



## Newton Senior Center Updates as of June 17, 2022

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### Juneteenth Closure



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

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

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### New Date for the NewCAL Community 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!

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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 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](mailto: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.*

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(scroll below for program details):

(scroll below for program details)

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

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

**(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.

**(Function Room) CPR for Seniors**  
Wednesday, June 29th, 2:30 to 4:00 p.m.

**(Zoom) Introducing Newton History, led  
by Historic Newton** Thursday, June  
30th, 2:00 to 3:00 p.m.

**(Courtyard) Folk Sing-Along** Thursday,  
June 30th, 3:00 to 3:45 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.***



## 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.

You are welcome to join in time for the second class! Register by emailing Ilana at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or 617-796-1670.



## Men's Club

**Thursday, June 23rd,**  
**9:30 to 10:30 a.m.**  
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!

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## **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: Cous Cous Salad with Greek-style Chicken;  
Fruit Carving

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.

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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 1st.** 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](mailto:iseidmann@newtonma.gov).

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## **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](mailto:krysia.villon@gmail.com) or 413-885-8827 to sign up!



## Council on Aging Meeting

**Tuesday, June 28th,  
7:30 to 9:00 p.m.**

On Zoom

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)



## CPR for Seniors

**Wednesday, June 29th, 2:30 to 4:00 p.m.**

Newton Senior Center -- Function Room

Want to learn how to save a life? Come learn the lifesaving skills of adult/child/ infant hands-only CPR and Automatic External Defibrillator (AED) and how to help a choking adult/child/infant. Please note that this program is non-credentialed - no certification card will be awarded. Taught by the City's Public Health Nurse.

Limited number of spots are available. **Registration is required:** contact Ilana at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or 617-796-1670 to register.



## Introducing Newton History

**led by Historic Newton**

**Thursday, June 30th, 2:00 to 3:00 p.m.**

On Zoom

How did Newton go from the home of Native people to "Cambridge Village" to the city that we know today? Trace 400 years of "Garden City" history beginning with Native settlements in the

1600s through farming, factories, railroads, and other major changes to the present day.

This program is generously sponsored by The Village Bank.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwpd-qurDstGN2NMQQCXUQQxHFFpQ3nLHfX>

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



**Outdoors:**  
**Folk Sing-Along**  
Thursday, June 30th,  
3:00 to 3:45 p.m.

Newton Senior Center – Courtyard

*If it's raining heavily, we'll move the program to Zoom.  
(The link will be emailed to the 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!**

### *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.

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### **Mah Jongg Play** **Updated Format began 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](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.

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### **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.

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### **Sketching/Drawing Studio**

**Mondays, 9:00 to 11:30 a.m.**  
Newton Senior Center – Dining Room

**The Sketching/Drawing Studio will meet on Wednesday, June 22nd and Wednesday, July 6th as make-ups for the Monday holiday closures.**

*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!

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### **Swing Band**

**Tuesdays, 1:30 to 3:00 p.m.**



**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 25th**

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.**  
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!

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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, and Thursdays 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>

Meeting ID: 833 8152 5259

Passcode: 214114

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**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

**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 Siltan 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.

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## Support Group Links

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

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### **Zoom: Declutter Support Group**

Second Friday of every month

**Friday, July 8th,  
2:00 to 3:00 p.m.**

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

Join Zoom Meeting

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

Meeting ID: 829 9198 5788

Passcode: 398359

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### **In-Person: Feeling & Healing Our Grief**

Third Thursday of every month

**Thursday, July 21st,  
10:30 to 11:30 a.m.**

Newton Senior Center – Library Lounge

If you are struggling with a loss, please join us for a healing support group. We invite you to come and connect, whether that loss was last week or many years ago. Come to give and receive support- we're all in this together. Facilitator Betsy Simmons is a holistic health educator, spiritual care provider, and mindfulness teacher.

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

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### **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:**

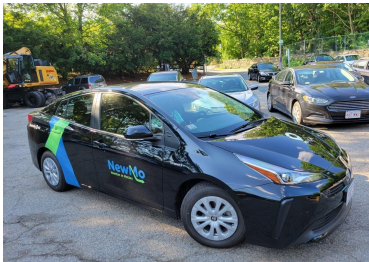
[https://us02web.zoom.us/join/zoom/register/tZwkcumrDIsHNDI-\\_Tx17IASzIirFI6I3VP](https://us02web.zoom.us/join/zoom/register/tZwkcumrDIsHNDI-_Tx17IASzIirFI6I3VP)

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

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## *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 has 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.

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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!

## ***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](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

### 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](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.](#)***

