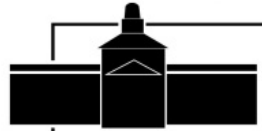


City of Newton
Department of Senior Services

Newton Council on Aging



The Senior Center

The Newton Senior Center will be closed on Monday, July 5th in honor of the Fourth of July observance. All programs and services are cancelled. Virtual fitness classes are cancelled. NewMo will not be running.

The following programs are planned by the Newton Senior Center. Unless otherwise noted, our programs are open to any adults 55+, from any community. You may need to click "view entire message" to read our entire e-newsletter.

Our Upcoming Programs for the Week

(Classes marked "Outdoor" may be moved to our Function Room in the case of inclement weather).



Outdoor:

Theatre Workshop

**5 Thursdays: July 8th, July 15th, July 29th,
August 12th, and August 19th,
9:30-11:00 a.m.**

Newton Senior Center Courtyard

Work with monologues, scene studies, and try some improvisation. No prior experience needed. Come to explore acting, theater, and plays in a supportive atmosphere. Facilitated by volunteers Gerry and Phil Paquet.

Registration required; email iseidmann@newtonma.gov with your name.



from left: Dinah Washington, Frankie Lyman and the Teenagers, Fats Domino

Zoom:

Rhythm and Blues Part 2 with John Clark

Thursday, July 8th, 2:00-3:00 p.m.

The very first R&B songs to rise to the upper reaches of the Pop market were romantic Doo-Wop songs like "Sh-Boom" and "Earth Angel" and the biggest smash of them all, "Why Do Fools Fall in Love?" Meanwhile, down in New Orleans a whole different, raucous

piano-based music emerged with hits by Huey "Piano" Smith ("*Don't You Just Know It*"), Lloyd Price ("*Stagger Lee*"), Larry Williams ("*Bony Maronie*"), and the biggest R&B/Pop star of the decade, Fats Domino with "*Blueberry Hill*" among many others. The women made their mark in the 1950s as well, with Ruth Brown (Lucky Lips), and LaVern Baker (Jim Dandy) crossing over from their gospel-based backgrounds. Dinah Washington had been known as the "Queen of the Blues" in the 1940s but showed her versatility with jazzier material and successful pop duets with black crooner Brook Benton, like "*You've Got What It Takes*."

This program is generously sponsored by Hebrew SeniorLife.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZYsf-GsqjkjH9YUj7716cgQXoWIZOAgTm2D>

After registering, you will receive a confirmation email containing information about joining the meeting.



Zoom:
From France, with Love with Frank King
Friday, July 9th, 2:00-3:00 p.m.

Between the Big Band years of the '30s and '40s and the onslaught of Rock 'n Roll was a "Golden Age" of beautiful recorded music. It was a period when the great vocalists – Frank Sinatra, Perry Como, Ella Fitzgerald, Dean Martin, Doris Day, Tony Bennett, Nat

"King" Cole, and many more – sang the timeless standards of the American Songbook, accompanied by full orchestras and glorious arrangements by masters like Nelson Riddle and Gordon Jenkins.

Join Frank King for a musical lecture where you'll get to hear the standout songs of this Golden Era – including rare, seldom-heard recordings – and also learn some fascinating secrets about the singers and the songs.

Frank King's lecture – "***With Love From France***" – will feature the surprising stories behind several American hit records that began their life as French songs, including Frank Sinatra's "*My Way*"; Bobby Darin's "*Beyond the Sea*"; and the beautiful ballad "*If You Love Me*".

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2,400 record albums.

This program is generously sponsored by Wingate at Boyston Place.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZlqd--ppzkrH9xVNMvw9F0WFRSi70S_APkN

After registering, you will receive a confirmation email containing information about joining the meeting.



Outdoor:
Macro/Garden Photography Workshop
3 Fridays: July 9th, July 16th, and July 23rd,
10:00-11:30 a.m.
Newton Senior Center Courtyard

Spring, summer, winter, or fall, macro photography opens the door to a wonderful new world of photo opportunities. With instructor Steve McGrath as your guide, this course will show you ways to use your existing camera gear to make spectacular macro photographs. The close-up world is a magical place full of pattern, color, and abstract imagery. Flowers become abstract works of art; rusty doors become textured canvasses; stones become polished gems; butterflies and other insects can become sci-fi monsters! We will also cover Garden Photography and how to capture garden images using many different compositional techniques! Led by Steve McGrath. **\$50. The deadline to sign up is Friday, July 2nd at noon.** Email iseidmann@newtonma.gov to sign up.

Outdoor:
Varieties of Literature
8 Tuesdays: July 13th, July 20th, July 27th,
August 3rd, August 10th, August 17th, August 24th, August 31st,
9:45-11:15 a.m.
Newton Senior Center Courtyard

Please join in weekly discussions about a variety of literature: fiction, poetry, and non-fiction. Our texts will be a variety of lengths – and we will take whatever time is needed as we consider the particular ways artistry and empathetic imagination work together in each piece. The Senior Center will provide copies. Led by volunteer instructor Marcia Karp.

Registration required; email iseidmann@newtonma.gov with your name.

Zoom:
MetroWest Legal Clinic for Newton Seniors
Thursday, July 15th, 10:00 am to 1:00 p.m.

Led by Attorney Stephanie Ozahowski from MetroWest Legal Services

Schedule a free private 20-minute legal telephone or Zoom consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; and consumer and bankruptcy matters.

This program is by appointment only. You must be a Newton resident and 60+ to make an appointment. For an appointment, please email iseidmann@newtonma.gov (call at 617-796-1670) with the following confidential information:

- Your first and last name
- Your address
- Your daytime telephone number
- Confirm that you are at least 60 years old
- Your preference for a Zoom appointment or a telephone appointment
- A brief description of your legal issue



**Outdoor:
Casual Drop-In Mingle/Schmooze
Under the Tent**

Mondays, Tuesdays, Thursdays, and Fridays (there is NO meeting on Wednesdays), 1:00-3:00 p.m.
Newton Senior Center Courtyard

We will not meet on Monday, July 5th (Fourth of July observance) or Monday, September 6th (Labor Day).

Come to the tent in our Courtyard to schmooze – or inside, in the case of inclement weather! We'll have informal conversations about everything and anything: movies you've seen, books you've read, podcasts you've listened to, what you're gardening this summer, your favorite vacations, what's changing in Newton, or anything else on your mind! Come with a friend or alone – there will always be friendly folks there to schmooze with! No need to sign-up or pre-register. Just show up when you can. See you then!

July Outdoor Fitness and Wellness

*These classes are "just drop-in"; no registration required!
The classes will be moved to our Function Room in the case of inclement weather.*

**Outdoor Functional Movement with Nicole
Tuesdays and Thursdays at 11:30 a.m.**
Newton Senior Center Courtyard

Join an outdoor Functional Movement, balance, and strength-building class using exercise loops (provided by the Senior Center). The class focuses on strengthening areas that are prone to injury. Modifications are offered, exercises can be done seated, and all abilities are welcome!

**Outdoor Active Chair Yoga with Diane
Wednesdays at 9:30 a.m.**
Newton Senior Center Courtyard

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses we do can be modified to be done while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit.

**Outdoor Seated Strength & Balance with Pearl
Wednesdays at 12:00 p.m.**
Newton Senior Center Courtyard

Join an outdoor Seated Strength & Balance class using exercise bands (provided by the Senior Center). This class begins with a thorough warm-up and is followed by strength training and balance exercises.

**Outdoor Nia with Leslie
Mondays at 10:00 a.m., beginning Monday, July 12th
(please note the start date)**
Newton Senior Center Courtyard

Nia is a full-body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz, and other movement forms, Nia offers traditional fitness benefits and relaxation.

**Outdoor Tai Chi with Aaron
Beginner level: Mondays, 10:00-10:50 a.m.
Intermediate/Advanced: Wednesdays, 10:00-10:50 a.m.**

The last class will be Wednesday, September 1st. There is no class Monday, July 5th (Independence Day observance), or Wednesday, July 7th.

Hyde Community Center Bandstand, 90 Lincoln Street, Newton Highlands

This class will be cancelled in case of inclement weather; you will be emailed by 9 am if this is the case.

\$5 donation requested. Registration and payment is contact-less. Please pay via your usual fitness contribution method (such as [on-line here](#)).

Please [email Ilana](#) to register and indicate whether you plan to participate in the Beginner class, the Intermediate/Advanced class, or both.

July Virtual Fitness and Wellness

All of our virtual fitness and wellness classes are "drop-in," meaning **no pre-payment; no pre-registration!** We want to make it easy for you to participate!

To join a class, download the free Zoom app on your smartphone, iPad, laptop, or computer at <https://zoom.us/download>. Click on your class link (below) a few minutes before its start time.

Zoom Meditation with Betsy
Thursdays at 9am

Practice paying compassionate attention to all that moves through us: thoughts, emotions, sensations, and conditions. The group is a supportive space to begin or continue a meditative practice.

<https://us02web.zoom.us/j/84492196561?pwd=UFQwekRBbFhiYzVsVUpGSGIFSHlZz09>

Meeting ID: 844 9219 6561

Passcode: 228724

Zoom Zumba Gold with Ketty
Mon, Tues, Wed, Thurs, and Fri at 11 am

A dance-inspired workout for the young at heart! A cardio program set to upbeat Latin and international tunes.

<https://us02web.zoom.us/j/825779957?pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09>

Meeting ID: 825 779 957

Passcode: 336304

Zoom Seated Strength & Balance with Pearl
Mondays at 1pm

This seated class begins with a thorough warm-up and is followed by strength training and balance exercises. The class concludes with gentle stretching.

<https://us02web.zoom.us/j/85881599856?pwd=bFB3QUdsWEIYZm43TIB6YWVhaHh4dz09>

Meeting ID: 858 8159 9856

Passcode: 8119

CLICK HERE FOR ONLINE PAYMENTS
(Echeck & Credit Card)

How Do I Pay for My Fitness/Wellness Classes?

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. There are three ways to pay:

1) Click this link for [Credit Card or Electronic Check Online](#)
(Please note there is an additional 3% convenience fee for credit cards).

2) Credit Card by Phone (business hours only)

Please call Norine Silton at 617-796-1664 (please note there is an additional 3% convenience fee).

3) Mail in a Check

Please make payable to "Newton Senior Center" and write the class name on your check. Donations may be mailed to: Newton Senior Center, Attn: Fitness Contributions, 345 Walnut Street, Newtonville, MA 02460

New participants are always very warmly welcomed! Our classes are led by certified instructors.

Outdoor Community Document Shredding & Drug Take-Back Day

Saturday, July 10th, 8:00 a.m.-12:00 p.m. by appointment (rain or shine)

Open to Newton residents of all ages!

Call City Hall at 617-796-1000 for an appointment.

Newton Resource Recovery Center, 115 Rumford Avenue, Auburndale, Mass.

Shredding is for RESIDENTIAL materials only (no business materials). Staples may be left in documents and paper bags may be shredded. Limited to 4 document boxes OR 8 paper bags per household. Bring your old or unused prescription medications to be properly disposed.

Drive-through service: residents are required to remain in their cars during collection for everyone's safety. This secure event will be overseen by the Newton Police Department and participants will not be permitted to watch their items being shredded.

Advanced sign-up required: Call City Hall at 617-796-1000 to make an appointment.

We will not be accepting donations during the event, but a mailed \$10+ donation to the Newton Senior Center would be appreciated. We also accept donations by credit card on our website, newtonseniors.org; please click on the "Pay Online" button or [click here](#).

Support Group Links

Zoom Declutter Support Group

Second Friday of every month

The Clutter Support Group will pause during July and August.

We will resume in September.

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.

Join Zoom Meeting

<https://zoom.us/j/97588034517?pwd=dk1Rd2RHb3Z6ZHRBdWhMeUdhZEFTdz09>

Call in Number: 1-646-558-8656

Meeting ID: 975 8803 4517

Passcode: 731387

Zoom Caregiver Support Group

Third Tuesday of every month

Tuesday, July 20th, 2:30-4:00 p.m.

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. Register with Case Manager Emily Kuhl at ekuhl@newtonma.gov

Zoom Bereavement Support Group
Third Thursday of every month
Thursday, July 15th, 10:30-11:30 a.m.

Are you suffering a loss? Join holistic health educator, spiritual care provider, and mindfulness teacher Betsy Simmons for a healing support group.

<https://us02web.zoom.us/j/82233720293?pwd=RVJqc2pBTW4vMINBaDQrdk9ram44QT09>

Meeting ID: 822 3372 0293

Passcode: 605332



NewMo Service Expansion

You may have heard about **NewMo 2.0**, a new ride-share **service for commuters** that was modeled on the senior service the city has provided since 2019.

The **NewMo senior service** is door-to-door and allows riders to go anywhere in Newton and to certain medical facilities outside of Newton. The service runs from 8 am to 5 pm on weekdays and from 9 am to noon on weekends.

The new **commuter service** is corner-to-corner and allows commuters of any age to go to certain origins and destinations ([click here for more details](#)) from 7:30 am to 6:30 pm on weekdays. **It is NOT available on weekends.**

At this point, riders can choose senior service (those residents 60 and older) or the commuter service, but not both. After your initial set, the same smart phone application is used for either program and will recognize which program you are using. Additionally, after your initial set up, if you choose to call the Newmo call center they will also have your account information.

If you have questions about the senior service can go to www.newtonseniors.org or, contact Elizabeth Lund at the Senior Center: 617-796-1665 or elund@newtonma.gov.

If you have questions about the commuter service you can go to www.newtonma.gov/newmo, or email newmo@ridewithvia.com or contact Via at 617-655-8019.

If you want to see if you qualify for discounted rates on the commuter service contact Nicole Freedman at 617-879-8148 or nfreedman@newtonma.gov.

Other Opportunities That May Be of Interest

Newton Free Library Community Survey

Whether you visit the Library several times a week, you haven't been to the Library in a year, or you have never used the Library, we want to hear from you!

It's time for us to take a fresh look at what we offer so we can provide an exceptional library experience for all. Please answer this [5 minute survey](#) to let us know what matters to you and how we can serve you better.



Celebrate July 4th in Newton!

There is something fun for everyone in the family all weekend.

SATURDAY, JULY 3:

Reading Frederick Douglass Together – 2:00 pm

You can hear the reading of the famous Frederick Douglass address "What to the Slave is the Fourth of July?" at the Jackson Homestead and Museum, 527

Washington Street. Special Museum hours 12 – 5 pm with free admission. Bring a picnic lunch to enjoy on the back lawn of the homestead and stay for the afternoon program and museum tour.

New Philharmonia Pops Concert – 6:30 pm

Head on down to the Newton Centre Bowl – open green space below the hut off Tyler Terrace for the New Philharmonia Pops Concert featuring Aaron Copland's "Lincoln Portrait" with special guest Mayor Ruthanne Fuller narrating excerpts of Abraham Lincoln's great documents.

Picnic, Music, and Swim – 12:30-2:00 pm

Head on down to Albemarle Field (adjacent to the Gath Pool) and enjoy the sounds of the Great American Brass Band. Bring your own picnic, then cool off with a swim at Gath Pool. A day pass (\$5 per person) is available at the front desk. Kids 5 and under are free. Both Gath Pool & Crystal Lake will be open for general swim from 12:00 – 5:00 pm. For daily/season pass information see Newton Parks, Recreation & Culture website: www.newtonma.gov

East Coast Soul – 6:30 pm

In concert at the Newton Centre Bowl. Celebrate the 4th with this collection of Boston's finest musicians who will have you dancing in your seats and singing along with all your favorites from R&B, Pop, and Classic Rock.

You can find the full line up of events on July 3rd and 4th at www.newtonma.gov/culture

Newton Summer Concerts 2021

Sunday, July 18 – The DayBreakers, 6:30 – 8:00 pm at Newton Centre Bowl

Fueled by two songwriters with contrasting approaches, The DayBreakers craft their distinct sound through a blend of folk rock melodies, blues guitar muscle and rock and roll grit.

The five piece band, led by lead singer/guitarist Kyle Murphy, and bassist Matt Schairer has played many of New England's most revered rooms (The Middle East, TT the Bears, Thunder Road, Cape Cod Melody Tent) and shared the stage with some of the region's best roots rockers (Entrain, the Silks, Frank Viele), while also supporting national touring acts Christian Lopez and Reverend Peyton's Big Damn Band.

Sunday, July 25 – The Ruta Beggars, 6:30 – 8:00 pm at Newton Centre Bowl

The Ruta Beggars infuse traditional bluegrass and early swing to create a timeless act filled with intricate vocal harmonies, fiery instrumentals, and plenty of fun. They have been praised for their creative yet tasteful arrangements and charming performances, winning Thomas Point's band competition in 2019. The Ruta Beggars have been featured on the International Bluegrass Music Association's Showcase, Steve Martin's Unreal Bluegrass, Brian O'Donovan's A Celtic Sojourn, the main stages of Joe Val, Grey Fox, Thomas Point, Podunk and Ossipee Bluegrass Festivals, and as opening band for Lyle Lovett and Steve Miller. Brought together by their passion for bluegrass, The Ruta Beggars are Micah Nicol (guitar), Sofia Chiarandini (fiddle), Ariel Wyner (mandolin), and Trevin Nelson (banjo), who met while studying at the prestigious Berklee College of Music in the American Roots Program.

Wednesday, July 28 – The 60's, 6:30 – 8:00 pm at Newton Centre Bowl

The 60's is a 1960's tribute band driven by true passion for the music from the decade. A

diverse repertoire of Motown, British Invasion, Girl Groups, Surf Rock, Blues-rock, Bubblegum Pop, and Psychedelic Rock will have you singing and dancing to every song. The band injects personality, fun, and life into the music while making sure signature instrumental and vocal parts of the songs are featured. Take a trip back with The 60's to the decade that started the music revolution!

Sunday, August 1 – The Wolff Sisters, 6:30 – 8:00 pm at Newton Centre Bowl

The Wolff Sisters is fronted by three sisters - Rebecca on acoustic guitar, Kat on the keys, Rachael on electric guitar, and all three on lead vocals and harmonies. Raised on the songs of The Band and Little Feat, the sisters crafted their sound around a honkytonk piano in the living room of their childhood home. Boston Music Award winner for Americana Artist of the Year 2020 and Folk Artist of the Year nominee both 2018 and 2019, the band's electrifying live performance continues to gain momentum and recognition from their hometown of Boston and beyond. Their latest album, *Queendom of Nothing*, landed a spot on *The Boston Globe's* top 15 albums for Fall following its release in October 2019, while their previous album *Cahoon Hollow* was nominated for New England Music Award's Album of The Year 2018. With a fresh new single "Boston Town" released in May 2021, The Wolff Sisters continue to work tirelessly at honing their sound and touring the US while paying homage to their roots in New England.

Tuesday, August 3 – Big Chief, 6:00 – 7:30 pm at Captain Ryan Park for National Night Out

Metro-West based BIG CHIEF plays a variety of styles including R&B, swing, boogie-woogie, New Orleans, Rock and Roll, and even a country song or two. Now in its eighth year together, the band has acquired a local following of folks who love the band's energy, enthusiasm, and the wide range of song selection. Big Chief has played several local summer concert series including Newton's Harvest Fair and is looking forward to helping make this a festive event.

Sunday, August 8 – Women in World Jazz, 6:30 – 8:00 pm at Newton Centre Bowl

Women in World Jazz is an award-winning, international ensemble, bringing together some of the finest world and jazz musicians, each with an extensive performing and teaching background in New England. The music is easy to relate to, diverse, and engaging with songs originating from the US, South Africa, Cuba, Brazil, Cape Verde, Japan, and the Middle East. Showcasing the music of women composers, poets, and lyricists from around the world, *Women in World Jazz* embraces diversity and the power of creation.

**Newton Centre Bowl is the open area below the hut off Tyler Terrace in Newton Centre Playground.*

Resources for Older Adults at the Newton Free Library

The library offers a range of resources for older adults to make informed decisions, stay involved with the community, and aid in the enjoyment of retirement. Click here for more information:

<https://guides.newtonfreelibrary.net/olderadults>

Reaching the Staff at the Newton Senior Center

Call our main number (617) 796-1660.

Then press the appropriate number as noted below:

1. Food and prescription delivery programs (daily hot lunch, grocery shopping, prescription pick-up requests)
2. Programs Information Line where you can listen to a recorded listing of our weekly activities
3. Parking Stickers

4. Elizabeth Lund: Transportation (NewMo), SHINE Medicare Options Counseling, Community Engagement
5. Durable medical requests and donations (wheelchairs, walkers, commodes, canes, etc.)
6. Emily Kuhl: Social Services
7. Norine Siltan: Senior parking stickers, Credit card donations, accounts payable, accounts receivable
8. Jayne Colino: Director
9. All other questions

If you know other 55+ adults who might like to receive this e-newsletter, please ask them to send their email address to iseidmann@newtonma.gov or direct them here: [Click here to sign up for our weekly e-newsletter.](#)

We also encourage you to sign up for Mayor Fuller's e-mail updates. She emails information about COVID-19, and other important information.

You may do so by [clicking here.](#)
