

### IMPORTANT MASK UPDATE

The City of Newton now requires all participants and staff to wear face coverings when inside of public buildings, including the Newton Senior Center. If you need a face covering, please ask Senior Services staff for assistance.

*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.*

### Labor Day Closure Monday, September 6th

The Newton Senior Center will be closed on Monday, September 6th observance of Labor Day. All programs (both virtual and in-person) that day are cancelled and NewMo will not be running.

### Primary Election Day Program Cancellations Tuesday, September 14th

The Newton Senior Center is a polling location on Primary Election Day. All programs that take place in our Function Room, including Muscle, Movement, & Balance and Swing Band, are cancelled.

## *Our Upcoming Special Programs for the Week*

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



**Zoom:**  
**Focus Group for Older Adults on Zoning Redesign**

**Thursday, September 9th,  
2:00-3:00 p.m.**

The City of Newton's Planning Department wants

to hear how community members experience their village centers and what they envision for their future to inform zoning updates! A focus group for older adults (65+) will be co-hosted with the Council on Aging on Thursday, September 9<sup>th</sup>, 2-3pm – [register here](#) and [learn more](#) about this engagement phase on village centers for Zoning Redesign.

Register in advance for this meeting:

[https://us02web.zoom.us/join/register/tZMLc-yhpjwuEtaOcRo-4qhi\\_uHiWkbHYW1F](https://us02web.zoom.us/join/register/tZMLc-yhpjwuEtaOcRo-4qhi_uHiWkbHYW1F)

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

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**Indoors:**  
**Become a Dementia Friend**  
**Monday, September 13th, 2:30 to 3:30 p.m.**

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. Come to a Dementia Friends Information Session to learn a little more about what it's like to live with dementia and turn that understanding into action. Please join us. Led by Emily Kuhl. Please email Emily to register at [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov)

A PROGRAM OF

**JF&CS**

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**Zoom:**  
**Estate Planning 101**

**Tuesday, September 14th, 2:00 to 3:00 p.m.**

Procrastination is so 2020—especially when it comes to getting your estate plan in order!

Join Eileen Y. Lee Breger, an estate planning attorney, and Chiquita Rice, a financial advisor, for a presentation that will teach the fundamentals of estate planning. Participants will:

- Understand the value of estate planning – wills, revocable trusts, powers of attorney and healthcare documents.
- Demystify estate planning concepts – "probate," "gift and estate tax" and "trustee."
- Gain knowledge – special needs planning, estate tax planning, and funding an estate plan.

This program will be recorded so that Poll Workers can watch it later. If you are a Poll Worker, and you'd like to watch the program, please sign up so that you receive a recording of the program.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZUoceCtrDkqG9TFrBVKdBMV0kqwrYTSauyt>

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

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**Outdoor:**  
**Memory Cafe: African Drumming**

**Wednesday, September 15th, 2:00 to 3:00 p.m.**

Using drumming, movement, singing, therapeutic





strategies and cultural contexts, Cornell's drumming sessions bring joy, fun and laughter to improve your wellness.

Cornell Coley, M.Ed. is an award-winning percussionist, dancer, teacher and public performance artist. He most recently received public performance artist residencies with the Design Center 4 Social Intervention, the City of Boston and the Boston Foundation. He has been active in therapeutic and educational drumming for over 15 years. His website is [afrolatin.net](http://afrolatin.net). Just show up!

**This program is generously sponsored by Wingate Residences at Needham.**



**Indoor:**  
**Introduction to Watercolor Painting**

**with instructor Catherine Byun Min**

**6 Tuesdays:**  
**September 21st, September 28th, October 5th,**  
**October 12th, October 19th, October 26th,**  
**10:00 a.m.-noon**

Learn the fundamentals of watercolors and brush techniques through a focus on still life and landscape paintings. Catherine Byun Min received two Masters of Fine Arts degrees in painting — from the Pratt Institute in Brooklyn and Hong-ik University in Seoul, Korea. She has taught art classes for many years. Registration required by September 14th.

Maximum 8 students. **\$90, includes materials.** Email Ilana to register at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)



**Indoor OR Zoom:**  
**Beginner and Intermediate Acrylic Painting**

**with instructor Donna Calleja**

**5 Wednesdays:**  
**September 22nd, September 29th, October 6th,**  
**October 13th, October 20th,**  
**10:00 a.m.-noon**

The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting and paint application techniques. Students will work to develop a personal painting style to interpret in an original acrylic landscape or still life painting. This class will combine teacher demonstration with work time devoted to individual instruction. Students can participate in person or from home using Zoom.

Supply List: 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) or still life photos or objects. These are suggested supplies to get started. If you already own a set of acrylic paints and brushes please use what you already have at home.

Maximum 8 students in-person, and 10 students total. **\$70. The supply cost will be an additional \$30-\$50.** Supplies may be purchased on line at [dickblick.com](http://dickblick.com) or [michaels.com](http://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](http://www.donnacalleja.com)

Email Ilana to register at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) Indicate whether you want to take the class at the Newton Senior Center, or on Zoom.

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## ***Our Ongoing Programs for the Week***

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



Bring your instrument and a music stand, join in, or pull up a chair and just listen!

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**Indoors:**  
**Newton Senior Center Chamber Ensemble**

**Wednesdays, 9:30 to 11:00 a.m.**

(except from Memorial Day to Labor Day, and Christmas to New Year's)

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**Outdoor:**  
**Sketching/Drawing Studio**

**Mondays, 9:15 to 11:15 a.m.**

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!

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

**Lunch is 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.**

**Due to Springwell's new ordering system, we may not be able to accommodate walk-ins for lunch. Please reserve in advance!**

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**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."

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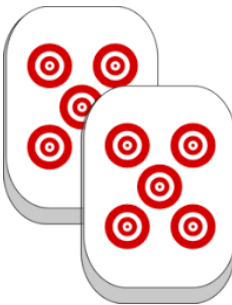


**Indoor:**  
**Chess Nuts**

**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.

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**Indoor:**  
**Mah Jongg Open Play**

**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 1:00 p.m.

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

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

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

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**Post-Labor Day In-Person Fitness and Wellness**

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

**Indoor:**  
**Muscle, Movement, & Balance with Nicole**  
**Tuesdays and Thursdays at 10:30 a.m.**  
**\*note new start time\***

Join a balance, movement, and strength-building class using exercise loops and weights (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!

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

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

**Indoor:**  
**Tai Chi with Aaron**  
**Beginner: Mondays at 9:30 a.m. (Newton Senior Center)**

**Beginner: Fridays at 11:00 a.m. (Hyde Community Center, 90 Lincoln Street, Newton Highlands) *This class may be held outdoors, as weather permits.***

**Advanced: Fridays at 9:30 a.m. (Newton Senior Center)**

Tai chi is an ancient Chinese tradition that, today, is practiced as a form of low-impact exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Indoor:**  
**Meditation with Betsy**  
**Thursdays at 9:15 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.

**Outdoor:**  
**Zumba Gold with Ketty**  
**Mondays at 11:00 a.m.**  
**Hyde Community Center, 90 Lincoln Street, Newton Highlands**  
***(This class will be moved to Zoom in the case of inclement weather.)***

**Dates of the classes:**

- Monday, September 13th
- Monday, September 20th
- Monday, September 27th
- Monday, October 4th
- Monday, October 18th
- Monday, October 25th

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

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## Post-Labor Day 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**  
**Tuesdays, Wednesdays, Thursdays, and Fridays, at 11:00 a.m.**  
**\*note no Monday classes on Zoom\***

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=bFB3QUdsWEIYZm43TIB6YWWVhaHh4dz09](https://us02web.zoom.us/j/85881599856?pwd=bFB3QUdsWEIYZm43TIB6YWWVhaHh4dz09)

Meeting ID: 858 8159 9856

Passcode: 8119

**Zoom Yoga with Diane**  
**Thursdays at 1:00 p.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.

[https://us02web.zoom.us/j/83381525259?  
pwd=OTZhOEcvdUVpNEVEYnFxWGdCL1h1dz09](https://us02web.zoom.us/j/83381525259?pwd=OTZhOEcvdUVpNEVEYnFxWGdCL1h1dz09)

Meeting ID: 833 8152 5259

Passcode: 214114

**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.

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### **Senior Parking Sticker Update**

The Senior Center is open, but for now, our processing will be via mail-in or drop-off to the Senior Center. We will process and mail back your sticker, 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) 796-1675.

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### ***Support Group Links***

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#### **Zoom Caregiver Support Group**

Third Tuesday of every month  
**Tuesday, September 21st, 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)

#### **Indoor: Bereavement Support Group:**

##### **Healing our Grief**

Third Thursday of every month  
(except September: this meeting is delayed one week due to Yom Kippur)  
**Thursday, September 23rd, 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. We're so pleased to welcome you back in-person to the Newton Senior Center.

#### **Zoom Declutter Support Group**

Second Friday of every month  
**Friday, September 10th, 2:00-3:00 p.m.**

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

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### ***Other Opportunities That May Be of Interest***

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***Are you caring for an aging parent? Are you looking for local resources and support?***

**Zoom:**

**Adult Child Support Group for those managing a parent's care**

**Tuesday evenings: 6:15-7:30 p.m.**



- September 14, 2021
- October 12, 2021
- November 9, 2021
- December 7, 2021
- January 11, 2022
- February 8, 2022
- March 8, 2022
- April 12, 2022
- May 10, 2022
- June 7, 2022

You must make a commitment to attend most meetings on Zoom.

Hebrew SeniorLife Social Worker, Lori Feldman, LICSW, will facilitate monthly group sessions focused on helping adult children find support and resources as they care for aging parents. Each meeting will begin with a different topic for group discussion and then be driven by participant needs. This series is open to temple members as well as the broader community. No cost to attend; space is limited.

Registration required. Contact Tracy Schneider at 617-959-4928 or [Tracy.Schneider@yahoo.com](mailto:Tracy.Schneider@yahoo.com) to register and for the zoom information.

*This series is sponsored by Hebrew SeniorLife and co-presented by TE senior fund, TE Adult Education, and the Newton Senior Center.*



### 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 we decided to do it again this year!

Join us at the Newton Senior Center parking lot on September 19th at 10:00 a.m. We will 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)** at 617-796-1672 or [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov) 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!

### Virtual Caregiver Workshop (Zoom): Anticipatory Grief: What It Is & How to Cope With It

**Presented by: Catherine LeClerc, LICSW  
Good Shepherd Community Care**

**Tuesday, September 14th,  
3:00 to 4:00 p.m.**

Join us for a Free Workshop from the comfort of your home! This facilitated discussion will cover:

- experiencing loss in stages
- changes in the caring role as a loved one faces greater decline
- what life may be like once a caregiver role has ended

Receive tools and education to tackle the anticipation of grief as well as grief itself. Know

you are not alone, and connect with other caregivers.

This is a virtual workshop hosted by Springwell and open to current caregivers who live or care for someone who lives in Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley or Weston.

To sign up, visit: <https://www.surveymonkey.com/r/CGworkshopgrief>

**For questions:**

Contact Carly Conole, Caregiver Specialist  
[cconole@springwell.com](mailto:cconole@springwell.com) or 617-926-4100 X 297

***Brought to you by Springwell's Family Caregiver Support Program***

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**Zoom:**  
**Get Going on Letting Go!**

Share Your Decluttering Challenges and Get Ideas, Advice, and Support

**Thursday Evenings, 6:30 - 7:30pm**  
**October 7th , October 21st; November 4th, November 18th; December 2nd;**  
**January 6th, January 20th; February 3rd,**  
**February 17th and March 3rd**

with Hildy Neumann, CPO

**Organizing & Productivity Consulting**

Hildy Neumann is a Certified Professional Organizer based in Newton, MA. As an organizing and productivity consultant, she has been guiding clients in finding the balance between their stuff and their life for 18 years. By lifting the burdens of clutter and disorganization, she creates calm and functional spaces where people can live, work and thrive. Contact Tracy at [Tracys120@yahoo.com](mailto:Tracys120@yahoo.com) for zoom link and registration.

**Co-Presented by the Adult Education Department, Newton Senior Center, Temple Emanuel Senior Fund and series proudly sponsored by Benchmark.**

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**Please join us as BC Beyond Lifelong Learning offers our Fall Coffee and Conversation series**  
**—online via Zoom!**

Boston College is pleased to offer a series of eight lectures and conversations to Boston College alumni, friends, and community

members from September through December 2021.

This series provides lifelong learning opportunities with University faculty and administrators on a wide variety of topics, including local and world history, science, technology, social issues, the arts, and more.

**The fee for the series is \$100.**

[Register here.](#)

**Fall 2021 Series**

All lectures will be offered on Wednesdays and Thursdays from 3:00 PM to 4:30 PM.

[Lecture Details & Speaker Bios](#)

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**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.

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### 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

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***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](mailto: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.](#)***

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