

*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:**  
**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. Program includes songs made famous by Frank Sinatra, Elvis Presley, and Doris Day! Joel has performed his "Fill My Heart with Song" program, with accompanist/singer Dan, for senior communities and memory cafes throughout the Greater Boston area.

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

Just show up!



**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!

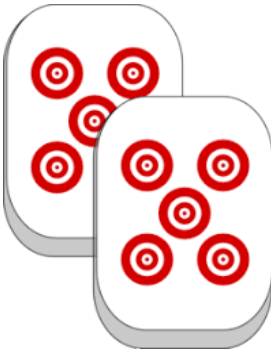
The band is actively seeking new players, especially on brass and woodwinds. As the band's director, Jim Barr, says, "If you'd like to get that old instrument out of its case and put it to use, come join us. We are a low-stress activity and have a lot of fun making music together."



**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 p.m.



**Indoor:**  
**Mah Jongg**

**Mondays and Thursdays,**  
**1:00 to 3:00 p.m.**

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



**Indoor:**  
**Billiards Play**

**Mondays and Fridays,**  
**9:00 a.m. to 12:00 p.m.**

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



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

**Monday, August 2nd, and Monday, August 16th,**  
**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](mailto: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:**  
**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 necessary!

Email [iseidmann@newtonma.gov](mailto: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.

Email [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) to register. Space is limited to 10 seniors; please register early.

This program is generously sponsored by The Village Bank.



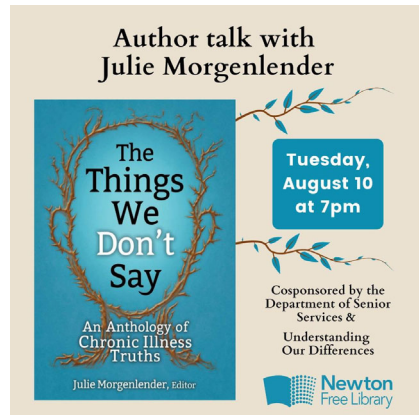
**Indoor:**  
**Varieties of Literature**  
**Tuesdays, August 3rd, August 10th, August 17th, August 24th, August 31st,**  
**9:45 to 11:15 a.m.**

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 ways that artist 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](mailto:iseidmann@newtonma.gov) with your name.

---



**Zoom:**  
**The Truth about Chronic Illness**

**Tuesday, August 10th, 7:00 to 8:00 p.m.**

Julie Morgenlender, editor of the recently published *The Things We Don't Say: An Anthology of Chronic Illness Truths*, will speak about how we define chronic illnesses, and how they differ and overlap with disability. As someone who has lived with chronic illness, Julie has first-hand experience of the challenges people with chronic illness face such as finding community and why we rarely speak about this

topic. She will also shed light on what our loved ones with chronic illnesses experience. This is a Newton Free Library program that is cosponsored by the City of Newton Department of Senior Services and Understanding Our Differences.

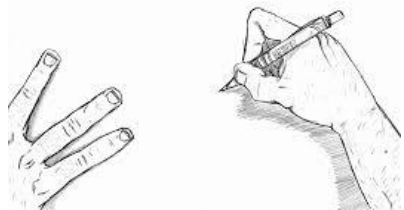
Register for this program at: <https://newtonfreelibrary.libcal.com/event/7868232>

Registration 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.

---

**Outdoors:**  
**New! Sketching/Drawing Studio**

**Mondays, 9:15 to 11:15 a.m., beginning August 16th**



Please join us for free weekly sketching/drawing summer activities.

Bring your own personal drawing kit: paper, pencils, and a support backing of some kind. A "lap-friendly" artists' approach will be necessary – there will be no tables or easels available.

David Wenstrom, a Senior Center art facilitator, will show some simple, graphite pencil sketching keys and procedures, which are useful for learning to use a pencil for drawing as opposed to using it for writing. Then it's on to drawing people, places, and things! All are welcome!

---



**Outdoors:**  
**Memory Cafe: Sing-Along with Mel Stiller**

**Wednesday, August 18th, 2:00 to 3:00 p.m.**

Mel has been playing piano and leading sing-alongs at parties, corporate events, public venues, and senior settings for more than 30 years. He played for two years at the Wine Cellar in Fitchburg, Mass., five years at the Mt. Washington Hotel in New

Hampshire, and for nearly 30 years at Jacob Wirth restaurant in Boston's Theater District. He is now at Democracy Brewing, 35 Temple Place (in Boston's Downtown Crossing area), on Friday nights.

This program is generously sponsored by Whitney Place at Natick.



# WHITNEY PLACE

ASSISTED LIVING AND MEMORY CARE



---

**Zoom:**  
**MetroWest Legal Clinic**

**Thursday, August 19th, 10:00 a.m. 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](mailto: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 for this month's clinic is Friday, August 6th at 3pm. No exceptions; sorry.

---



**Indoor:**  
**Violin Concert with Ilana Zaks**

**Friday, August 20th, 1:00 to 2:00 p.m.**

In this eclectic and diverse program, acclaimed violinist Ilana Zaks performs a solo concert of music by Bach, Hindemith, Schubert Ernst, Bloch, and Coleridge-Taylor Perkinson. The program will run for one hour and include Zaks discussing the history and relevance of each work, followed by a Q&A after the performance.

This program is generously sponsored by Adelaide Memory Care.

Just show up!



**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.***

---

**August 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.**

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.

---

## **August 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=bFB3QUdsWEIYZm43TIB6YVh4dHh4dz09>

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=UFQwekRBbFhiYzVsVUpGSGIFSHIIZz09>

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, 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](http://www.newtonseniors.org) or you can contact us at [sccustomerservice@newtonma.gov](mailto:sccustomerservice@newtonma.gov) or (617) 796-1662.

---

### *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](mailto: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*

---

#### **Walk to End Alzheimer's**

The Newton Senior Center is participating in the Walk To End Alzheimer's in Newton a week before the official walk. Last year when there wasn't a walk in Boston, we enjoyed our Newton walk and decided to do it again this year!

Join us at the Newton Senior Center parking lot at 10:00 a.m. on September 19th as we walk to City Hall and back. To join us or donate to Team Newton Senior Center, you can register at this link: <http://act.alz.org/goto/NewtonSeniorCenter>

Please reach out to Case Manager Emily Kuhl (Team captain) 617-796-1672 or [ekuhl@newtonma.org](mailto:ekuhl@newtonma.org) for help registering or to make a donation. If you are already registered to walk with another team, you are still welcome to meet us at the Newton Senior Center!

---

#### **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>

---

#### **Exploring the History of Newton's Village Centers**

**Tuesday August 10th, 7:00 p.m.**

[REGISTER HERE](#) for this free online event.

Full registration URL:

[https://us02web.zoom.us/webinar/register/WN\\_C7gRpiExSPyvP2ImthTp5g](https://us02web.zoom.us/webinar/register/WN_C7gRpiExSPyvP2ImthTp5g)

Village centers can be found throughout the city, and though they range greatly in terms of how they look and feel, together they comprise the commercial and retail heart of the city. They serve as hubs for employment, socializing, shopping, dining, entertainment, civic life, religious and community gatherings, and many other uses. Many are accessible by at least one form of public transit, and village centers are among the most walkable, bikeable, and accessible areas in the city. But how did they get to be this way?

The Planning Department has created a short presentation that includes historical images and interpretations about how and why Newton's villages evolved through time and some thoughts about what makes a village center a village center. This presentation is online:

- [here as slides](#)
- [here as a video recording](#)
- [here as the presentation script](#)

On August 10, join a panel of Historic Newton and other community members to share your thoughts, questions, and comments about the historical development patterns of Newton's village centers. Please feel free to send your questions for discussion in advance to [zoningredesign@newtonma.gov](mailto:zoningredesign@newtonma.gov).

## **Federal Communications Commission Launches Emergency Broadband Benefit**

**On May 12<sup>th</sup>**, 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](mailto:bob@rahbostonmetro.com) or Susan Kates at [skates@goddardhouse.org](mailto: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 [iseidmann@newtonma.gov](mailto: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.](#)***

---