

COMING OF Age

Your Center for Connection

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Issue #2 Volume XI



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

May-June 2017



You and Your Financial Future Series, May and June at Newton Free Library

Are you on track to achieve your financial goals now and throughout your life? Join our expert panelists to learn about a variety of important money-related topics:

- Saving successfully to meet your financial goals
 - Using your money wisely and protecting your wealth
 - Smart strategies for wealth distribution in any phase
- Dr. David Griswold, Senior Lecturer in the Department of Finance and Economics at Boston University Questrom School of Management, will moderate.

Wednesday, May 31, 2017, 7pm - Generating a Retirement Income:

- **John Spoto**, President of Sentry Financial Planning, LLC: *Distribution strategies, annuities and social security*
- **Dr. Geoff Sanzenbacher**, Research Economist, Center for Retirement Research at Boston College: *Reverse mortgages, real estate tax deferral*
- **Tobe Gerard**, CLTC, MBA, MLS, LIA: *Long term care insurance*

Tuesday, June 6, 2017, 7pm - Distributing your Wealth:

- **Denise McCarthy**, Estate Planner: *Wills, estate planning and who handles your investments if you can't?*
- **Elizabeth Page**, Vice President and District Director, FINRA: *How to choose a financial planner*
- **Paul Solman**, Economics Correspondent, PBS Newshour: *He will conclude with remarks regarding issues raised by the previous speakers.*

For information call the **Newton Free Library at 617-796-1360**. All programs are free and open to the public, Event parking is free and the facility is accessible. Event Cosponsored by the Department of Senior Services and the Library.

4th Annual Senior Prom Kentucky Derby Theme

Thursday, May 18th,
6pm to 10pm at
Post 440, 295 California Street
Tickets \$30



Break out the mint juleps and big hats! Cocktails, Dinner and Dancing. Sponsored by Newton Parks & Recreation and the Newton Department of Senior Services. Register early and indicate with whom you would like to sit. All over 55 are welcome, no partner necessary is required.

Send registration check to: the City of Newton, Newton Parks and Recreation, 246 Dudley Road, Newton MA 02459, or purchase tickets at the Newton Senior Center.

Transportation available through the yellow voucher system
Questions: call Nancy Scammon at 617-796-1506 or email nscammon@newtonma.gov

COMMUNITY SHREDDING DAY

Saturday, May 13, 9:00 am to Noon

Do you have old bank statements or other papers that need to be shredded? Come to the Newton Senior Center parking lot to dispose of your old papers. Items must be dropped off on this day only. Personal documents only, **NO** documents from a business, limit 3 boxes. Drive through the parking lot, entering from Walnut Place. Staples may be left in documents. You may watch your documents being shredded. **Call the Front Desk at 617-796-1660 for a 30-minute time slot in which to arrive.**

Sponsored by Adam Shamus from Keller-Williams Realty



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TRANSPORTATION

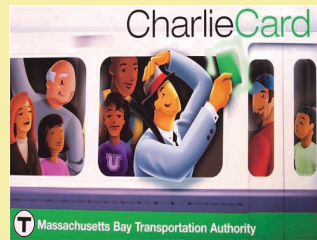
MBTA CharlieCard Event

Wednesday, May 10th, Arrive between 2 - 3pm

Save yourself the trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months); bring a photo ID that includes a birthdate. Newton Senior Center staff will take your picture, and the MBTA will mail your Senior Charlie Card in 4-6 weeks.

No registration required.

Free.
Newton residents only.



The Benefits of Aging:

Newton Parking Sticker Renewal



Your 65+ senior parking sticker (valid for Newton municipal lots), it expires June 30, 2017.

All Newton residents are eligible to get a sticker for this parking benefit.

Please come to the Senior Center beginning June 19th to renew to your sticker. New stickers are \$6 and expire at the end of June 2019. They are good for two years. Please bring your license, registration, and personal lease agreement if applicable (no business).

Program Notes



Veterans' Center

First Tuesday of every month
Tuesdays: May 2nd and June 6th,
5:30 - 8:00 p.m.

Newton Senior Center, 345 Walnut Street
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: May 24th
and June 28th 9:00-10:00 a.m.

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

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.

City Councilor Constituent Hours at the Newton Senior Center, City Councilor Emily Norton (Ward 2) Fridays: May 26th and June 23rd 9:00-10:00 a.m.

Dialogue with the Director: Friday, May 26th
and Tuesday June 13th, 12:00 p.m. Jayne Colino, Director of Senior Services, for an informal discussion about issues of interest to Newton seniors.

Senior Center will be closed for
Memorial Day , Monday, May 29th

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.**

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.

Telling Our Stories

Wednesday, May 3rd, 1:00 - 3:00 pm
 Scandinavian Living Center—Nordic Hall, 206 Waltham St, West Newton
 Join us for the third annual program of Newton residents sharing their stories and memories. Sad, funny, wistful and true—you will hear it all. This event is cosponsored by Historic Newton, Lasell Village, Newton at Home, the Newton Free Library and the Newton Senior Center. Free admission. For information and to register call Newton @ Home at (617) 795-2560 or email programcoord@newtonathome.org.

Spring Concert Newton Senior Center Chamber Ensemble

Wednesday May 3rd 10:15am - 11am
 Come enjoy a special concert to celebrate the season. Spend time with friends and enjoy refreshments. No registration necessary. **Free**

Matter of Balance: Managing Concerns about Falls

8 Fridays: May 12th, 19th & 26th, June 2nd, 9th, 16th, 23rd, 30th 12:30 - 2:30 pm
A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. This eight week series is sponsored by Newton-Wellesley Hospital and taught by Pearl Pressman. Space is limited to 16 participants; register early. **Register with the front desk at 617-796-1660. Free.**

MIT AgeLab Presentation Tuesday, May 23rd, 6pm - 8pm, at the Brookline Senior Center, 93 Winchester St, Brookline

TRIPPS will be hosting Lisa D'Ambrosio Research Scientist from the MIT AgeLab. She will be discussing driving self-regulation and the research into innovations in transportation being conducted at the AgeLab. The TRIPPS program (trippsmass.org) offers a Transportation

Resources and Information Guide to local travel options in Greater Boston (Massachusetts, USA), as well as individual, personalized support to residents of Brookline and Newton aged 60 or older. **Free . Register online at <https://goo.gl/pKprOX> or by calling the TRIPPS line at (617) 730-2644.**

Chronic Pain Self - Management Workshop Thursdays: May 25th, June 1st, 8th, 15th, 22nd and 29th (six-week session) 12:30pm - 3:00pm

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Gain knowledge and confidence as you learn to better manage your pain. In this evidence-based program you will learn:

- How to deal with frustration, isolation, and poor sleep
- Proper nutrition
- How to improve strength, flexibility, & strength
- How to evaluate new treatments and medication
- How to better communicate with friends, family and health care providers

This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation, the Massachusetts Executive Office of Elder Affairs and the U.S. Administration for Community Living. Registration required, call the Front Desk at 617-796-1660. **Free, Space is limited.**

Senior Theatre Special! Harvey Thursday, May 25th, Show 7:30pm Pre show talk 7:00pm, Newton North High School Theatre, 457 Walnut Street (theatre entrance is on Elm Street)

Join us for a special performance of Harvey at Newton North High School. The special begins with a talk-back with director Adam Brown at 7:00p.m. The show will end by 10 pm. Please note the school's doors close at 10:00 pm. sharp 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. List phone number on check.

Mindfulness

Wednesday, May 31st, 2:00pm - 3pm
 Mindfulness is a way for us to teach our minds to respond to the daily worries of life from a perspective of compassion, and acceptance. This meditation technique is a well-documented practice which helps people enjoy the present moment rather than worrying about past or future events. In "Being Mindful with Hannah", you will learn tools to use for brief stress management in your daily lives such as breathing exercises and body relaxation techniques. Come enjoy a feeling of calm within a group setting! Sponsored by Newton Wellesley Hospital. Register with the **front desk at 617-796-1660 Free**

Hearing Loss 101

Tuesday, June 6th, Noon - 1:00pm
 Learn the about the different kinds of hearing loss individuals experience and the effect that hearing loss has on communication. Get an overview about the newest technology to help improve hearing. Program sponsored by West Newton Hearing Center. Register with the **front desk at 617-796-1660 Free**

Falls Prevention Bingo

Wednesday, June 7, 2:30pm - 3:30pm
 Each year, more than 1.6 million older U.S. adults go to emergency departments for fall-related injuries. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. Come learn about what you can do to prevent falls and win fun prizes! Public Health Nurse, Shin-Yi Lao. **Register Front Desk at 617-796-1660**

Special Programs

Nutrition Talk

Thursday June 8th 12 p.m. during lunch

Join Meghan Ostrander, RD from Springwell to discuss maximizing and maintaining bone health through diet and lifestyle.

Jewelry Repair Workshop

Thursday, June 15th, 1:30 - 4:00pm

Myra MacDonald will repair one item of jewelry (worth less than \$50). She can restring 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.**

Alzheimer Talk

Thursday, June 15th, 5:30pm at the Newton Free Library

Join a lecture given by Dr. Robert Stern, PhD of Boston University School of Medicine who will discuss Chronic Traumatic Encephalopathy (CTE). CTE is a progressive degenerative disease found in people who have had a severe blow or repeated blows to the head. Doors open for check-in at 5:30pm followed by the lecture at 6pm. Sponsored by the West Suburban Alzheimer Area Partnership and the Newton Dept. of Senior Services. **Free**

Eat Well, Age Well

Friday, June 16th, 11am - Noon

Hear from Nancy Oliveira Senior Dietitian at the Nutrition Clinic at the Brigham and Woman's Faulkner Hospital about the dietary guidelines for older adults.

Learn about what foods are important for healthy aging and how you can eat delicious and nutritious! This program is sponsored by Senior Homecare Solutions. Register with the front desk at 617-796-1660 **Free**



Ride Hailing

Tuesday, June 27th, 6pm - 8pm, Brookline Senior Center, 93 Winchester St, Brookline 6:00pm - 8:00 pm.

TRIPPS presentation and panel discussion on the variety of ways to get around without a car. Come to hear peers discuss ride-hailing with Uber and Lyft, taking the T, and the many other options available! **Register online at <https://goo.gl/pKprQX> or by calling the TRIPPS line at (617) 730-2644.**

Tree Walk with the Arborist

Wednesday June 14th, 10:00 - 11:00am (Rain date Thursday, June 15th, 10 - 11:00am)

This walking tour will highlight some unique specimen trees: why they were chosen, their characteristics, and some of the maintenance practices that keep them healthy and happy. Robert Reardon has been a state certified Arborist since 1984; he's been planting and maintaining trees at Newton Cemetery for 20 years. Co-sponsored with the Newton Cemetery. Meet at 791 Walnut Street in front of the Newton Cemetery Administration Building. **Register with the Front Desk at 617-796-1660. Free.**

Cutting the Cord

Wednesday, June 28th, 2pm - 3:30pm

Want to try and cut back on your monthly cable bill? Missing all the great TV shows and movies that are online only? Want to put Netflix on your TV? This class is for you! Come find out what you need to become a cord cutter! This class is taught by an instructor from Newton Free Library. **Register with the Front Desk at 617-796-1660. Free.**

The RIDE: MBTA's Paratransit Service

Wednesday, June 28th, 11:00 am. - Noon

Do you or a loved one have trouble using the MBTA buses, trolleys, and trains? The RIDE is the MBTA's curb-to-curb service that makes public transportation accessible to everyone, regardless of ability. Options are available to eligible passengers who do not need a wheelchair-accessible vehicle (such as those who have only a visual impairment). Come learn about The RIDE, and have all your questions answered by staff from the TRIPPS program. **Register with the Front Desk at 617-796-1660. Free**

Drop-in Activities

Join us for: NewsTalk

Mondays, 1:00-2:00pm

Join a lively current events discussion. All are welcome!

Coloring Drop-In

Third Monday of every month

2 Mondays: May 15th and June 19th 1:30-3:00 pm

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

Health Maintenance Clinics

5 Fridays: May 5th and 19th and June 2nd, 16th, and 30th, 9:30 - 11:30 am

Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **No pre-registration required; just show up**

Food and Fun

Tiger's Loft Luncheon

Newton North High School's Tiger's Loft Restaurant

Tuesday, May 2nd, Noon-1:15pm

Enjoy a meal prepared by students in the Culinary Arts program. Note your entrée choice of Baked Stuffed Shrimp or Sirloin Topped with Sautéed Mushrooms. 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. Fee \$5. **Make \$5 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.**

Pizza Party Concert

Tuesday, May 2, 11:45am- 1:00pm

Enjoy pizza and concert with Deborah and Giovanni Rocha. The duo have combined their talents and nationalities to create a program of bossa nova and samba-infused American Songbook Classic tunes. Ever heard Chattanooga Choo-Choo in Portuguese? You won't be able to sit still when the Brazilian rhythms begin! **Register with the Front Desk at 617-796-1660. 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.

Dance for Connection

Wednesday, May 17th, 2pm - 4pm

Dance/movement therapist Donna Newman-Bluestein will demonstrate how dance can benefit our physical and emotional health. The session will feature irresistible toe-tapping music from the Big Bands, popular hits from the 40's to the 60s, Broadway and disco to Strauss waltzes. Together, sitting or standing, the group will experience a greater sense of aliveness and joy, as we inspire and uplift one another.

Sponsor: **Bridges at Westwood Register with the front desk at 617-796-1660, Free**



Yoga

Wednes-

day, June 21st, 2pm - 4pm

Certified Kripalu Yoga instructor and Health Coach Jill Braverman will share gentle Hatha Yoga techniques that are perfect for reducing stress and increasing energy and well-being. You don't have to be able to touch your toes to experience the benefits of Yoga. Includes breathing exercises, stretches and poses and guided relation. No experience necessary. Sponsored by Newbridge on the Charles Assisted Living and Memory Care Assisted Living.

Register with the front desk at 617-796-1660, Free

**NEWBRIDGE
ON THE CHARLES**



Assisted Living and
Memory Care Assisted Living

Cards/Games

Mah Jongg Workshops

Beginner 1 Mah Jongg

*5 Tuesdays: 1:15 - 3:30pm
May 16nd, May 23rd, May 30th,
June 6th, June 13th*

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: 10:00am - 12:15pm
May 17th, May 24th, May 31st
June 7th, June 14th*

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 easily 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 5/9 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 on (Beginner 1 or 2) on the check.

Experienced Pool Players Needed for Newton Senior Center Team

Are you an experienced Pool player who is looking for a new challenge? Join members of the Newton Senior Center Pool Team and compete in tournaments played with seniors from neighboring communities including Cambridge, Waltham, Arlington, Lexington and Bedford. For more information contact: John Hicks, 617-820-8344,

bostcowboy@comcast.net

Wednesday Movies

The Wave

May 3rd, 1pm

Although anticipated, no one is really ready when the mountain pass above the scenic, narrow Norwegian fjord Geiranger collapses and creates an 85-meter high violent tsunami. A geologist is one of those caught in the middle of it. Starring Kristoffer Joner, Ane Dahl Torp, Jonas Hoff Oftebro, R, 1 hr 50 mins.



Florence Foster Jenkins

May 17th, 1pm

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Starring Meryl Streep, Hugh Grant, PG-13, 1hr 51mins.



Concussion

June 7th, 1pm

In Pittsburgh, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play. Starring Will Smith, PG-13, 1 hr 57 mins.



Maggie's Plan

June 21st, 1pm

A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of. Starring Emilia Clarke, Sam Claflin, Janet McTeer, 2017. PG-13, 1 hr 50 mins.



Support Groups

Parkinson's Support Group

Last Monday of every month

Mondays: June 26th (no group May 29th because Memorial Day)

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: May 12th and June 9th, 2:30-3:30 pm

Come get support from others while learning strategies for de-cluttering. This program is co-sponsored by the

Newton Department of Senior Services and Riverside Community Care.

For more information, contact Karin Lehr 617-969-4925, ext 5958

Caregiver Support Group

Third Tuesday of every month

Tuesdays: May 16th and June 20th 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, May 1st and June 5th, 1:00-2:30 pm

This group is sponsored by the

Massachusetts Association for the Blind and Visually Impaired.

Bereavement Support Group

Third Thursday of every month

2 Thursdays: May 18th and June 15th, 10:30-11:30 am

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

Monthly Programs

LGBT Elder Café Lesbian, Gay, Bisexual, and Transgendered

Fourth Tuesday of every month

Tuesdays: May 23th and June 27th Tuesday 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 to be added to the email list to be notified of monthly gatherings to **Julie Joy at 617-796-1674.**

Newton Men's Club

- *Second Thursday of every month at 9:30am, Thursdays: May 11th and June 8th, Johnny's Luncheonette, 30 Langley Road, Newton Centre*
- **Fourth Thursday of every month at 9:30 a.m. at Senior Center** Thursday, May 25th and June 22nd
Enjoy good conversation--all retired and semi-retired men are welcome!

In May we will welcome, Dick Morrison who will speak about Escaping the Shah's Iranian Revolution.

In June we will meet at the **Newton Free Library** and hear from John Walsh about 3Dprinting.

Murder Mystery Book Club

Second Thursday of every month Thursdays: May 11th and June 8th at the *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. May's book is Rebecca by Daphne Du Maurier and



June's book is The Woman in Cabin by Ruth Ware No pre-registration required. For questions, contact Kathleen, at 617-796-1360.

Hearing Screenings

First Tuesday of every month

Tuesdays: May 2nd and June 6th, 11:00 a.m.-noon

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

Short Story Group

Last Thursday of every month

Thursdays: May 25th and June 30, 10:30-11:30 am

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, May 19th and June 16, 10:00-11:30 am

In May, we will discuss : The Bastard of Istanbul. In June: African Slum All are welcome! **Free.**

Birthday Party

Wednesday, May 17th and June 14th, 12:30pm - 1:00pm.

Come celebrate May and June birthdays!

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

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 additional descriptions of our Fitness & Wellness Classes, please consult our website, www.newtonseniors.org

Special Offering:

Tai Chi 4-Part Workshop at Boys and Girls Club

4 Thursdays:

May 25th, June 1st, 8th, 15th, 1:30-2:30 pm

Newton Senior Center Presents a Tai Chi Series at the Boys and Girls Club, across from the Horace Mann Newton Housing Authority site.

Aaron Crawford, Newton Senior Center instructor will lead this four-part series. Transportation between all Newton Housing Authority locations and the program site provided with yellow taxi vouchers. Open to the public – all are welcome!

Advanced registration encouraged: 617-796- 1660.

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

The Artful Piano Project at the Newton Senior Center in May

The Artful Piano Project is coming to the Newton Senior Center again for the month of May! We are proudly hosting Newtonville's piano, one of the nine street pianos that will be placed all around Newton. The artists decorating this piano are John Murray and teenager students from The New Art Center. The Artful Piano is an open invitation for everyone to play and enjoy. Please feel free to play a tune, to dance, to bring another instrument and play it, and to sing. Help us fill the streets with music! The other pianos will be located in Auburndale, Chestnut Hill, Newton Centre, Newton Highlands, Newton Upper Falls, Nonantum, Waban and West Newton.

Language and Art Classes

NEW: Beginners Spanish

Wednesdays, 2:30 – 3:45 pm.

May 3rd, 10rd, 17th, 24th, 31st

June 7th, 14th, 21st, 28th

Join this new class for Spanish beginners. The class will get you started through conversation, reading and listening. Taught by Begoña Gonzalez a native of Barcelona, Spain this class is open to speakers of all levels but geared toward the beginner.

Register with the front desk at 617-796-1660 Free

Ceramics Workshop

Session I: 8 Thursdays, 10:30 a.m.-12:00 pm: May 11th, 18th, June 1st, 15th, 22nd, 29th, July 6th, 13th

Session II: 8 Thursdays, 12:30-2:00 p.m.: May 11th, 18th, June 1st, 15th, 22nd, 29th, July 6th, 13th

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 5/4 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.

Oil Painting Workshop

3 Wednesdays, 1:00 - 4:00 pm. May 24th, May 31st, June 7th

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. **Registration required by 5/19 or class is subject to cancellation.** \$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.

Drawing and Painting! Open Studio

Wednesdays, 9:30 - 11:30 am.

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.

With Gratitude

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

- Mary Mazzola , Mary Napolitano in thanks to the Newton Senior Center
- Joseph Young, Judith Horgan, Anne Carballo, Denise Farina, Mildred Kessler in thanks for tax preparation

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. June is the end of the season of activities. Have a wonderful summer!

UPPER FALLS: Wednesdays, 10:00-11:30 am

*Bingo: May 3, 10, 17 & 24 June 7, 14,
June 21 **Bingo & Party**
Left, Right, Center: May 31*

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

*Bingo: May 1, 8, 15 and 22 June 6 and 12,
June 19 **Bingo & Party**
Left, Right, Center: May 29*

City of Newton Parks and Recreation 55 and Over Programs

Spring Day Trips: May 24th, New England lobster bake aboard the Beauport Cruise line, May 31st, Mystery Casino Trip June 14th, Tour of Federal Hill in RI, June 21st , Tall Ships. For information and registration please call 617-796-1506.

Tennis: Tennis is a sport that can be played at any age. Although some seniors may be less mobile than younger players, they can still learn to play the game and accrue numerous health benefits from playing, such as improved cardio and bone density. Tennis is held at the Warren House Courts on Washington Street in West Newton. Join us on Tuesday and Thursday mornings. Our season runs from April through October. Spring hours: 9:00-11:00 am, Summer hours: 8:00-10:00 am.

Golf League: The Newton Senior Golf League meets at the Commonwealth Golf Course on Tuesday mornings at 9:00 AM. This course offers a short but challenging round of golf featuring quick greens and relatively narrow fairways. We host several tournaments throughout the season and end with our annual banquet in October. Cost is \$26 for 9 holes, cart and green fees. League runs May through October. All skill levels are welcome!

Bocce League: Bocce is a sport that is both exciting and has a low exertion level. The rules are very basic and once you learn them, you will be able to start right away. Our league will begin play in early June. We offer lots of fun, exercise, friendship and free lessons for beginners!

Walking: Walking is a low impact exercise that will strengthen your heart, lower disease risk, give you energy, and help you lose weight! We have multiple walking groups to meet your needs; the early morning walkers meet at 7:00 am. four times a week. Our Fig Newton group walks 2 miles once a week, and our Cove group enjoys walking along the shady paths near the Charles River once a week. Exercise demonstrations are also available at the Cove on our new Life Trail Fitness equipment. Call 617-796-1506 to learn more!

Pickleball: Pickleball is the fastest growing sport in New England. It is a paddle game similar to tennis. There are multiple opportunities throughout the city to play, including weeknights and weekends. Lessons are also available., Call 617-796-1506.

Property Tax Work Off Program

Do you know that Newton has a Tax Work Off program?

If you are a Newton Senior (60 or over) or a Veteran or the Surviving Spouse of a Veteran you may be eligible to participate.

You may be able to receive up to \$1,500 off your property tax bill.

If you are physically unable to work but are otherwise eligible, a proxy may do the work for you. We may be able to help match you with a proxy if none is available to you.

Veterans and Surviving Spouses of Veterans have no income requirements to participate. For income guidelines for Seniors and for any other information, call **Julie Joy at the Newton Senior Center at 617 796-1674**.

How do I Register for a Program at the Senior Center?

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 eg to the Director of Senior Services. Refunds in cases involving extenuating circumstances will be given priority. Please allow one week for the refund

Council on Aging Meeting (COA)

**Fourth Tuesday of every month (Sept-June)
May 23th and June 20th* 7:30 –9:00 p.m.**

The COA is a group of volunteers appointed, by the Mayor, to serve the needs and improve the quality of life for all Newton seniors focusing on outreach, advocacy, education, and legislation. The COA and Advisory Board are part of the Department of Senior Services and shares the mission, vision and values of the department . Meetings are open to the public.

*** note June is 3rd Tuesday of the month.**

Need Help With Prescription Drug Costs?

Prescription Advantage May Be Your Answer! Prescription Advantage is a state-run program which helps members pay for their prescription drugs. It may lower your drug co-pays and also allows you to join or change your Medicare drug plan or Medicare Advantage plan. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$60,300 for a single person or
- \$81,200 for a married couple or
- Under 65 years and disabled, with an annual income at or less than \$22,673 for a single person or \$30,531 for a married couple.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,180 for a single person and \$48,720 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Senior Center 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.

Planning Department

Zoning Redesign: The City of Newton is rewriting its Zoning Ordinance. The goal is to create an easily understood ordinance that preserves what is best about Newton while making needed enhancements. The draft Pattern Book will be available online in spring 2017. This book will be an analysis of the patterns of development across the city, looking at the scale of development in our different villages and neighborhoods, and the types of buildings that characterize these different areas of the city. The next step is to use data and analysis of the existing patterns of development to write a new context-based zoning code for Newton. We need your input! Go to www.newtonma.gov/zoningreform to get involved or call the Planning Department at 617-796-1120.

Accessory Apartments Update: The City Council of Newton has passed a new ordinance to make it easier to for homeowners to create accessory apartments. This change in zoning allow all Newton single- and two-family homeowners the ability to create an affordable opportunity to create an accessory apartment, under certain pre-conditions. Go to www.newtonma.gov/accessoryapartments to find out more call the Planning Department at 617-796-1120.

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

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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 and Engagement Coordinator, 1665

Sandy Lopes, Case Manager, 1663

Ilana Seidmann, Program Coordinator, 1670

Pamela Weismann, Dir. Of Social Services, 1282

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Susan Paley

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