

## Cooper Center Updates as of November 22, 2024 [Click Here](#) for a list of our *"interim"* locations



### Upcoming Holiday

The Cooper Center and our program locations will be closed on Thursday, November 28, in honor of Thanksgiving.

We will be open on Friday, November 29, but all programs at the Hyde Community Center are cancelled. There will also be no Springwell lunch service that day.

Join us the day after Thanksgiving for a morning movie: "Irving Berlin's Holiday Inn" starring Bing Crosby and Fred Astaire (10:00 a.m.) and an afternoon movie: "Something's Gotta Give" starring Jack Nicholson and Diane Keaton (1:00 p.m.)! **Just show up.**



### 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](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](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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**An Unforgettable Gift**  
**(Brigham House, 20 Hartford Street)**  
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***You may need to click "view entire message" in your mobile device to read our entire e-newsletter.***

## Special Programs



### Thanksgiving Social

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

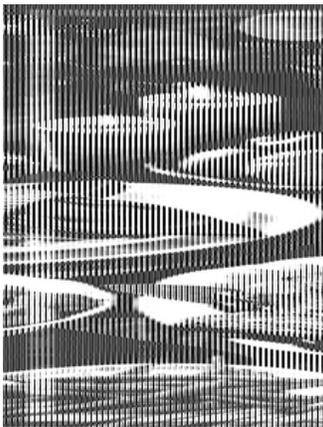
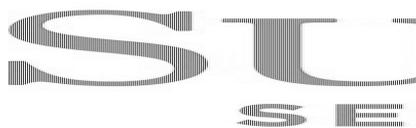
**Brigham House – 20 Hartford Street**

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](mailto: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)**

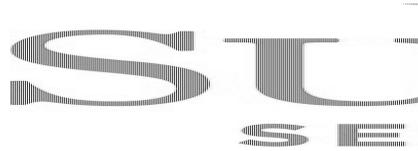
**Brigham House – 20 Hartford Street**

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](mailto: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.



## ***Winter Virtual Travel Series with Barry Pell***

### **The Shetland Islands- Epic Landscape with a Viking Soul**

**Tuesday, December 3,  
1:00 to 2:00 p.m.  
On Zoom**

**Led by Barry Pell**

***The series continues with these topics:***

**January 7: Namibia – Africa's Hidden Gem**

**February 25: Patagonia, the Strait of Magellan and Tierra del Fuego – South America's Remote and Timeless Landscape**

Shetland, the northernmost region of the United Kingdom, is an archipelago of about 100 islands, 16 of which are inhabited. Bordered by the Atlantic Ocean to the west and the North Sea to the east, these remote, windswept islands contain incredible eroded rocky landscapes. Conquered by the Vikings 1,200 years ago, they were ruled by Norway until a dispute over a marriage dowry transferred ownership to Scotland. Today, the islands are sparsely inhabited by fewer than 25,000 people, but are home to thousands more animals: sheep, wildlife – from puffins to orcas –and the famous Shetland ponies. Barry Pell visited the capital, Lerwick, and about a dozen of the islands, getting to know the Shetland people

and their lifestyle. The program will be accompanied by his photography.

**Register in advance for this meeting:**

<https://newtonma.gov.zoom.us/meeting/register/tZErceqgpjouHtDVZ51NUsBp0vk4drVRCJsx>

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

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### **Concert: The Gilded Harps: "Arpa en Clave"**

**Thursday, December 5, 1:00 to 2:00 p.m.**

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

Join Cesar Secundino, of "The Gilded Harps," for a concert featuring concert arrangements and original music between classical and popular themes, with the idea of presenting a soundscape around Latin America. Cesar Secundino, playing the pedal harp, will demonstrate some of the different typical rhythms of Latin America, such as tango, bossa, samba, bambuco, guajira, and songo, among others.

Cesar is a Mexican harpist, arranger and composer. He has performed at important concert halls internationally. Cesar has been awarded prizes at many international harp competitions in Mexico, Spain, France, Wales, Germany, and the Netherlands. He was the first Grand Prize winner at the first World Harp Competition in Utrecht, the Netherlands, in 2018. His passion for jazz and world music has led him to write arrangements and compositions that have been premiered and celebrated by renowned musicians around the world. He is currently a professor in the string department at Berklee College of Music, in Boston.

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

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### **FriendshipWorks Information Session**

**Thursday, December 5,  
11:00 a.m. to 12:00 p.m.**

**Brigham House – 20 Hartford Street**

Do you want to stay active and connected while making a difference in the lives of older adults in your community?

FriendshipWorks is seeking adult volunteers with daytime or weekend availability who would like to help end older-adult isolation by bringing joy and support to Newton residents who are over the age of 60 or 55+ with vision or hearing loss.

Karen Poggi, the Newton coordinator of FriendshipWorks, will hold a meet and greet, give a short presentation about the programs, and answer questions. She currently has several volunteer opportunities in the following programs: Friendly Visiting (visit with an older adult

once per week for a year), Friendly Helping (help with projects around the house in 1-3 visits, which gives volunteers the opportunity to meet/help more people), and Medical Escorts (accompany older adults to and from medical appointments as needed).

You can read more about these programs here: <https://fw4elders.org/get-involved/volunteer-opportunities-at-a-glance.html>

Karen Poggi has several years of experience working with volunteers, families, and older adults, and loves connecting people together and getting people the support they need. She works closely with the rest of the FriendshipWorks team to support older adults throughout the Boston and surrounding areas, and also with the Cooper Center to find volunteers and older adults in need of the programs here in 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](mailto:seniorprograms@newtonma.gov)**



### **Memoir Writing in the Holiday Season: An Unforgettable Gift**

**Monday, December 9,  
10:30 to 11:30 a.m.**

**Brigham House – 20 Hartford Street**

**Led by Miriam Diamond**

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



### **How to Prevent Being a Victim of Scams**

**Middlesex Sheriff's Office Law Enforcement and  
Residents Networking  
(L.E.A.R.N.) Program**

**Tuesday, December 10,  
1:00 to 2:00 p.m.**

**Hyde Community Center – 90 Lincoln Street**

**Led by Ken Doucette of the Middlesex Sherriff's Office**

We have 89 days until Christmas, and we know that scammers are getting ready. We offer this program so the members of our communities are also prepared to deal with the onslaught of scams in the coming months.

Through the L.E.A.R.N. Program, we offer a new, dynamic set of educational presentations for local residents on scam awareness as well as the role of the Middlesex Sheriff's Office (MSO). This year we have done dozens of presentations around the County. This program has been very well received by the attendees at Senior Centers and Councils on Aging facilities.

As we all know, residents face a constantly evolving stream of scams designed by perpetrators to steal money and critical personal information. Our L.E.A.R.N. presentations are purposely constructed to allow for a two-way dialogue where MSO staff offers tips and data, and those residents who are comfortable may also share their own

stories in an effort to help their neighbors.

The talks on the role of the Middlesex Sheriff's Office are designed to give local residents a deeper understanding of the critical work MSO staff members perform at the Middlesex Jail & House of Correction, across the county and in collaboration with our law enforcement partners. Presentations delve into the nationally recognized treatment and rehabilitative programs offered at the Middlesex Jail & House of Correction, as well as the one-of-a-kind efforts Sheriff Koutoujian has launched to support families of incarcerated individuals.

**Please RSVP at 617-796-1675 or send your name, telephone number, and email address to our receptionists at [seniorprograms@newtonma.gov](mailto:seniorprograms@newtonma.gov)**



### **Winter Dance Class Series**

**Thursday, December 12,  
1:00 to 2:00 p.m.**

**Hyde Community Center - 90 Lincoln Street**

**Led by Dance Caliente**

**Continues on: January 9 and February 6**

Dance Caliente will teach Ballroom and Latin Line-Dance Workshops, focusing on three styles of dance: Cha Cha, Rumba, and Swing.

Presenters Eileen and Raul will break down each dance into small doable parts until participants feel comfortable gliding through the whole dance. Their signature teaching technique "Oonka Ah" (a singing alternative to counting) keeps students laughing while they learn. Older adults without partners can still enjoy Ballroom dancing side-by-side their friends and/or make new friends. They can exercise their bodies while exploring multi-cultural music and dance. Modifications will be offered to accommodate the aging body. Having two professional performers who are also master teachers will add a level of artistic flair.

This program is supported in part by a grant from the Newton Cultural Council, a local council that is supported by the Mass Cultural Council and the City of Newton.

**Please RSVP at 617-796-1675 or send your name, telephone number, and email address to our receptionists at [seniorprograms@newtonma.gov](mailto:seniorprograms@newtonma.gov)**





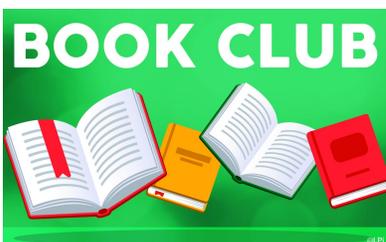
### **Fiber Arts Club**

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

**Friday, December 20,  
1:30 to 3:30 p.m.**

**Brigham House – 20 Hartford Street**

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!**



### **Book Club**

*Meets on the third Friday of every month*

**Friday, December 20,  
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/j/81999999999>**

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 massage 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, December 10,  
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, December 18,  
2:00 to 2:45 p.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 on 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/tZAqdOyrqT0vHtUZXNDGWtOd0eTBqhwixDla#/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](mailto: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

**The November appointments are full.**



### Loneliness & Isolation Group

**Wednesday, December 11,  
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](mailto:seniorprograms@newtonma.gov)**

**MetroWest Legal Clinic**



**Thursday, December 12,  
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



## **MEN'S GROUP**

### **Men's Club**

**Thursday, December 26,  
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  
[\(directions and map here\)](#)

**This program will meet on the 2nd floor of the Newton Free Library on Monday, November 25.**

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!







**1000 Commonwealth Avenue**  
[\(directions and map here\)](#)

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**

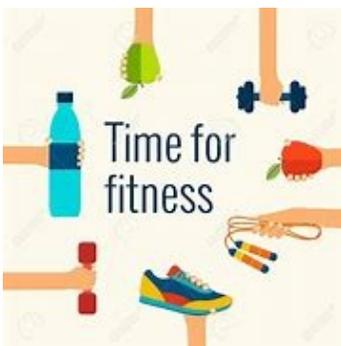
Springwell offers a lunch program to local adults aged 60+. Grab-and-go lunches OR dine-in lunches are available Monday through Friday (except holidays) from 11:30 a.m. to 12:30 p.m. at the Senior Center's interim location at 20 Hartford Street.

**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.

**LaBlast is cancelled on Friday, November 29 (the day after Thanksgiving).**

**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://tinyurl.com/paulslinedances)

**Basic Line Dance Steps**  
[tinyurl.com/basiclinesteps](https://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.

**Tai Chi is cancelled on Friday, November 29 (the day after Thanksgiving).**

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

<https://us02web.zoom.us/j/825779957?>

[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. 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, Older Adult 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](mailto: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](mailto:julie@helpmyagingparents.net).

**Declutter Support Group**

Second Friday of every month  
**Friday, December 13,**  
**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](mailto: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.**

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***Other Cooper Center Information and Co-Hosted Events***

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**Time Capsule Exhibit**

Are you curious about what was inside the 1939 time capsule found in the old Newton Senior Center (formerly the Newtonville Library)? Stop by an exhibit in the lobby of the Newton Free Library, on view through November 29, to see for yourself!

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**Pre-Thanksgiving Meal with Us**

Please join us at Brigham House, 20 Hartford Street, for



## 50+ JOB SEEKERS GROUP



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



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](http://www.newtonma.gov/seniorparking).

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

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### **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.

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### **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.

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### **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).

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

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

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