



## Newton Senior Center Updates as of May 13, 2022

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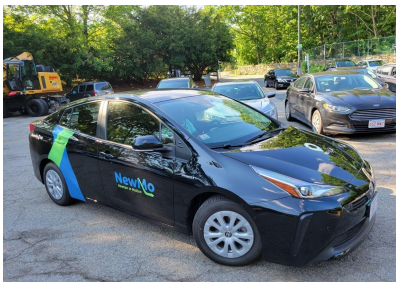
**Friday May 13th -  
Construction in Senior Center Parking Lot - Has been Postponed**

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**ZOOM: Newton Center for Active Living (NewCal)  
Community Meeting,  
Thursday, May 19th at 6:30 p.m.**

The NewCal project team will be presenting the latest plans. The Design Committee has been hard at work incorporating the feedback received. You can register for the meeting in advance by clicking [here](#). The link is also posted on the project website: <https://newcal.projects.nv5.com/>

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### **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.

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### **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**

## Table of Contents

(scroll below for program details):

### **(Art Room) Who is "Us?"**

8 Tuesdays begins May 17th, 10:30 a.m. to 12:00 p.m.

### **(Zoom) Steering Clear at 60+: Strategies for Driving Safely as we Age**

Tuesday, May 17th, 6:30 to 8:00 p.m.

### **(Library Lounge) Healthy Living Discussion Group**

Wednesday, May 18th, 11:00 a.m. to noon

### **(Telephone) MetroWest Legal Clinic**

Thursday, May 19th, 10:00 a.m. to 1:00 p.m.

### **(Zoom) A Series on Mindfulness**

Thursday, May 19th, 2:00 to 3:00 p.m.

### **(Courtyard) Folk Sing-Along Thursday, May 19th, 3:00 to 3:45 p.m.**

### **(Library Lounge) Health Maintenance Clinic**

Friday, May 20th, 10:00 to 11:00 a.m.

### **(Function Room) Swing Band Patriotic Concert**

Tuesday, May 24th, 1:30 to 2:30 p.m.

### **(Function Room) Swing Band Patriotic Concert**

Tuesday, May 24th, 1:30 to 2:30 p.m.

### **(Dining Room) Men's Club Thursday, May 26th, 9:30 to 10:30 a.m.**

### **(Dining Room) Healthy Cooking Class**

Thursday, May 26th, 10:30 to 11:00 a.m.

### **(Function Room) Swinging Sixties: Women Singers Find Their Voice**

Thursday, May 26th, 2:00 to 3:00 p.m.

## Table of Contents

(scroll below for program details)

### **(Function Room) Tai Chi Beginner Skills**

10 Mondays beginning June 6th, 9:30 to 10:30 a.m.

### **(Library Lounge) Tai Chi Beginner Skills**

4 Fridays beginning June 17th, 9:30 to 12:00 p.m.

### **(Art Room) Introduction to Watercolor Painting**

6 Tuesdays beginning July 12th, 10:00 a.m. 12:00 p.m.

## Ongoing Programs

### Meetings

Council on Aging Meetings and NewCAL Meetings

Mah Jongg Open Play, Billiards Open Play, Sketching/Drawing Studio, Swing Band, 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.***



## Who is "Us"?

Led by Marcia Karp

8 Tuesdays: May 17<sup>th</sup>, May 24<sup>th</sup>, May 31<sup>st</sup>,  
June 7<sup>th</sup>, June 21<sup>st</sup>, June 28<sup>th</sup>, July 5<sup>th</sup>, and July 12<sup>th</sup>

10:30 a.m. to noon

Newton Senior Center – Art Room

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.

Waiting-list only. Register for the waiting list by contacting Ilana at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or 617-796-1670.

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### **Steering Clear at 60+: Strategies for Driving Safely as we Age**



**Tuesday, May 17th,  
6:30 p.m. on Zoom**

Join us for tips and strategies for driving later in life. How can we continue to drive and accommodate our lifestyle as we age?

Questions one should consider: When is the right time to give up driving? Is it too soon to give up?

Debbie Kerrigan, MS, OTR/L, is a senior occupational therapist at Newton-Wellesley Hospital Rehabilitation Services. She received her Master of Science in Occupational therapy from Boston University's Sargent College in 2002 and has been at NWH for 20 years. She is certified in LSVT Big, is a CarFit Event coordinator, and a We Need to Talk facilitator. Amanda Holt, MS, OTR/L is a senior occupational therapist at Newton-Wellesley Hospital Rehabilitation Services.

This program is co-sponsored with Temple Emanuel Active Living Programs for Older Adults, and Newton-Wellesley Hospital.

Please rsvp to [Tracys120@yahoo.com](mailto:Tracys120@yahoo.com) for the flyer and Zoom link. If you have any questions about Active Living Programs for Older Adults, please contact Tracy Schneider at 617-959-4928 or email [Tracys120@yahoo.com](mailto:Tracys120@yahoo.com)



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### **Healthy Living Discussion Group: a Monthly Series**

**Led by Jeannie Martin**

**Wednesday, May 18th,  
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.

- **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!**

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**MetroWest Legal Clinic**



**Thursday, May 19th,  
10:00 a.m. to 1:00 p.m.**

**Telephone appointment** led by an Attorney from MetroWest Legal Services.

Schedule a free private 20-minute telephone (or Zoom) legal 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 Friday, May 13th, at 3 p.m. (no exceptions).**

For an appointment, please email [iseidmann@newtonma.gov](mailto: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



**Zoom:**  
**A Series on Mindfulness**

This month's theme:  
*Equanimity in Turbulent Times*

**Thursday, May 19th,  
2:00 to 3:00 p.m.**

Whether in the face of our own personal challenges or as we experience the feelings that naturally arise in bearing witness to suffering in a turbulent world, it can often be challenging to maintain a sense of equanimity. Mindfulness and particular meditation practices can help us stay balanced in changing and difficult times. In May, *A Series on Mindfulness with Neil Motenko* will review how the practice of mindfulness can help us navigate our way through change and turbulence with more balance and perhaps a measure of internal peace, and manage the “compassion fatigue” that some of us may experience as we take in world events. 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.

This program is generously sponsored by Hebrew SeniorLife.

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZ0pf-iqrTMsGtMrJKajeX20lhHnJIU80gVM>

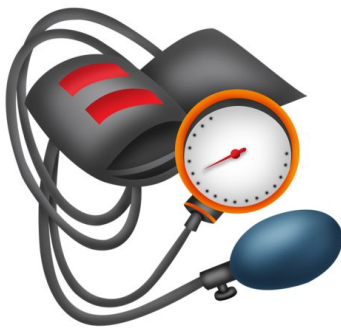
After registering, you will receive a confirmation email containing information about joining the meeting.

**Outdoors:**  
**Folk Sing-Along****Thursday, May 19th,  
3:00 to 3:45 p.m.****Newton Senior Center – Courtyard**  
**If it's raining or very cold, we'll move the program to Zoom**  
**(link will be emailed to sing-along distribution list).**

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.

To be added to the sing-along distribution list to receive reminders, and notices about weather-related changes, please email [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

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

**Health Maintenance Clinic****Friday, May 20th,  
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.

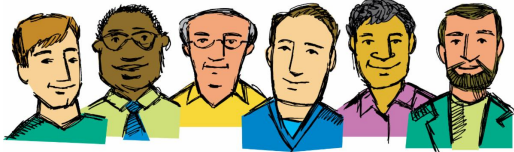
**Just show up and sign in.** You will be seen in the order you sign in.

**Swing Band Patriotic Concert****Tuesday, May 24th,  
1:30 to 3:00 p.m.****Newton Senior Center -- Function Room**

In honor of Memorial Day, we'll have a patriotic concert with all of the traditional patriotic songs. Please wear red, white, and blue, and bring a flag!

**Just show up!**

**Men's Club****Thursday, May 26th,  
9:30 to 10:30 a.m.****Newton Senior Center – Dining Room**



# MEN'S GROUP

an interesting story to tell.

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

Every month there will be a different theme for the meeting. This month's theme will be: "If I were to do it again."

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



## Healthy Cooking Class and Lunch Giveaway

**Thursday, May 26th, 10:30 to 11:00 a.m.**  
Newton Senior Center – Dining Room

This month's lunch: *Chicken Scampi over Angel Hair Pasta*

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

**Register for the lunch by contacting Ilana** at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or calling 617-796-1670. If you signed up for a previous Benchmark lunch, you do not need to register again.



## The Swingin' Sixties- Women Singers Find Their Voice

**Thursday, May 26th,  
2:00 to 3:00 p.m.**

Newton Senior Center -- Function Room

In this one hour entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss the female singers and play songs from the Swingin' Sixties.

The program will feature music from singers including Petula Clark, Connie Francis, Dusty Springfield and many others. These females broke down barriers and paved the way for more women to follow.

This program 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!**





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## Tai Chi: Beginner Skills

Led by Aaron Crawford

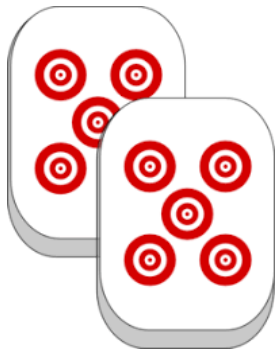
10 Mondays:  
June 6th, 13th, and 27th,  
July 18th and 25th,  
August 1st, 8th, 15th, 22nd, and 29th  
(no class June 20th, July 4th or July 11th)  
9:30 to 10:30 a.m.  
Newton Senior Center -- Function Room



This is a special workshop led by Aaron Crawford. You will learn beginner skills in a small, supportive environment.

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.

The cost of the class for the 10 weeks is **\$75**. Minimum 11 students, maximum 13 students. Please contact Ilana at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or 617-796-1670 to register.



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## Beginner Mah Jongg Workshop

4 Fridays: June 17<sup>th</sup>, June 24<sup>th</sup>, July 8<sup>th</sup>, July 15<sup>th</sup>  
(no class July 1<sup>st</sup>)  
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.

Minimum 8 participants,  
maximum 10. **The fee for the workshop is \$70 and includes materials.**  
Email Ilana to register at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

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## Introduction to Watercolor Painting

with instructor Catherine Byun Min

6 Tuesdays:  
July 12th, July 19th, July 26th, August 2nd, August 9th, and August 16th,

10:00 a.m. to noon  
Newton Senior Center – Art Room



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

Registration is required by July 1<sup>st</sup>. Minimum 7 participants, maximum 9 participants. **The class fee is \$100 and includes materials.** Email Ilana to register at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov).

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**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](#) or on the link below to register.  
[https://us02web.zoom.us/webinar/register/WN\\_W4KsANEOToa3d03qSsHUIw](https://us02web.zoom.us/webinar/register/WN_W4KsANEOToa3d03qSsHUIw)

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***Our "Ongoing Programs" for the Week***

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



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**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+.**

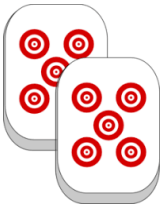
For **dine-in only**, you will be able to choose a hot or cold lunch option when you call to make your reservation. Springwell will also continue the grab-and-go pick-up, but will only offer one meal option .

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 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! Your group is welcome. Please 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](mailto: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 Swing Band will not meet on June 21st or  
June 28th.**

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."



## **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 part 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 16.9 oz bottles of 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!

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**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

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**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.

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**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

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**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

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**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 four 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). Bring a monthly check to the Newton Senior Center.** You can leave it with Reception, Norine Silton or Ilana Seidman. Make sure to note which classes you are taking.

**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

**4). Credit Card by Phone (business hours only)**

Please call Norine Silton at 617-796-1664 (note there is an additional 3% convenience fee).

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,**  
**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.

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**In-Person: Caregiver Support Group**

First Tuesday of the month  
**Tuesday, June 7th,**  
**2:30 to 4:00 p.m.**

Newton Senior Center – Library Lounge

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

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**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

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**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](mailto:ekuhl@newtonma.gov)

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**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/join/register/tZwkcumsrDIsHNDI-\\_Tx17IASzIirFI6I3VP](https://us02web.zoom.us/join/register/tZwkcumsrDIsHNDI-_Tx17IASzIirFI6I3VP)

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

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### *Other Senior Center Information*

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#### **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](http://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](mailto: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](http://www.newtonseniors.org), or you can contact us at [sccustomerservice@newtonma.gov](mailto: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!

## 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](http://newtonseniors.org) after 7:30 a.m.

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## *Other Opportunities*

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### 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](mailto: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 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

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**Direct Telephone Extensions for Staff**

Jayne Colino	Director	(617) 796-1671
Eliza Dodge	Food and Essential Items Coordinator	(617) 796-1669
Julie Joy	Volunteer Coordinator	(617) 796-1674
Emily Kuhl	Case Manager	(617) 796-1672
Elizabeth Lund	Outreach and Engagement Coordinator	(617) 796-1665
Ilana Seidmann	Programs Coordinator	(617) 796-1670
Norine Silton	Executive Administrator	(617) 796-1664

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***If you know other 55+ adults who might like to receive this e-newsletter, please ask them to send their email address to [iseidmann@newtonma.gov](mailto: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.](#)***

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