



Cooper Center Updates as of November 8, 2024 [Click Here](#) for a list of our *"interim"* locations



Our November/December Newsletter

Our November/December newsletter should reach your mailbox soon.

The issue includes an exciting update about the Cooper Center for Active Living construction project and an announcement from Director Mignonne Murray.

You'll also find information about our upcoming special programs and applying for fuel assistance.

To read the issue, [just click here](#).



Upcoming Holiday

The Cooper Center and our program locations will be closed on Monday, November 11, in honor of Veterans Day.

We're grateful to all veterans, especially those in Newton and in our Cooper Center extended family.

Zoom Webinar on the Medicare Plan Finder at Medicare.gov

Friday, November 22, 11 a.m. to 12 p.m.

Do you need to compare Medicare plans for 2025? The Medicare Plan Finder on Medicare.gov is a useful online tool to help you compare Medicare drug and

Do you need to compare Medicare plans for 2025?
The Medicare Plan Finder on Medicare.gov is a useful online tool to help you compare Medicare drug and Medicare Advantage plans. If you are comfortable navigating websites online, MetroWest SHINE can teach you how to compare your plan options and find the most cost-effective plan for 2025.



Join us for an instructional Zoom webinar on the Medicare Plan Finder at Medicare.gov

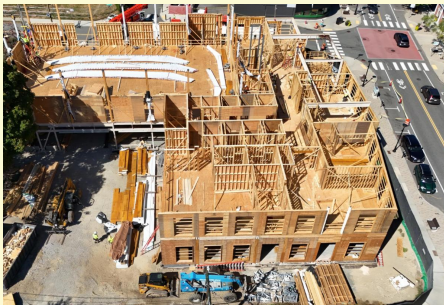
Friday, November 22
11:00am – 12:00 pm

To register, email: MetroWestSHINE@needhamma.gov and a Zoom link will be emailed to you.

Please Note: This is a group presentation and is NOT an individual SHINE counselor meeting.

Medicare Advantage plans. If you are comfortable navigating websites online, MetroWest SHINE can teach you how to compare your plan options and find the most cost-effective plan for 2025.

To register, email MetroWestSHINE@needhamma.gov and a Zoom link will be emailed to you.



Cooper Center Construction Meeting

The next Cooper Center Construction Update will take place on Tuesday, December 3, at 6 p.m. on Zoom.

You can register for the meeting by [clicking here](#).

You can also watch the latest construction video by Josh Morse, Public Buildings Commissioner for the City of Newton, here: https://youtu.be/6mEvkHCZ_Sc

We'd love to see you at the online meeting!

Our Upcoming Programs

The following programs are planned by the Newton Senior Center. Our programs are open to any adults 55+, from any community, unless otherwise noted.

A printable fitness & wellness schedule is available by [clicking here](#).

A printable Weekly Activity Listing for the upcoming week is available by [clicking here](#).

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.

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Canasta Open Play

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115 Rumford Avenue),
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8:00 a.m. to 12:00 p.m.**

**Mosaics Workshop
(Brigham House, 20 Hartford Street)
5 Mondays beginning November 18,
10:30 a.m. to 12:30 p.m.**

**Become a Dementia Friend!
(Hyde Community Center,
90 Lincoln Street)
Tuesday, November 19,
1:00 to 2:00 p.m.**

**Sing-Along Concert with
Joel Light and Dan Moore
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**Thanksgiving Meal program
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(Zoom)
Wednesday, November 27,
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Other Programs & Information

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Folk Sing-Along
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Hearing Clinic
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**Friendly Visitors
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Staff Listing**

You may need to click "view entire message" in your mobile device to read our entire e-newsletter.

Special Programs



Fiber Arts Club

***Pilot Program:
Planning to meet on the third Friday of
every month***

**First date: Friday, November 15,
1:30 to 3:30 p.m.**

Do you like to socialize while you knit, crochet, weave, hand quilt, embroider, needlepoint, or create any other type of fiber arts? Bring a project to work on and chat with others about your favorite fiber-arts medium. **Just show up!**



Community Document Shredding & Medication Take-Back Day

Saturday, November 16,
(rain or shine)
8:00 a.m. to 12:00 p.m. by appointment
Advance sign-up required.
Please call City Hall at 617-796-1000.

***Newton Resource Recovery Center,
115 Rumford Avenue, Auburndale, MA***

Open to all Newton residents. Shredding service is for RESIDENTIAL materials only (no business materials). Staples and paper clips may be left in documents. **Already shredded paper is also accepted since it's not allowed in the green recycling carts. Limited to 4 document boxes OR 8 paper bags per car.**

Bring your expired or unused prescription medications to be properly disposed. **NO liquids, aerosols, or sharps will be accepted. Note: vitamins and over-the-counter medication are safe to go in the trash.**

Cosponsored by the Newton Department of Senior Services, the Newton Department of Public Works, the Newton Police Department, and the Newton Department of Health and Human Services.



Mosaics Workshop

5 Mondays:

**November 18, November 25,
December 2, December 16, and
December 30,
10:30 a.m. to 12:30 p.m.**

Brigham House – 20 Hartford Street

Led by Rita Foglia

This workshop is for both beginners and those with some experience. You will make a beautiful mosaic using stained glass, tiles, beads, and anything else you would like to incorporate into the design. The possibilities are endless. You will be introduced to the materials and techniques – cutting, adhesives, and grouting – necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as beads, old jewelry, or broken dishes, feel free to bring them along.

Minimum 7 students, maximum 9 students. Class fee is \$72. To register, contact Ilana at iseidmann@newtonma.gov or 617-796-1670.



Tuesday, November 19, 1:00 to 2:00 p.m.

Hyde Community Center - 90 Lincoln Street

Led by Emily Kuhl

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by

dementia. You will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you will turn your new understanding of dementia into a practical action that can help someone with dementia living in your community.

RSVP requested. Please stop by the Front Desk at Brigham House, 20 Hartford Street, or call 617-796-1675. Or send your name, telephone number, and email address to our receptionists at seniorprograms@newtonma.gov



Singalong Concert with Joel Light and Dan Moore

Thursday, November 21, 1:00 to 2:00 p.m.

**Newton Free Library's Druker Auditorium
330 Homer Street**

Sing the American Songbook: A Singalong Concert with Joel Light and Dan Moore, featuring Broadway tunes, classic hits and familiar singalongs!

Joel Light, founder/performer of Fill My Heart with Song, brings to life classic songs through singalongs, storytelling, and movement. Joel has a master's in theater education, has taught children to seniors, and is a Certified Dementia Practitioner. Since 2018, he has presented singalong concerts at senior centers, assisted living facilities, and other communities throughout Greater Boston.

Dan Moore, performer/accompanist, is a music director, voice coach, and a retired teacher. Dan directs and teaches musical theater. He has a passion for songs from the 1940s, 1950s, and Broadway.

This program is generously sponsored by the Jayne Colino Fund at the Senior Citizens Fund of Newton.

RSVP requested. Please stop by the Front Desk at Brigham House, 20 Hartford Street, or call 617-796-1675. Or send your name, telephone number, and email address to our receptionists at seniorprograms@newtonma.gov

Thanksgiving Social

Tuesday, November 26, 1:00 to 2:00 p.m.

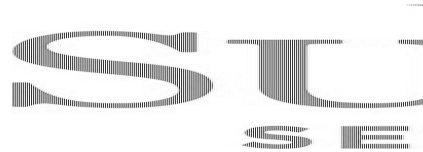
Brigham House - 20 Hartford Street

Join the Cooper Center staff for a Thanksgiving get-together with treats, cider, crafts, and trivia!



This event is generously sponsored by Sunrise of Newton.

RSVP requested. Please stop by the Front Desk at Brigham House, 20 Hartford Street, or call 617-796-1675. Or send your name, telephone number, and email address to our receptionists at seniorprograms@newtonma.gov



Thanksgiving Meal Program

**Pick-up will be on
Tuesday, November 26 (time slot will be sent to those who
reserve a meal).**

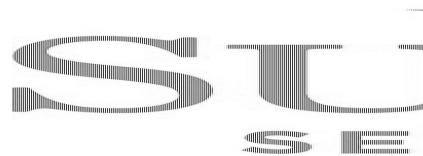
Brigham House - 20 Hartford Street

Members of our community who aren't celebrating Thanksgiving with extended family are invited to pick up a single-serve Thanksgiving meal. The meal consists of turkey, gravy, mashed potatoes, green beans with almonds, cranberry sauce, stuffing, and pumpkin pie. Newton residents 65+ only. Maximum 1 meal per person. You (or your proxy) must pick up

during the delivery window. Quantities are limited; reserve early.

This event is generously sponsored by Sunrise of Newton.

Reservation required. Please send your reservation request to the Front Desk at Brigham House, 20 Hartford Street, or call 617-796-1675. Or send your name, telephone number, and email address to our receptionists at seniorprograms@newtonma.gov



Newton LGBTQ Seniors Virtual Friendsgiving Gathering

Wednesday, November 27, 11:30 a.m. to 1:00 p.m.

On Zoom



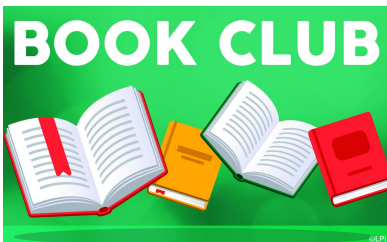
Let's eat, drink, catch up, and be thankful together! Bring your lunch and smiles to our Virtual Friendsgiving gathering and reconnect with longtime friends from the Cooper Center. Food just tastes better when we eat it together! Join us for Friendsgiving and let's chart a course together to re-imagine our future Newton LGBTQ Seniors gatherings and events. This virtual event will be facilitated by volunteer Rosa Buffone.

Register in advance for this meeting:
<https://newtonma->

[gov.zoom.us/meeting/register/tZYkduCrpjMsG9SGNvYSRnTj7K_zeqc6nzFc](https://newtonma.gov.zoom.us/meeting/register/tZYkduCrpjMsG9SGNvYSRnTj7K_zeqc6nzFc)

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

Ongoing Monthly Programs (listed alphabetically)



Book Club

Meets on the third Friday of every month

**Friday, November 15,
10:30 a.m. to 12:00 p.m.
On Zoom**

The book will be "The Women," by Kristin Hannah, selected by Doug. All older adults are welcome to attend this virtual book club.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZlpdu-upj8jH9yqtJhPW3NSik-oEtJt72VV>

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



Chair Massage

**Monday, November 25,
12:50 to 2:50 p.m.**

Held on the fourth Monday of every month

**Hyde Community Center
90 Lincoln Street**

Led by Aaron Crawford

Aaron Crawford offers 20-minute, fully clothed back, neck, and shoulder massages on a massage chair.

There are five appointment times: 12:50-1:10, 1:15-1:35, 1:40-2:00, 2:05-2:25, 2:30-2:50.

To sign up, bring a **\$40 check payable to Aaron Crawford** or **\$40 cash** to the Front Desk at Brigham House (20 Hartford Street) or to the Program Assistant at the Hyde

Community Center (90 Lincoln Street). **Submit your payment with the filled-out Message Request Form.** We will call you to confirm your message time.

At present, we can only accept **cash or a check payable to Aaron.** No tipping will be permitted. Registration is first come, first served by **date and time of payment.**

Contact the Front Desk (617-796-1675) to inquire. Your inquiry will be sent to Bea, the volunteer Chair Massage coordinator.

The November appointments are full.



Coffee & Conversation Group

**Tuesday, November 12,
10:00 to 11:00 a.m.**

Held on the second Tuesday of every month

Brigham House – 20 Hartford Street

Black? Cream and sugar? However you take your coffee, come ready to chat with new friends or reconnect with old ones.

Every month, we'll discuss a new topic that's of interest to older adults in Newton.

Join us! Just show up.



Folk Sing-Along

**Wednesday, November 20,
11:00 to 11:45 a.m.**

Meets on the third Wednesday of every month

On Zoom for the winter

Led by volunteer Sarah

Join us for a casual and friendly song swap featuring folk classics and some old favorites. Feel free to sing, play along (bring your own instrument), or just listen and tap your foot. All music fans are welcome!

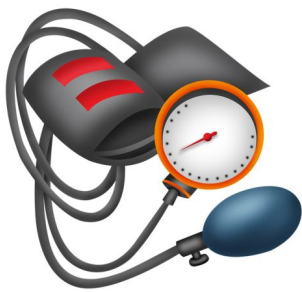
Register in advance for this meeting:

<https://newtonma.gov.zoom.us/meeting/register/tZAqdOyrgT0vHtUZXNDGWtOd0eTBqhwixDla#/registration>

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

To be added to the sing-along email list to receive reminders and notices about weather-related changes, please email seniorprograms@newtonma.gov.

Health Maintenance Clinic



**Friday, December 20,
10:00 to 11:00 a.m.**

Meets on the third Friday of every month

Brigham House – 20 Hartford Street

Led by Lisa Cielez, Newton Public Health Nurse

Lisa 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.



Hearing Screening

**Monday, November 25,
12:00 p.m. to 1 p.m.**

Meets on the last Monday of every month

Brigham House – 20 Hartford Street

**Led by Sarina DaSilva, Hearing Instrument Specialist at
West Newton Hearing Center**

Sarina can test your hearing and also check and clean your hearing aids. Newton residents age 60+ are eligible for an appointment.

To make a 10-minute appointment, please contact Liz or Nancy at the Reception Desk (617-796-1675) with the following confidential information:

- Your first and last name
- Your email address and/or telephone number



Loneliness & Isolation Group

**Wednesday, November 13,
1:00 to 2:00 p.m.**

Meets on the second Wednesday of every month

Brigham House – 20 Hartford Street

Led by Emily Kuhl and Dan Shaw

Meet with others to discuss experiences of and perceptions of loneliness and isolation. Share ideas for coping strategies, resilience, and support within the community. Open to anyone interested in sharing their experiences and wanting to meet other people.

Space is limited. Please RSVP at 617-796-1675 or send your name, telephone number, and email address to our receptionists at seniorprograms@newtonma.gov

MetroWest Legal Clinic

Thursday, November 14,



10:00 a.m. to 12:00 p.m.

Meets on the second Thursday of every month

Brigham House, 20 Hartford Street or telephone

**Led by an attorney from
MetroWest Legal Services**

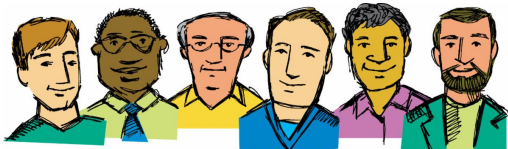
If you need legal advice, you can schedule a free private 20-minute legal consultation with an attorney from MetroWest Legal Services. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy, and simple probate matters; Medicaid, nursing home issues, limited domestic relations; and consumer and bankruptcy matters.

This program is by appointment only, first come, first served. You must be a Newton resident and 60+ to make an appointment.

For an appointment, please call Liz or Nancy at the Reception Desk (617-796-1675) with the following confidential information:

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

The November appointments are full.



MEN'S GROUP

Men's Club

**Thursday, November 21 (note date change),
9:30 to 10:30 a.m.**

Meets on the fourth Thursday of every month

**Brigham House – 20 Hartford Street
Everyone is welcome to share a topic of discussion with the group**

All retired and semi-retired men (and those of any genders) are welcome to join us for good conversation! This club gives you the opportunity to meet with people who have similar interests and backgrounds and with others who have varied interests and vastly differing backgrounds – but all will have an interesting story to tell.

We hope everyone in the group will learn something new at this meeting! New participants are always welcome. **Just show up!**

Ongoing Weekly Programs



Billiards Play

**Mondays, Wednesdays, and Fridays,
9:00 a.m. to 12:00 p.m.**

Brigham House – 20 Hartford Street

Come for a friendly game of pool! All players are welcome.



Canasta Play

Wednesdays, 1:00 to 3:00 p.m.

Brigham House – 20 Hartford Street

Has it been a while since you've played and you want a refresher? Or are you a beginner or intermediate player who would enjoy a casual game?

Join our Canasta group, facilitated by Deborah, a volunteer who can remind you of the rules and support you as you play.

Just show up.



Drawing Studio

Mondays, 9:00 to 11:30 a.m.

Newton City Hall – War Memorial Auditorium,
1000 Commonwealth Avenue
[\(directions and map here\)](#)

Drawing has long been revered as the essential skill of the artist and the simple foundation of all other Arts. In the act of scribbling, doodling, sketching and drawing, your art Muse finds its unique expression. Drawing involves total involvement of your mind, eye, hand, and creative desire of your heart; all are useful for seniors' lifetime learning, individually and collectively, while you mingle among kindred art spirits. The Beauty of our natural world is out there to be revealed and drawn – always. "Art is long, Life is short."

Drawing Studio participants will experience a rare and unique opportunity: consistent, natural North light, traditionally found in Fine Arts studios of the past. This constant light is easy on the eyes for all drawing and painting endeavors.

You'll need something to draw with – a pencil – something to draw on – paper – and something to hold the paper – a sketchbook or drawing board. What to draw? Your choice: people (portrait), places (landscape), things (still life). It's best to bring your own favorite artist kit. Some limited supplies will be available. The studio is free, with limited instruction.

You're welcome to join us. **Just show up!**

David Wenstrom, studio Mentor, M.I.P.E. (Mentor, Instructor, Participant, Exemplar)
Gammell Educational Studios



French Conversation Group

Thursdays, 1:00 to 2:00 p.m.

Brigham House – 20 Hartford Street

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!

[\(directions and map here\)](#)



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!

Musicians Wanted

The Swing Band is seeking musicians!

They would especially like guitar players, saxophone players, and clarinet players.

Please "just show up" with your instrument!



Join Springwell for Lunch at Brigham House

**Monday through Friday,
11:30 a.m. to 12:30 p.m.**

Brigham House – 20 Hartford Street

Springwell offers a lunch program to local adults aged 60+. Grab-and-go lunches OR dine-in lunches are available Monday through Friday (except holidays) from 11:30 a.m. to 12:30 p.m. at the Senior Center's interim location at 20 Hartford Street.

To make a reservation, please leave a message at 617-796-1668, *two business days in advance*. Your message should include your name and what day you would like to attend and/or pick up lunch. [Click here](#) to view the monthly menu.

The meal is free to all. However, **an optional donation of \$2.50 to Springwell, a local non-profit, is suggested.**

There will be no lunch service on Friday, November 29 (the day after Thanksgiving).

Fitness & Wellness Programs



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!

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.

New participants are always very warmly welcomed! Our classes are led by certified instructors.

A **printable** fitness & wellness schedule is available by [clicking here](#).

Please arrive on time for fitness classes.

Chair Yoga with Diane

**Mondays at 9:00 a.m. and Wednesdays at 10:00 a.m.
Hyde Community Center Gymnasium – 90 Lincoln Street**

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.

**Dance Aerobics with Louise
Wednesdays at 1:00 p.m.
Hyde Community Center Gymnasium – 90 Lincoln Street**

This class combines enhanced low-impact dance aerobics movement with muscle conditioning, strength training, balance, and stretching. Louise enjoys working with "Newton seniors" once again!

**LaBlast with Karen
Fridays at 1:00 p.m.
Hyde Community Center Gymnasium – 90 Lincoln Street**

LaBlast Cardio Dance and Strength is a fitness class based on a variety of dances including Disco, Salsa, Foxtrot, Swing, Cha Cha, and more. We use simple patterns from these dances that are easy to follow. No partner or dance experience necessary. Weights are incorporated in some routines to include some strength training. We use music from all genres and decades, which makes it a fun workout in disguise. Join Karen on the dance floor.

**Line Dancing with Paul
Mondays at 1:30 p.m.
Hyde Community Center Gymnasium – 90 Lincoln Street**

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy. Dance some of the old favorites and add some of the newest line dances. No need to have a partner; this is something for everyone, and no experience is necessary!

If you'd like to watch some line dances before you take a class, the following videos are great resources:

Paul's Line Dances on YouTube:

[tinyurl.com/paulslinedances](https://www.tinyurl.com/paulslinedances)

Basic Line Dance Steps

[tinyurl.com/basiclinesteps](https://www.tinyurl.com/basiclinesteps)

**Mindful Meditation with Betsy
Thursdays at 9:00 a.m.
On Zoom**

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.

[https://us02web.zoom.us/j/81218001857?
pwd=VVpUU3NwNmVzajVvZURXUXpLRk11dz09](https://us02web.zoom.us/j/81218001857?pwd=VVpUU3NwNmVzajVvZURXUXpLRk11dz09)

Meeting ID: 812 1800 1857

Passcode: 100202

Muscle, Movement, & Balance with Nicole
Tuesdays and Thursdays at 10:30 a.m.
Hyde Community Center Gymnasium – 90 Lincoln Street

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.
Hyde Community Center Gymnasium – 90 Lincoln Street

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.

Mondays at 12:00 p.m.
On Zoom

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

Beginner:
Fridays at 10:45 a.m.

Intermediate:
Mondays at 10:15 a.m.

Advanced:
Mondays at 11:30 a.m.
Fridays at 9:30 a.m.

Hyde Community Center Gymnasium – 90 Lincoln Street

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, accompanied by deep breathing.

Zumba Gold with Ketty
Mondays, Tuesdays, and Thursdays at 10:00 a.m.
On Zoom

[https://us02web.zoom.us/j/825779957?
pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09](https://us02web.zoom.us/j/825779957?pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09)

Meeting ID: 825 779 957
Passcode: 336304

[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. Make sure to note which classes you are taking.

3). Mail in a Check

Please make payable to "City of Newton" and write the class name on your check. Donations may be mailed to: City of Newton, Senior Services Department, Attn: Fitness Contribution, 1000 Commonwealth Avenue, Newton, MA, 02459

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

Please call reception at 617-796-1675 or Norine Silton at 617-796-1664 (note there is an additional 3% convenience fee for credit cards).

Fitness Reimbursement Letters

At your request, the Newton Senior Center will gladly provide a Fitness Reimbursement Letter that you can submit to your health insurer.

In order to provide this, please make a one-time fitness payment that is equal to or greater than the amount of the reimbursement (generally, \$150).

Thank you for your cooperation and understanding.

Support Groups

Bereavement Support Group:

Feeling & Healing Our Grief

Third Thursday of every month

Thursday, November 21,

10:30 to 11:30 a.m.

Brigham House – 20 Hartford Street

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.

Caregiver Support Group

First Tuesday of the month

Tuesday, December 3,

2:30 to 4:00 p.m.

Brigham House – 20 Hartford Street

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 or 617-796-1672.

Caregiver Support Group

Third Tuesday of the month

Tuesday, November 19,

6:00 to 7:30 p.m.
On Zoom

Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an older family member. Register with Julie Norstrand at julie@helpmyagingparents.net.

Declutter Support Group
Second Friday of every month
Friday, November 8,
2:00 to 3:00 p.m.
On Zoom

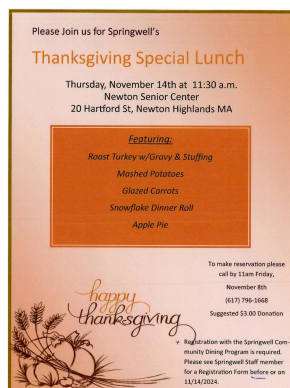
Get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care. No need to sign up in advance — just "show up." For more information, contact Sara Dash at 617-969-4925 or sdash@riversidecc.org.

Join Zoom Meeting
<https://us02web.zoom.us/j/9798140428>
Meeting ID: 979 814 0428

Parkinson's Support Group
Last Monday of every month
Monday, November 25,
10:30 a.m. to 11:30 a.m.
Brigham House – 20 Hartford Street

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 the 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. **Just show up.**

Other Cooper Center Information and Co-Hosted Events



Pre-Thanksgiving Meal with Us

Please join us at Brigham House, 20 Hartford Street, for Springwell's Thanksgiving Special Lunch on Thursday, November 14, at 11:30 am. The menu will include turkey with gravy and stuffing, mashed potatoes, glazed carrots, dinner roll, and apple pie.

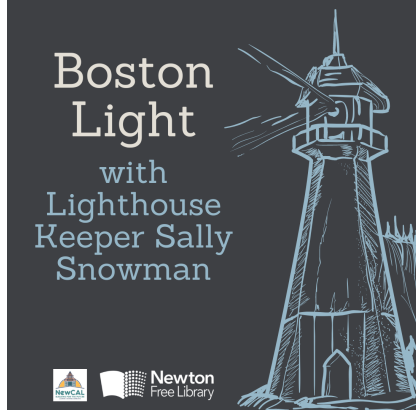
To make a reservation, please call Cheryl at 617-796-1668 by 11 am on Friday, November 8. Suggested donation \$3. Reservations for this meal are required.

Boston Light, with Lighthouse Keeper

Sally Snowman

Thursday, November 14,

1:00 to 2:00 p.m.



**Newton Free Library Druker Auditorium – 330
Homer Street**

Explore the history of Boston Light with Sally Snowman, the last official lighthouse keeper in the United States! Sally will share photos of Boston Light's 307 years of history - and photo anecdotes of her experiences as a 21st Century Keeper.

Boston Light, the first established Light Station in colonial America, began lighting the way for safe navigation into the fledging maritime port of Boston in

1716. Its notoriety in the maritime community as the "the last manned Coast Guard Light Station" in the country is coming to a close with the retirement of Sally Snowman, its 70th keeper. However, the Fresnel lens and fog signal apparatus on Little Brewster Island, at the entrance to Boston Harbor, continues as an active Coast Guard maintained aid-to-navigation today.

Sally Snowman, Ph.D., Keeper of Boston Light 2003-2023, is an educator, author, and the USCG Boston Light historian. Husband, Jay Thomson and Sally have co-authored two books, Boston Light: A Historical Perspective (1999) and Boston Light - Arcadia Images of America (2016). Sally is also the author of the children's book Sammy the Boston Lighthouse Dog (2005).

This program is co-sponsored with the Newton Free Library. **Just show up!**



Celebrate Newton Holiday Craft Fair

Sunday, December 8,

10:00 a.m. to 4:00 p.m.

**Newton South High School, 140 Brandeis Road, Newton,
MA**

Mark your calendars for a festive and fun-filled day of shopping at the Celebrate Newton Holiday Craft Fair. If you're tired of the same old store-bought gifts and want to find something truly special, this is the place to be. From cozy scarves to one-of-a-kind jewelry, there's something for everyone on your gift list. Plus, it's not just about shopping, it's about soaking in the festive atmosphere and enjoying some holiday cheer with friends and family.

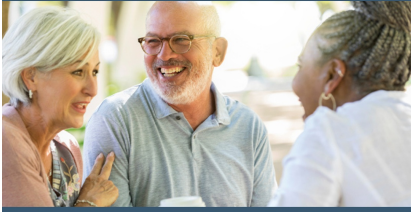
www.celebratenewton.com

Fuel Assistance for 2024-2025

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton. ABCD accepts applications between November and March. ABCD has intake sites at Newton City Hall and Brigham House. People 60 years and over can make an appointment at Brigham House with Emily Kuhl. Please call 617-796-1672 for a Fuel Assistance appointment. Please bring the following documentation for *everyone* in your household: proof of income; social security number, if you have one; identification (Social Security Card, birth certificate, copy of driver's license or state issued ID); current copy of lease or rent receipt or mortgage statement; and current primary heating bill (oil, gas or electric).

There is also the option to apply online: <https://www.toapply.org/MassHEAP>

50+ JOB SEEKERS GROUP



First and Third Wednesdays
9:30 - 11:30am
August - December, 2024



50+ Job Seekers Networking Group

If you are 50+ and looking for work, seeking a new career direction, re-entering the job market, or recently retired and looking for your "encore career," this is the perfect group for you! The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the first and third Wednesdays of the month, from 9:30-11:30 a.m., via Zoom. Informal networking takes place before and after the scheduled meeting.

This is a professional forum for networking with peers in a safe and comfortable environment, conducive to developing new relationships and developing skills and strategies to help in your career transition.

Each meeting features a new topic and is facilitated by Deborah Hope, MBA, PCIC, an experienced executive career coach.

Please [register for meetings here](#).

Medical Escorts and Friendly Helping

The Newton Senior Center has expanded our partnership with FriendshipWorks to pilot two new programs: Medical Escorts and Friendly Helping. These programs, as well as our long-running Friendly Visiting Program, are for Newton residents age 60+ and residents 55+ with hearing or vision loss.

For more information about these programs, or to request a friendly helper or a medical escort, call Emily Kuhl at 617-796-1672.

65+ Municipal Parking Sticker

The Department of Senior Services offers Newton residents age 65 or older free parking in the City's municipal parking lots, with some restrictions. [Click here](#) to view the instructions or go to www.newtonma.gov/seniorparking.

If you have questions or concerns, please contact our office at (617) 796-1675 or nsilton@newtonma.gov.

Tech Tutoring available



The Newton Senior Center is proud to have a volunteer-led technology tutoring program.

The volunteers **can** do the following:

- assist Newton seniors on an appointment-only basis (up to six appointments per year)
- provide **beginner**-level assistance and training
- assist with your iPhone, iPad, PC Tablet, Android phone, Android tablet, Mac laptop, Zoom, Jitterbug, and Apple Watch
- meet with you at the Senior Center or Library during daytime operating hours
- teach you these skills: organizing photos, making phone calls, reading email, using your calendar, watching movies/podcasts/books/music/news, basic on-line shopping, accessing Library resources, creating documents, using social media

The volunteers **cannot** do the following:

- provide “emergency” tech help
- fix your device
- provide advanced support
- help with devices in your home (such as desktop computers)
- help with business-related tasks or functions

If you're having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company.

To request an appointment call Ilana at at **617-796-1670** or iseidmann@newtonma.gov **with this info:**

- your name
- your telephone number
- your email address (if you have one)
- what kind of device you have (i.e. laptop, tablet, or phone)
- the brand name (i.e. Apple, Dell)
- what you need help with

SHINE Appointments and Open Enrollment

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available.

All of our appointments for Open Enrollment, which runs from October 15 through December 7, are full. If you'd like the names and numbers of other centers that may have open appointments, please call our SHINE request line at 617-796-1662.

Scam Notice

The Newton Police Department wants everyone to be aware of the latest scam impacting residents.

This scam comes via email and includes your current address, your name, and a Google map image of the road you live on. The scammers also claim they have spyware on your phone. Rest assured, they do not.

The scammers demand you pay \$2,000 in Bitcoin to them, in order to prevent your information from being leaked. **Please do not do this.** Just delete the correspondence. Please do not click any links in the email.

If you believe you were a victim of this scam or any other scams, please call NPD's dispatch center at (617) 796-2100 so they can determine if a report is needed.

Reaching the Staff at the Cooper Center

Call our main number (617) 796-1660.

Then press the appropriate number as noted below:

Press 1 to listen to our Program Information Line where you can hear a recording of our weekly activities (617-796-1666).

Press 2 for Transportation information (617-796-4646).

Press 3 for Reception and to register for a program or general questions (617-796-1675).

Press 4 to request a SHINE Medicare Counseling appointment (617-796-1662).

Press 5 for Questions about our Programs and Fitness Classes (617-796-1670).

Press 6 for Questions about Volunteering and the Property Tax Work Off Program (617-796-1674).

Press 7 to make Springwell Lunch Reservations for eat in or grab-n-go, Monday through Friday at 20 Hartford Street in Newton Highlands (617-796-1668).

Press 8 for Emily Kuhl, Case Manager & Social Services (617-796-1672).

Press 9 for Norine Silton, Executive Administrator, program payments, donations and general questions (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 seniorprograms@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.
You may do so by [clicking here.](#)***

Cooper Center | 20 Hartford Street (Brigham House) | Newton, MA 02461 US

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