

COMING OF Age

Your Center for Connection

Published Bi-Monthly
Issue #2 Volume X



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

March– April 2017

NEW! You and Your Financial Future Series: Saving for Retirement

Tuesday, April 25, 2017 at 7:00 pm, Newton Free Library in Druker Auditorium (Future sessions will be May 23 and June 6, 2017.) *Cosponsored by Newton Senior Services*

Are you on track to achieve your financial goals now and throughout your life? Do you want to learn about saving successfully to reach your financial goals, how to use your money wisely, protect your wealth and smart strategies for wealth distribution in any phase of life? Join our expert panelists on for the first in program including:

- Matt Paradise, American Consumer Credit Counseling will discuss debt management
- Mark Williams, B.U.'s Questrom School of Management Executive in Residence will discuss portfolio risk vs. returns, bonds and equity funds
- Daniel Galli, CFP, B.U. will discuss IRA, Roth, bonds and taxable account
- Dr. David Griswold, Senior Lecturer in the Department of Finance and Economics at BU's Questrom School of Management, will moderate.

These programs are free and open to the public.

6th Annual Spring Fling! Intergenerational Festival

Sunday, March 26, 12:00-2:30 p.m., Newton North High School Cafeteria

This special event, co-sponsored with student volunteers of Newton ASC (*All Students Care*), will feature entertainment, lunch and fun. This event unites the students and seniors of Newton for an enjoyable afternoon. If you have a special talent and would like to perform, contact Margaret Leipsitz at 617-796-1665

Space is limited. Register for lunch at the Front Desk at 617-796-1660.

Free.



Save the Date: 4th Annual Senior Prom: Thursday, May 18th, Kentucky Derby Theme

In keeping with this year's Kentucky Derby prom theme there will a **Kentucky Derby Hat Day: Wednesday, April 26**

If you have your own hat, great! If you need a hat, they are available for purchase through the Newton Parks & Recreation Department for \$6.50. Hats must be ordered no later than April 7th. We will decorate our hats at Michaels craft store, where additional supplies can be purchased on your own before meeting at the store's craft room. Crafting begins at 1:30 PM. **Registration is required. Send registration check to: the City of Newton, Newton Parks and Recreation, 246 Dudley Road, Newton MA 02459, Transportation available through the yellow voucher system Questions: call Nancy Scammon at 617-796-1506 or email nscammon@newtonma.gov**

Health Maintenance Clinics

4 Fridays: March 10th, March 24th, April 7th, and April 21st, 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**

<i>Table of Contents</i>	<i>Fitness & Wellness</i>7	<i>Groups</i>10
<i>Notes</i> 2	<i>Art Classes</i>7	<i>With Gratitude</i>10
<i>Programs/Community Spotlight</i> 2-7	<i>Calendar</i>8-9	<i>SHINE</i>11
<i>Movies/Cards/Games</i>5	<i>Parks and Recreation</i>10	<i>City-Wide Events</i>11
<i>Support Groups</i>6	<i>Upper Falls and South Side Senior</i>	

Veteran's Center

Veterans' Center

First Tuesday of every month

**Tuesdays: March 7th and April 4th,
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: March 22 and April 26 9:00-10:00 a.m.

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

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

Senior Center Notes

City Councilor Constituent Hours at the Newton Senior Center, City Councilor Emily Norton (Ward 2) Fridays: March 24 and April 28 9:00-10:00 a.m.

Dialogue with the Director

Mondays: Friday March 10 and Tuesday April 11 noon-12:30 p.m. in Jayne Colino, Director of Senior Services, for an informal discussion about issues of interest to Newton seniors.

Holiday Closures: The Newton Senior Center will be closed on Monday, April 17th for Patriot's Day.

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

Inclement Weather Closing

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 daily weather and other program cancellations.

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. Call if you need an item too.**

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:

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 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). 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

Email 101

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

Keep in touch with family and friends, using email. This class will cover the basics of email, including setting up a free account and sending and receiving messages and photos. This class is offered by Jeremy, an instructor from the Newton Free Library. Class limit is 16. **Register with the Front Desk at 617-796-1660. Free.**

Smartphone Ride-Hailing Apps

Friday, March 10th, 1:30-3:00 p.m.

For seniors with a smartphone and a credit card, ride-hailing apps like Uber and Lyft can be a flexible, accountable, and reasonably-priced transportation option. These apps are especially useful for those who need transportation outside of Newton, to and from non-medical destinations, or on evenings or weekends when other options are not available. After sharing the latest news on these apps and services, TRIPPS volunteer Jane Gould will answer your questions and talk about ways you can get individual help installing and using these apps on your own smartphone. Presenter will be Jane Gould, Ph.D., author of *Aging in Suburbia: The Must-Have Conversation about Homes and Driving* (2014, Wava Press). **Register with the Front Desk at 617-796-1660. Free.**

Tiger's Loft Luncheon

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

Tuesday, March 14th, 12:00-1:15 p.m.,
Enjoy a meal prepared by students in the Culinary Arts program. Note your entrée choice of Corned Beef or Honey Braised Chicken Breast. A shuttle will be provided between the Lowell Avenue parking lot and the entrance to Tiger's Loft Bistro, from 11:30 to 1:45. Space is limited to 15. **\$5. Registration sign-up deadline is 3/3. Make check payable to Newton Senior Center and mail to: Newton Senior Center/**

Tiger's Loft, 345 Walnut Street, Newtonville, MA 02460. Write your telephone number on the check.

Floral Arranging Workshop

Monday, March 20th, 10:00-11:00 a.m.

Create a beautiful medium-sized fresh-cut flower arrangement, great for brightening your day or for gift giving. Classes will be in a relaxed, fun atmosphere with instruction. We provide fresh-cut flowers, clean recycled vases and tools of the trade. Taught by artist Barbara Mulford. Class limited to 10 people. Registration required by 3/17 or class is subject to cancellation.

Fee: \$12. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Floral Arranging, 345 Walnut Street, Newtonville, MA, 02460. Write your telephone number on the check

Family & Friends CPR

Wednesday, March 22nd from 2:00pm-3:00pm

Want to learn how to save a life? Come learn the lifesaving skills of adult/child/infant hands-only CPR and the Automatic External Defibrillator (AED) and how to help a choking adult/child/infant. . Please note that this program is non-credentialed – no course card will be awarded upon completion.

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

Back-up Basics

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

Have you ever lost a digital photo or important document after thinking it was safely saved to your computer? Come learn how to back up your important data and never lose a file again! This class is taught by an instructor from the Newton Free Library. Class size is limited to 16. **Register with the Front Desk at 617-796-1660. Free**

March • April

St. Patrick's Day Party!

Friday, March 17th, 1:00-2:00 p.m.

Performer Ray Cavicchio will play Irish tunes on his accordion and we will enjoy an authentic Irish afternoon! Ray started as a guest artist on the Lawrence Welk Show. He performs with a unique keyboard that he designed and built. You will hear everything from symphony orchestras to Dixieland bands, yet Ray plays every note live. His performances include Carnegie Hall with classical violinist, Pei-Wen Liao, and Steve Tyler of Aerosmith. Light refreshments provided.

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



Senior Theatre Special!

Fiddler on the Roof

Sunday, March 19th, 2:00 p.m.,

*Newton North High School Theatre,
457 Walnut Street (theatre entrance
is on Elm Street)*

Join us for a special performance of *Fiddler on the Roof* at Newton North High School. The special begins with a talk-back with director Adam Brown at 1:30 p.m. The show runs from 2:00 to 5:00pm . Please note the school's doors close at 6:00pm and you must arrange to get a ride home by or before that time. Transportation available through Yellow Voucher system. Pick up your ticket at the Senior Special table at the event.

Fee: \$5. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Senior Theatre, 345 Walnut Street, Newtonville, MA 02460. Include your telephone number on the check.

Estate Planning for Families with Special Needs Children **Friday, March 24th, 1:30-3:00 p.m.**

Please join Attorney Maana P. Hickson of Rubin Hay PC for a presentation and discussion about estate-planning for families with special needs children. Attorney Hickson will discuss basic estate planning documents including living trusts, wills, durable powers of attorney and health care proxies, as well as advanced estate-planning techniques to protect assets for a child with special needs. **Register with the Front Desk at 617-796-1660. Free.**

iPhone 101

*Wednesday, March 29th,
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 Bri-Wall an instructor from the Newton Free Library. **Register with the Front Desk by calling 617-796-1660. Free.**

Brain Health as you Age: You can make a difference!

Friday, March 31, 2:00-3:00pm

Come learn about what you can do to promote brain health as you age. This presentation will discuss the normal aging brain and threats to brain health, and provide practical tips for reducing risks related to brain health. Taught by Shin-Yi Lao, this is part of the Public Health Programs. **Register with the Front Desk at 617-796-1660. Free.**

Introductory Workshop For ELL Tutors, Thursday, March 30, 7:00 pm, Trustees' Room, New- ton Free Library

With your help the library provides free tutoring services for adult English Language Learners. Volunteer tutors are needed for this rewarding work. Just an hour a week of your time can make a real difference. No experience

or foreign language skill is necessary. Come to this informative meeting to find out how you can get involved.

Transportation Options for Seniors

Friday, April 7th, 1:30-3:00 p.m.

No matter how old you are, driving in Greater Boston can be stressful, expensive, and risky. Kerri Ann Tester of the TRIPPS program will share information and answer your questions about the MBTA's senior Charlie Card, The RIDE, taxis, medical transportation, hired drivers, medical escorts, walking, cycling, and even ride-hailing apps like Uber and Lyft. Session funded by a MassDOT Community Transit Grant. **Register with the Front Desk at 617-796-1660. Free.**

Housing Options for Low-Income Seniors

Wednesday, April 12th, 2:00-3:30 p.m.

Join the Newton Housing Authority for an overview of public housing programs in Newton. The presentation will include a breakdown of programs/units and the locations, qualifications for applying, and the application process. The session will be led Becca Meekins, an Application Review Specialist with the Newton Housing Authority and Rebecca Camargo, LCSW a Licensed Clinical Social Worker with the Newton Housing Authority. **Register with the Front Desk at 617-796-1660. Free.**

Complementary Health Ap- proaches for Older Adults

Friday, April 14th, 2pm- 3pm.

Many complementary health approaches (e.g., dietary supplements and mind body practices) are advertised as benefiting a variety of diseases and conditions. While some are safe and effective, many are understudied and may even be harmful. Come learn about existing evidence for some of the most popular complementary health approaches and how to be a savvy consumer when deciding which approach-

es are right for you. Taught to you by Shin-Yi Lao, this is part of the Public Health Programs. **Register with the Front Desk at 617-796-1660.**

Jewelry Repair Workshop **Thursday, April 20th, 1:30-4:00 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 15-minute appointment with the Front Desk at 617-796-1660. Free.**

New England Donor Services Informational Session

Friday, April 28th, 1:30-3:00 p.m.

This program will provide you with general information about organ and tissue donation. Included will be a brief overview including who is eligible to register to be a donor and info about who is eligible to receive a transplant. Jim O'Hare, a Newton resident and lung transplant recipient, will also share his experiences as a senior waiting for and receiving his life-saving transplant. **Register with The Front Desk at 617-796-1660. Free.**

Drop-In Activities

Join us for: NewsTalk

*Mondays,
1:00-2:00 p.m.*

Join a lively current events discussion. All are welcome!

Coloring Drop-In

Third Monday of every month
2 Mondays: March 20th and April 24th (re-scheduled due to Patriot's Day), 1:30-3:00 p.m.

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

Memory Cafes

Third Wednesday of every month

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, March 15th, 2:00-4:00 p.m.

Engage in simple movement and stories in a process called InterPlay, engaging folks with a playful variety of sounds and activities. Anybody can participate! The program is interactive and includes generous doses of affirmation and joy. CC King is an Expressive Therapist and certified InterPlay® leader and trainer. **Register at 617-796-1660. Free, thanks to the generous sponsorship of All at Home Healthcare.**



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

Doug Schmolze, singer and guitarist with a unique flair, will present "Boom or Bust." This show explores vintage songs from the "jazz age" 1920's (Boom) and the 1930's (Bust). A Power-Point presentation provides images to accompany each song or lyrics, enabling the audience to join in on some classic sing-a-longs from the era. **Register at 617-796-1660. Free, thanks to the generous sponsorship of the Falls at Cordingly Dam.**



Cards/Games

Mah Jongg Workshops

Beginner 1 Mah Jongg

5 Tuesdays: 1:15-3:30 p.m.
April 4th, 11th, 25th, May 2nd, May 9th
This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours!

Beginner 2 Mah Jongg

5 Wednesdays: 10:00 a.m.-12:15 p.m.
April 5th, 12th, 26th, May 3rd, May 10th
This course is designed for students who have completed "Beginners 1 Mah Jongg" and/or have played the game and are interested in refining their skills. You should have a complete knowledge of the names and to readily identify every tile. You should know which Dragons go with which suit, when you can and cannot use a "Joker," the meaning of an "open" and "closed" hand; the definition of a "Pung", "Kong" and "Quint", and how to complete the Charleston.

Registration required by 3/31 or class is subject to cancellation.

Fee: \$48. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Mah Jongg, 345 Walnut Street, Newtonville, MA 02460. Write your telephone number and level (Beginner 1 or 2) on the check.

Canasta Workshop

5 Tuesdays: April 4th, 11th, 18th, 25th, May 2nd, 10:00-11:30 a.m.

Looking for a fun card game to play when you get together with friends? Canasta is for you! Linda Lourie has been teaching Canasta for ten years at the Newton Senior Center, Cabot Park Village, and the Weston Senior Center, and she also teaches private groups. Class is limited to 10 people. Registration required by 3/31 or class is subject to cancellation. **\$45. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Canasta, 345 Walnut Street, Newtonville, MA 02460.**

Wednesday Movies

March 8th, 1pm

Hail, Ceasar!

In 1950s Hollywood, Eddie Mannix labors behind the scenes to "fix" the indiscretions committed by a major film studio's marquee stars. But Eddie has his work cut out when some angry scriptwriters abduct a screen idol from a movie set. Starring Josh Brolin and George Clooney. 2016. PG-13. 106 mins.



March 22nd, 1pm

Wild Oats

Eva, a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. Starring Shirley MacLaine and Jessica Lange. 2016. PG-13. 91 mins.



April 5th, 1pm

A Hologram for the King

Teetering on the edge of bankruptcy, U.S. businessman Alan Clay tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance. Starring Tom Hanks. 2016. R. 97 mins.



April 19th, 1pm

Maggie's Plan

Although Maggie may not be able to sustain a romantic relationship, she has the rest of her life figured out. But just when she's ready to roll with her plan to have a sperm-donor baby, Maggie meets the man of her dreams. Starring Greta Gerwig and Julianne Moore. 2016. R. 99 mins.



Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: March 27th and April 24th, 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: March 10th and April 14, 2:30-3:30 p.m. 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: March 21st and April 18, 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

First Monday of every month, March 6th and April 3rd 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: March 9th and April 13th, 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: March 28th and April 25th 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 and or be to added to the email list to be notified of monthly gatherings to Julie Joy at 617-796-1674.**



Hearing Screenings

First Tuesday of every month

Tuesdays: March 7th and April 4th, 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.**

Newton Men's Club

- **Second Thursday of every month at 9:30am, Thursdays: March 9th and April 13th, Johnny's Luncheonette, 30 Langley Road, Newton Centre**
- **Fourth Thursday of every month at 9:30 a.m. at Senior Center Thursday, March 23rd and April 27th**

Enjoy good conversation--all retired and semi-retired men are welcome! In March, Jim Wexler will discuss "Experiences and Stories." In April, Guy Moses will explain "The Disputed Presidential Election of 1876."

Murder Mystery Book Club

Second Thursday of every month Thursdays: March 9th and April 13th, 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. March's book is Original Sin, by P.D. James. April's book is Dance Hall of the Dead, by Tony Hillerman. No pre-registration required. For questions, contact Kathleen, at 617-796-1360.

Short Story Group

Last Thursday of every month

Thursdays: March 30 and April 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. Free.**

Book Club

Third Friday of every month

Fridays, March 17th and April 21st, 10:00-11:30 a.m.

In March, we will discuss The Sympathizer: A Novel, by Viet Thanh Nguyen. In April, we will discuss A Little Life, by Hanya Yanagihara. All are welcome! **Free.**

Birthday Party

Wednesday, March 22nd and

April 26th, 12:30pm to

1:00pm. Come celebrate January and February birthdays! Enjoy cake and good cheer! All are welcome. **Generously sponsored by Care-One at Newton. Free. Contact Wendy Rosseau.**

CareOne at Newton



A Senior Care Company®

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, www.newtonseniors.org

Yellow Voucher Program

The City of Newton is almost totally accessible to you by our Yellow Voucher transportation program! Transportation is offered to a variety of destinations. You must be 60 years or older and a City of Newton resident.

For more information, please consult our website, newtonseniors.org or contact Alice Bailey: 617-796-1664 or abailey@newtonma.gov

Art Classes

Ceramics Workshop

Session I: 8 Thursdays, 10:30 a.m.-12:00 p.m.: March 16th, 23rd, 30th, April 6th, 13th, 20th, 27th, May 4th

Session II: 8 Thursdays, 12:30-2:00 p.m.: March 16th, 23rd, 30th, April 6th, 13th, 20th, 27th, May 4th

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. Registration required by 3/30 or class is subject to cancellation **Fee: \$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.**

Paint Your Pet Workshop

3 Mondays: March 13th, 20th, 27th, 1:00-3:00 p.m.

Paint a picture of your pet or favorite animal! Bring an 8" x 10" color copy of your photo (Staples will make an enlarged color copy for about \$1.50). All materials are provided along with instruction and brief demonstrations. Taught by artist Barbara Mulford. Registration required by 3/9 or class is subject to cancellation. **Fee: \$50. Make check payable to**

Newton Senior Center and mail to: Newton Senior Center/Paint Your Pet, 345 Walnut Street, Newtonville, MA 02460. Write your telephone number on the check.

Drawing and Painting! Open Studio

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.**

Acrylic Painting Workshop with Margo Volterra

3 Mondays: April 3rd, 10th, 24th, 9:30-11:30 a.m.

Instructor Margo Volterra will walk you through the process of creating your own "Picturesque Sunset on NewBedford Harbor" acrylic painting on canvas. In the process, we will review the advantages and disadvantages of acrylics. By the end of the course, you will have a better understanding of using acrylics as an expression of your art. Class is limited to 10 participants. Registration required by 3/20 or class is subject to cancellation. **Fee: \$30. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Acrylics, 345 Walnut Street, Newtonville, MA 02460. Write your telephone number on the check.**

Community Spotlight

Walnut Streets Enhancements Project:

We want to hear from you!

The City is embarking on a project to plan, design, and construct roadway, sidewalk and streetscape improvements for Walnut St. – right in front of the Newton Senior Center - construction starting in 2018. The project intends to enhance the safety, character, and functionality of Walnut St. for all users. The project includes hardscape elements: the street sidewalks, landscaping, and lighting. Email or call us at walnutstreet@newtonma.gov / 617-796-1120 or visit www.newtonma.gov/walnutstreet

Accessory Apartments Proposed Changes: Newton Council on Aging (Newton COA) released a Statement of Support

In 2016 - 2017, the City Council is reviewing proposed changes to the Accessory Apartment ordinance. In January, Newton's COA stated, "We particularly support this proposal for the possibilities it offers to reduce isolation, enable multigenerational families to co-habitate in the same house, increase safety by ensuring that accessory apartments meet fire and construction safety codes and, in some cases, provide additional income so that seniors can stay in their Newton homes." Visit www.newtonma.gov/accessoryapartments or call 617-796-1120 for information.

With Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER IN APPRECIATION OF:

- **Mary Mazzola**, Maryanne Greene, Louise Hauser, Joan Rome
- **John Flynn** from Leslie Friedman and Rita Kelly
- **Our Halloween party** from Janet Holly
- **Our Thanksgiving Day dinner** from Vera and John Wood
- **Betsy Simmons** and her meditation program from Judith Horgan

Newton-Brookline Consumer Office Update

YOU CAN CHANGE YOUR ELECTRICITY SUPPLIER Eversource will remain your electric company. However, you have the option to choose another company to provide your energy source or remain with Eversource as your supplier. These companies have been soliciting business via phone calls or home visits. To compare rates from other suppliers to Eversource's rate, it is important to check out a new State website, www.energyswitchma.gov. To stop solicitation calls and home visits, call Eversource at 1-800-592-2000 to request they remove your name from the lists they are required to make available to suppliers. **Mim Cole and Judy Zohn, (617-796-1292)**

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

UPPER FALLS: Wednesdays, 10:00-11:30 a.m.:

Bingo: March 1, March 8, March 22, April 12 and April 26 (VACATION April 19)

*Entertainment by Kevin Mac: March 15 by Tom Madden: April 5
Left, Right, Center: March 27*

SOUTH SIDE: Mondays, 9:30-11:00 a.m.:

*Bingo: March 6, March 13, March 20, April 3, April 10, April 17
Left, Right, Center: March 27, April 24*

City of Newton Parks and Recreation 55 and Over Programs

DAY TRIP: MARCH 16TH RAFFAEL'S, a European style villa in Walpole, will set the stage for our St Patrick's Day celebration with the Black Velvet Band! Black Velvet is a Derbyshire-based, Irish folk ballads, jigs and reels band. They have entertained audiences for the past 25 years, playing clubs and pubs, festivals, weddings and wakes too. Songs, games, jokes, surprises and prizes will all be part of our day. And before we head out of town, we will stop at famous Watson's Candies. Cost: \$60.00. **Registration required 617-796-1506**

MEN'S BASKETBALL Getting involved in team sports at any age is a growing trend that can be great for your health. For some, it's an opportunity to exercise and socialize, for others; it's a once-denied chance to compete. Additionally, basketball provides a fun and competitive alternative to more traditional methods of fitness and weight loss. Our men's group enjoys fairly serious games three times a week. **Call 617-796-1506 for more information.**

NEW: DROP IN LINE DANCE LESSONS on Friday mornings! Our line dance class 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! Classes meet at 10:30 AM Friday mornings at the Lower Falls Community Center, located at 545 Grove Street. \$5 drop in fee.

BALLROOM AND LINE DANCE: Weekly dance social held on Thursdays at the Post 440 in Newton (295 California Street). Join for an afternoon of dancing, fun and fitness. Informal dance instruction offered at 12:30 PM. Dance social is from 1PM-3:30PM.

CARDS, CRIBBAGE, COFFEE & LUNCH: Our card and cribbage group meets on Mondays and Thursdays at the Scandinavian Living Center. Research has shown that regular card playing improves reasoning skills, and long and short-term memory. Join us for games and fun! Program is free but **registration is required 617-796-1506.**

Newton Property Tax Deferral Program

How Property Tax Deferral Programs Work

Many retirees own a home that is worth more than their retirement nest-egg. So tapping the value of one's home can be an effective way to increase income in retirement. But tapping home equity is often expensive and difficult: *downsizing* requires selling your home, buying a new home, and moving. *Reverse mortgages* allow you to borrow against the value of your home while you live in it, but can be difficult to understand, have up-front fees, and involve a complicated application process. For people who want to tap home equity, property tax deferral programs (offered in more than a dozen states) provide a simple and relatively cheap option.

These programs:

- allow homeowners to delay paying their property taxes until their home is sold, transferred to a trust, the homeowners die, or until they choose to pay off the deferral;
- can never force the homeowner to move or sell their property;
- charge interest on taxes that are delayed;
- require a simple application process and have no application or servicing fees; and
- give most homeowners the option to leave some of their home value to their kids.

Newton's Property Tax Deferral Program

The City of Newton offers a property tax deferral program.

To be eligible, homeowners:

- must be 65 years or older;
- have lived in MA for at least 10 years;
- have owned their home for at least 5 years; and
- have less than \$60,000 in income.

Eligible homeowners can defer all or part of their property taxes, one year at a time. Taxes that are deferred will accrue interest per year until paid. The interest rate varies from year to year. The fiscal year 2017 interest rate is 1%. *Newton uses the Federal Discount Rate, which can vary from year to year.

How to Apply

In person: Visit the Assessor's office in City Hall, Room 111, 1000 Commonwealth Ave.

By mail: Download and fill out a Tax Deferral Form from the city's website:

<http://www.newtonma.gov/gov/assessor/programs.asp>

Direct link: <http://www.newtonma.gov/civicax/filebank/documents/24266>

The required deferral application must be received in the assessor's office no later than the close of business on April 3, 2017. Questions? Email:

assessing@newtonma.gov Call: 617-796-1160 **or Visit:** Room 111 City Hall, 1000 Commonwealth Ave., Newton, MA 02459

If you would like to discuss your situation and other services and opportunities for seniors please call and make an appointment with a case manager, Emily Kuhl or Sandy Lopes at 617-796-1660

Workshop to learn more Tax Deferral Options

Friday, March 17th from 2:30-4pm

Newton Senior Center (345 Walnut St., Newton)

Have more questions? Need Additional Help? Dr. Geoffrey Sanzenbacher and Dr. Anek Belbase from Boston College's Center for Retirement Research will be leading the workshop. Members of the city's assessing department will also be there to help answer additional, more technical questions.

Register with the Front Desk at 617-796-1660

SHINE: Serving Health Insurance Needs of Everyone

Are you turning 65 in the next three months? Are you over 65 and planning to retire soon? Do you understand all your Medicare plan options?

Are you having trouble paying for medical expenses and prescription drugs? If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program for assistance. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available all year to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your 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.

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

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.