



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).



Community Dining **For Dine-in or Grab 'N Go Meal Service**

**Lunch will be available weekdays
from 11:30 a.m. to 12:30 p.m.**

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 11:00 a.m. two business days before (48 hours in advance).

If you would like to cancel your meal reservation, please call by 11:00 a.m. ***two business days before.***



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. to 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 online 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](mailto:llana@newtonma.gov) (iseidmann@newtonma.gov) to register **no later than Monday, July 26th.**



Indoor:
Swing Band

Tuesdays, 1:30 to 3:00 p.m.

The Newton Senior Center Swing Band, which performs around the city, welcomes audience members to their weekly rehearsal. All are welcome to sit in and listen, or to sing and dance!

The band is actively seeking new players, especially on brass and woodwinds. As the band's director, Jim Barr, says, "If you'd like to get that old instrument out of its case and put it to use, come join us. We are a low-stress activity and have a lot of fun making music together."



Indoor:
Chess Nuts

Fridays, 1:00 to 3:45 p.m.

Come for a friendly game of chess inside the building! All chess players are welcome. Please arrive at 1:00 pm.



Zoom:
"Let's Travel with Music" with Michele & Jackie Arons

Tuesday, July 27th, 2:00 to 3:00 p.m.

The Arons family trio perform a variety of international, classical, and American music. Jacqueline is a graduate in piano of the New England Conservatory. She was born in Shanghai, China, of parents from Siberia and Ukraine. Michele is a trained soprano with a multicultural background and love of languages. She sings in many languages including Yiddish, Russian, Hebrew, Italian, Spanish,

French, Greek, Chinese, and Armenian. They are joined by Tamar, who is a talented violinist.

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZld-ChrDMjHNNHsgoYO6dczKAZTQoY6-hnK>

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



Outdoor:
Folk Sing-Along at the Senior Center

Friday, July 30th, 11:00 to 11:45 a.m.
Newton Senior Center Courtyard

Join us for a casual and friendly 45-minute song swap with old favorites and folk classics. Feel free to sing, play along, or just listen and tap your foot. All music fans welcome! Just show up.

Indoor:
Mah Jongg and Games

Mondays and Thursdays,
1:00 to 3:00 p.m., beginning July 26th

Come for a friendly game of Mah Jongg, Bridge, Scrabble, or other games, inside the building! All players are welcome. We'll meet in the Dining Room; please arrive after lunch is cleared, at 1 pm.

Indoor:
Billiards Play

Mondays and Fridays,
9:00 a.m. to 12:00 p.m., beginning July 26th

Come for a friendly game of pool! All players are welcome.



Outdoor
Summer Zumba Gold
Parking Lot Pop-Up with Ketty

Monday, August 2nd,
4:00 to 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!

Email iseidmann@newtonma.gov to sign up. (If you have attended a Zumba Gold pop-up in the past, or if you were registered for the cancelled session on July 19th, 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 walk, or park in the Austin Street public parking lot, or on the street (such as Highland Avenue).



Outdoor:
Concert with Joel Light and Dan Moore:
"Fill My Heart with Song"

Thursday, August 5th, 2:00 to 3:00 p.m.

Join a live concert/sing-along of classic hits from the 1940s, 50s, and Broadway. They will play music by Frank Sinatra, Elvis Presley, and Doris Day. **Joel's Fill My Heart with Song**, with Dan/accompanist and singer, perform for senior communities and memory cafes throughout the Greater Boston area.

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

This program is generously sponsored by One Wingate Way in Needham.



Outdoor:
Pottery Painting Event with The Painting Place

Thursday, August 12th, 9:30 to 11:00 a.m.

Come paint pottery with students from the Service Stars Community Service Summer Camp! Artists from The Painting Place will guide you in painting your very own mug, bowl, or plate – your choice! You paint, we glaze and fire the projects to be food, dishwasher, and microwave safe. We also have stencils, tools, and samples to help you create masterpieces!! No experience is necessary!

A \$5 donation to Newton Senior Center requested (this will be waived for financial hardship). Email iseidmann@newtonma.gov to register. Space is limited to 10 seniors; please register early.

This program is generously sponsored by The Village Bank.



Outdoor:
Canvas Painting with The Painting Place

Thursday, August 19th, 9:30 to 11:00 a.m.

Students from the Service Stars Community Service Summer Camp and artists from The Painting Place will present a joint event with us! Each participant will create their own beautiful canvas painting. The Painting Place's fabulous instructors will guide you step by step. No experience is necessary! Each registrant receives his/her own easel and painting materials.

A \$5 donation to Newton Senior Center requested (it will be waived for financial hardship). Email iseidmann@newtonma.gov to register. Space is limited to 10 seniors; please register early.

This program is generously sponsored by The Village Bank.



Indoor:
Varieties of Literature

8 Tuesdays: July 13th (occurred), July 20th (occurred), July 27th, August 3rd, August 10th, August 17th, August 24th, August 31st, 9:45 to 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.

Schmoozing

Now that we're open to the public, we encourage you to come schmooze anytime during our opening hours! We will no longer have a structured time.

July Fitness and Wellness

*These classes are "just drop-in"; no registration required!
Our fitness classes take place in our Function Room.*

Nia with Leslie
Mondays at 10:00 a.m.

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.

The last day of Nia will be Monday, August 9th.

Functional Movement with Nicole
Tuesdays and Thursdays at 11:30 a.m.

Join a 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!

Active Chair Yoga with Diane
Wednesdays at 9:30 a.m.

There will be no Chair Yoga on July 28th.

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.

Seated Strength & Balance with Pearl
Wednesdays at 12:00 p.m.

Join a 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 Tai Chi with Aaron
Beginner level: Mondays, 10:00 to 10:50 a.m.
Intermediate/Advanced: Wednesdays, 10:00 to 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 a.m. 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 Zumba Gold with Ketty

Mon, Tues, Wed, Thurs, and Fri at 11:00 a.m.

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 1:00 p.m.

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

Zoom Meditation with Betsy

Thursdays at 9:00 a.m.

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

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.

Senior Parking Sticker Update

The Senior Center is now open (7/19/21), but for now our processing will remain the same. You can mail your packet to the Senior Center or drop off and we will process and mail back or you can request to pick up. Additional information can be found on our website at www.newtonseniors.org or you can contact us at

Support Group Links

Zoom Caregiver Support Group

Third Tuesday of every month
Tuesday, August 17th, 2:30 to 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, August 19th, 10:30 to 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

Other Opportunities That May Be of Interest

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>

Federal Communications Commission Launches Emergency Broadband Benefit

On May 12th, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months after the federal government declares an end to the pandemic.

Eligible households will be able to receive:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet

purchased through a participating provider.

In Massachusetts, 26 broadband providers are offering the benefit. The benefit is available to eligible new, prior, and existing customers of participating providers.

The **eligibility for the benefit** is broad. It includes any household with an income at or below 135% of the federal poverty guidelines, or if *any member* of the household qualifies through various means. This includes but is not limited to participation in SNAP, Medicaid, Supplemental Security Income, the Free and Reduced-Price School Lunch Program, as well as certain qualifying events such as experiencing substantial loss of income or receiving a federal Pell Grant in the current award year.

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail. More **information about the application process** is available online or by calling (833) 511-0311.

The FCC has also created outreach materials, including flyers, brochures, application forms and instructions. Application forms and instructions are available in ten languages.

For more information, visit the Emergency Broadband Benefit **website**.

Virtual Parkinson's Classroom Support Group

Wednesday August 4th, 2:15 to 3:45 p.m.

Topic will be "Music Therapy and Parkinson's"

We are pleased to welcome Joshua Min, a Music Therapist and Mental Health Counselor.

Joshua will discuss the ways in which using music, music therapy, and being a part of music community group can enrich the rehabilitative or palliative experience of people living with Parkinson's and their families throughout the course of their lives. Joshua will demonstrate and discuss the benefits and limitations of music therapy and will be happy to answer any questions you may have about music therapy and mental health.

Afterward there should be time for questions and then the sharing of individual challenges among the attendees for support and guidance.

Please RSVP by Monday, August 2nd to either Bob DePeron at bob@rahbostonmetro.com or Susan Kates at skates@goddardhouse.org and the Zoom link will be emailed to you on Tuesday, August 3rd!

Co-Sponsored by Right at Home Boston Metro West, In Home Care and Assistance, and Goddard House, Assisted Living and Memory Support.

Reaching the Staff at the Newton Senior Center

Call our main number (617) 796-1660.

Then press the appropriate number as noted below:

Press 1 for our Programs Information Line where you can listen to a recorded listing of our weekly activities

Press 2 for Lunch Reservations, Served Monday through Friday at the Senior Center

Press 3 for the Food & Essential Items Coordinator Including Grocery Shopping & Prescription Pick-up Requests.

Press 4 for Elizabeth Lund, Transportation, SHINE Medicare Options Counseling, or

Community Engagement.

Press 5 for Durable Medical Requests and Durable Medical Donations (such as wheelchairs, walkers, commodes, canes etc).

Press 6 for Emily Kuhl, Case Manager & Social Services.

Press 7 for Norine Silton, Credit Card Donations, Accounts Payable/Accounts Receivable.

Press 8 for Director, Jayne Colino.

Press 9 for All other questions.

Direct Telephone Extensions for Staff

Jayne Colino	Director	(617) 796-1671
Eliza Dodge	Food and Essential Items Coordinator	(617) 796-1669
Julie Joy	Volunteer Coordinator	(617) 796-1674
Emily Kuhl	Case Manager	(617) 796-1672
Elizabeth Lund	Outreach and Engagement Coordinator	(617) 796-1665
Ilana Seidmann	Programs Coordinator	(617) 796-1670
Norine Silton	Executive Administrator	(617) 796-1664

If you know other 55+ adults who might like to receive this e-newsletter, please ask them to send their email address to jseidmann@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.](#)
