



NewMo senior service is suspended for this Sunday, July 11th, to accommodate software upgrades. NewMo will resume on Monday, July 12th, at 8:00 a.m.

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).



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

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.

WINGATE RESIDENCES
AT BOYLSTON PLACE

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.

Please come to the first class even if you haven't had time to register.

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

The deadline to sign up is Friday, July 9th, at 2pm: no exceptions, sorry.



Zoom:
Intermediate and Advanced Acrylic Painting

Donna Calleja, Instructor

**5 Tuesdays: August 3rd, August 10th, August 17th,
August 24th, August 31st,
10:00 a.m.-noon**

In this class we will learn intermediate color and painting techniques using acrylic paint. Students will work to improve their skills and develop a personal style by creating original acrylic landscape, still life or abstract paintings. Students can choose to work from observation or imagination. The class will combine teacher demonstration with work time devoted to individual instruction. This class is a good choice for students with some experience who have already taken an acrylic painting class at the Newton Senior Center or with another art program.

Supply List- watercolor paper, canvas or canvas board (size range from 8 by 10 to 9 by 12 inches), Acrylic paint in small size tubes (Basic colors – Titanium White, Yellow Hansa, Naphthol Red, Ultramarine Blue, Burnt Siena) or any set of yellow, blue, red, white and brown acrylic paints you may own already, disposable palette paper or white paper plates, and acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6), color photos of landscapes 4 by 6 inches (or larger). These are suggested supplies. If you already own a set of acrylic paints and brushes please use what you already have at home.

The supply cost will be between \$30-\$50. Supplies may be purchased on line at dickblick.com or michaels.com

Donna Calleja has worked as a teacher and artist for more than 35 years. Her paintings have been shown in recent exhibits at the South Shore Art Center, Concord Art, Gallery Twist and Room83Spring. Her paintings can be viewed at www.donnacalleja.com

\$70 tuition fee. Credit card/e-check on-line payment, credit card phone payment, or check accepted. Please email llana to register. Deadline to register is Monday, July 26th.



**Outdoor Summer Zumba Gold Parking Lot
Pop-Up with Ketty**

Monday, July 19th, (*rain date Monday, July 26th*),
4:00-5:00 p.m.

Please join us for a fun summer Zumba Gold pop-up in the Newton Senior Center parking lot.

What do you need to bring? Shoes to dance in, a water bottle, and a smile!

Please email iseidmann@newtonma.gov to sign up. (If you have attended a Zumba Gold pop-up in the past, you are automatically registered for every summer pop-up. There is no need to register).

The parking lot will be CLOSED completely to cars to allow space to dance. Please either walk, or park in the Austin Street public parking lot, or on the street (such as Highland Avenue).



**Community Dining
Reopening July 19th
For Dine-in or Grab 'N Go Meal Service**

Lunch will be available from 11:30am – 12:30pm

For Dine-in, a hot meal will be served.
For Grab 'N Go, a chilled meal will be provided.

To register and/or reserve a lunch meal, **please call 617-796-1668** or speak with site staff by 11 a.m. **two business days before (48 hours in advance).**

If you would like to **cancel** your meal reservation, **please call by 11 a.m. two business days before.**



**Indoor:
Newton Senior Center Swing Band**

Tuesdays, 1:30 to 3:00 p.m. starting July 20th

The Newton Senior Center Swing Band, who does gigs around the city, welcomes audience members to their weekly rehearsal. All welcome to sit in and listen! We also welcome audience members to sing and dance with us!

We are welcoming the public back on July 20th!

**Outdoors:
Beatles Music and History Presentation**



Tuesday, July 20th, 11:30 a.m.-12:30 p.m.

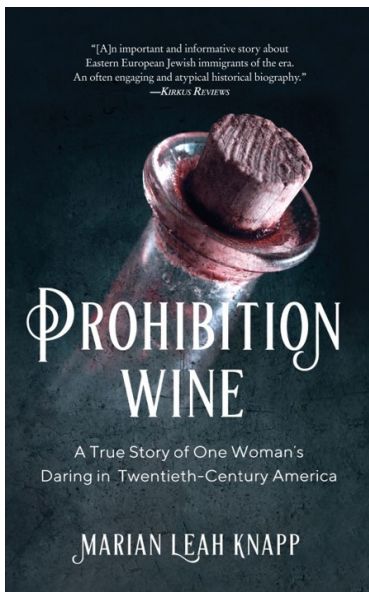
Welcome back to the Center with this fun Beatles presentation by Fran Hart of the Beatles tribute band 4EverFab.

Learn about the history of *The Beatles* and the cultural impact they had. The program includes live acoustic music and sing-alongs.

No registration required; just show up.

Please note: This program will be outdoors, but not socially distanced.

This program is supported in part by a grant from the Newton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Zoom:

Prohibition Wine: A True Story of One Woman's Daring in Twentieth-Century America

Tuesday, July 20th, 7:00 p.m.

Join us for an author talk with TAB columnist and community activist, Marian Leah Knapp. Her new book, *Prohibition Wine: A True Story of One Woman's Daring in Twentieth-Century America*, tells the story of how Marian's grandmother, Rebecca Goldberg—a Jewish immigrant from the Russian Empire living in rural Massachusetts—lost her husband to a railroad accident. The tragedy left her alone with six children to raise. The book follows Rebecca through the 1920s as she transforms her egg delivery service into a more lucrative endeavor: bootlegging.

For five years, Rebecca successfully provided for her customers in secret as a means to support her family until she was caught. Knapp's story chronicles how the lower class experienced the Prohibition, a side not always represented in popular media from the era. Rebecca's life as a poor Jewish immigrant in Massachusetts holds a mirror to struggles still relevant today including disparities in access to education and healthcare and ongoing discrimination. This program is cosponsored by the City of Newton Department of Senior Services.

Registration for this program will end two hours before the start time. The login information will be sent just after registration closes. Please be sure to check your spam folder in case it lands there.

<https://newtonfreelibrary.libcal.com/event/7829110>



Outdoors:
Memory Cafe with Singer and Guitarist Sue Kranz

Wednesday, July 21st, 2:00-3:00 p.m.

Sue Kranz's enthusiasm for singing with seniors is contagious. She engages with and finds ways to interact with participants in ways that help them to feel comfortable and participate in various ways. For those still able to sing, she brings lyrics, and for those no longer able to sing she provides handheld instruments to shake along. For caretakers, this is a time to relax and let the music do its magic. A joyful, uplifting time for all.

No registration required; just show up.

This program is generously sponsored by Right at Home In Home Care & Assistance--Boston MetroWest.



Outdoors:
Men's Club

Thursday, July 22nd, 9:30-10:30 a.m.

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell. Just show up!



Indoors:
Chess Nuts

Fridays, 1:00-3:45 p.m. beginning July 23rd

Come for a friendly game of chess inside the building! All Chess players are welcome. Please arrive at 1pm.



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

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 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.*

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

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!

Kris will be subbing for Nicole on July 20th and July 22nd.

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.

There will be no Chair Yoga on July 28th.

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.** 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.

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=UFQwekRBbFhiYzVsVUpGSGIFSHlIZz09>

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=bFB3QUdsWEIYZm43TIB6YVWVhaHh4dz09](https://us02web.zoom.us/j/85881599856?pwd=bFB3QUdsWEIYZm43TIB6YVWVhaHh4dz09)

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

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 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

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

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 commuter service is corner-to-corner and allows commuters of any age to go to certain origins and destinations from 7:30 am to 6:30 pm on weekdays. **It is NOT available on weekends.**

At this point, riders can choose one service or the other, but not both.

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

Other Opportunities That May Be of Interest

Diaper Drive

Thursday, July 15th-Saturday, July 17th

The Newton Food Pantry is holding a diaper drive.

Help Newton Food Pantry provide these vital supplies for families in need!

- Diaper Sizes 1 – 6
- Pullup Sizes 2T – 5T
- Baby Wipes

When and Where

Thursday – Friday, July 15 and 16, all day: Porch dropoff
365 Cherry Street, West Newton

Saturday, July 17, 9 a.m. – 12 noon: Outdoor dropoff
Memorial Hall Circle at Newton City Hall, 1000 Commonwealth Avenue
(outside next to the Newton Food Pantry storage pods)

Amazon Wish List

Order from our Amazon Wish List and have it delivered to us!

www.newtonfoodpantry.org/give-help/

Select Amazon Wish List

Delivery address: Newton Food Pantry

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>

Our Sustainable Kitchen Cooking Class
Tuesday, July 13th, 6:30-7:00pm

Please join members of the Sierra Club Massachusetts Chapter's Plant-based Planet Team for a plant-based cooking class. Chef Diana Goldman will show you how to prepare a delicious plant-based dish, that is both healthy and environmentally-friendly. Diana will give you helpful hints as you cook along with her in your own kitchen. If you prefer, you're also welcome to learn by just watching.

This class is free and open to the public, but advance registration is necessary: <https://act.sierraclub.org/events/details?formcampaignid=7013q000002Eyo2AAC&mapLinkHref=>

A Zoom link to join the class will be sent out a day in advance.
Questions? Contact Sara at scplantbasedplanet@gmail.com

Plant-based Cooking Demonstration
Sunday, July 25th, 6:00-7:00pm

Please join members of the Sierra Club Massachusetts Chapter's Plant-based Planet Team, as we show you how to prepare several delicious, plant-based dishes at home. Learn how to make food that is good for you and the planet. We'll be happy to answer any questions you may have about healthy plant-based eating.

This event is free and open to the public, but advance registration is necessary:

<https://act.sierraclub.org/events/details?formcampaignid=7013q000002F0D6AAK&mapLinkHref=>

A Zoom link to join the class will be sent out a day in advance.
Questions? Contact Sara at scplantbasedplanet@gmail.com

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 Silton: 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.](#)

