

# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #1 Volume X



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## January– February 2017

### Participants Wanted: *Newton Talks*, an Oral History Project for the City of Newton



*Newton Talks* is an oral history project for the city of Newton. We will help to share the stories and experiences of Newtonians of all backgrounds. In 2016, we began our first phase: interviewing veterans with a connection to Newton. In 2017, we will begin to collect stories from many more voices in Newton. *Newton Talks* is made possible through the joint efforts of **Historic Newton, Newton Free Library, Newton Senior Center, and Crossing Generations** (a Newton South High School student group focused on intergenerational programming).

Starting January 2017, we are interested in interviewing the following people:

- Veterans
- Family members (including spouses, siblings, parents) of living or deceased veterans
- Immigrants to Newton from other countries

If you are interested in participating, you will need a packet. You may request that a packet be sent to you by calling the Newton Senior Center at 617-796-1670 OR download the packet from <http://guides.newtonfreelibrary.net/newtontalks>

Completed packets can be delivered to the Senior Center in person or you can mail them to the following address:

Newton Senior Center, c/o Newton Talks, 345 Walnut Street

Newtonville, MA 02460

Packets include: a **Release form**, a **Biographical Data form**, which gives us your background information, and a **list of questions** that could be asked during the interview so you can prepare your answers. You can choose to answer only specific questions OR answer all questions, time permitting. We allow for 45 minutes per interview. After we receive your forms, we will contact you to schedule an interview time. We look forward to hearing from you!

### Winter Wonderland Party!

Wednesday, February 1st, 1:30-2:30 p.m.

Newton South High School is hosting a Winter Wonderland party. Party-goers will play board games, learn finger knitting, and listen to Winter Wonderland music as they eat gingerbread cookies and drink hot cocoa. Please come celebrate with us - and bring your friends! *Crossing Generations* is a club from Newton South that aims to bridge a connection between high schoolers and senior citizens. Through social events, veteran interviews, and community outreach programs, our members hope to create a more intergenerational community. **Register with the Front Desk at 617-796-1660. Free.**

### Valentine's Day Party!

Friday, February 10th, 1:00-2:00 p.m.

Entertainer Tommy Rull will entertain us with a special Valentine's Day Show. The Valentine's show consists of many love songs intertwined with the songs of Neil Diamond, Paul McCartney, Engelbert, Barry Manilow, Lou Rawls, Kenny Rogers, Elvis, Perry Como, Sinatra and a host of others. Light refreshments provided. **Generously sponsored by Presentation Rehabilitation and Skilled Care Center. Register with the Front Desk at 617-796-1660. Free.**



**Please Support us!** Please see the last page of our newsletter for a request from the Senior Citizen Fund of Newton to support Newton seniors.

#### Table of Contents

Notes.....2  
Programs.....2-7

Movies & More.....5  
Support Groups.....6  
Fitness & Wellness .....7

Art Classes.....7  
Calendar.....8-9  
Parks and Recreation.....10

## Veteran's Center

### Veterans' Center



*First Tuesday of every month*

Tuesdays: January 3rd and February 7th,  
5:30-8:00 p.m.

Newton Senior Center, 345 Walnut Street, Newtonville, MA  
Veterans and their families are welcome to come and socialize with fellow veterans, enjoy some refreshments and get information about benefits, healthcare, employment and housing.

### Veterans' Coffee Meetings

*Fourth Wednesday of every month:* Wednesdays: January 25th and February 22nd, 9:00-10:00 a.m.

Socialize and ask questions. New veterans and widows of veterans with questions about spousal benefits are welcome!

**Holiday Closures:** The Newton Senior Center will be closed on Monday, January 2nd for New Year's Day, Monday, January 16th for Martin Luther King, Jr. Day, and Monday, February 20th for Presidents' Day.

## Senior Center Notes

### City Councilor Constituent Hours at the Newton Senior Center

City Councilor, Emily Norton (Ward 2) Fridays: January 27th and February 24th, 9:00-10:00 a.m.

### Dialogue with the Director

Mondays: January 9th and February 13th, noon-12:30 p.m.  
Join Jayne Colino, Director of Senior Services, for an informal discussion about issues of interest to Newton seniors.

### 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 \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

Please call our main number (617-796-1660) after 7:00 a.m. if it is snowing or icy. The pre-recorded message will indicate if we are closed due to weather. Or check our website [newtonseniors.org](http://newtonseniors.org)

**Disclaimer:** We thank the advertisers featured in this newsletter for their support. They make printing of *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

## Program Notes

### Come Learn How to Play Fun, Brain Wellness Games

Senior volunteers who were specifically trained on the Vigorous Mind brain wellness software are ready to show you how to stimulate your brain, enjoy fun stories, trivia, music and much more. Come and make new friends and challenge your brain - all for free at the Newton Senior Center. **Call the Front Desk (617-796-1660) for up to six free, one-on-one appointments with a volunteer mentor.**

### Computer Tutorials

Need help learning to use common programs on your Mac, PC or iPad? Our volunteer tutors can help with the following: Basics, Camera, Craigslist, Excel, Email, Facebook, Games, Google, iPad, Mac, PC, PowerPoint, Mac laptops, Word, and Windows 10. **Call the Front Desk (617-796-1660) for a free appointment with a volunteer.**

### The Senior Center seeks your donations!

Our store will gladly take your gently used small household items for resale! We are looking for knickknacks, jewelry, yarn, serving dishes and small artwork. No clothing, glassware, VHS tapes or electronics. Proceeds go toward programming at the Senior Center.

The Newton Senior Center is also in need of commodes, walkers with wheels, and wheelchairs for our durable medical equipment loan program. Please bring them to the Newton Senior Center if you have any of these items that you no longer need. Questions call Alice at 617-796-1664.

### How do I Register for a Program?

**Programs without a fee:** Call the Newton Senior Center Front Desk at 617-796-1660. Unless otherwise noted, registration is required for all programs. **We make cancellation decisions based on the number of people who register. We also notify registrants of last-minute changes or cancellations.**

**Programs with a fee:** mail a check (separate checks for separate programs), payable to the Newton Senior Center, to:  
Newton Senior Center/ [Name of Program]  
345 Walnut Street  
Newtonville, MA 02460

### **Include the following information on the check:**

- The name of the program you are registering for
- Your telephone number

**We now accept credit card payments!** You may now pay for all programs, trips and Yellow Vouchers via telephone (or in person), using a credit card. Credit card payment incurs a convenience fee of 3% (with a minimum fee of \$1). Of course, you may always pay with cash or check; neither cash nor check incurs a fee.

**All paid program admittance is first-come, first-served, by date of payment. Register early!**

**Refund Policy:** Refund requests must be made in a timely manner and be submitted in writing to the Director of Senior Services. Refunds in cases involving extenuating circumstances will be given priority. Please allow one week for the refund request to be considered.

## Special Programs

### Jewelry Repair

Thursday, January 12<sup>th</sup>, 1:30-3:30 p.m.  
Myra MacDonald will repair one item of jewelry (worth less than \$50). She can re-string 16, 18, and 20 inch beaded necklaces, replace necklace clasps, or replace earring (pierced) backs. Myra is a former Nursing Director whose avocation is jewelry creation and repair. **Register for a 10-minute appointment with the Front Desk at 617-796-1660. Free.**

### Health Maintenance Clinics

4 Fridays: January 13<sup>th</sup>, January 27<sup>th</sup>, February 10<sup>th</sup>, and February 24<sup>th</sup>, 9:30-11:00 a.m.  
Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **No pre-registration required; just show up.**

### Memory Cafés

*Third Wednesday of every month, 2:00-4:00 p.m.*

People with forgetfulness and other changes in their thinking, along with their care partners, are invited to meet for this special program. The Memory Café is a welcoming community setting to talk, enjoy light refreshments and socialize with other people in similar circumstances.

*Wednesday, January 18<sup>th</sup>, 2:00-4:00 p.m.*

Enjoy an interactive performance from *The Songs Remembered*, a facilitated conversation inspired by and centered on live performances and recorded songs from the hit musical, *The Sound of Music*.

**Register at 617-796-1660. Free, thanks to the generous sponsorship of AMADA Senior Care.**



*Wednesday, February 15<sup>th</sup>, 2:00-4:00 p.m.*

Magician Dennis

Blanchard performs the art of mystery in many venues, specializing in table-side magic. From multiplying your money to "mind reading" - there's lots of audience participation. The point is not to fool, but to invoke a sense of wonder and amazement. His love for the art and his audience is apparent throughout his wonder-packed shows. **Register at 617-796-1660. Free, thanks to the generous sponsorship of Right at Home Boston Metro West.**

### Watercolor Class

Friday, January 20<sup>th</sup>, 10:00 a.m.-noon  
This is a class to provide people with a deeper appreciation for water colors. You will develop your artistic skills, such as: brush technique, mixing colors, and water adjusting for variations of color. Catherine Byun received Masters Degrees in Fine Arts in Painting from the Pratt Institute in Brooklyn, and Hong-ik University in Seoul, Korea. She was a studio art instructor in Korea before moving to Newton. **Register with the Front Desk at 617-796-1660. Free.**

### What's YOUR Transportation Budget?

Friday, January 20<sup>th</sup>, 1:30-3:00 p.m.  
Most of us don't even think about how much we spend on our cars. At this workshop, we will look at *all* the costs of owning and operating a car, totaling up your monthly spending. Then we'll look at the costs of various local transportation options and see how much that same amount might buy you. Trying out new ways of getting around can save you more than time, stress, and worry. It might also save you money! Come find out, and get answers to all your questions about senior transportation. Kerri Ann Tester is a licensed social worker and director of the TRIPPS senior transportation

## January • February

program at the Newton and Brookline Senior Centers. **Register with the Front Desk at 617-796-1660. Free.**

### Cutting the Cord on Cable

Wednesday, January 25<sup>th</sup>, 2:00-3:30 p.m.

Come learn about all the alternatives to cable TV that are available to consumers. We'll weigh the pros and cons to these alternatives, in hopes that you'll be able to decide if cutting the cord is right for you! We'll also have demonstrations of some of the options to stream media to your TV. This program is offered by Sara, an instructor from the Newton Free Library. **Register with the Front Desk at 617-796-1660. Free.**

### Winter Preparedness for Seniors

Friday, January 27<sup>th</sup>, 2:00-3:00 p.m.  
During the winter months, ice, snow, and cold temperatures can make staying warm and safe a challenge for everyone, especially seniors. Come learn how to prepare your home and car now, so you can protect yourself and your family in extreme weather conditions. Taught by the City's Public Health Nurse, Shin-Yi Lao. **Register with the Front Desk at 617-796-1660. Free.**

### PLAAN Listening Sessions

Tuesday, January 24<sup>th</sup>, 12:00-1:30 p.m. and Thursday, February 2<sup>nd</sup>, 10:00-11:30 a.m.

The Department of Senior Services and the Council on Aging and the City of Newton was recently accepted into the AARP Network of Age-Friendly Communities. Communities that have been accepted into this network are committed to adopting specific benchmarks for better housing and transportation options, access to key services, and opportunities for senior residents to participate in community activities. Listening sessions are step one in our planning process; we need to hear from you. Share your ideas at a resident listening session for how to make Newton a more Age-Friendly community. **Register with the Front Desk at 617-796-1660. Free.**



## iPhone 101

Wednesday, February 1st,  
2:00-3:30 p.m.

New to iPhones? Come learn the basics, so you can get started with your device! We'll cover making calls, sending messages, setting an alarm, using maps, taking photos, Facetime and more! This class is offered by Kim, an instructor from the Newton Free Library. **Register with the Front Desk by calling 617-796-1660. Free.**

## Scams, Fraud and Identity Theft

Friday, February 3rd, 1:30-2:30 p.m.

The Better Business Bureau Scams, Fraud, & Identity Theft program will cover the most common scams currently circulating, the major red flags to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Amy Schram, the Senior Community Relations Specialist for the BBB, has been with the BBB since 2011 and is responsible for educating the public at large and fostering the business-to-consumer relationship. **Register with the Front Desk at 617-796-1660. Free.**

## GPS Applications on your Phone: The Basics

Wednesday, February 8th,  
2:00-3:30 p.m.

Wherever you go in life, GPS makes it easier to get there. In this class, we'll talk about how GPS can show you where you are and get you where you need to go, the fastest and easiest way possible. We'll cover Google Maps and Waze apps for your phone. This program is offered by Lynn, an instructor from the Newton Free Library. **Register with the Front Desk at 617-796-1660. Free.**

## Taxi Discounts for Seniors

Friday, February 17<sup>th</sup>, 1:30-3:00 p.m.

The Council on Aging's Yellow Vouchers program is a great option if you're traveling within Newton and can

plan your trips in advance. But what about last-minute trips, or travel outside of Newton? Newton's many taxi companies offer a number of discounts and coupons for seniors. Come hear about these opportunities and get answers to all your questions about senior transportation. Kerri Ann Tester is a licensed social worker and director of the TRIPPS senior transportation program at the Newton and Brookline Senior Centers. **Register with the Front Desk at 617-796-1660. Free.**

## Facebook 101

Wednesday, February 22nd,  
2:00-3:30 p.m.

Do you have a Facebook account, but don't really know how to use it? This class, offered by the Newton Free Library, will go over Facebook basics to help you get started connecting with family and friends online. **Register with the Front Desk at 617-796-1660. Free.**

## Introduction to Topology

6 Tuesdays: February 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>,  
March 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup>,  
1:30-3:00 p.m.

Instructor Pete Gilmore will teach us about Erica Flapan's new book, Knots, Molecules and the Universe: An Introduction to Topology (published by The American Mathematical Society). The first eight chapters of the book introduce us to the topology and geometry of surfaces and 3-manifolds (geometric objects that are possibilities for the universe we inhabit). We will then discuss molecules, and an extension on Knot Theory might be planned by a vote of everyone attending. **Register with the Front Desk at 617-796-1660. Free.**

## Aging and Heart Health

Friday, February 24th, 2:00-3:00 p.m.  
February is American Heart

Month! Come learn about normal changes to your heart and cardiovascular system as you age, and how this affects your risk for heart disease. We will also discuss

risk factors for heart disease, signs of heart disease, and what you can do to prevent heart disease. Taught by the City's Public Health Nurse, Shin-Yi Lao. **Register with the Front Desk at 617-796-1660. Free.**

## Telling our Stories,

## Celebrating our Lives:

## Newton Festival of the Arts

We are inviting proposals from people who would like to share an anecdote or memory about their lives, with an audience. We choose topics that show spirit, courage, humor and/or reflection. Twelve readers will each present a 3-5 minute piece (about three typed pages). Each speaker will present his or her story in a supportive atmosphere. Last year's event was fun and heartwarming for all! Please contact [director@newtonathome.org](mailto:director@newtonathome.org) or (617) 795-2560, to participate. Stories are due March 1st, 2017. This event, which will occur on May 3rd from 1-3pm, is sponsored by the Newton Senior Center, Historic Newton, Newton at Home, and Newton Free Library "Sequences" group.

## Save the Date!

Are you on track to achieve your financial goals now and throughout your life? Join our expert panelists at the new three-part *You and Your Financial Future* series where you will learn about a variety of important money-related topics including:

- Saving successfully to meet your financial goals
- Using your money wisely and protecting your wealth
- Smart strategies for wealth distribution in any stage of life

Dr. Dave Griswold, Senior Lecturer in the Department of Finance and Economics at Boston University Questrom School of Management, will moderate panel discussions on April 25th, May 23rd and June 6th, at 7:00 p.m. at the Newton Free Library Druker Auditorium. This program is free. Details will follow in the March/April *Coming of Age* newsletter.

# Senior Services Transportation Program

# Wednesday Movie Matinee

## Here's where you can go with our Transportation Program:

- 1) Grocery shopping to any of the Newton markets
- 2) Library (including Sundays, except in July and August)
- 3) City Hall
- 4) The Senior Center
- 5) Houses of worship, within Newton for religious services only
- 6) Long term care facilities and hospitals within Newton to visit a loved one (limited to 2 times per week)
- 7) Any "Over 55" Parks and Recreation programs throughout Newton
- 8) Any city-held program within the city of Newton, any day, any time
- 9) Medical appointments, including mental health appointments, within Newton
- 10) Medical appointments outside of Newton at the following places:
  - Wellesley: anywhere on Walnut Street, 1-45 Washington Street, 173, 195, and 230 Worcester Street
  - Chestnut Hill: 830, 850, and 1244 Boylston Street
  - Faulkner Hospital and St. Elizabeth's Hospital
  - VA Hospital West Roxbury
  - VA Hospital South Huntington Ave.
- 11) Village Centers within the following addresses:
  - Auburndale: 2040 Commonwealth Ave - 2122 Commonwealth Ave, 422 Lexington St - 427 Lexington St, 271 Auburn St - 349 Auburn St
  - Chestnut Hill: 280 Boylston St - 1184 Boylston St, 525 Hammond St - 615 Hammond St (includes Post Office on corner of Middlesex Road)
  - Newton Centre: 821 Centre St - 1148 Centre St, 10 Langley Rd - 82 Langley Rd, 714 Beacon St - 847 Beacon St, 10 Union St - 43 Union St
  - Newton Corner: 257 Centre St - 447 Centre St, 275 Washington St - 399 Washington St
  - Newton Highlands: 1149 Walnut St - 1203 Walnut St, 1 Lincoln St - 63 Lincoln St
  - Newton Lower Falls: 2000 Washington St - 2366 Washington St
  - Newton Upper Falls: 1185 Chestnut St - 1225 Chestnut St
  - Newtonville: 241 Walnut St - 345 Walnut St, 743 Washington St - 897 Washington St
  - Nonantum: 291 Watertown St - 420 Watertown St
  - Oak Hill: 663 Saw Mill Brook Parkway - 675 Saw Mill Brook Parkway
  - Thompsonville: 386 Langley Road - Route 9
  - Waban: 1625 Beacon St - 1651 Beacon St, 4 Windsor St - 10 Windsor St, 69 Wyman St - 87 Wyman St
  - West Newton: 1239 Washington St - 1391 Washington St
  - Needham Street: 8:00 a.m. -5:00 p.m.

**Requirements:** You must be 60 years or older and a City of Newton resident

**Here is how it works:** Purchase vouchers in advance by coming into the Senior Center, paying over the phone by credit card, or mailing a check to the Newton Senior Center, 345 Walnut Street, Newtonville, 02460. Include your full name, a dress, and number of vouchers you are purchasing. When the check is received, the vouchers will be mailed immediately. A contribution of \$4 per voucher is requested, but for those who cannot afford that amount, we ask for \$2 per voucher. Those who cannot contribute \$2 may ask for Transportation Exemption from the Center. You will need one voucher for each ride and rider. Riders are driven on an individual basis, either in a taxi or van. Reservations are required, and should be made 3 business days in advance for all destinations, except the Newton Senior Center, which should be made by 4:00 p.m. the previous day. Please call 617-796-1288 to make all reservations. Riders may be put on a schedule for any of the services offered (same day, time and destination daily or weekly). All transportation provided through a contract we have with Veterans Taxi. **Questions? Contact Alice Bailey, 617-796-1664, or [abailey@newtonma.gov](mailto:abailey@newtonma.gov)**

**January 11th, 1pm**

### *Advanced Style*

This well-put-together documentary profiles seven New York City women in their 60s through their 90s, whose snappy style decidedly disproves the notion that advanced years and glamour are mutually exclusive. 2014. NR. 72 minutes.



**January 25th, 1pm**

### *Trumbo*

Bryan Cranston stars as famed 1940s screenwriter Dalton Trumbo, whose refusal to testify before the congressional House Un-American Activities Committee resulted in a prison sentence and being blacklisted as a communist. Also starring Diane Lane and Helen Mirren. 2015. R. 125 minutes.



**February 8th, 1pm**

### *The Meddler*

On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction. Starring Susan Sarandon and Rose Byrne. 2016. PG-13. 103 minutes.



**February 22nd, 1pm**

### *Eye in the Sky*

Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage. Starring Helen Mirren and Alan Rickman. 2015. R. 102 minutes.



## Support Groups

### Parkinson's Support Group

*Last Monday of every month*

Mondays: January 30th and February 27th, 10:30-11:30 a.m.

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

### Clutter Support Group

*Second Friday of every month*

Fridays: January 13th and February 10th, 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 Patty Underwood at 617-969-4925.

### Caregiver Support Group

*Third Tuesday of every month*

Tuesdays: January 17th and February 21st, 1:30-3:00 p.m.

Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an elderly family member. **Register with Case Manager Emily Kuhl at 617-796-1672. Free.**

### Low Vision Support Group

**Does not meet in January or**

**February. Otherwise, First Monday of every month, 1:00-2:30 p.m.**

This group is sponsored by the

Massachusetts Association for the Blind and Visually Impaired.

### Bereavement Support Group

*Third Thursday of every month*

2 Thursdays: January 19th and February 16th, 10:30-11:30 a.m.

This group will be a safe place to reflect on our losses (separation from or death of loved ones, end of life, etc.) We will explore meditations, 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 who facilitates workshops in self-care, grief, bereavement, and legacy building. **Register with the Front Desk at 617-796-1660. Free.**

## Monthly Programs

### LGBT Elder Café

*Fourth Tuesday of every month*

Tuesdays: January 24th and February 28th, 6:00-7:30 p.m.

We'll enjoy dinner and conversation at these monthly gatherings. **Free, thanks to the generous sponsorship of PhysicianOne Urgent Care. RSVP to Julie Joy at 617-796-1674.** Would you like to be added to the email list so that you are notified of monthly gatherings? Please contact Julie at 617-796-1674.



Kathleen, at 617-796-1360.

### Hearing Screenings

*First Tuesday of every month*

Tuesdays: January 3rd and February 7th, 11:00 a.m. to noon. Attend a 10-minute hearing screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, they can clean and check them and replace the batteries. **Call the Front Desk at 617-796-1660 to make a 10-minute appointment. Free.**

### Short Story Group

*Last Thursday of every month*

Thursdays: January 26th and February 23rd, 10:30-11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our Reception Desk. Discussion facilitated by Ditta Lowy. Free.

### Book Club

*Third Friday of every month*

Fridays, January 20th and February 17th, 10:00-11:30 a.m. In January, we will discuss My Grandmother Asked Me to Tell You She's Sorry, by Fredrik Backman. In February, we will discuss The Boys in the Boat, by Daniel James Brown. All are welcome! Free.

### Birthday Party

Wednesday, February 15th, noon-12:30 p.m.

Come celebrate January and February birthdays! Enjoy cake and good cheer! All are welcome. **Generously sponsored by Care-One at Newton. Free.**



### Newton Mens' Club

*Second Thursday of every month at 9:30am, Thursdays:*

January 12th and February 9th, **Johnny's Luncheonette**, 30 Langley Road, Newton Centre

*Fourth Thursday of every month at 9:30 a.m. at Senior Center* Thursday, January 26th and February 23rd

Enjoy good conversation--all retired and semi-retired men are welcome! On January 26th, Dr. Steve German will discuss "Manage your Stress or It Will Manage You." On February 23rd, Bernie Metzger will discuss "A Rambling Computer Historical Trivia."

### Murder Mystery Book Club

*Second Thursday of every month*

Thursdays: January 12th and February 9th, 10:00-11:00 a.m.,

**Newton Free Library, third floor Rear Arc**

The Murder Mystery Book Club, cosponsored with the Newton Free Library, meets each month to discuss books with a mystery theme. Discussion led by Library staffer, Kathleen Hennrikus. January's book is A Test of Wills, by Charles Todd. February's book is China Trade, by S.J. Rozan. No pre-registration required. For questions, contact



## Fitness & Wellness Classes

All Fitness & Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." The only exception is *Beyond Balance*: Pay \$60 for 8 classes any time or drop in once for \$10/session.

Fitness classes include: Ageless Grace, Beyond Balance, Dance Aerobics, Mindful Meditation, Muscle Conditioning,

Nia, Tai Chi (beginner, intermediate, and advanced), Tong Ren, Yoga (chair and mats), and Zumba Gold.

For descriptions of our Fitness & Wellness Classes, please consult our website, [newtonseniors.org](http://newtonseniors.org) or contact Ilana Seidmann: 617-796-1670 or [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

## Our Library

### What's Your Favorite Color?

Many of you have noticed the library system in the Newton Senior Center. The system codes all books with an identifying color category sticker on each book's spine. There are 23 categories to choose from: Animals, Art, Autobiography & Biography, Business & Finance, Cookbooks, Fiction, Foreign Languages, Games, Gardening, History, Large Print, Literary Award Winners, Health & Longevity, Literature, Mystery, Politics, Reference, Religion, Romance, Science, Sports, Travel, and Miscellaneous.

Which color category is your favorite? Are you a Mystery reader (orange)? Or, perhaps primarily a Fiction reader (green)? Or is History your main interest (gold)? And, don't forget categories such as Romance (pink) and Large Print (purple). Whatever your reading interests, there are over 2,000 categorized books for you to choose from in the Seniors' collection.

In an effort to find space for all our books, they are shelved in several rooms throughout the Senior Center: the Dining

## Program Spotlight

Room, the Function Room, and the Library Lounge. Please explore!

There is no check-out system. Feel very free to borrow (and keep, if interested), any book. However, when you return a book, please place the book (s) on the book cart located on the first floor next to the Program Coordinator's office. Donations of books in good condition are always welcome. HAPPY READING!

### Join us for Mindful Meditation

Thursdays,  
8:45-9:45 a.m.

The group is a supportive space to begin or continue a

meditative practice. Wear comfortable clothes and come with a smile in your heart! \$2 suggested donation.



## Art Classes

### Ceramics Workshop

**Session I:** 8 Thursdays, 10:30 a.m.-12:00 p.m.: January 19th, 26th, February 2nd, 9th, 16th, 23rd, March 2nd, 9th

**Session II:** 8 Thursdays, 12:30-2:00 p.m.: January 19th, 26th, February 2nd, 9th, 16th, 23rd, March 2nd, 9th

Create sculptural and functional ware (plates, bowls, cups). Almost all clay pieces are 3-D. We use a table-top wheel and slab roller. Instructed by Bet Lee. Space is limited to 10 participants. **\$50. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Ceramics, 345 Walnut St, Newtonville, MA 02460. Write your telephone number and preferred Session (I or II) on the check.**

**Drawing and Painting! Open Studio,** Free Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance. **Free. Bring your own materials.**

### Oil Painting Workshop

3 Wednesdays: January 18th, 25th, and February 1st, 1:00-4:00 p.m.

Oil painting is the traditional "first approach gateway" for all fine arts painting; painting a simple still life provides the artist with a chance to practice and learn basic fundamentals. Learn from instructor David Wenstrom. Space is limited to 6 participants. Please bring your own oil painting supplies, if available. **\$50. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Oil Painting, 345 Walnut St, Newtonville, MA. Write your telephone number on the check.**

### Coloring Drop-In

*Third Monday of every month*

2 Mondays: January 23rd (re-scheduled due to Martin Luther King, Jr. Day) and February 27th (re-scheduled due to Presidents' Day), 1:30-3:00 p.m.

Express your "color creativity!" All materials are included. **No pre-registration required.**

## With Gratitude

*In thanks for durable medical equipment: Sheila Arderly • Nina Taylor • In thanks for the many opportunities the Center has to offer: Ilse Garfunkel • In honor of Ilana Seidmann and Jayne Colino: Lorraine Roses •*

## Volunteer Opportunities

### Volunteers needed!

If you have some spare time and would like to volunteer at the Senior Center or in the Newton community, call Julie Joy, Volunteer Coordinator at 617 796-1674, Tuesday through Thursday. Some examples of volunteer opportunities are: Greeter at the Senior Center, Transit Advisor in the TRIPPS senior transportation program, and supporting Newton City Departments. Ask about the Tax Work Off Program. Seniors and Veterans may qualify to decrease your property tax bill by volunteering in Newton.

### Introductory Workshop For ELL Tutors

Thursday, January 12th, 2:00 pm, *Trustees' Room, Newton Free Library*

The library provides free tutoring services for adult English Language Learners. Volunteer tutors are needed for this rewarding work. Just an hour a week of your time can make a real difference. No experience or foreign language skill is necessary. Come to this informative meeting to find out how you can get involved. Call Susan Becam at 617-796-1364 with questions.

## Senior Social Groups

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center, 54 Pettee St., and the other on the South Side, at the Shuman Center, 675 Saw Mill Brook Parkway. Meet new people in these neighborhoods. All seniors, especially newcomers to the groups, are welcome! Call Anita with questions: 857-928-9742.

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

*Bingo:* January 4th, January 11th, January 18th, February 1st, February 8th, February 15th

*Left, Right, Center:* January 25th

(Vacation: February 22nd)

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

*Bingo:* January 5th, January 12th, January 19th, February 2nd, February 9th, February 16th

*Left, Right, Center:* January 26th

(Vacation: February 23rd)

There will be no get-together if the weather is bad or if it is icy.

## City of Newton Parks and Recreation 55 and over programs

**The following programs are run by the Newton Department of Parks & Recreation:**

**Winter Workout:** Get out of the house and enjoy Newton's many resources! The Newton South Recreation Complex offers state of the art health and wellness facilities, including a gym, indoor track and fitness room. Join us for recreational activities such as walking, weights and Pickleball. We begin our six week winter session on January 8<sup>th</sup>. Pickleball 2:15-4:15 PM. Open Workout 1:00-5:00PM

**Annual Skiing/Snowshoe Trip:** Great Brook Farm is a 1,000-acre state park full of rural charm. The skiing and snowshoe season will begin when the snow flies, and we hope to hold multiple trips throughout the winter at this beautiful venue. Rental skis and boots are available at the Ski Touring Center. 2017 prices TBA. If interested in this trip, please call to have your name added to the list to receive updated information, as we move into the season. Call 617-796-1506.

**Ballroom and Line Dance:** Dancing can be a fun way to stay fit, for people of all ages and abilities. Our line and ballroom dance offers a variety of different dances each week to all genres of music. You never need a partner, but feel free to bring your friends! Informal instruction offered at 12:30 PM. Dance social 1:00-3:30PM. Location; Post 440, 295 California Street Newton.

**Scottish Country Dance:** "Amazing fun!" This group meets at the Lower Falls Community Center located at 545 Grove Street on Wednesday mornings from 10:30-12:00. This class is a great way to exercise body and mind, and just have a ball! Call 617-796-1506 for more information. \$2 donation is kindly appreciated.

**Cards and Cribbage Kick Off Event:** Local card and cribbage group invites you to a series of workshops to promote the game, as a way to maintain brain health. Research has shown that regular playing improves reasoning skills and long and short-term memory. Many players say that hours after playing cards and cribbage, they still feel mentally alert and energized. Program is free, but registration is required. 617-796-1506



**2017 Medicare Part B Premium**

The standard Medicare Part B premium in 2017 is \$134. However, most people who get Social Security benefits are paying less than that and are getting the same benefit check this year. This is due to a law that prevents the check amount from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$134 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$187.50 and \$428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance, to anyone on Medicare. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660. For other SHINE-related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

**It's Tax Time Again!**

Call the Newton Senior Center at 617-796-1660 to make your appointment with an AARP Volunteer Tax Counselor. You may call starting Tuesday, January 3rd, and appointments begin Monday, February 6th. AARP Volunteer Tax Counselors process **non-complex returns only**. **You must have an Adjusted Gross Income below \$85,000 per couple or \$65,000 per single** (income includes pension, Social Security, investments, and rental income). Note that the limits for the Senior Circuit Breaker Credit are \$86,000 per couple, \$57,000 per single, and a maximum assessment of \$720,000. **We do not process returns if you have depreciation from rental real estate**. AARP sponsors the tax program and is using a new IRS program this year. We anticipate some complexities with the program and therefore may not be able to serve everyone.

**Bring with you:** 2016 tax return • Social Security Cards • Form 1099 & K-1 for interest, dividends, pension, IRA, brokerage, Misc. • Form W-2, if employed • Workman's Compensation and Unemployment statements • Social Security Statement (2016) • Real Estate tax • Mortgage statement • Home assessment (2016) • Rent (monthly or annual) and landlord name • Medical expenses (doctors, hospital, drugs, co-pays, insurance, dentist, eyeglasses, special medical equipment, mileage) • Medicare Supplementary Insurance • Alimony • Contributions • Estimated tax payments • If you have stock sales, make sure that the purchase price and date is included, or ask your broker for more information.

You may qualify for a MA Senior Circuit Breaker rebate if you own a home or rent and are not subsidized. Your total income or assessed evaluation cannot exceed the limits mentioned above. You may also be eligible for this rebate if you live in a non-subsidized assisted care facility where up to one-third of the monthly payment can be considered rent. Do not hesitate to consult with us, if there is any question about filing an IRS or MA tax return. You may be eligible for a refund.

**Other Opportunities**

**Small Appliance Repair Workshop**

The workshop is open on Wednesdays, 1:00-3:00 p.m., and is staffed by volunteer handymen who repair small electrical appliances, including lamps, toasters, radios, mixers, toaster and microwave ovens, paper shredders, vacuum cleaners and irons. They do not fix any electronic equipment. Repairs are completed for free, but there may be a small charge if parts are needed. Articles for repair can be dropped off at the workshop in the basement of the Scandinavian Living Center on Wednesdays from 1-3:00 p.m. **For more information, call Newton at Home 617-795-2560.**



**Alerts: Newton-Brookline Consumer Office**

-Mim Cole and Judy Zohn, Co-Directors, 617-796-1292  
**Samsung washing machine recall:** Defective top-loading washers can cause the top to unexpectedly detach from the chassis during use, posing a risk of injury. For further details, call Samsung toll-free 1-866-264-5636 from 8 a.m. to 10 p.m. or online, contact them at [www.samsung.com](http://www.samsung.com) and click on "recall notice" for more information.

**Lifeline program has expanded its services.** This is a federal discount program which in the past has been limited to telephone service for low income-eligible consumers. Effective December 2, 2016 eligibility has been expanded to those who qualify for Veterans Pension and Survivors Pension Benefit without having to conform to income-based eligibility. Expanded service offerings will now include a broadband internet access option. For more detailed information, call the Mass. Department of Telecommunication and Cable at 1-800-392-6066.

The Newton Food Pantry thanks Newton seniors for their donations this year! Please continue to leave non-perishable food items at the Front Desk.

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

Non-Profit Org  
U.S. Postage  
PAID  
Boston, MA  
Permit #52475

### 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

Ken Doucette, Custodian, P.M. & John Flynn, Custodian, A.M.

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Margaret Leipsitz, Outreach and Engagement Coordinator, 1665

Sandy Lopes, Case Manager, 1663

Ilana Seidmann, Program Coordinator, 1670

Pamela Weismann, Dir. Of Social Services, 1282

**Council on Aging Members**

Marian Knapp, Chair

Elizabeth Dugan

Carol Ann Shea

**Advisory Board**

Nancy Brown

Audrey Cooper

Chryse Gibson

Rev. Howard Haywood

Jo-Edith Heffron

Adele Hoffman

Naomi Krasner

Ena Lorant

Donna Murphy

Julie Norstrand

Susan Paley

Ernest Picard

Joyce Picard

Tom Shoemaker

Emma Watkins

*Mission*

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them 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 Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.*