



Newton Senior Center Updates as of April 15, 2022

The Newton Senior Center will be closed for all business on Monday, April 18th (Patriots' Day and the 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.

There will be no grocery shopping or delivery on Tuesday, April 19th, due to City offices being closed on Monday, April 18th. Shopping will resume as scheduled on Friday, April 22nd.



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 do so. Find out how by going to www.getboostedboston.org. The website offers options for VAX Finder (a list of vaccination sites in your area), Mobile Pop-Up Clinics, and home visits. You can also dial 211 on your telephone for information.

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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**(Rumford Avenue Recycling Depot):
Shredding Day**
Saturday, April 16th, 8:00 a.m. to 12:00 p.m.

**(Library Lounge): Healthy Living
Discussion Group**
Wednesday, April 20th, 11:00 a.m. to 12:00 p.m.

**(Function Room): Memory Cafe: Moving
to Music with Donna Newman-Bluestein**
Wednesday, April 20th, 2:00 to 3:00 p.m.

**(Zoom): A Series on Mindfulness with
Neil Motenko: The Meaning and Value of
Mindfulness in Turbulent Times**
Thursday, April 21st, 2:00 to 3:00 p.m.

(Dining Room): Men's Club
Thursday, April 28th, 9:30 to 10:30 a.m.

**(Dining Room) Healthy Cooking Class
and Lunch Giveaway**
Thursday, April 28th, 10:30 to 11:00 a.m.

**(Newton Senior Center Courtyard) Folk
Sing-Along**
Thursday, April 28th, 11:00 to 11:30 a.m.

**(Function Room) "Bon, Appetit, Julia
Child!" with the Delvena Theatre
Company**
Friday, April 29th, 2:00 to 3:00 p.m.

(Art Room): Acrylic Painting Workshop
Deadline to register is Friday, April 22nd

**(Library Lounge): A Matter of Balance:
Managing Concerns about Falls**
Deadline to register is Wednesday, April 27th

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

Tuesday, May 3rd, 2:00 to 3:00 p.m.

**(Function Room): Chamber Ensemble
Spring Concert**
Wednesday, May 4th, 10:15 to 11:30 a.m.

**(Dining Room): Celebratory Lunch with
Heart to Home Meals**
Thursday, May 5th, 11:30 a.m. to 12:30 p.m.

**(Function Room): Micro-Adventures in
Massachusetts**
Friday, May 6th, 2:00 to 3:00 p.m.

Ongoing Programs

Meetings

Council on Aging meetings and
NewCAL Meetings

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.***



Health Maintenance Clinic

**Friday, April 15th,
10:00 to 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! Please wait outside if there is another patient already inside.



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, Mass.***

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 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

Just show up!

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 1940s to the 70s, 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
in Turbulent Times**

**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, to remind those participants and orient any newcomers.

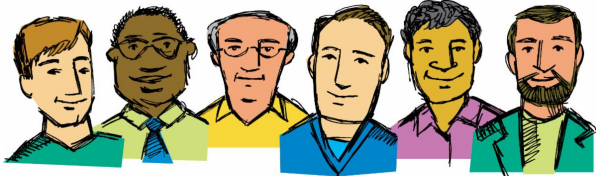
In light of world events, we will also address how mindfulness can be especially helpful even in the most turbulent and challenging times. The session will be interactive, review basic mindfulness principles, include guided practices, and cover how we can integrate practice into our daily lives. Although 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 p.m.

This program is generously sponsored by Hebrew SeniorLife.

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZ0pf-iqrTMsGtMrJKajeX2oIhHnJIU80gVM>

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



MEN'S GROUP

Men's Club

**Thursday, April 28th,
9:30 to 10:30 a.m.**

Zoom or Newton Senior Center – Dining
Room

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.

Every month there will be a different theme for the meeting. This month's theme will be: "an unusual experience I have had."

We hope everyone in the group will learn something new at this meeting!



Healthy Cooking Class and Lunch Giveaway

Thursday, April 28th, 10:30 to 11:00 a.m.

Newton Senior Center – Dining Room

This month's lunch: *All About Salads!*

Join the Benchmark Newton Culinary team at the Newton Senior Center to learn about healthy cooking, get recipes, tips and tricks, healthful hints including the Mind and Memory Care diet, and take home a delicious lunch.

Register for the lunch by emailing Ilana at iseidmann@newtonma.gov or calling 617-796-1670. If you signed up for a previous Benchmark lunch, you do not need to register again.



Folk Sing-Along

Thursday, April 28th, 11:00-11:45 a.m.

Newton Senior Center – Courtyard
If it's raining or very cold, we'll move the program to Zoom
(link below).

Join us for a casual and friendly song swap featuring folk classics and some old favorites. Feel free to sing, play along, or just listen and tap your foot.

All music fans are welcome. No registration needed. **Just show up!**

In case of rainy or cold (40s or below) weather, here is the Zoom link:



"Bon, Appetit, Julia Child!"

Presented by the Delvena Theatre Company

**Friday, April 29th,
2:00 to 3:00 p.m.**

Newton Senior Center –Function Room

A sequel to Delvena Theatre Company's ever-popular *Meet Julia Child!* show set in the late 1980's. Julia being Julia!

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.

Just show up!



In-Person OR Zoom:
Beginner and Intermediate Acrylic Painting
with instructor Donna Calleja

5 Wednesdays:
April 27th, May 4th, May 11th, May 18th, June 1st,
10:00 a.m. to 12 Noon

Zoom or Newton Senior Center – Art Room

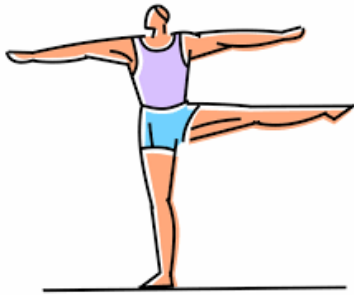
The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting, and paint application techniques. Students will work to develop 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.

Registration required by Friday, April 22nd. Minimum 7 students, maximum 9 students. **The class fee is \$80. The supply cost will be an additional \$30-\$50.** Supplies may be purchased online at dickblick.com or michaels.com

Donna Calleja has worked as a teacher and artist for more than 35 years. Her paintings have been shown in recent exhibits at the South Shore Art Center, Concord Art, Gallery Twist, and Room83Spring. Her paintings can be viewed [here](#).

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



**A Matter of Balance:
Managing Concerns about Falls**

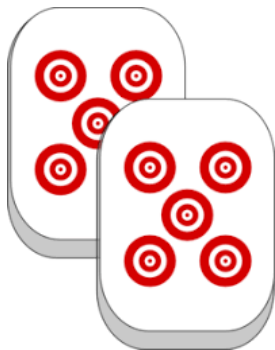
8 Wednesdays: May 4th, May 11th, May 18th, May 25th, June 1st, June 8th, June 15th, June 22nd

1:30-3:30 p.m.

Zoom or Newton Senior Center – Library Lounge

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity and to change their environment to reduce fall risk factors; they also learn simple exercises to increase strength and balance.

This eight -week series is sponsored by Newton-Wellesley Hospital and taught by Pearl Pressman. Minimum 8 participants; maximum 12 participants. If you do not attend the first and second class, your spot will be given to someone on the waiting list. **Registration required by Wednesday, April 27th**. Email Ilana to register at iseidmann@newtonma.gov



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



**Zoom:
Independent Lifestyle Design.....A
Room-by-Room Guide on
How to Make Your Home Safe, Healthy,
and Accessible**

Tuesday, May 3rd, 2:00-3:00 p.m.

Led by Margie McNally, interior designer

"Low-cost, simple modifications to help people be safer and more comfortable in their homes, such as installing grab bars and higher toilets, continue to be the most popular aging-in-place remodeling projects." National Association of Home Builders.



Micro-Adventures in Massachusetts

with author Alison O' Leary

Friday, May 6th, 2:00 to 3:00 p.m.

Newton Senior Center – Function Room

Massachusetts is full of history, spectacular scenery, wildlife, and wonderful opportunities for adventure. The best part is most of these places

are hidden in plain sight: in our state parks and accessible nature preserves. Get inspiration for all of your summer day trips and adventures in one program!

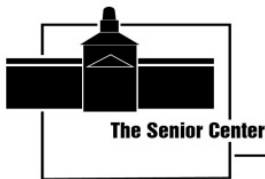
This program includes images and maps showing the sites described, it is free, open to the public, and suitable for all ages.

About Alison O'Leary: A Massachusetts native, longtime journalist and author of several nonfiction history and outdoors books, Alison is an avid outdoor explorer. See www.alisonoleary.com.

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.

Just show up!





Zoom: Council on Aging Meeting

**Tuesday, April 26th,
7:30 to 9:00 p.m.**

The Newton Council on Aging (COA) invites you to attend its monthly Zoom meeting.

The Newton COA is a group of interested volunteers appointed by the Mayor to serve the needs and improve the quality of life for all Newton seniors by focusing on outreach, advocacy, education, and legislation. The COA and Advisory Board are part of the Department of Senior Services and share the mission, vision, and values of the department.

Please join us at our next meeting by clicking on the link below:

Join Zoom Meeting
[https://us02web.zoom.us/j/82446037273?
pwd=YmFRNVl1OEIYYkxPVTNjL3ZyWWFzZz09](https://us02web.zoom.us/j/82446037273?pwd=YmFRNVl1OEIYYkxPVTNjL3ZyWWFzZz09)

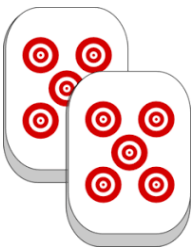
Meeting ID: 824 4603 7273
Passcode: 267640

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).



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.

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.



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!

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."

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!

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!



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

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

Wednesdays at 12:00 p.m.

Newton Senior Center – Function Room or Zoom

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.

[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

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, Gymnasium, 90 Lincoln Street, Newton Highlands.

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=VVpUU3NmNmVzajVvZURXUXpLRk11dz09](https://us02web.zoom.us/j/81218001857?pwd=VVpUU3NmNmVzajVvZURXUXpLRk11dz09)
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

Zoom: Declutter Support Group

Second Friday of every month

**Friday, May 13th,
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

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

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/join/zoom-join?zmid=1234567890&zoom-join-req=1>

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

In-Person: Bereavement Support Group:

Healing our Grief

Third Thursday of every month

Thursday, April 28th (Note the date change this month: we will be meeting one week later than usual).

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.

In-Person: Caregiver Support Group

First Tuesday of the month

Tuesday, May 3rd,

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.

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 during our drop-in hours. 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 "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. **Please note: we will not be arranging Tech Tutoring**

between Friday, April 15th, and Friday, April 22nd.

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
-

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 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 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.](#)
