



Newton Senior Center Updates as of June 10, 2022

Juneteenth Closure



Newton City Hall and the Newton Senior Center will be closed on Monday, June 20th in honor of Juneteenth.

- All programs – in-person, remote, and off-site – are cancelled that day.
 - Due to the holiday, NewMo will not operate that day.
-

New Date for the NewCAL Community Meeting

Please note that due to a scheduling conflict, the upcoming NewCAL Community meeting planned for next Thursday, June 16, has been cancelled. However, there is a Design Review Committee (DRC) meeting scheduled for the night prior: Wednesday, June 15, at 6:00 p.m. to which the community is invited to. If you would like to join this meeting, please click here: [NewCAL DRC Meeting - June 15](#) (no pre-registration required).

For those who may not be familiar with these meetings, the DRC meets on a monthly basis to review various ongoing projects, which are in various stages of design. Although the meetings can sometimes be a bit technical with lots of feedback and interaction from Committee members, the Committee chairs are often open to hearing from the community at the end of the meeting.

Please note that the next NewCAL Community update meeting is scheduled for Thursday, July 21, at 6:30 p.m. You can register for this meeting in advance by clicking here: [NewCAL Community Meeting - Webinar Registration](#).

The meeting registration link is also posted on the project website home page: <https://newcal.projects.nv5.com/>

As always, we hope you can join us as we are eager to share recent developments and solicit feedback!

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.

If you need a reasonable accommodation to attend our programs, please contact the City of Newton's ADA/Sec. 504 Coordinator, Jini Fairley, at least two business days in advance of the meeting. She can be reached at jfairley@newtonma.gov or (617) 796-1253. The city's TTY/TDD direct line is: 617-796-1089. For the Telecommunications Relay Service (TRS), please dial 711.

Table of Contents

(scroll below for program details):

(Dining Room) Ice Cream Social and Concert with the Steve Rudolph Trio
Friday, June 10th, 12:30 to 2:00 p.m.

(Library Lounge) Theatre Workshop
6 Mondays beginning June 13th, 10:30 a.m. to 12:00 p.m.

(Art Room) Collage Workshop
5 Wednesdays beginning June 15th, 10:00 a.m. to 12:00 p.m.

(West Newton Cinema) All The Lonely People film Wednesday, June 15th, 6:30 p.m.

(Courtyard) Healthy Living Discussion Group Wednesday, June 15th, 11:00 a.m. to 12:00 p.m.

(Art Room) Ceramics Workshop
8 Thursdays beginning June 16th, 9:30 to 11:30 a.m. or 12:00 to 2:00 p.m.

(Telephone/Zoom) MetroWest Legal Clinic Thursday, June 16th, 10:00 a.m. to 1:00 p.m.

(Library Lounge) Mah Jongg Workshop
4 Fridays beginning June 17th, 9:30 to 12:00 p.m.

(Library Lounge) Health Maintenance Clinic Friday, June 17th, 10:00 to 11:00 a.m.

(Dining Room) Men's Club Thursday, June 23rd, 9:30 to 10:30 a.m.

Table of Contents

(scroll below for program details):

(Dining Room) Healthy Cooking Class
Thursday, June 23rd, 10:30 to 11:00 a.m.

(Art Room) Introduction to Watercolor Painting 6 Tuesdays beginning July 12th, 10:00 a.m. 12:00 p.m.

(Eliot Church) A Fundraiser for Indigenous Peoples Day Newton
Tuesday, June 21st, 6:30 p.m.

Ongoing Programs

Meetings

Council on Aging Meetings and NewCAL Meetings

Mah Jongg, 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.

Ice Cream Social and Concert with the Steve Rudolph Trio

Friday, June 10th,
12:30 to 12:55 p.m. Cabot's ice cream
1:00 to 2:00 p.m. Concert



Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best American popular music from the 40s, 50s, and 60s – from Big Band tunes to Elvis and Sinatra. Pianist/vocalist Steve Rudolph, founder of the Trio, has performed extensively for over 50 years in both the U.S. and Europe, in venues ranging from jazz clubs to churches.

This program is generously sponsored by CareOne at Newton.

Just show up!



Summer Theatre Workshop

Led by volunteer Roberta Zackman



**6 Mondays:
June 13th, June 27th,
July 11th, July 18th, July 25th, and August 1st,
10:30 a.m. to noon (no class June 20 or July 1)
Newton Senior Center – Library Lounge**

Broadway Lights came back on September 14, 2021. Now the Senior Center's Theatre Group is restarting as well. The group will workshop monologues, scenes, and routines from several old and new books; feel free to bring your own.

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

Collage Workshop

Donna Calleja, Instructor

**5 Wednesdays:
June 15th, June 22nd, June 29th, July 6th, and
July 13th,
10:00 a.m. to 12:00 p.m.**



Newton Senior Center – Art Room
or at home using Zoom

Collage is an art form used by artists working in a wide range of styles and subjects. In this workshop we will explore color, pattern and composition to create beautiful collage and mixed media works from materials you already have at home. We will look at the collage art of contemporary and master artists including Picasso and Matisse to inspire your unique collage work. The class will include instructor demonstration and hands on making of independent projects with guidance from the instructor. This class is designed for students with no prior or limited visual art experience or artists working in other art

disciplines.

Required materials

All students must provide their own heavy paper or cardboard (at least 5 inches and no more than 12 in any direction), scissors, pencil or pen, glue stick or white glue and 1-4 selections of printed paper. Printed paper selections may include some of the following, newspaper, magazines, photos, construction or lined paper, old postage stamps and junk mail. If you already own markers, watercolor or acrylic paint you may want to use this too. **Please no glitter, rubber cement, oil paint, or any solvent based art materials.**

Registration required by Friday, June 10th at 4pm. Minimum 7 students, maximum 9 students. **The class fee is \$80.**

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.



Please Join Us!

WEDNESDAY,
JUNE 15TH 6:30PM
WEST NEWTON CINEMA

Please join us for a special screening of *All The Lonely People*, a new groundbreaking documentary about a handful of people's stories of resilience, overcoming crippling social isolation and loneliness. Followed by Q&A with Producer, Joe Applebaum.

- Advance ticket purchase required
- Tickets available on a sliding scale \$0 - \$20
- Fully handicap accessible theatre
- Film includes subtitles

For more information or help with purchasing tickets call: (617) 796-1680

*Masks or appropriate face coverings will be required for all attendees

Hosted By:

- Good Shepherd Community Care
- Village Bank
- springwell
- Temple Emanuel
- Newton at Home
- HouseWorks
- FriendshipWorks

Buy your tickets now at www.westnewtoncinema.com or scan the QR code



All The Lonely People Film Screening at West Newton Cinema

**Wednesday, June 15th,
6:30 p.m.
West Newton Cinema**

Please join us for a special screening of *All The Lonely People*, a new groundbreaking documentary about a handful of people's stories of resilience, overcoming crippling social isolation and loneliness. Followed by a Q & A with Producer Joe Applebaum.

Hosted by: City of Newton Department of Senior Services, Newton at Home, Good Shepherd Community Care, Unitarian Universalist Society of Newton, Temple

Emanuel, The Village Bank, HouseWorks, Springwell, and FriendshipWorks. Mayor Fuller will give remarks.

Advance ticket purchase required. Tickets available on a sliding scale \$0-\$20. Wheelchair accessible theatre and restrooms. Film included subtitles.

Get your tickets now by [clicking here](#). For more information or help with purchasing tickets please call 617-796-1675. **Masks are mandatory.**



Healthy Living Discussion Group: a Monthly Series

**Led by Jeannie Martin
Wednesday, June 15th,
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.

- **June 15:** Getting the Most Out of Your Doctor's Visit
- **July 20:** Safe and Easy Exercise

Just show up!

Ceramics Workshop

with instructor Marc Mancuso

8 Thursdays:

June 16th, June 23rd, June 30th, July 7th, July 14th, July 21st, July 28th, August 4th



Newton Senior Center – Art Room

Session 1: 9:30 to 11:30 a.m.

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

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

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

Registration required by Friday, June 10th. Minimum 7 students, and maximum 9 students, per session. \$170 for the 8-week session (materials included).

Email iseidmann@newtonma.gov to sign up.



MetroWest Legal Clinic

led by an Attorney from MetroWest Legal Services

**Thursday, June 16th,
10:00 a.m. to 1:00 p.m.**
Telephone appointment

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, June 10th, at 3 p.m. (no exceptions).**

For an appointment, please email iseidmann@newtonma.gov (call at 617-796-1670) with the following confidential information:

- Your first and last name
- Your daytime telephone number
- Confirm that you are at least 60 years old
- A brief description of your legal issue

Beginner - Mah Jongg Workshop



4 Fridays: June 17th, June 24th, July 8th, July 15th
(no class July 1st)
9:30 a.m. to 12:00 p.m.

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



Health Maintenance Clinic

**Friday, June 17th,
10:00 to 11:00 a.m.**

Newton Senior Center – Conference Room

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. You will be seen in the order you arrive.
Please wait outside if there is another participant inside.



MEN'S GROUP

Men's Club

**Thursday, June 23rd,
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: "The most meaningful or interesting summer of my life."

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

Healthy Cooking Class and Lunch Giveaway

Thursday, June 23rd, 10:30 to 11:00 a.m.
Newton Senior Center – Dining Room

This month's lunch: *TBD*

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 or calling 617-796-1670. If you signed up for a previous Benchmark lunch, you do not need to register again.



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 1st. A minimum of 7 students is needed, with a maximum of 9 allowed. The class fee is **\$100** and includes materials. Email Ilana to register at iseidmann@newtonma.gov.



The Bounty of the Season: A Wampanoag Dinner by Chef Pocknett

A Fundraiser for Indigenous Peoples Day Newton (IPDN)

Tuesday, June 21st, at 6:30pm

Eliot Church, 474 Center Street, Newton MA 02458

The Indigenous Peoples Day Newton Committee is hosting a special dinner to raise funds and awareness for Indigenous Peoples Day Newton, which will be celebrated in October. The cost of this special event is \$150 per Individual, \$250 per couple.

If you'd like to attend, please contact the planning committee for information on discounted ticket prices. The committee has also set aside a limited number of complimentary tickets for our elders. If you are a Newton resident and are 60+ years of age, please contact Krysia Villon at krysia.villon@gmail.com or 413-885-8827 to sign up!

Our "Ongoing Programs" for the Week

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



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+.

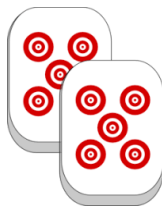
For **dine-in only**, you will be able to choose a hot or cold lunch option when you call to make your reservation. Springwell will also continue the grab-and-go pick-up, but will only

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 **Updated Format starts 6/6/22**

Mondays 1:00 to 3:00 p.m. pre-formed groups only
Thursdays 1:00 to 3:00 p.m. open play only
Newton Senior Center – Dining Room

Come for a friendly game of Mah Jongg, inside the building! Please meet in the Dining Room; please arrive after lunch is cleared, at 1:00 p.m.

Mondays 1:00-3:00 is for preformed groups only - not open play, not for newcomers
Thursdays 1:00-3:00 is for open play only - No preformed groups – everyone who participates on Thursdays must be open to playing with all skill/speed levels. Groups will be assigned at the event – flexibility required

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.



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

soon!

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



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 25th

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.

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 to different rhythms. The class is taught by Yachun (YC) who is an AFAA certified Group fitness instructor and specializes in active agers exercises.

On Friday, June 17th and Friday, June 24th, we will have Zumba Gold with Diane (a substitute teacher) instead of Zumba Gold Toning.

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

Tai Chi is cancelled on Friday, June 10th.

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, and Thursdays at 11:00 a.m.

Due to our new, in-person Zumba Gold classes, we are moving to a 3x week schedule for online Zoom classes.

<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>

Meeting ID: 833 8152 5259

Passcode: 214114

Meditation with Betsy (Zoom)
Thursdays at 9:00 a.m.

The group will meet in-person (instead of on Zoom) in the Function Room on the first Thursday of every month.

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>

Meeting ID: 812 1800 1857

Passcode: 100202

**How Do I Pay for
My Fitness/Wellness Classes?**

CLICK HERE FOR ONLINE PAYMENTS

(Echeck & Credit Card)

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: Caregiver Support Group

First Tuesday of the month

Tuesday, July 5th,

2:30 to 4:00 p.m.

Newton Senior Center – Library Lounge

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

Zoom: Declutter Support Group

Second Friday of every month

Friday, June 10th,

2:00 to 3:00 p.m.

Get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care. For more information, contact Karin Lehr, 617-969-4925, ext. 5958.

Join Zoom Meeting

<https://us02web.zoom.us/j/82991985788?pwd=TSStBSVR3cWE5TDFFY2dITkJacys1UT09>

Meeting ID: 829 9198 5788

Passcode: 398359

In-Person: Bereavement Support Group:

Healing our Grief

Third Thursday of every month

Thursday, June 16th,

10:30 to 11:30 a.m.

Are you suffering a loss? Join holistic health educator, spiritual care provider, and mindfulness teacher Betsy Simmons for a healing support group. You can come to the Senior Center or meet us on Zoom.

Zoom: Caregiver Support Group

Third Tuesday of the month
Tuesday, June 21st,
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, June 27th,
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.

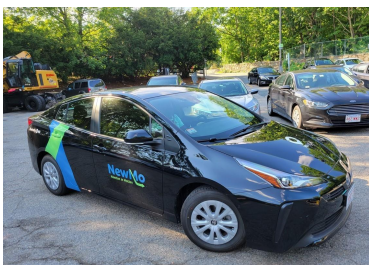
The objectives of the group are to: obtain information on PD and treatment; gain emotional support, advice, and tips from others; learn from the experience of others; provide guidance based on experience with disease; develop a sense of community and partnership; learn about and from other professionals 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/register/tZwkcumsrDIsHNDI-Tx17IASzIirFI6I3VP>

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

Other Senior Center Information



Tips for Using NewMo

The NewMo shared-ride service has been a game changer for people of all ages. Yet increased ridership has led to somewhat longer wait times recently, especially during peak hours. To address this problem, NewMo had added an eighth vehicle to the fleet for the month of June. We'll track usage and wait times to keep you informed and to determine a long-term strategy for improving rider experience.

In the meantime, we strongly suggest that riders call the call center, at 617-655-8091, to pre-schedule all rides for medical appointments in the NewMo service area. Rides can be pre-scheduled the day before your appointment by 5 p.m. or up to five days in advance.

If you request a ride on-demand for a medical appointment, we suggest you call an hour before a morning appointment and 75 minutes before an afternoon appointment. For other activities, you should call 20-30 minutes before you want to be picked up.

During peak hours – 3 to 5 p.m. – you should call 45 minutes before you want to be picked up.

If you have a smart phone, consider downloading and using the NewMo app. The app is the best way to use the service. Senior Center staff and volunteers can help you do that. **If you are in the midst of a NewMo ride – or you cannot get a ride – please call our front desk at 617-796-1675 for assistance.**

Mask-wearing is encouraged, to help keep everyone safe.



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!

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.](#)
