



Newton Senior Center Updates as of April 1, 2022

The Newton Senior Center will be closed for all business on Monday, April 18th (Patriot's Day & Boston Marathon).

All Senior Center programs, both on Zoom and in-person, are cancelled for the day.

NewMo, our shared-ride program, will not be running.



Looking for a Covid-19 Booster or Vaccine?

If you are looking to schedule a Covid-19 booster or vaccine there are many ways to find an appointment. Find out how by going to www.getboostedboston.org. The website offers options for VAX Finder, Mobile Pop-Up Clinics, Home Visits, Telephone (211).

Our Coming 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 take place at the Newton Senior Center, on 345 Walnut Street in Newtonville, unless otherwise noted.

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(scroll below for program details):

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Friday, April 1st,
2:00 to 3:00 p.m.

(Parking Lot): Zumba Gold Good-Bye Pop-Up
Friday, April 1st, 4:00 to 5:00 p.m.

(Dining Room): Chocolates from Around the World

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(scroll below for program details):

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(Rumford Avenue Recycling Depot): Shredding Day
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(Library Lounge): Healthy Living

Tuesday, April 5th, 2:30 to 4:00 p.m.

(Zoom): Surviving Market Swings
Wednesday, April 6th, 7:00 to 8:00 p.m.

(Dining Room): Tommy Rull presents, A Musical Journey through the Years
Thursday, April 7th, 1:00 to 2:00 p.m.

(Art Room): Mosaics Workshop
Deadline to register is Friday, April 1st

(Art Room): Ceramics Workshop
Deadline to register is Friday, April 1st

(Function Room): Dementia Friends
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(Zoom): Art in Bloom at the MFA
Tuesday, April 12th, 11:00 a.m. to 12:00 p.m.

(Zoom): Rodgers & Hammerstein, The Concert, with Michael Goodwin
Wednesday, April 13th, 2:30 to 3:30 p.m.

(Function Room): Dance Caliente Performance
Thursday, April 14th, 1:30 to 2:30 p.m.

(Telephone): MetroWest Legal Clinic
Deadline to register is Thursday, April 14th.

Discussion Group
Wednesday, April 20th, 11:00 a.m. to 12:00 p.m.

(Function Room): Modern Dance with Donna Newman-Bluestein
Wednesday, April 20th, 2:00 to 3:00 p.m.

(Zoom): A Series on Mindfulness with Neil Motenko
Thursday, April 21st, 2:00 to 3:00 p.m.

(Library Lounge): Mah Jongg Workshop
Deadline to register is Thursday, April 28th

Ongoing Programs

Mah Jongg Open Play, Billiards Open Play, Sketching/Drawing Studio, Swing Band, Chamber Ensemble, French Conversation, and Puzzles

Fitness Classes

Muscle, Movement, & Balance, Seated Strength & Balance, Tai Chi (Beginner and Advanced), Zumba Gold, Yoga, and Meditation

Support Groups

Parkinson's, Caregiver, Declutter, and Bereavement

You may need to click "view entire message" in your mobile device to read our entire e-newsletter.



Zoom: **Doris Day – Her Life and Music**

with Frank King

Friday, April 1st,
2:00 to 3:00 p.m.

April 3rd marks the 100th anniversary of the birth of one of our most beloved singers. In her honor, Frank King's lecture will focus on the life and songs of the great DORIS DAY, plus the surprising stories behind some big hit songs from the year 1951, and other surprises – such as the lost verse to "Over the Rainbow" no one's ever heard!

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2,400 record albums.

Register in advance for this meeting:

https://us02web.zoom.us/join/zoom/register/tZEsdOuggD8iGtJvNWx9BNkr34Iq_6L900PD

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



Zumba Gold Pop-Up

**Friday, April 1st,
4:00 to 5:00 p.m.**

Newton Senior Center – Parking Lot (Rain location:
Function Room)

Please join us for an in-person good-bye to Ketty at a pop-up session in the Newton Senior Center parking lot. (Note that Zumba Gold with Ketty will continue on Zoom, as currently scheduled).

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

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

Just show up!



Chocolates from Around the World

Led by Releigh – "The Cocoa Lady"

Tuesday, April 5th, 2:30 to 4:00 p.m.

Newton Senior Center – Dining Room

Join us for a journey of relaxation and taste sensations – a chocolate lover's dream! We will bring the chocolate to you, presented in a group format for tasting, with sugar-free chocolates for those who may be sugar-sensitive. "The Cocoa Lady" will also share updated scientific research revealing all the health benefits related to dark chocolate.

Space is limited. Registration is **required**. Contact Ilana at 617-796-1670 or iseidmann@newtonma.gov to register.

This program is generously sponsored by eternalHealth.



Zoom:
Surviving Market Swings: You and Your



Financial Future Series

**Wednesday, April 6th,
7:00 to 8:00 p.m.**

Ashley Ott, partner at Vantage Point Financial, will help you understand how rebalancing your portfolio through market turbulence can keep your investments on track.

This program is cosponsored by the Newton Free Library.

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

<https://newtonfreelibrary.libcal.com/event/8190603>



Concert with Tommy Rull

**Thursday, April 7th,
1:00 to 2:00 p.m.**

Newton Senior Center – Dining Room

Please arrive at 12:30 for ice cream! (Ice cream service will end at 12:55, for the concert).

Take a walk down memory lane for "A Musical Journey Through the Years." Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert ... and many more!

Just show up!

This program is generously sponsored by The Village Bank.



Mosaics Workshop

With instructor Rita Foglia

**5 Fridays: April 8th, 15th, 22nd, 29th, May 6th,
10:00 a.m. to noon**

Newton Senior Center – Art Room

This workshop is for both beginners and those with some experience. You will make a beautiful mosaic using stained glass, tiles, beads, and anything else you would like to incorporate into the design. The possibilities are endless. You will be introduced to the materials and techniques – cutting, adhesives, and grouting – necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as tiles, beads,

old jewelry, or broken dishes, feel free to bring them along.

Registration required by April 1st. Minimum 7 students, maximum 9 students. \$72.
Email iseidmann@newtonma.gov to sign up.



Ceramics Workshop

with instructor Marc Mancuso

8 Thursdays:

April 7th, April 14th, April 21st, April 28th, May
5th, May 12th,
May 19th, May 26th

Newton Senior Center – Art Room

Session 1: 9:30 to 11:30 a.m. (waiting-list only)

Session 2: 12:00 noon to 2:00 p.m.

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 April 1st. Minimum 7 students, and maximum 9 students, per session. \$170 for the 8-week session (materials included).

Email iseidmann@newtonma.gov to sign up.



Dementia Friends

**Monday, April 11th,
2:00 to 3:00 p.m.**

Newton Senior Center – Function Room

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. Led by Kathryn DeSimone.

Register by emailing Kathryn at
kdesimone@newtonma.gov



Zoom:

Art in Bloom at the MFA

**Tuesday, April 12th,
11:00 a.m. to 12:00 p.m.**

Join a live interactive one-hour Zoom presentation where you'll learn all about the floral arrangements, the creative design process, and the art that inspired them. Presented by a team of art and floral guides who will answer all your questions, each tour features eight works from the

MFA's collection with their accompanying interpretive floral designs. These delightful sessions bring the Art in Bloom you know and love right to you.

This program is generously sponsored by The Village Bank.

This program is co-hosted with the Belmont Council on Aging.

Limited to 50 participants. [Email Ilana](#) to register. She will send you the Zoom link prior to the program.



Zoom:
Rodgers & Hammerstein: The Concert

with Michael Goodwin

**Wednesday, April 13th,
2:30 to 3:30 p.m.**

Pique Entertainment and Michael Goodwin present Rogers & Hammerstein: The Concert, a tribute to some of the best music Broadway has ever offered. From *Oklahoma* to *The Sound of Music*, R&H reshaped Broadway from their first note to their last. Join Michael as he sings some of his favorite songs (and yours as well).

This program is generously sponsored by The Village Bank.

[Email Ilana](#) to register. She will send you the Zoom link prior to the program.



Dance Caliente Performance

**Thursday, April 14th,
1:30 to 2:30 p.m.**

Newton Senior Center – Function Room

"Dancing Joy with Dance Caliente" is an Interactive Ballroom Dance Show that will sweep you off your feet! Come see dancing duo, Eileen Herman-Haase and Raul Nieves whose charismatic charm and delightful sense of humor bring so much more to their performances of dances like the Waltz, Argentine Tango and more. Best



of all, after each visual delight, you will be invited to learn some of the moves. Eileen and Raul are masters at inspiring participants at any level to experience the joy of dancing!

Just show up!

This performance is supported in part by a grant from the Newton Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. It is generously co-sponsored by The Village Bank.



Zoom and Telephone:
MetroWest Legal Clinic

**Thursday, April 21st,
10:00 a.m. to 1:00 p.m.**

Led by an Attorney 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. **The deadline to sign up for this month's clinic is Thursday, April 14th, at noon: NO exceptions.**

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

Indoor:
Health Maintenance Clinic

**Friday, April 15th,
10:00-11:00 a.m.**

Newton Senior Center – Library Lounge



The City of Newton's Public Health Nurse, Lisa Cielez, will meet with seniors on the 3rd Friday of every month, from 10 to 11 a.m. She can take your blood pressure, answer general medication questions, and consult about health issues.

Just show up and sign in. You will be seen in the order you sign in.



Community Document Shredding & Drug Take-Back Day

Saturday, April 16th, 2022
(rain or shine)

**8:00 a.m. to 12:00 p.m. by appointment –
Call City Hall Customer Service (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.

Advance sign-up required. Space is limited. Call Newton City Hall at 617-796-1000 to make an appointment. 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, bring cash or a check to the event and it will be gratefully accepted.



Healthy Living Discussion Group: a Monthly Series

Led by Jeannie Martin

Wednesday, April 20th,
11:00 a.m. to 12:00 p.m.

**Continuing the third Wednesday of every month,
11:00 a.m. to 12:00 p.m.**
Newton Senior Center – Library Lounge

Interested in current health topics, and how they apply to you? Join us for a lively discussion about how you can keep living life in a healthy (and well-informed) way. Our monthly discussions include what we all want to know about staying healthy, and ways to do this.

- **April 20:** Learning to Relax
- **May 18:** Wise Use of Medication
- **June 15:** Getting the Most Out of Your Doctor's Visit
- **July 20:** Safe and Easy Exercise

Register by emailing Ilana at iseidmann@newtonma.gov or calling 617-796-1670. If you already registered for the March session, you do not need to register again.

Memory Cafe: Moving to Music



with Donna Newman-Bluestein

Wednesday, April 20th,
2:00 to 3:00 p.m.

Newton Senior Center – Function Room

Whether in our seats or on our feet, we will move to irresistible, toe-tapping music from the Big Bands, the 1940's to the 70's, from Broadway and disco to Strauss waltzes for our physical and emotional health. Together, we will create community and experience a greater sense of aliveness and joy as we get our respiration going, improving flexibility of body and mind.

Just show up!

This program is generously sponsored by The Village Bank.



Zoom:
A Series on Mindfulness

This month's theme:
The Meaning and Value of Mindfulness

Thursday, April 21st,
2:00 to 3:00 p.m.

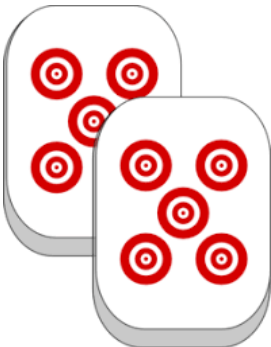
Mindfulness can help us not only cultivate a clear, “non-judgmental” awareness of what arises in life moment to moment, but also change the way we meet the stress and challenges life inevitably presents. In this session in A Series on Mindfulness with Neil Motenko, we will continue exploring both a broad view and many specific ways mindfulness can help us be in wise relationship with whatever arises, meeting our challenges more skillfully and enhancing our well-being. A continuation of the program presented in March, this session will begin with a summary of what was covered in that program so as to remind those participants and orient any newcomers. The session will be interactive, review basic mindfulness principles, 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 installment of Neil's *A Series on Mindfulness* will be on May 19, 2022, at 2 pm.

This program is generously sponsored by Hebrew SeniorLife.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZ0pf-iqrTMsGtMrJKajeX2olhHnJIU80gVM>

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



Beginner Mah Jongg Workshop

4 Fridays: May 6th, May 13th, May 27th, June 3rd (no class May 20th)

9:30 a.m. to 12:00 p.m.

Newton Senior Center – Library Lounge

This course will introduce you to the basic rules of the game. You only need a short amount of time and effort to master the elementary principles. By the second class, students will be playing a game. Instructed by Martha Tomanelli.

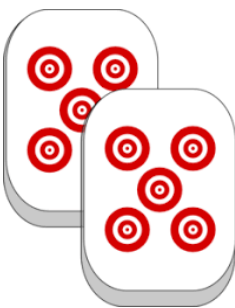
Registration required by April 28th. Minimum 8 participants, maximum 10. **The fee for the workshop is \$70.** Email Ilana to register at iseidmann@newtonma.gov

Newton Center for Active Living (NewCAL) Meetings

The next **NewCAL** Community Meeting is scheduled for **Thursday, April 21st** at 6:30 p.m. Please [click here](#) to access the project website.

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.

Are you interested in other games, especially Bridge and Chess? Please contact our Receptionist, at ngagnon@newtonma.gov or 617-796-1675. She maintains a list of people who would like to play at the Senior Center. When a quorum is reached, everyone on the list will receive each other's contact information so you can arrange afternoon game play at the Senior Center.

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

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

Indoor:
French Conversation Group

Thursdays, 1:00 to 2:00 p.m.
Newton Senior Center– 1st Floor - Function Room or Cafe



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!



It's Puzzle Time – Anytime!

Newton Senior Center – 1st Floor – Dining Room & 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!



Join Springwell and your neighbors for lunch at the Senior Center!

Springwell offers all local adults aged 60+ a healthy in-person or grab-and-go lunch (please bring your own bag) Monday-Friday from 11:30 a.m. to 12:30 p.m. at the Newton Senior Center.

Please call 617-796-1668 two business days in advance to reserve your meal. Leave a message stating your name, what day you would like to attend, and whether you would like an in-person or grab-and-go meal. **Click here** to view the monthly menu.

The meal is free to all, however an optional donation of \$2 to Springwell, a local non-profit, is suggested.



Spring Fitness and Wellness

All of our in-person and 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!

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

To join a virtual 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.

Muscle, Movement, & Balance with Nicole (Indoors)

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!

Seated Strength & Balance with Pearl (Zoom and Indoors)

Wednesdays at 12:00 p.m.

Newton Senior Center – Function Room

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

The class is offered on Zoom, as well:

[https://us02web.zoom.us/j/83928646511?
pwd=K29UenJFUzNFLzlsSWZzOENVbUpYUT09](https://us02web.zoom.us/j/83928646511?pwd=K29UenJFUzNFLzlsSWZzOENVbUpYUT09)

Meeting ID: 839 2864 6511

Passcode: 8119

Seated Strength & Balance with Pearl (Zoom)

Mondays at 12:00 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](https://us02web.zoom.us/j/85881599856?pwd=bFB3QUdsWEIYZm43TIB6YWVhaHh4dz09)

Meeting ID: 858 8159 9856

Passcode: 8119

Tai Chi with Aaron (Indoors)

Intermediate/Advanced Tai Chi: Mondays at 11:00 a.m.- Newton Senior Center – Function Room

Intermediate/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.*

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.

Zumba Gold with Ketty (Zoom)

Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays, at 11:00 a.m.

<https://us02web.zoom.us/j/825779957?pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09>

Meeting ID: 825 779 957

Passcode: 336304

Yoga with Diane (Zoom)

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

Meditation with Betsy (Zoom)
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 AND Zoom: Parkinson's Support Group

Last Monday of every month

Monday, April 25th,

10:30 a.m. to 11:30 a.m.

Newton Senior Center – Art Room

The Parkinson's Support Group has re-started with the new leadership of volunteer facilitator Dan Reilly. You can come to the Senior Center or meet us on Zoom.

The objectives of the group are to: obtain information on PD and treatment; gain emotional support, advice, and tips from others; learn from the experience of others; provide

guidance based on experience with disease; develop a sense of community and partnership; learn about and from other professionals in the area; fight loneliness and anxiety; 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.

In-Person: Caregiver Support Group

First Tuesday of the month

Tuesday, April 5th,

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, April 8th,

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=TSStBSVR3cWE5TDFFY2dITkJacys1UT09>

Meeting ID: 829 9198 5788

Passcode: 398359

In-Person: Bereavement Support Group:

Healing our Grief

Third Thursday of every month

Thursday, April 21st,

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. You can come to the Senior Center or meet us on Zoom.

Zoom: Caregiver Support Group

Third Tuesday of the month

Tuesday, April 19th,

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

Other Senior Center Information



Would You Like to Refer A Contractor?

Do you have a contractor (plumber, electrician, A/C technician, home improvement, handyman, etc.) that you've had a good experience with? If so, the Senior Center is looking to add to our list to refer to our patrons. Please email us their name, telephone number, and type of service they provide to nsilton@newtonma.gov. Details about your experience or why you appreciated their work would be helpful too.



Senior Parking Stickers

The Senior Center is open and we can process Senior Parking Stickers via mail-in, drop-off, or you can call us at 617-796-1675 to check our drop-in hours each day. Additional information can be found on our website at www.newtonseniors.org or you can contact us at sccustomerservice@newtonma.gov or (617) 796-1675.



Book Donations

The Newton Senior Center is once again taking book donations of books – 5 years old or less – to add to our current library. If you have some to donate, you can either drop off at our reception desk or leave them in our vestibule located off the Senior Center's rear parking lot. Questions? Please call us at (617) 796-1675. Thank you!

Need Help Finding a Rapid Antigen Test?

If you are 60+, live in Newton, and are not able to find Rapid Antigen test kits or are having trouble with the Internet, please give us a call at the Senior Center, (617) 796-1678. You will need to leave a message with your name and telephone number, and we will follow up with you.



Tech Tutors Available

The Newton Senior Center has several volunteer “tech tutors” who can assist seniors, on an appointment-only basis. The appointments are arranged mutually between the Tech Tutor and the student. These appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory-level assistance and training. They are not professional computer technicians. They are also not “emergency” tech help. If you're having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company (we can refer you to those through our contractor referral program).

Appointments are held in-person at the Newton Senior Center during our operating hours. Please meet your tutor initially in the Reception area and then walk to your appointment location, from there. Tech tutors can meet one to six times with the same student and can

help you with the following: iPhone, Android, iPad, Tablet, PC, Computer (Mac), Zoom, and Jitterbug. They cannot assist with any devices that cannot be brought to the Senior Center.

Please call or email 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 or what you need help with.

[Senior Center Weather Policy](#)

Whenever it is snowing or icy on weekdays, please call the Senior Center Program Information Line, at (617) 796-1666, after 7:30 a.m. The pre-recorded message will indicate if the Senior Center is closed due to weather.

You can also check our website at newtonseniors.org after 7:30 a.m.

Information about the City's Snow Shoveling Ordinance and Snow Exemptions request forms can be found on our website. [Click here.](#)

Other Opportunities

Announcement

There are SO many wonderful events happening in our community!

Beginning in 2022, the Newton Senior Center's weekly e-newsletters will no longer feature information about programs or events from outside organizations (unless they are co-sponsored by the Newton Senior Center).

If you're interested in an organization's events, please subscribe to their e-mail list directly.

NewTV also has a Community Calendar which posts upcoming events happening in the Newton community:

<https://newtv.org/about/community-calendar>

To have your event posted, please email Valerie at NewTV – valerie@newtv.org – with the following information:

- Event Name
 - Hosting Organization
 - Date, Time, Location, Brief description
 - Website URL for event information and/or registration
 - A graphic, preferably 1:1 aspect ratio
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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 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.](#)
