lunch on our own in historic downtown Newport, and then conclude our trip with drives past the scene of the America's Cup race, The International Tennis Hall of Fame, and

Hammersmith Farm, the childhood home of Jacqueline Bouvier and location of her wedding reception to JFK.

Register: \$139+ \$6 registration fee. Registration required by November 24th. Go to newtoncommunityed.org to register online, or call 617-559-6999 (NCE staff does not have discount codes).

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 motor coach 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

Election Day: Tuesday, November 6th

Dance Aerobics, Muscle Conditioning, Swing Band, and Bingo will be cancelled on Tuesday, November 6th, as the Function Room is a voting site for the 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.

Theatre Workshop The Theatre Workshop will have their last class before winter break on Monday, December 10th, and will resume on Monday, January 7th.

Dialogue with the Director, Jayne Colino

Wednesday, November 7th and Wednesday, December 19th, 12:00-12:30 p.m. Join Jayne Colino, Director of Senior Services. Bring your concerns, compliments, suggestions, or questions. **Just show up.**

Chamber Ensemble Holiday Sing-Along

Wednesday, December 12th, 10:15 a.m.-11:15 a.m. Join the Chamber Ensemble for a holiday sing-along, followed by light refreshments. **Please join us!**

The Power of your Microbiome

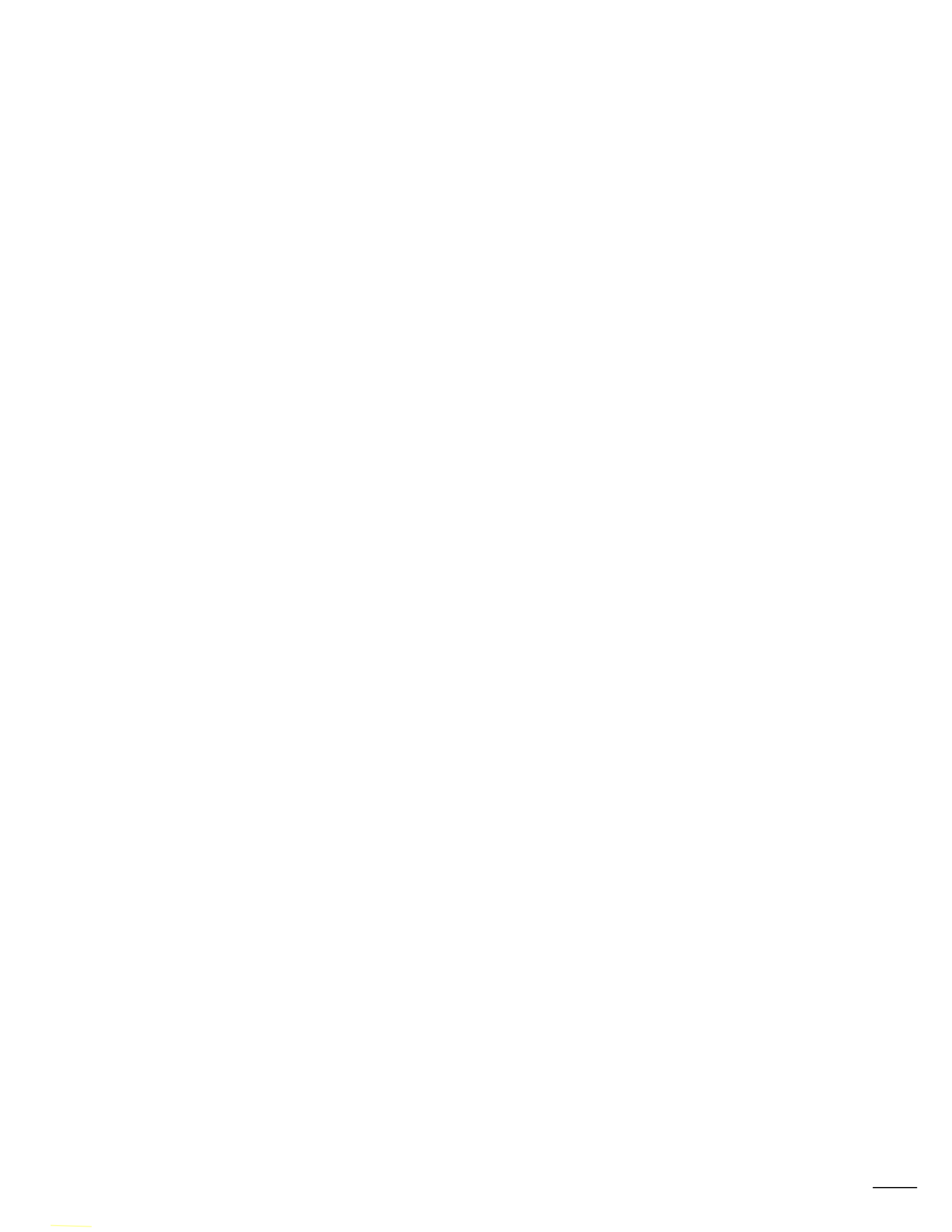
Tuesday, November 27th, 12:00-12:30 p.m. Have you been hearing about the microbiome and wondering what all the news is about? Learn about what your microbiome is and what it does, as well as ways to keep it healthy with diet. Presented by Meghan Ostrander from Springwell.

The Newton Senior Center will close: **Monday, November 12th (Veteran's Day Observance), Thursday, November 22nd (Thanksgiving Day), Friday, November 23rd, and Tuesday, December 26th (Christmas Day).**

Registration Instructions for Our Programs

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

Paid programs are first-come, first-served by date & time of payment.



Special Programs

MetroWest Legal Clinic

Tuesday, November 13th,
12:00-2:00 p.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.**

Donuts & Coffee Focus Group: How You Obtain Health Information

Thursday, November 29th,
9:30-11:00 a.m.

With 85% of cancer care happening in community settings, Count Me In (CMI) – a patient-partnered cancer research initiative at the Broad Institute of MIT and Harvard -- is interested in learning more about community networks and socialization, particularly for seniors. How do senior communities obtain health information and do they share what they know with their networks? Join a member of the CMI team for coffee, donuts, casual conversation – share your stories, your knowledge, and anything else you'd like to discuss. The event will be facilitated by Colleen Nguyen, a Newton resident and Community Engagement Manager for the Count Me In patient-partnered cancer projects at the Broad Institute of MIT and Harvard. **Register with the Front Desk at 617-796-1660.**

Staging your Home with your own Stuff!

Friday, November 30th, 2:00-3:30 p.m.
Using slides and handouts, you will learn how to stage your homes using what you own. It will be an interactive, collaborative class. You will see before & after room photos and you are encouraged to bring in "before" photos of your own and I will offer suggestions. Betsy Millane is a realtor at Keller-Williams and has experience with staging, home décor, and finding decorative

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

Coping with the Holidays After a Loss

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

This program discusses the impact the holidays have on grief and practical suggestions for coping, and the ways the holidays can heal. Led by Nicole Fox, Education Coordinator, LICSW, from Care Dimensions. **Register with the Front Desk at 617-796-1660. Free.**

Cooking Demo with Benchmark-Evans Park

Wednesday, November 28th,
1:00-2:00 p.m.

Chef Jamie Robinson of Evans Park at Newton Corner will be leading a Fall themed cooking demonstration. Chef Jamie will demonstrate how to prepare some classic Fall themed meals. He will also be available to answer questions about preparing meals around the holiday season. Jamie received his degree in Culinary Arts from the New York Institute of Art. **Free, but space is limited. Register with the Front Desk at 617-796-1660.**

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: November 16th and December 21st, 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.**

Arts & Culture

Classical Piano Concert

Wednesday, November 14th,
12:30-1:30 p.m.

Archie Richards will return to perform a classical piano concert that will include music of Chopin, Mozart, Beethoven, Brahms, and Liszt. Mr. Richards studied piano at the Longy School in Cambridge, MA. He plays concerts and singalongs in retirement homes and senior centers, mostly in Massachusetts. **Register with the Front Desk at 617-796-1660. Free. Generously sponsored by Stone Rehabilitation & Senior Living.**



Holiday Harmony Histories

Wednesday, December 5th,
1:30-3:00 p.m.

Frank King will discuss the fascinating origins of 8 beloved Christmas and Hanukkah songs, including: The ongoing battle over the birthplace of "Jingle Bells," the smash hit Christmas song about a hippopotamus, the song some believe was really code for an "Underground Catechism," the Christmas song that mentions palm trees and Beverly Hills, the holiday song about a gambling toy. In the holiday spirit, we'll sing along to a couple of songs. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2400 record albums.

Generously sponsored by Wingate at Chestnut Hill.



Health and Wellbeing

Oral Health program

Thursday, November 1st, 9:30-10:30 a.m.

Regis College dental hygiene students will present information about nutrition for a healthy mouth and life. You will learn all about vitamins, sugar and other information. Questions will be answered. **Register with the Front Desk at 617-796-1660. Free.**

The Engaged Patient: An Advocacy Primer

2 Wednesdays: November 7th and 14th, 1:30-3:00 p.m.

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.

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.

Health Maintenance Clinics

2 Fridays: November 16th, November 30th, December 14th, December 28th, 9:30 - 11:00 a.m.

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

Healthy Living Workshops

“The Power of Positive Thinking”

2 Mondays, October 22nd and November 5th,

2:15-3:15 p.m. **at Temple Emanuel’s Reisman Hall**

Learn how brain happiness is cultivated. Jeanne Mayell, M.A. in Public Health/Education and Counseling Psychology, will help us explore the meaning in our lives. She has been teaching people how to be happy for thirty years.

“Culinary Medicine” at Temple Emanuel’s Reisman Hall

Monday, December 3rd, 2:00-3:00 p.m.

Dr. Kimberly Parks is a Harvard-trained clinician, educator and researcher who is passionate about providing enhanced care using a holistic approach with wellness at its core. Come join Dr. Parks and learn ways you can improve your brain function with simple dietary changes. **Sponsored by the generosity of Newton- Wellesley Hospital Speakers Bureau. RSVP to Tracy Schneider 617-959-4928.**

Hearing Loss 101

Tuesday, December 4th, 12:30-2:00 p.m.

"Everything you ever wanted to know about hearing loss - and then some!" Topics will include ear anatomy, how we hear, types of hearing loss, the effects of hearing loss on communication, the effects of untreated hearing loss, and the association of hearing loss with other major health issues such as diabetes. Presented by Melissa Mahaffey, AuD, and Director at West Newton Hearing Center. **Register with the Front Desk at 617-796-1660.**

Healthy Snacks Cooking Class

Wednesday, December 12th, 1:30-3:00 p.m.

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 December 5th or class is subject to cancellation. **Make check payable to Newton Senior Center. Writey our telephone number on the check. Or pay by credit card (3% convenience fee required) by calling 617-796-1670.**

Food, Music, and Fun!

Annual Holiday Party

Friday, December 14th, 1:00-2:00 p.m.

Enjoy some holiday cheer! Steve Rudolph’s Swing Fever Trio will perform some of the most popular songs of the 30’s, 40’s, and 50’s, with special emphasis on holiday music. You’ll hear the music of George Gershwin, Cole Porter, Richard Rodgers, Frank Sinatra, Elvis, and much more.

Generously sponsored by Right at Home– In Home Care & Assistance and Wingate at Boylston Place. Register with the Front Desk at 617-796-1660. Free.

New Year’s Celebration

Monday, December 31st, 12:00-1:00 p.m.

Let’s “ring in the new year!” Lunch will be provided. Preference for lunch is given to Springwell customers, and then for others if space is available. Guest performer is Jackie Arons, performing Broadway and international music. **Generously sponsored by New Outlook Homecare. Register with the Front Desk at 617-796-1660. Registration is required for lunch.**



Fall Birthday Party with Girl Scouts

Thursday, November 1st, 1:15-2:15 p.m.

Please join us, even if it’s not your birthday. Enjoy music, activities, cake and presents! The Girl Scouts are looking forward to meeting you. **Register with the Front Desk at 617-796-1660.**



Memory Café

Games

Wednesday Movies

Third Wednesday of every month

Memory Café: Sensory Sand and Sea

Wednesday, November 28th, 2:00-4:00 p.m. (**re-scheduled due to Thanksgiving**)

2:00-4:00 p.m.

Take an aesthetic journey to the beaches of your childhood through musical hits from artists such as The Beach Boys and beachy scents. Participants will also have the opportunity to touch sand and seashells, pop bubbles, and gently toss beach balls while enjoying a custom slideshow of the most beautiful beaches in the world.

Generously sponsored by NewBridge on the Charles. Register with the Front Desk at 617-796-1660.

**NEWBRIDGE
ON THE CHARLES**

Hebrew SeniorLife

Memory Café: Doug Schmolze: Songs of World War I

Wednesday, December 19th, 2:00-4:00 p.m.

In this centennial retrospective, guitarist and singer Doug Schmolze provides insight into the mood of the era. We'll sing along to patriotic songs such as "Over There" and "You're a Grand Old Flag." **Generously sponsored Briarwood Rehabilitation & Healthcare Center.**



What is a Memory Café?

People with forgetfulness and other changes in their thinking are invited to meet for this special program. "The goal is just to have fun together." - Beth Soltzberg, founder, MA Memory Café movement

Vigorous Mind Group Game

Second Thursday of every month

November 8th and December 13th, 11:00 a.m.-noon

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 Newton Senior Center 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.**

Volunteer Spotlight

Betty Johnson



Every Friday, Betty Johnson comes to the Senior Center to help with administrative tasks. She began volunteering 23 years ago, after her husband of 41 years passed away. "I live alone and it's important to get out and socialize, because otherwise you can feel isolated," she says. "I enjoy coming here and meeting other people, but I also enjoy doing the work, which keeps my mind active." Staff and participants appreciate her help, and the fact that Betty, a self-described "super senior," is always smiling. "My mother lived to be 101. Longevity runs in my genes," she explains. "But I take care of myself and I try to emulate my older brother, who has such a great outlook." **For more information about volunteering, please contact Julie Joy at 617-796-1674 or jjoy@newtonma.gov**



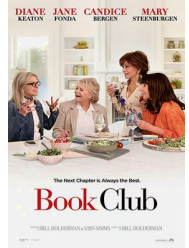
The Presti Group, an independent real estate agency in Newtonville, will be providing free popcorn to movie-goers. The company's motto is, "We go the extra block."



November 28th, 1:00 p.m.

Book Club

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. Starring Diane Keaton, Jane Fonda, and Candice Bergen. 2018. PG-13. 1 hour, 44 minutes.



December 12th, 1:00 p.m.

The Greatest Showman

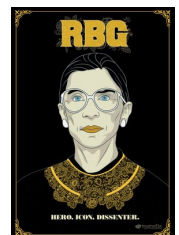
Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Starring Hugh Jackman and Michelle Williams. 2017. PG. 1 hour, 45 minutes.



December 26th, 1:00 p.m.

RGB

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court. 2018. PG. 1 hour, 37 minutes.



November/December 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. News Talk</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 & Coaching</p> <p>10:00 a.m. Zumba Gold (Hyde Community Center, 90 Lincoln Street, Newton Highlands)</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</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>12:00 p.m. Poker</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>November 5</p> <p>10:00.....Introduction to Watercolor Painting</p> <p>11:45.....Lunch: Macaroni & cheese or Tuna salad sandwich</p> <p>12:30.....Low Vision Support Group</p>	<p>November 6</p> <p>ELECTION DAY</p> <p>Dance Aerobics, Muscle Conditioning, Bingo, & Swing Band cancelled. Zumba Gold at Hyde Community Center cancelled</p> <p>11:00.....Hearing Screening</p> <p>11:45.....Lunch: Salmon w/ Newburg sauce or Chicken pesto Caesar salad</p>	<p>November 7</p> <p>10:00.....Mah Jongg Workshop</p> <p>11:45.....Lunch: American Chop Suey or Egg salad sandwich</p> <p>12:00.....Dialogue with the Director</p> <p>1:00.....Beginner Canasta Workshop</p> <p>1:30.....The Engaged Patient: An Advocacy Primer</p>	<p>November 8</p> <p>9:30.....Newton Men's Club at Johnny's Luncheonette</p> <p>10:00.....Now What? Living in the 55 and Over Lane</p> <p>10:30.....Ceramics I</p> <p>11:00.....Vigorous Mind Group Game</p> <p>11:45.....Lunch: Broccoli mushroom quiche or Turkey & Swiss sandwich</p> <p>12:30.....Ceramics II</p>	<p>November 9</p> <p>10:00.....Tai Chi at Scandinavian Living Center</p> <p>11:45.....Lunch: Lemon Dijon Chicken or Seafood salad sandwich</p> <p>2:00.....Coping with the Holidays After a Loss</p> <p>2:30.....Clutter Support Group</p>
<p>November 12</p> <p>VETERAN'S DAY OBSERVANCE: NEWTON SENIOR CENTER IS CLOSED</p>	<p>November 13</p> <p>11:45.....Lunch: Stuffed shells w/ tomato sauce or Tuna salad sandwich</p> <p>12:00.....MetroWest Legal Clinic</p>	<p>November 14</p> <p>10:00.....Mah Jongg Workshop</p> <p>11:45.....Lunch: Chicken Marsala or Egg salad sandwich</p> <p>12:30.....Classical Piano Concert sponsored by Stone Rehabilitation & Senior Living</p> <p>1:00.....Beginner Canasta Workshop</p> <p>1:30.....The Engaged Patient: An Advocacy Primer</p> <p>5:30.....50+ Job Networking Group</p>	<p>November 15</p> <p>9:30.....Men's Club: Guest speaker Dick Flavin</p> <p>10:30.....Bereavement Support Group</p> <p>11:45.....Lunch: Thanksgiving Day Special: Roast turkey w/ gravy, cornbread stuffing, potatoes and chives, hot apple cider, cranberry sauce, pumpkin pie w/ topping</p>	<p>November 16</p> <p>9:30.....Health Maintenance Clinic</p> <p>10:00.....Tai Chi at SLC</p> <p>10:00.....Book Club: Hillbilly Elegy</p> <p>11:45.....Lunch: Beef stew or Curry chicken salad sandwich</p> <p>1:00.....Commodity Foods program</p> <p>November 17 (Saturday)</p> <p>8:00-12:00.....Shredding Day and Drug Take-Back Day at Rumford Avenue Recycling Depot</p>
<p>November 19</p> <p>10:00.....Introduction to Watercolor Painting</p> <p>11:45.....Lunch: Baked haddock or Chicken salad sandwich</p>	<p>November 20</p> <p>11:45.....Lunch: Chicken cacciatore over ziti or Roast beef w/ American cheese sandwich</p> <p>1:30.....Caregiver Support Group</p>	<p>November 21</p> <p>10:00.....Mah Jongg Workshop</p> <p>11:45.....Lunch: Beef stroganoff or Chef salad w/ turkey</p>	<p>November 22</p> <p>THANKSGIVING NEWTON SENIOR CENTER IS CLOSED</p> <p>11:00-2:00.....Thanksgiving Day Dinner sponsored by The Village</p>	<p>November 23</p> <p>10:00.....Tai Chi at SLC</p> <p>NEWTON SENIOR CENTER IS CLOSED</p>

<p>November 26 10:30.....Parkinson's Support Group 11:45.....Lunch: Cranberry chicken or Egg salad sandwich</p>	<p>November 27 11:45.....Lunch: Potato pollack fillet or Roast beef w/ Swiss sandwich 11:45.....Taste of Senior Living at Meadow Green Rehabilitation & Nursing Center 12:00.....The Power of your Microbiome 6:00.....LGBTQ Elder Café sponsored by Amada Senior Care Boston Metrowest Swing Band cancelled</p>	<p>November 28 11:45.....Lunch: Meatloaf w/ mushroom gravy or Vege chef salad 1:00.....Cooking Demo 1:00.....Movie: <i>Book Club</i> 2:00.....Memory Café: Sensory Sand & Sea sponsored by Newbridge on the Charles 5:30.....50+ Job Networking Group</p>	<p>November 29 9:30.....Donuts & Coffee Focus Group: How You Obtain Health Information 10:30.....Short Story Group 10:30.....Ceramics I 11:45.....Lunch: Vegetable lasagna or California Chicken salad sandwich 12:30.....Ceramics II</p>	<p>November 30 9:30.....Health Maintenance Clinic 10:00.....Tai Chi at SLC 11:45.....Lunch: Hot dog or Tuna salad sandwich 2:00.....Staging your Home with your own Stuff!</p>
<p>December 3 10:00.....Introduction to Watercolor Painting 11:45.....American Chop Suey or Tuna salad sandwich 12:30.....Low Vision Support Group</p>	<p>December 4 11:00.....Hearing Screening 11:45.....Lunch: Traveling Chef Special: Reserve by Friday 11/30 at 11am. Vegetarian or Italian Panini, peaches 12:30.....Hearing Loss 101</p>	<p>December 5 11:45.....Lunch: Baked haddock or Garden salad w/ grilled chicken 1:30.....Holiday Harmony Histories sponsored by Wingate at Chestnut Hill</p>	<p>December 6 10:30.....Ceramics I 11:45.....Lunch: Broccoli mushroom quiche or Roast beef w/ Provolone sandwich 12:30.....Ceramics II</p>	<p>December 7 10:00.....Tai Chi at SLC 11:45.....Lunch: Lentil stew or Turkey w/ Swiss sandwich</p>
<p>December 10 11:45.....Lunch: Chicken Swedish meatballs over egg noodles or Egg salad sandwich</p>	<p>December 11 11:45.....Lunch: Holiday Special: Holiday ham w/ raisin pineapple sauce, cheesy potatoes, holiday cookie</p>	<p>December 12 10:15.....Chamber Ensemble Holiday Sing-Along 11:45.....Lunch: Salmon w/ lemon dill sauce or Chicken salad sandwich 1:00.....Movie: <i>Greatest Showman</i> 1:00.....Intro to Watercolor Painting 1:30.....Healthy Snacks =Class 5:30.....50+ Job Networking Group Seated Strength & Balance cancelled</p>	<p>December 13 9:30.....Newton Men's Club at Johnny's Luncheonette 10:00.....Now What? Living in the 55 and Over Lane 10:30.....Ceramics I 11:00.....Vigorous Mind Group Game 11:45.....Lunch: Aloha chicken or Turkey chef salad 12:30.....Ceramics II</p>	<p>December 14 9:30.....Health Maintenance Clinic 10:00.....Tai Chi at SLC 10:00.....Book Club: <u>Hillbilly Elegy</u> 11:45.....Lunch: Macaroni & Cheese or Roast beef w/ Swiss sandwich 1:00.....Annual Holiday Party sponsored by Wingate Residences at Boylston Place and Right at Home— In Home Care & Assistance 2:30.....Clutter Support Group</p>
<p>December 17 11:45.....Lunch: Alaskan Pollock crunch sticks or Egg salad sandwich NO THEATRE WORKSHOP</p>	<p>December 18 11:45.....Lunch: Chicken lo mein or Seafood salad sandwich 11:45.....Taste of Senior Living at Waterstone at the Circle 1:30.....Caregiver Support Group Last day of Zumba Gold at Hyde Community Center until January 8th</p>	<p>December 19 11:45.....Lunch: Beef stew or BBQ chicken breast sandwich 12:00.....Dialogue with the Director 1:00.....Intro to Watercolor Painting 2:00.....Memory Café: Doug Schmolze Songs of World War I sponsored by Briarwood Rehabilitation & Healthcare Center</p>	<p>December 20 10:30.....Bereavement Support Group 10:30.....Ceramics I 11:45.....Lunch: Stuffed peppers w/ ground beef or Ham & Swiss sandwich 12:30.....Ceramics II</p>	<p>December 21 11:45.....Lunch: Tortellini w/ spinach Alfredo sauce or Turkey chef salad 1:00.....Commodity Foods program</p>
<p>December 24 11:45.....Lunch: Cold Box Lunch: Roast beef w/ Swiss sandwich NO THEATRE WORKSHOP</p>	<p>December 25 CHRISTMAS DAY: NEWTON SENIOR CENTER IS CLOSED</p>	<p>December 26 11:45.....Lunch: Cold Box Lunch: Egg salad sandwich 1:00.....Movie: <i>RGB</i> 1:00.....Intro to Watercolor Painting</p>	<p>December 27 9:30.....Men's Club: Guest speaker Joel Sutfenberg 10:30.....Short Story Group 10:30.....Ceramics I 11:45.....Lunch: Chicken w/ creamy Italian sauce or Turkey w/ Provolone 12:30.....Ceramics II</p>	<p>December 28 9:30.....Health Maintenance Clinic 11:45.....Lunch: Meatloaf w/ mushroom gravy or Tuna salad sandwich</p>
<p>December 31 10:30.....Parkinson's Support Group 12:00.....New Year's Celebration NO THEATRE WORKSHOP</p>				

Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: November 26th and December 31st, 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: November 9th and December 14th, 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.**

Bereavement Support Group

Third Thursday of every month

Thursdays: November 15th and December 20th, 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.**

Caregiver Support Group

Third Tuesday of every month

Tuesdays: November 20th and December 18th, 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.

Low Vision Support Group

First Monday of every month

(except July, January & February),

Mondays: November 5th and December 3rd, 12:30-2:00 p.m.

Maura Copeland, Accessibility Librarian at the Newton Free Library, will be our November speaker. Jerry Fliz, from the Ellenbogan Assistive Technology Center, will be our December speaker. 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. the Friday before. 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

Tuesday: November 27th, 6:00-7:30 p.m.

December's LGBTQ is cancelled due to the Christmas holiday.

We'll enjoy dinner and conversation at these monthly gatherings. **Generously sponsored by 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: November 8th and December 13th, *Johnny's*

Luncheonette, 30 Langley Road, Newton Centre

Fourth Thursday of every month at 9:30 a.m., Thursday: November 15th and December 27th, *Newton Senior Center*

November is re-scheduled for November 15th, due to Thanksgiving. The guest speaker is Poet Laureate of the Red Sox, Dick Flavin. He was a senior ambassador for the team, and the public address announcer for Red Sox game days.

December 27th is Laws of Sexual Harassment with Joel Suttenberg. **Just show up. To be connected to our Men's Club Volunteer, please contact Elizabeth at 617-796-1663 or elund@newtonma.gov.**

Hearing Screenings

First Tuesday of every month

Tuesdays: November 6th and December 4th, 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: November 29th and December 27th, 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. We particularly welcome new participants! **Just show up.**

Book Club

Third Friday of every month

Fridays: November 16th and December 14th (**note we are meeting one week earlier due to holidays**),

10:00-11:30 a.m.

November's book is Hillbilly Elegy by J.D. Vance.

December's book is Born A Crime by Trevor Noah.

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: November 8th and December 13th,
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. Coffee and tea will be provided. **Just show up. Questions, Margaret Leipsitz**
mleipsitz@newtonma.gov or 617-796-1665.

Taste of Senior Living Tuesdays

Fourth Tuesday of every month

Tuesday, November 27th— Meadow Green Rehabilitation & Nursing Center, Waltham, MA

Tuesday, December 18th— (note date change due to holidays) Waterstone at the Circle, Boston, MA
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.**

Improv Workshops

5 Thursdays: Thursdays: November 1st, 8th, January 24th, January 31st, March 28th, 1:00-2:30 p.m. **Temple Emanuel's Reisman Hall, 385 Ward Street, Newton**

These interactive workshops are presented by IMPROV BOSTON. Get ready to play act, to repeat lines, to create characters, and to have fun! No experience necessary. No charge; all are welcome. and co- presented by the Newton Senior Center and Temple Emanuel Senior Fund. **RSVP to Tracy Schneider 617-959-4928.**

Tai Chi Workshop

7 Fridays: November 2nd, 9th, 16th, 23rd, 30th, December 7th, 14th, 10:00-11:00 a.m.

Scandinavian Living Center's Nordic Hall, 206 Waltham Street, West Newton

A new Tai Chi Class for older adults has begun meeting at the Scandinavian Living Center this fall. Open to general community, this opportunity is not exclusively for those living at the Scandinavian Living Center. This class is open to participants of all levels including beginner. This class is made possible through the generous support of Newton Wellesley Hospital and is being coordinated by Newton's Department of Senior Services. There is NO fee for this class but registration is requested. **Register with the Front Desk at 617-796-1660.**

Piano Play Volunteers may play on Tuesdays and Fridays between 9:00 a.m. and 10:00 a.m. Please see a Staff Person if you are interested in playing the piano during these times.

Art

Ceramics Workshop

8 Thursdays: November 1st, 8th, 29th, December 6th, 13th, 20th, 27th, January 3rd (no class or open studio November 15th)

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.**

Introduction to Watercolor Painting

6 Wednesdays: December 12th, 19th, 26th, January 2nd, 9th, 16th, 1:00-3:00 p.m. SNOW DATE: January 23rd

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.

Donations are needed of the following art supplies:

- Watercolor paper
- Watercolors
- Acrylic paint
- Oil canvas board

Please call Elizabeth at 617-796-1663 if you have any of these items to donate. Thank you!

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- Adele Hoffman *in memory of* Marcia Kaufman and David Brailousky
- Beebe Sinofsky *in memory of* the gallant Annette Salinger
- Portia Pantages *in appreciation of* the Senior Center
- Martin and Joan Saklad, *in appreciation of* Durable Medical Equipment
- Mary Margaret and Bill Pappas *in memory of* Marcia Kaufman
- Evelyn Shuman *in memory of* Marcia Kaufman
- Lorraine Roses *in honor of* Louise, Ketty, Joan and Aaron

SHINE: Serving the Health Insurance Needs of Everyone

Medicare Open Enrollment: October 15 – December 7
Medicare plans change every year! This is the time to decide on your coverage for 2019. **SHINE Can Help!**

SHINE counselors provide free Medicare counseling to help you compare options.

Call your senior center now for a SHINE appointment between October 15 and December 7!

REMINDER: You should have received your new Medicare

card in the mail and don't forget to bring your card and drug list to your appointment!

For SHINE related matters (other than an appointment), 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 return your call within 2 days.

City of Newton Parks and Recreation 55 and Over Programs

November 7th -Visit to St Joseph's Abbey in Spencer MA, followed by luncheon and Patsy Cline tribute show at Zukas Hilltop Barn.\$57.00: **November 25th** Christmas Survival Guide at the Stageloft Theater- This intimate revue takes a wry and knowing look at the stressful season. Cost 36.00

(New) LaBlast: This multi-level, partner free dance class enables participants to learn at their own pace. And it is a blast. Monday mornings at 10AM at the Hawthorne Gym. \$5 per class and registration is required.

(New) Box Steady: This class is a combination of cardio and strength, designed for both men and women. Cost 6.25 per class and registration is required. Location Nonantum Boxing Club

Tai-Yo-Ba: This gentle movement class is a combination of Tai Chi, yoga and balance and can be performed **while standing or seated**. Classes available on Tue, Wed & Thur. \$5 per class registration required.

Table Top Games and Art: Cribbage, cards and bridge available on Mondays and Thursdays. Art group, **Crosswords and Scrabble** available on Wednesdays. .

LFCC 545 Grove Street: Pilates 6:15-7:15 P.M. – Wednesdays, Scottish Country Dance, 10:30-12:00—Thursdays, Zumba 6:15-7:15 P.M **Studio 55, located at 69 Tyler Terrace** offers Tap Dance Mondays 10-11:00 A.M.

Basketball: Saturdays and Wednesdays 8:30 A.M. Registration is required.

Ballroom and Line Dance: Ballroom and line dancing every Thursday at the Post 440, 295 California Street, from 12-3PM.

Indoor Pickleball: Tuesdays and Thursday mornings at the LFCC, 545 Grove Street from 9:30-11:30 AM, and at the Hawthorne Gym Thursdays at 10AM. Lessons also available. Registration is required. Please call 617-796-1506

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.

South Side Seniors: Mondays 9:30-11 a.m. at the Shuman Center, 675 Saw Mill Brook Parkway.

Newton Senior Center Announcements

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: walk-

ers, 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.**

Fuel Assistance

Intake for new fuel assistance clients begins November 1st. If you received fuel assistance last year, you are encouraged to recertify your households, yourself. You will need to update your income verification, note changes in your household and send the information with the yellow recertification form to ABCD. Emily is available for recertification assistance by appointment only. Applicants must be income-eligible and provide documentation of all household income, utilities, rent/mortgage payments, etc. **To schedule an appointment to fill out an application with a trained staff person, please call Emily Kuhl at 617-796-1672. If you are under 60 years old, call the Health and Human Services Department at Newton City Hall, 617-796-1420.**

Fuel Assistance

Crossing Guards Needed

Are you looking for a part-time job? The Newton Police Department has openings for traffic supervisors, also known as school crossing guards. The position pays \$211.42 a week for 42 weeks during the school year. This is an approximate 7.5-hour work week. The schedule follows the Newton Public Schools and holidays and school vacations are paid after the first 30 days of service. This position does not include benefits. Applications can be picked up Monday through Friday from 8:30 am to 5:00 pm at the Newton Police Traffic Bureau, 1321 Washington Street, West Newton. **For more information, contact the Traffic Bureau at (617) 796-2106.**

Property Tax Deferral Program

Are you at least 65 years old, have owned your home for at least 5 years, and have less than \$60,000 a year in income? If Newton offers a program that will allow you to postpone paying your property taxes until you sell your house or transfer it to your heirs. The program charges a lower interest rate than home equity loans, and you can never be forced to move or sell your property because you're behind on your property tax payments. You can find out if you qualify for the program and how to apply by contacting the Assessor's Office in City Hall. **Questions, contact the Assessing Department at assessing@newtonma.gov and 617-796-1160.**

Historic Newton

Booker T. Jones in Concert

Saturday, November 17, 7:30 pm
As the architect of one of the first racially integrated rock bands (Booker T. and the M.G.'s), Booker T. Jones set the cast for modern soul music. He created classic hits like "Green Onions," and backed artists ranging from Otis Redding to Willie Nelson. Join us for an unforgettable concert featuring the legendary Jones, a GRAMMY Lifetime Achievement Award winner, and his band performing "Songs and Stories from the Birth of Soul."
Location: Newton North High School, 457 Walnut Street
Tickets: Purchase tickets for individual seats and sponsorships through www.newtonma.gov/BookerT
Information: 617-796-1450

Email Updates from the Mayor

Sign Up for Mayor Fuller's Email Updates

Looking for the latest news about happenings at City Hall and around Newton? Click on *this photo*



at newtonma.gov/gov/mayor/newsletters.asp to receive Mayor Ruthanne Fuller's Email Updates. To see archived editions of the Mayor's Email Updates, visit the City of Newton website at <http://www.newtonma.gov>.



The Senior Citizens Fund of Newton
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Newton Department of Senior Services

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

www.newtonseniors.org

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



Staff: 617-796-XXXX

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671

Alice Bailey, Executive Administrator, 1664

Lucy Bedigian, Lunch Site Manager, 1668

John Flynn, Custodian, A.M.

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Margaret Leipsitz, Outreach

Engagement Coordinator, 1665

Elizabeth Lund, Program Assistant, 1663

Ilana Seidmann, Program Coordinator, 1670

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Ernest Picard

Joyce Picard

Eric Rosenbaum

(City Employee)

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.