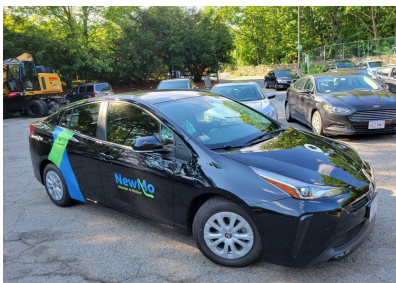




Newton Senior Center Updates as of April 29, 2022



NewMo Updates – Mask Mandate and More

Recently, a court ruling voided the federal requirement that everyone wear masks on public transportation. In line with that lifting, NewMo – like the MBTA and other transportation companies – no longer requires riders and drivers to wear a mask or face covering.

You can, of course, choose to continue wearing a mask (or two) and to open a window. The acrylic partition between the front seat and back seat of every NewMo vehicle will remain in place.

However, riders will now be allowed to sit in the front passenger seat, as long as there are already two riders in the back seat. In other words, if there are two riders in the vehicle when it picks you up, you will sit in the front seat. To the highest degree possible, we strive to respond to customer feedback, and we will modify aspects of NewMo as variables around COVID change.

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, 345 Walnut Street in Newtonville, unless otherwise noted.

Table of Contents
(scroll below for program details):

(Library Lounge): A Matter of Balance: Managing Concerns about Falls
Deadline to register is Monday, May 2nd

(Zoom): Independent Lifestyle Design: A Room-by-Room Guide on How to Make Your Home Safe, Healthy, and Accessible
Tuesday, May 3rd, 2:00 to 3:00 p.m.

Table of Contents
(scroll below for program details)

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

**(Function Room): Chamber Ensemble
Spring Concert**

Wednesday, May 4th, 10:15 to 11:30
a.m.

**(Function Room): Micro-Adventures in
Massachusetts**

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

**(Function Room) Home Improvement
Contractor Pitfalls, and How to Avoid
Them** Wednesday, May 11th,
2:00 to 3:00 p.m.

(Zoom) Socially Responsible Investing
Wednesday, May 11th,
7:00 to 8:00 p.m.

**(Dining Room) Ice Cream Social and
Magic with Jack Ryan** Thursday, May
12th, 12:30 to 2:00 p.m.

(Art Room) Who is "Us?"
begins Tuesday, May 17th, 10:30 a.m. to
12:00 p.m.

Conversation, and Puzzles

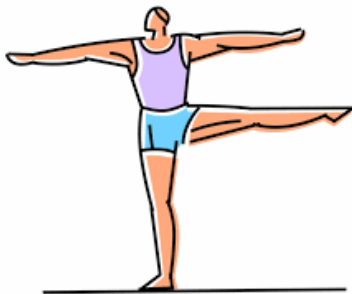
Fitness Classes

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.***



**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**

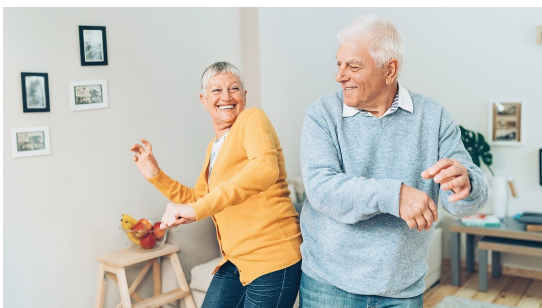
1:30 to 3:30 p.m.

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 no later than Monday, May 2nd. Email Ilana to register at
iseidmann@newtonma.gov



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

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

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.

Independent living is different for everyone. As you grow older, your needs will change, and you will want to find ways to stay safe, active, happy, and free, living in your own home. Depending on your specific medical or mobility condition, you can modify your home with a simple redesign and products for every function of daily living to ensure a good quality of life. This workshop will outline the many modifications (often at no or low cost) that can be made to make the home safer, less cluttered, and more accessible

Margie McNally of Interior Elements Design is an environmental interior designer and educator specializing in sustainable design and improving the quality of life by enhancing living spaces. Margie is licensed with NCIDQ in the state of Mass. for the practice of interior design. She is also a USGBC LEED Accredited Professional as well as a ALA Lighting Associate. Margie is also CAPS (Certified Aging in Place Specialist) Certified.

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZcpcu2rrDsqG9z749448OIAi6Yf90c-uh2q](https://us02web.zoom.us/join/91234567890)

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

Chamber Ensemble Spring Concert



**Wednesday, May 4th,
10:15 to 11:30 a.m.**

Newton Senior Center -- Function Room

Come enjoy a special concert to celebrate spring.
You will hear:

- Le Chevalier's *Symphony #11 in 3 movements*
- Mozart's *Symphony #40. First movement*
- Holst's *Brook Green Suite - Dance*

Just show up!

Micro-Adventures in Massachusetts

with author Alison O' Leary

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

Newton Senior Center – Function Room



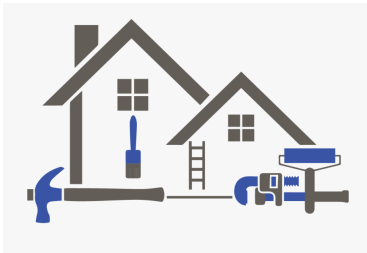
Massachusetts is full of history, spectacular scenery, wildlife, and wonderful opportunities for adventure. The best part is most of these places are hidden in plain sight: in our state parks and accessible nature preserves. Get inspiration for all of your summer day trips and adventures in one program!

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.

Just show up!



Home Improvement Contractor Pitfalls, and How to Avoid Them

**led by Bill O'Hearn and Terri Guttorsmen
from the Attorney General's Office**

**Wednesday, May 11th,
2:00 to 3:00 p.m.**

Newton Senior Center – Function Room

The presentation will follow a home improvement contracting project from start to finish and will discuss risks and challenges faced by homeowners drawn from real complaints mediated by the Attorney General's Office.

Just show up!



Socially Responsible Investing: You and Your Financial Future Series

**Wednesday, May 11th,
7:00 to 8:00 p.m.
On Zoom**

Socially responsible investing uses environmental, social and governance (ESG) criteria to examine a company's sustainability practices. Join Shelby Fabianac, Advisor Relationship Manager from Parnassus Investment, for a talk that will cover the basics of socially responsible

investing, how ESG research is integrated into investment decisions, and how the field continues to evolve.

This program is part of the ongoing *You and Your Financial Future* series and is co-sponsored by the Newton Free Library.

Register for this program at: <https://newtonfreelibrary.libcal.com/event/8190601>

Registration will end two hours before the start time. The login information will be sent just after registration closes. Please be sure to check your spam folder in case it lands there.



Ice Cream Social and Magic with Jack Ryan

Thursday, May 12th,
12:30 to 2:00 p.m.

12:30-12:55 p.m. Cabot's ice cream

1:00-2:00 p.m. Magic show

Newton Senior Center – Dining Room

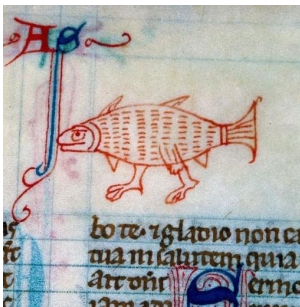
Jack Ryan has been a Professional Magician for many years and is Past-President of the Society of American Magicians, Boston. Although he has been successfully entertaining audiences of all ages, senior audiences are his specialty!

Jack's shows incorporate classic, tasteful, and sophisticated magic, a little ESP (magic of the mind), plus humor and audience participation.

His magic is interspersed with stories of the great magicians of old, many of whom the audience has seen.

This program is generously sponsored by eternalHealth.

Just show up!



Who is "Us"?

Led by Marcia Karp

6 Tuesdays: May 17th, May 24th, May 31st,
June 7th, June 21st, and June 28th,

10:30 a.m. to noon

Newton Senior Center – Art Room

We will meet, not to answer the course title, taken from Masha Gessen's recent book about Trump and autocracy, but to consider ways in which asking about *us* matters. Readings will include the Iliad (excerpts), Sophocles' Antigone, Greek myth, love and political poetry, bits from Gessen, as well as others in which an *us* is assumed, defined, and questioned. All readings will be provided.

Register by contacting Ilana at iseidmann@newtonma.gov or 617-796-1670.

Our "Ongoing Programs" for the Week

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

**Join Springwell & Your Friends
for lunch at the Newton Senior Center!**



Starting May 2nd, Springwell will offer an updated dine-in program to local adults aged 60+.

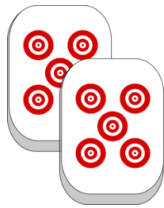
For **dine-in only**, you will be able to choose a hot or cold lunch option when you call to make your reservation. Springwell will also continue the grab-and-go pick-up, but will only offer one

meal option .

Dine-in and pick-up lunches are available Monday-Friday (except holidays) from 11:30 a.m. to 12:30 p.m. at the Newton Senior Center, 345 Walnut Street, Newtonville.

To make a meal reservation, please leave a message at 617-796-1668 two business days in advance. Your message should include your name, what day you would like to attend, and, if you will be dining in-person, whether you want the hot or cold menu option. If you are choosing grab-and-go, please note that as well, but there will not be a choice of 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.



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 Nancy 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 are 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!



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.

Zumba Gold with Jo
Wednesdays at 1:00 p.m.
beginning May 18th
Newton Senior Center – Function Room

Jopeng Tseng ("Jo"), a Zumba Gold-certified instructor, was born and raised in Taiwan. She absolutely loves dancing and truly believes that dancing makes everyone happy and healthy. She has been teaching Zumba, Zumba Gold, Zumba kids and Aqua Zumba for almost 6 years. She says, "Come and try my class!! I guarantee you will have a blast!"

Zumba Gold Toning with Yachun
Fridays at 1:00 p.m.
beginning May 20th
Newton Senior Center – Function Room

Zumba Gold Toning combines the cardio party of a Zumba® Gold class with body toning exercises using light weights (1 pound to 2.5 pounds each max). You can also join the class without using any weights or by using two 16.9oz bottled water. You will enhance muscle strength and endurance while dancing along different rhythms. The class is taught by Yachun(YC) who is an AFAA certified Group fitness instructor and specialized in active agers exercises.

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!

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

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: Bereavement Support Group:
Healing our Grief

Third Thursday of every month

Thursday, May 19th

(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.

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, May 17th
2:30 to 4:00 p.m.**

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. Register with Case Manager Emily Kuhl at ekuhl@newtonma.gov

In-person and Zoom: Parkinson's Support Group

Last Monday of every month

**Monday, May 23rd (moved one week earlier due to Memorial Day)
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.

Zoom:
Council on Aging Meeting

**Tuesday, May 24th,
7:30 to 9:00 p.m.**

The Newton Council on Aging (COA) invites you to attend our next Zoom Webinar meeting.

Please note that due to the new Zoom Webinar format, advanced registration is required to receive the Zoom link to the meeting.

[Click here](https://us02web.zoom.us/webinar/register/WN_W4KsANEOToa3d03qSsHUIw) or on the link below to register.
https://us02web.zoom.us/webinar/register/WN_W4KsANEOToa3d03qSsHUIw

Other Senior Center Information



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.



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.

Senior Center Weather Policy

Whenever there is inclement weather that might affect our programming, 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.

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 Vaccine or Booster information

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 an appointment for SHINE Medicare Options Counseling, 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.](#)
