

Thanksgiving - Senior Center Closed

The Newton Senior Center will be closed on Thursday, November 25th & Friday, November 26th, in honor of Thanksgiving Day.

All programs, both on-site, off-site, and on Zoom are cancelled. NewMo will not be running on Thursday, November 25th but Newmo will be running on Friday, November 26th.



Important Face Cover Information

The City of Newton 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.

Our Upcoming Special Programs for the Week

The following programs are planned by the Newton Senior Center. Our programs are open to any adults 55+, from any community unless otherwise noted.

In-person programs (marked "Indoor" or "Outdoor") take place at the Newton Senior Center, on 345 Walnut Street in Newtonville unless otherwise noted.

You may need to click "view entire message" to read our entire e-newsletter.



Community Document Shredding & Drug Take-Back Day

Saturday, November 13th,
(rain or shine)
8:00 a.m. to 12:00 p.m. by appointment – see below

Newton Resource Recovery Center, 115 Rumford Avenue, Auburndale, MA

Open to all Newton residents. Shredding service is for RESIDENTIAL materials only (no business materials). Staples may be left in documents. Limited to 4 document boxes OR 8 paper bags per household.

Bring your expired or unused prescription medications to be properly disposed. **Note:**

vitamins and over-the-counter medication are safe to go in the trash.

This secure event will be overseen by the Newton Police Department and is drive-through service only: Residents are required to remain in their cars during collection for everyone's safety. Due to traffic flow, participants will not be permitted to watch their items being shredded. This event will be cancelled in the case of a pandemic-related lockdown of non-essential programs.

Advance sign-up required. Space is limited. [Call Newton City Hall at 617-796-1000 to make an appointment.](tel:617-796-1000) There is no cost to participate. However, donations to the Newton Senior Center are appreciated. Mail a \$10+ donation to the Newton Senior Center or donate by credit card at newtonseniors.org; please click on the **"Pay Online" button** or [click here.](#)



Memory Cafe:
Joel Light and Dan Moore perform

Wednesday, November 17th, 2:00 to 3:00 p.m.
Newton Senior Center – Function Room

Join a live concert/sing-along of classic hits from the 1940s, 50s, and Broadway. Imagine Frank Sinatra, Elvis Presley, and Doris Day with musical theater performers Dan Moore and Joel Light!

Joel has performed his "Fill My Heart with Song" show, with accompanist and singer Dan, throughout the Greater Boston area.

Just show up! This program is generously sponsored by Providence House Assisted Living.



**Providence House
Assisted Living**



MEN'S GROUP

Zoom: Men's Club

Thursday, November 18th, 9:30 to 10:30 a.m.

We are meeting a week early, due to Thanksgiving.

Our December meeting will be held on Thursday, December 23rd, on Zoom.

All retired and semi-retired men are welcome to join us for good conversation! This club gives you the opportunity to meet with men who have similar interests and backgrounds and others who have varied interests and vastly differing backgrounds — but all will have an interesting story to tell.

Our November and December meetings will be on Zoom. Every month there will be a different theme for the meeting. This month's theme will be: travel!

Please come prepared to talk about your favorite place you have traveled. We hope everyone in the group will learn something new at this meeting!



Zoom:
Introduction to Mindfulness: Part 3

Thursday, November 18th, 2:00 to 3:00 p.m.

A Fall Series on Mindfulness with Neil Motenko resumes on November 18 at 2 p.m. with an exploration of how mindfulness can nurture qualities of the mind and heart, such as wisdom, hope, forgiveness, and kindness, that can enrich our lives, and how meditation practice can cultivate those qualities. Each session will be interactive, review basic mindfulness principles and relevant science, include guided practices, and cover how we can integrate practice into our daily lives. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. The next session in the series is scheduled for Thursday, December 16, at 2:00 p.m.

This program is generously sponsored by Hebrew SeniorLife.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZU5fuuhqTgiH9bJ1rSiFfcuODDVDWYkIdmU>

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



MetroWest Legal Clinic

Thursday, November 18th, 12:00n to 3:00 p.m.

Led by Attorney Stephanie Ozahowski from MetroWest Legal Services.

Schedule a free private 20-minute legal telephone 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 daytime telephone number
- Confirm that you are at least 60 years old
- A brief description of your legal issue

The deadline to sign up for this month's clinic is
Monday, November 15th, at 8:30 a.m.



Indoor:
Theatre Workshop

led by Gerry and Phil Paquet

Thursdays:
November 18th & December 2nd

1:00 to 3:00 p.m.
Newton Senior Center – Function Room

No experience is needed. We will do improv and readings from plays and monologues, including original works. Minimum of 8, maximum of 12. The class is free, but preregistration is required. Register by emailing Ilana at iseidmann@newtonma.gov.

Zoom:
NewCal Community Meeting

Thursday, November 18th at 6:30 p.m.

The next NewCal Community Webinar Meeting will be on **Thursday, November 18th at 6:30 p.m.** Please [click here](#) to sign-up for the webinar. To visit the project web page [click here](#).



Zoom:
Beautiful Bahamas with Joy Marzlof

Friday, November 19th, 2:00 to 3:00 p.m.

The Bahamas are a group of 700 islands, and many smaller islets, made from the remnants of coral reefs in the northern Caribbean Sea and Atlantic Ocean. Formerly a British colony, their economy has long been reliant upon the sea. The underwater topography, storms, and even the

contested nature of the Bahamas between England and Spain in the 18th century have led to many shipwrecks in its waters. The remains of some of these wrecks can still be found today, now home to fish, octopus, turtles, and other creatures. In addition, the Bahamas has realized the economic value of marine tourism and has protected much of its waters, including banning commercial shark fishing. Now divers have the opportunity to see lemon sharks, tiger sharks, and even great hammerhead sharks up close in one of the few protected areas in the ocean for these amazing predators. See images of the beautiful marine life found in the Bahamas from wrecks full of fish to sharks and playful spotted dolphins and calves that love to interact with divers and snorkelers. Led by Joy Marzlof from The Joys of Nature.

This program is generously sponsored by Providence House Assisted Living.

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZAKduyvrjovGtTmR-YQB9JTVgcQZhZZEcS2>

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



Providence House Assisted Living



Indoor: Ceramics Workshop

with instructor Marc Mancuso

**8 Thursdays: December 2nd,
December 9th, December 16th,
December 30th, January 6th,
January 13th, January 20th,
and January 27th
(no class 12/23)**

Newton Senior Center – Art Room

**Session 1: 9:30 to 11:30 a.m. (waiting list only)
Session 2: 12:00 to 2:00 p.m. (spots are available)**

This course is designed for students who want to learn new skills and strengthen their technique. This class will also encourage discussions of how to explore the next steps in developing a personal way of working with clay. Demonstrations and projects can be tailored to many different levels of experience.

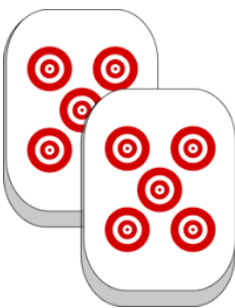
Marc Mancuso has been a ceramics educator for nearly 25 years. He is keenly interested in finding the nuanced sentiment, a useful reference, or the right technique that propels someone forward. He works and teaches in several studios around the Boston area.

Registration required by November 25th. Minimum 7 students, and maximum 9 students, per session. **\$170 for the 8-week session (materials included).**

Email iseidmann@newtonma.gov to sign up.

Our "Ongoing Programs" for the Week

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



Indoor: Mah Jongg Open Play

**Mondays and Thursdays,
1:00 to 3:00 p.m.**
Newton Senior Center – Dining Room

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.

Indoor: Billiards Play



**Mondays, Wednesdays, and Fridays,
9:00 a.m. to 12:00 p.m.
Newton Senior Center – Game Room**

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



**Indoor:
Sketching/Drawing Studio**

**Mondays, 9:00 to 11:30 a.m.
Newton Senior Center – Dining Room**

Art is long; life is short. Now is a good time to practice drawing skills – in a creative, friendly, and rewarding way.

Drawing Studio is free, meets weekly, and is open to all seniors – beginner to advanced. Instruction is available. Participants can work on drawings, sketches, studies and/or previous projects started away from the studio. The studio's goal is to enhance your drawing ability.

Please bring your own drawing kit: Pencils, paper and a sturdy support backing. Some limited supplies will be available, but it's always best to use your own personal favorites. Traditional easels and lap-friendly seated accommodations will be key. All Welcome!



**Indoor:
Swing Band**

**Tuesdays, 1:30 to 3:00 p.m.
Newton Senior Center – Function Room**

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:
Newton Senior Center Chamber Ensemble**

**Wednesdays, 9:30 to 11:00 a.m.
Newton Senior Center – Function Room**

(except December 22nd and December 29th)

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

**Indoor:
Bingo**



Wednesdays, 1:00 to 2:00 p.m.
Newton Senior Center – 1st Floor – Dining Room

Please bring quarters for play (we cannot provide coins).



Indoor:
French Conversation Group

Thursdays, 1:00 to 2:00 p.m.
Newton Senior Center – Library Lounge

Gather to speak in French about a variety of subjects. Bring a French newspaper, if you'd like, or another form of French media. All levels are welcome. Just show up!



Indoor:
Chess Nuts

Fridays, 1:00 to 3:45 p.m.
Newton Senior Center – 1st Floor – Cafe

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



It's Puzzle Time – Anytime!
Newton Senior Center – 1st Floor – Cafe

Join us at the Newton Senior Center to put together a puzzle with friends! Bring a pal with you or meet a new friend here. You can also bring your favorite puzzle – or use one of ours. We hope to see you soon!



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.
Newton Senior Center – Dining Room

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!



Autumn In-Person Fitness and Wellness

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

Fitness classes take place in our Function Room, unless otherwise noted.

Muscle, Movement, & Balance with Nicole **Tuesdays and Thursdays at 10:30 a.m.** Newton Senior Center – Function Room

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!

This class is offered on Zoom, as well:

[https://us02web.zoom.us/j/72197247170?
pwd=SjErRExjZ0pYRmpxT1IGb01MbUpRdz09](https://us02web.zoom.us/j/72197247170?pwd=SjErRExjZ0pYRmpxT1IGb01MbUpRdz09)

Meeting ID: 721 9724 7170

Passcode: 3dHxzC

Seated Strength & Balance with Pearl **Wednesdays at 12:00 p.m.** Newton Senior Center – Function Room

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.

Tai Chi with Aaron

Beginner: Mondays at 9:30 a.m. – Newton Senior Center – Function Room

Advanced Tai Chi: Mondays at 11:00 a.m.- Newton Senior Center- Function Room
This Advanced Tai Chi class is being run on a trial basis for November and December.

Advanced: Fridays at 9:30 a.m. – Newton Senior Center – Function Room

Beginner: Fridays at 11:00 a.m. – Hyde Community Center, 90 Lincoln Street, Newton Highlands. *This class may be held outdoors, as weather permits. Otherwise, it is an indoor class which will be held in the Hyde gymnasium throughout the winter.*

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

Outdoor: **Zumba Gold with Ketty** **Monday, November 15th 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.)

The last outdoor class will be on Monday, November 15th.

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



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

Meeting ID: 858 8159 9856
Passcode: 8119

Zoom: Zumba Gold with Ketty **Tuesdays, Wednesdays, Thursdays, and Fridays, at 11:00 a.m.** ***note no Monday classes on Zoom***

Zumba Gold is CANCELLED on Wednesday, November 17th.

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: 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=OTZhOEcvdUVpNEVEYnFhWGdCL1h1dz09](https://us02web.zoom.us/j/83381525259?pwd=OTZhOEcvdUVpNEVEYnFhWGdCL1h1dz09)

Meeting ID: 833 8152 5259

Passcode: 214114

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.

Join Zoom Meeting
[https://us02web.zoom.us/j/81218001857?
pwd=VVpUU3NwNmVzajVvZURXUXpLRk11dz09](https://us02web.zoom.us/j/81218001857?pwd=VVpUU3NwNmVzajVvZURXUXpLRk11dz09)
Meeting ID: 812 1800 1857
Passcode: 100202

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.

Support Group Links

In-Person: Caregiver Support Group

First Tuesday of the month
Tuesday, December 7th, 2:30 to 4:00 p.m.
Newton Senior Center – Library Lounge

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: Declutter Support Group

Second Friday of every month
Friday, November 12th, 2:00 to 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://us02web.zoom.us/j/82991985788?
pwd=TSStBSVR3cWE5TDFFY2dlTkJacys1UT09](https://us02web.zoom.us/j/82991985788?pwd=TSStBSVR3cWE5TDFFY2dlTkJacys1UT09)

Meeting ID: 829 9198 5788
Passcode: 398359

Zoom: Caregiver Support Group
Third Tuesday of the month
Tuesday, November 16th, 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

Indoor: Bereavement Support Group:
Healing our Grief
Third Thursday of every month
Thursday, November 18th, 10:30 to 11:30 a.m.
Newton Senior Center – Library Lounge

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: Parkinson's Support Group
Last Monday of every month
Monday, November 29th, 10:30 a.m. to 11:30 a.m.

The Parkinson's Support Group is re-starting with the new leadership of volunteer facilitator Dan Reilly.

The objectives of the group are to:

1. Obtain information on PD and treatment
2. Gain emotional support, advice, and tips from others
3. Learn from the experience of others
4. Provide guidance based on experience with disease
5. Develop a sense of community and partnership
6. Learn about and from other professionals in the area
7. Fight loneliness and anxiety
8. Understand that you are not alone

Register in advance for this meeting:


<https://us02web.zoom.us/meeting/register/tZwkcumsrDIsHNDI-Tx17IASzIirFI6I3VP>

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

Other Senior Center Information

**During COVID-19,
Have You Struggled With:**

- Loss of Income
- Paying Bills
- Housing
- Childcare
- Transportation
- Accessing Services



Enter to win one of 4 \$50 gift cards!

Please share your experiences with us so the City of Newton can plan new programs to assist you and your family.

(English): www.research.net/r/NewtonNeedsSurvey
(Translations): www.research.net/r/NewtonNeedsSurveyTranslated

Please complete the survey by **November 30**

The survey is available in Spanish, Simplified Chinese, Russian, & Brazilian Portuguese




City of Newton Health & Human Services

Community Needs Assessment

We are asking for your help in widely distributing this Community Needs Survey to gather data that will inform the City on how best to assist lower resourced residents who have been impacted by the pandemic. American Rescue Plan Act of 2021 (ARPA) provides money to local communities to help with recovery from the COVID-19 pandemic. The City of Newton will be directing a portion of ARPA funds to programs addressing the needs of lower-income residents impacted by the pandemic. We hope many will share their experiences with us. There is also an option to fill out the survey using your knowledge of resident needs based on providing direct services to these populations.

Please complete the survey by Tuesday, November 30th

English: www.research.net/r/NewtonNeedsSurvey

Translations (Spanish, Russian, Simplified Chinese, & Brazilian Portuguese):
www.research.net/r/NewtonNeedsSurveyTranslated

The survey will take approximately 10-15 minutes to complete. Responses will remain confidential. **By completing the survey, you qualify to win one of four \$50 VISA gift cards!** We expect the assessment to be completed during the winter of 2021, with a final report and recommendations in early 2022.

Please help us by sharing this survey.
We look forward to hearing from as many people as possible!



Snow Removal Information

The summer has sadly come to a close and we want to make sure you're ready for the winter season. Below is information about the City's Snow Removal Requirements with links to the Public Works and Senior Services web pages.

To ensure pedestrians safe travel throughout the City, the City of Newton requires all property owners or occupants of a building to maintain all paved and concrete sidewalks abutting their property or business in a non-slippery condition free of ice and snow within 24 hours after snow has ceased to fall or ice has formed. By working together, the City, residents, and business can ensure that our streets and sidewalks are safe for everyone. Snow clearance on sidewalks is critical to maintaining safe walking conditions. If walkways, crosswalks, islands, and curb ramps are icy and/or not shoveled, travel is difficult and dangerous for pedestrians. Children, older people, and people with disabilities are most affected.

[Click Here](#) for the link to view the Public Works webpage. [Click Here](#) for snow removal exemption information.



Tech Tutors Available

The Newton Senior Center has several volunteer "tech tutors" who assist seniors, on an appointment-only basis. The appointments are arranged mutually between the Tech Tutor and the student.

Appointments will be held in-person at the Newton Senior Center on weekdays between 9:00 a.m. and 3:45 p.m. either outside, inside at our Public Access Computers, or inside our Cafe or Dining Room. (Appointments to learn Zoom may happen over Zoom). Please meet your tutor initially in

the Reception area and then walk to your location appointment, from there.

Tech Tutors can meet between one to six times with the same student and can help you with the following: iPhone, Android, iPad, Tablet, PC, Computer (Mac), Zoom.

Some tutors require students to be vaccinated. All students must wear masks at indoor appointments, and some Tech Tutors will require masks at outdoor appointments, as well.

Please email or call Ilana at iseidmann@newtonma.gov or 617-796-1670 with your name, telephone number, what kind of technology you have, and a little bit about the issue.



Senior Parking Stickers

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 or you can contact us at scustomerservice@newtonma.gov or (617) 796-1675.

****Reminder that the "Blue" stickers that show an expiration date of June 30, 2021 will need to be replaced before December 17, 2021 as the extension granted by the Newton Police Department will be expiring.****



Holiday Cards are available at the Senior Center

Looking for cards? For those of you who like to look through our variety of donated cards, we wanted you to know that we now have the holiday cards out and available in the 1st floor Cafe area. We also have cards for other occasions as well. Stop by and take a look!

Other Opportunities



Union Church in Waban 2021 Community Thanksgiving Dinner Pick-Up on Saturday, November 13th

In light of the ongoing pandemic, the Union Church in Waban will once again hand out "Thanksgiving Dinners To Go," instead of hosting an in-person event. Dinners may be picked up on **Saturday, November 13th**, between 12:00 and 1:00 p.m. at 14 Collins Road, Waban, Mass., 02468. Church members will direct you where to go when you arrive. **Delivery can also be arranged. If you are interested, please call or email Alicia Collins at 617.784.4825 or aliciamaureencollins@gmail.com.**

Newton Neighbors Thanksgiving Gift Card Drive

November 1st to November 22nd

Help Newton Neighbors put food on your neighbor's table! Purchase and donate \$50 Shaw's, Star Market, Stop & Shop, or Market Basket gift cards for families in need. Drop-off locations, November 1 – 22 are located at:

- 137 Annawan Road, Waban
- 51 Hyde Street, Newton Centre
- 40 Sewall Street, West Newton
- 22 Florence Court, Newtonville
- OddFellows Ice Cream Co., The Street in Chestnut Hill
- Clark's Cakes and Cookies, Project Pop Up location, 141 Needham Street

Or donate to www.newtonneighbors.org/donate and we will purchase gift cards for you. Newton Neighbors will distribute the gift cards through partner agencies to families in Newton, Waltham, and Brockton during the week of Thanksgiving. Thank you, and Happy Thanksgiving from Newton Neighbors!

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 an appointment for SHINE Medicare Options Counseling

Press 5 for Durable Medical Requests and Durable Medical Donations (such as wheelchairs, shower chairs, rollators, etc.)

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

Press 7 for Elizabeth Lund, NewMo Transportation & Community Engagement

Press 8 for Julie Joy, Volunteer Coordinator

Press 9 for All other questions and to speak to the receptionist

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 Siltan	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 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.](#)

