

# COMING OF AGE

THE NEWSLETTER FOR THE NEWTON SENIOR CENTER



*Welcome to your source  
for connection!*



Jayne Colino (left), longtime director of Newton’s Senior Services, recently welcomed Mignonne Murray (right) to Brigham House, the Senior Center’s primary interim location until 2024. “I’ve known Mignonne for 20 years,” said Jayne, “and I’m delighted that she will succeed me as director and will lead the Senior Center through the construction of NewCAL and beyond.” **Read about Mignonne on page 2 and Jayne’s retirement party on January 30 on page 14.**

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## INTERIM LOCATIONS

- **Brigham House,**  
20 Hartford Street, Newton Highlands (administrative offices, lunch, social services, various programs)
- **Hyde Community Center Gymnasium,** 90 Lincoln Street, Newton Highlands (exercise classes, Commodity Foods)

- **Newton City Hall/War Memorial Auditorium** (drawing and music)  
1000 Commonwealth Avenue, Newton
- **Newton Free Library,** 330 Homer Street (SHINE and tax appointments)

**SENIOR CENTER HOURS**  
**MONDAY—FRIDAY, 9 to 4**  
**Except holidays**



Brigham House, 20 Hartford Street, Newton 02461



(617) 796-1660



seniors@newtonma.gov



newtonseniors.org

# CENTER UPDATES



## NEWTON COA AND STAFF

### STAFF

#### Director

Mignonne Murray

#### Executive Administrator

Norine Silton

#### Administrative Assistants (part-time)

Liz O'Connell, Nancy Gagnon

#### Program Coordinator

Ilana Seidmann

#### Case Manager

Emily Kuhl

#### Volunteer Coordinator

Julie Joy

#### Outreach &

#### Engagement Coordinator

Elizabeth Lund

### COUNCIL ON AGING (COA) BOARD

#### Executive Committee

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Naomi Krasner (Vice Chair),  
Elizabeth Dugan,  
Julie Norstrand, Sue Rasala,  
Laura Shaw

#### Advisory Board

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Robert Pierson, John Pelletier,  
Eric Rosenbaum,  
Nancy Scammon,  
Susan Schlesinger,  
Allison Sharma,  
Tom Shoemaker

## WHAT'S HAPPENING AT OUR CENTER

### Welcome, Mignonne Murray!

Please join the Senior Center in welcoming Mignonne Murray to Newton as our new Director of Senior Services.



As Mayor Fuller noted recently in her e-newsletter, Mignonne is an extremely well-qualified professional with experience in social and recreational services and facilities for older residents. She comes to Newton from Weston, where she has been the Executive Director of the Council on Aging/Senior Services, for the past six years. Prior to that, she worked in Auburn as the Executive Director of the Senior Center & Elder Affairs Division and in Natick as the Assistant Director & Program Director for the Council on Aging and Human Services Department. (In Natick, she coordinated the move of the Senior Center to a temporary location while the town built its new Community-Senior Center. She coordinated the move into the new facility and helped develop the policies, procedures, and operations at the new site.)

Her experience will be invaluable, as Senior Services have moved into satellite locations while a new senior center is built at 345 Walnut Street in Newtonville. The new facility, which we've been calling NewCAL, will open in late summer or early fall of 2024, with a new "forever" name (still to be determined!).

Mignonne lived and worked here in Newton in the early 2000s, serving as the Resident Services Coordinator for three years for the Newton Housing Authority.

"This is an incredible opportunity to come back to Newton at a time when so many phenomenal things are happening," Mignonne said.

Both Mayor Fuller and Senior Center staff are delighted that Mignonne brings so much to Newton. She is passionate about serving older residents and fostering an age-friendly community. She is curious, involved deeply in the Massachusetts Council of Aging, and continuously looking for best practices. She's warm, upbeat, and energetic. She has a long history of working collaboratively across departments.

Mignonne's first day as Director of the Senior Center was Monday, January 9. She takes the baton from Jayne Colino, who is retiring after 32 years. "Jayne has always been a mentor; someone I have kept in my professional life as a benchmark. She has been such a leader in the field," Mignonne noted.

# SENIOR CENTER NOTICES

## CONNECTING WITH THE SENIOR CENTER

There's always something happening at the Newton Senior Center – classes, programs, games, and opportunities to connect with other seniors and with services that can enhance your life.

The best way to learn what's happening is by reading our weekly e-newsletter, which comes out every Friday. To sign up, go to our website – [www.newtonseniors.org](http://www.newtonseniors.org) – and look for "Sign Up Here" at the bottom of the page. Or, email [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov)

If you don't have email, please call our Programs Information Line at 617-796-1666, where you can listen to a recorded listing of our weekly activities. You can also pick up a copy of the weekly activities list at the Senior Center in Newton Highlands, 20 Hartford Street.

## TECH TUTORING AVAILABLE

The Newton Senior Center has volunteer "tech tutors" who can assist seniors on an appointment-only basis. These appointments are arranged mutually between the Tech Tutor and the student.

These appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory-level assistance and training. They are not professional computer technicians. They are also not "emergency" tech help. If you're having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company (we can refer you to those through our contractor referral program).



Appointments are held in person at the Newton Senior Center on Tuesdays, Wednesdays, and Fridays, from 9:30 a.m. to 3:30 p.m. (excluding holidays). Students will either bring their personal device to the Senior Center (located at Brigham House) or use the PC Desktop at the Senior Center.

Tech tutors can meet one to six times with the same student and can help you with the following: iPhone, iPad, PC Tablet, PC Computer, Android phone, Android tablet, Mac laptop, Zoom, and the Jitterbug phone. They cannot assist with any devices that cannot be brought to the Senior Center.

Please call or email Ilana Seidmann at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or 617-796-1670 with your name, your telephone number, what kind of device you have (for example, an iPhone, a PC Tablet, a Mac laptop, a Jitterbug phone), and a little bit about the issue you are having.

## TABLET LOAN

The Newton Senior Center was awarded a grant from the Massachusetts Association of Councils on Aging (MCOA) to purchase tablets for Newton and six surrounding communities. The grant provided the funding for the tablets and a data plan, so you do not need Internet or access to Wi-Fi; these things come "built in." The tablets are a great opportunity for seniors to explore the ever-growing digital world, at absolutely no cost.

Each tablet is prepopulated with access to all seven towns' Senior Center websites, links to explore, the Newton Free Library, and popular applications (such as Zoom, Facebook, Google, email, and brain games).

Each tablet comes with a User Guide, and we have volunteer Tech Tutors to work with you, one-on-one. You may borrow the tablet for three months. Newton residents age 60+ are eligible. Call Ilana at 617-796-1670 to get on the waiting list to borrow one. You may feel more connected and have some fun!

# SENIOR CENTER NOTICES

## NEWMO

### City Transportation

NewMo – Newton in Motion – is an on-demand, shared-ride service that takes commuters and seniors anywhere they want to go in Newton.

Seniors can also go to certain medical facilities outside of Newton. That list can be found on our website: [www.newtonseniors.gov](http://www.newtonseniors.gov).

Once a NewMo account has been created, seniors can pre-schedule rides to medical appointments in the NewMo service area by calling the call center up to five days in advance. The Call Center number is 617-655-8019. If your appointment is on a Tuesday after a Monday holiday, be sure to call by 5 p.m. the Friday before.

For non-medical appointments or other destinations, riders should request a ride on the day they want to travel.

### Hours and sign-up

NewMo operates from 7 a.m. to 6:30 p.m. on weekdays and from 9 am to 12 noon on weekends. For more info, to create an account, or to request help with the NewMo app, call 617-796-1675.

## IT'S TAX TIME AGAIN — AARP CAN HELP

The Newton Senior Center and AARP understand that many seniors rely on the free tax assistance provided by AARP Volunteer Tax Counselors. We will provide tax assistance again in 2023, but in a new location: the Senior Center Outpost at the Newton Free Library, Room C, second floor.

If you need help doing your taxes, call the Newton Senior Center at 617-796-1662 to make an appointment with an AARP Volunteer Tax Counselor. Appointments will run from mid-February through mid-April, barring any COVID restrictions.

Please note that the AARP Tax Program is intended to help low-to-mid-income seniors – less than \$70,000 per person or \$85,000 per couple – who have simple returns.

If you have foreign pensions, more than \$25,000 in schedule C expenses, and/or more than 14 days of rental income, other than land, we cannot do your return.

Once you make an appointment, you will receive a confirmation letter that lists documents you will need, including:

**2021 Federal and MA tax returns • Social Security cards and government-issued photo ID • Documents showing interest and dividends, including year-end brokerage statements • Forms showing pension and IRA distributions, including 2022 Social Security Statement • Real Estate tax bills, mortgage statement, and water and sewer bills • Home assessment (2022) • Rent (monthly or annual) and landlord name and address**

On the day of your appointment, please arrive 15 minutes early, with your paperwork in order.

## SHINE COUNSELING

### Serving the Health Insurance Needs of Everyone ... on Medicare

If you need to sign up for Medicare for the first time, you have questions about Medicare, or you have a Medicare Advantage Plan and you want to consider other Advantage Plans, our SHINE counselors can help. Call 617-796-1675 to make an appointment. Both in-person and remote appointments are available.



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# SENIOR CENTER NOTICES

## GET YOUR SENIOR 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.

- Current stickers (red) are available for purchase and will expire on **June 30, 2023**.
- You can receive a sticker by mail-in, or during limited drop-in hours. Please call 617-796-1675 for hours.
- **We will advise you of the process for renewals in our May/June 2023 newsletter and on our webpage, [www.newtonseniors.org](http://www.newtonseniors.org).**

### **Mail-In Packets MUST Include :**

1. Legible copy of your MA driver's license showing age 65 or above AND Newton residence.
2. Legible copy of your MA registration showing Newton residence AND "registration type" as "passenger." **Commercial vehicles do not qualify for a sticker.** The addresses on registration and driver's license must match. If your vehicle is leased, also provide a copy of your lease agreement showing Lessor and Lessee. Lessee address must match driver's license.
3. **A check for \$1 per sticker (since there are only six months before it expires)**, one per vehicle, payable to the City of Newton. *Please make sure you include your phone number, in case we have questions.* You can also pay online by credit card at [www.newtonseniors.org](http://www.newtonseniors.org). A copy of your online receipt must be included with your mail packet.
4. A self-addressed stamped envelope for the return of your sticker(s). Mail to the City of Newton, Senior Services Department, 1000 Commonwealth Avenue, Newton, MA 02459 **Attention: Parking Stickers**

## DME EQUIPMENT

We will be pausing our DME (Durable Medical Equipment) Program for now. We'll keep you updated as we get settled in our interim space. In the meantime, we are partnering with the Councils on Aging in Brookline – 617-730-2770, Waltham – 781-314-3499, and Watertown – 617-972-6490, if you need assistance while we're paused.

## Commodity Supplemental Food Program

The Commodity Supplement Food program (CSFP) is sponsored by The Greater Boston Food Bank. CSFP works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods.

Eligible residents will receive two free bags of food, once a month (**3<sup>rd</sup> Friday of the month, 1 to 2 p.m.**) containing healthy shelf-stable products. Food packages include a variety of foods such as nonfat dry milk, juice, farina, oats, ready to eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. On occasion, fresh produce will be distributed, as well.

Food pick-up will be at the **Hyde Community Center: 90 Lincoln St, Newton Highlands**. If participants cannot pick up their own groceries, they can assign someone as a proxy to pick up groceries for them. To register for this program please contact Emily Kuhl at 617-796-1672 or [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov).

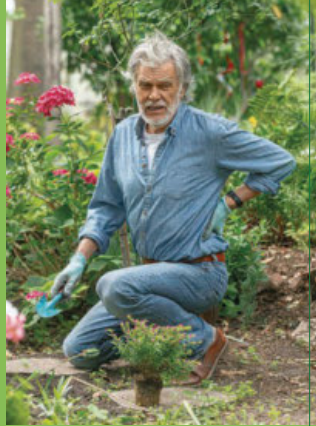
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# MONTHLY SENIOR CENTER PROGRAMS

## MetroWest Legal Clinic

Second Thursday of every month,  
10:00 a.m. to 12:00 p.m.

Brigham House, 20 Hartford Street

Schedule a free private 20-minute legal consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits, social security matters, durable power of attorney, health care proxy, simple probate matters, Medicaid, nursing home issues, limited domestic relations, and consumer and bankruptcy matters. Led by Attorney Stephanie Ozahowski.

## Health Maintenance Clinic

Third Friday of every month,  
10:00 to 11:00 a.m.

Brigham House, 20 Hartford Street

The City of Newton's Public Health Nurse will meet with seniors. She can take your blood pressure, answer general medication questions, and consult about health issues. Led by Lisa Cielez.

## Folk Sing-Along

Monthly on Thursdays,  
3:00 to 3:45 p.m.

Zoom

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. All music fans are welcome! Led by Sarah, volunteer facilitator.

## Caregiver Support Group

First Tuesday of every month,  
2:30 to 4:00 p.m.

Brigham House, 20 Hartford Street

Third Tuesday of every month,  
2:30 to 4:00 p.m.

Zoom

Open to family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. Led by Emily Kuhl.

## Grief Support Group

Third Thursday of every month,  
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. Come and connect, whether that loss was last week, or many years ago. Led by Betsy Simmons.

## Declutter Support Group

Second Friday of every month,  
2:00 to 3:00 p.m.

Zoom

Get support from others, while learning strategies for de-cluttering. This program is co-sponsored by Riverside Community Care. Led by Karin Lehr.

## Parkinson's Support Group

Last Monday of every month,  
10:30 to 11:30 a.m.

Brigham House, 20 Hartford Street, or Zoom

Obtain information on treatment, gain emotional support, offer guidance based on experience with the disease, develop a sense of community and partnership, learn about and from professionals in the area, understand that you are not alone. Led by Dan, volunteer facilitator.

## Special Programs

The Senior Center offers many special programs, including art classes and virtual travel. To learn about these opportunities:

1. Subscribe to our Friday electronic newsletter, "Updates from the Newton Senior Center," or view it on our website, [newtonseniors.org](http://newtonseniors.org)
2. Call 617-796-1660, and then press "1."
3. Pick up an Activity Listing at Brigham House, 20 Hartford Street, or Hyde Community Center, 90 Lincoln Street.

Questions about registration? Call 617-796-1670.



# WEEKLY EXERCISE PROGRAMS

## Chair Yoga

**Mondays at 9:00 a.m. – 90 Lincoln Street**

**Wednesdays at 10:00 a.m.– 90 Lincoln Street**

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses can be modified while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit. Led by Diane S.

## LaBlast

**Fridays at 1:00 p.m. – 90 Lincoln Street**

LaBlast Cardio Dance and Strength is a fitness class based on dances such as disco, salsa, foxtrot, swing, cha cha, and more. No partner or dance experience necessary. We'll use simple patterns from these dances that are easy to follow. Weights are incorporated. We use music from all genres and decades. Led by Karen K.

## Dance Aerobics

**Wednesdays at 1:00 p.m. – 90 Lincoln Street**

Enhanced low-impact dance aerobics movement with muscle conditioning, strength training, and stretching. Led by Louise C.

## Muscle, Movement, & Balance

**Tuesdays at 10:30 a.m. – 90 Lincoln Street**

**Thursdays at 10:30 a.m. – 90 Lincoln Street**

A balance, movement, and strength-building class using exercise loops and weights. The class focused on strengthening areas that are prone to injury. Modifications are offered; exercises can be done seated. All abilities are welcome. Led by Nicole V.



## Seated Strength & Balance

**Wednesdays at 12:00 p.m. – 90 Lincoln Street**

**Mondays at 12:00 p.m. – Zoom**

The class begins with a thorough warm-up and is followed by strength training & balance exercises, using weights. Led by Pearl P.

## Tai Chi

*All Tai Chi classes are held a 90 Lincoln Street*

**Beginners: Mondays at 10:15 a.m.**

**Beginners: Fridays at 10:45 a.m.**

**Intermediate: Mondays at 11:30 a.m.**

**Intermediate: Fridays at 9:30 a.m.**

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. Led by Aaron C.

## Meditation (on Zoom)

**Thursdays at 9:00 a.m.**

Practice paying compassionate attention to all that moves through us. This group is a supportive space to begin or continue a meditative practice. Led by Betsy S.

## Zumba Gold (on Zoom)

**Mondays, Tuesdays, and Thursdays at 10:00 a.m.**

This class introduces easy-to-follow Zumba (Latin-style) choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and strong. Led by Ketty R.

Questions about registration? Call 617-796-1670.

# CITY EVENTS/VOLUNTEER OPPORTUNITIES

## VOLUNTEER OPPORTUNITIES

If you'd like to share your talents and skills, consider volunteering. A variety of volunteer opportunities are available through Newton's Department of Senior Services.

These opportunities include: being a Friendly Visitor, a tech tutor, food deliverer, tutor for English Language Learners, AARP tax preparer, SHINE counselor, math tutor in Newton elementary schools, Book Shed volunteer, Swap Shop volunteer (in the spring), hospice volunteer, art class model, program assistant in a memory care residence, nursing home ombudsman, food pantry volunteer, greeter at a Dana Farber satellite office, and many more.



Placement opportunities change frequently, so please make an appointment with Julie Joy, Volunteer Coordinator, at 617-796-1674 or [jjjoy@newtonma.gov](mailto:jjjoy@newtonma.gov).

Julie will help you find the right placement to meet your interests, schedule, and needs!

## OVER 55 FROM PARKS, RECREATION, & CULTURE

### Have fun, stay strong, and make friends

Newton offers a variety of exercise and recreation programs for older adults, from pickleball and candlepin bowling to golf lessons and early morning walking. For information, contact Nancy Scammon, Over 55 Director, Parks, Recreation, & Culture at [nscammon@newtonma.gov](mailto:nscammon@newtonma.gov) or 617-796-1506.

## EVENTS AT THE NEWTON FREE LIBRARY

### Celebrating the Asian Lunar New Year of the Rabbit

Wednesday, January 18 at 7 p.m.  
330 Homer Street, Newton

Join us on for a special cultural performance and learn about the annual Spring Festival Year in this year of the Rabbit. People from many Asian countries observe the Lunar New Year by putting on their national costumes, singing and dancing, and playing ensemble music with traditional and modern instruments. Seen as an expression of their love, in our community, the fusion of Eastern and Western cultures makes the Spring Festival celebrations even more special. All are welcome to this family-friendly, in-person event.

### *A Reckoning in Boston: Facing Racial and Economic Inequalities in Cities*

Tuesday, February 28 at 6:30 p.m.  
Off-site film and discussion sponsored by the Library and Lasell University  
80 Maple Street, Auburndale, MA

*A Reckoning in Boston* takes a deep look at privilege and racist structures, with a particular focus on the availability of affordable housing as it relates to mental health. The award-winning documentary also addresses activism, social entrepreneurship, community investment, educational opportunities, urban farming, and more.

Join us for deep conversation with Kafi Dixon and Carl Chandler, producers and film protagonists, as well as Director/Writer/Editor James Rutenbeck. The discussion will be moderated by Jesse Tauriac, Assistant Vice President, Chief Diversity Officer, and Director of the Donahue Institute for Equity and Social Justice at Lasell University. This in-person event will take place at the Lasell University Auditorium in de Witt Hall (80 Maple Street, Auburndale) and is sponsored by the Newton Free Library, the City of Newton, and Lasell University.



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# ESSENTIAL WINTER INFO

## INCLEMENT WEATHER POLICY

When storms are predicted, please call the Senior Center at 617-796-1660 after 7:30 a.m. and press 1. A pre-recorded message will indicate if we're closed due to weather.

You can also check our website to see if we are closed: [www.newtonseniors.org](http://www.newtonseniors.org)

## SNOW REMOVAL INFORMATION

When snow does fall, it must be shoveled from sidewalks by property owners or renters to ensure safe travel for pedestrians. For information about the City's Snow Removal Policy and an application for a Snow Shoveling Extension or Exemption, go to [www.newtonma.gov/government/seniors/general-services](http://www.newtonma.gov/government/seniors/general-services)

## UPCOMING CLOSURE

The Newton Senior Center will be closed on Monday, February 20, in observance of Presidents' Day.

## Fuel Assistance 2022-2023

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton. ABCD accepts applications between November and March.

ABCD has an intake site for seniors at the Newton Senior Center, located at Brigham House, 20 Hartford Street.

Seniors (age 60 and over) can make an appointment at the Senior Center with Case Manager Emily Kuhl or Angela Panagopoulos. 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/MassLIHEAP>



## WHAT'S FOR LUNCH?

### Lunch at the Senior Center

When it's cold outside — or anytime of year — join fellow seniors and Springwell for lunch. 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. The menu can be found at [www.newtonma.gov/lunch](http://www.newtonma.gov/lunch)

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

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# WE'D LIKE TO SAY THANK YOU!



## THE JAYNE COLINO FUND

The Senior Citizens Fund of Newton (SCFON) – a 501(c)(3) nonprofit organization – has supported Senior Center programs and initiatives for more than 30 years. The fund recently announced the creation of the Jayne Colino Fund, which will underwrite a variety of innovative, engaging Senior Center programs throughout 2023.

“We think this is a fitting way to celebrate the incredible impact Jayne has had during her 32-year tenure as Director of the Senior Center,” said Beth Tishler, Chair of the SCFON.

The fund is also hosting an open house/retirement party in honor of Jayne (pictured with several participants) on Monday, January 30, from 4 to 6 p.m. at Newton Free Library's Druker Auditorium, 330 Homer Street. Remarks at 4:45. Just show up!

## TO OUR SPONSORS:

### Sunrise Senior Living

For sponsoring our ice cream social on October 20 with accordionist Sonny Barbato.



### The Village Bank

For sponsoring our Zoom program “India — Tradition and Modernity Collide on the Subcontinent,” on December 5, led by Barry Pell.



## TO OUR DONORS:

### The Rosse Family Charitable Foundation,

**Bonnie M. Rosse, Director**  
*in support of the Newton Senior Center*

### Bernice Braden

*in support of the Newton Senior Center*

### John Oliver

*in thanks for the Senior Center*



## How Can I Make a Donation?

If you'd like to support the Newton Senior Center or honor the efforts of loved ones or colleagues, you can mail a check to the Senior Center at City of Newton, ATTN Department of Senior Services, 1000 Commonwealth Avenue, Newton, MA 02459. You can also donate online at [newtonseniors.org](https://newtonseniors.org). Click the blue “Pay Online” button, make a “General Donation” or “Memorial Donation.” Thank you for your support!

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## HOW TO PAY FOR FITNESS 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) Pay online

Go to [newtonseniors.org](http://newtonseniors.org) and click the blue "Pay Online" button. (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.

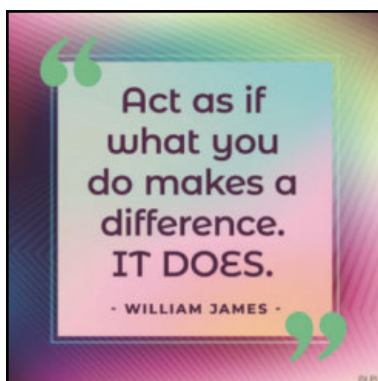
### 3). Mail in a Check

Please make payable to "Newton Senior Center" 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).



## SENIOR CENTER

### Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

### Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.