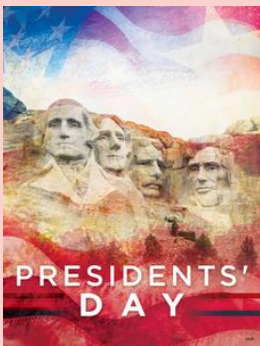




Newton Senior Center Updates as of February 17, 2023



Presidents' Day Closure

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

All programs, including Zoom programs, are cancelled.

NewMo will not be running.

Election Workers Wanted!

The City of Newton is looking for individuals who are:

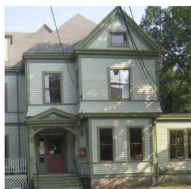
- Passionate about civic involvement
- Registered to vote in Massachusetts
- Available to work on **the Municipal Special Election, March 14, 2023**



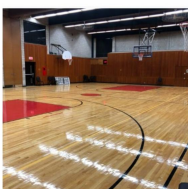
Positions include: Wardens, Clerks, and Inspectors. Training provided. Election workers receive a daily stipend, starting at \$15/hour.

If you are interested in working as an election worker, please contact our Elections Department at 617-796-1350, Monday through Friday, 9 a.m. to 5 p.m. or email anytime: elections@newtonma.gov

You can read more or fill out the application online by going to our Pollworkers section: <https://www.newtonma.gov/government/elections>



Brigham House, 20 Hartford St.



Hyde Community Center Gym, 90 Lincoln St.

Visit Our New (Temporary) Locations

Have you stopped by our interim sites yet? If not, we warmly welcome you to say hello, take a class, and enjoy our programs!

Important Addresses:

- **20 Hartford Street** – Brigham House (next to Hartford Street municipal parking lot)
- **90 Lincoln Street** – Hyde Community Center Gymnasium
- **1000 Commonwealth Avenue** – Newton City Hall – War Memorial Auditorium ([map and directions here](#))
- **330 Homer Street** – Newton Free Library
- **City Hall, Room 106B (main floor)** – For SHINE appointments from mid-February to late April (call 617-796-1675 to make SHINE appointments for Medicare counseling)
- **Our new mailing address:** City of Newton, ATTN Department of Senior Services, 1000 Commonwealth Avenue, Newton, MA, 02459

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](#).

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

Table of Contents (scroll below for program details):

Special Programs

(Zoom) Folk Sing-Along
Friday, February 17th,
3:00 to 3:45 p.m.

(Brigham House, 20 Hartford Street)
Men's Club
Thursday, February 23rd,
9:30 to 10:30 a.m.

(Brigham House, 20 Hartford Street)
Hearing Screening
Monday, February 27th,
12:00 to 1:00 p.m.

(Hyde Community Center, 90 Lincoln Street)
Massage Therapy with Aaron
Monday, February 27th,
12:50 to 2:50 p.m.

(Zoom) Nutrition & Healthy Living in Older Adults
Tuesday, February 28th,
1:00 to 2:00 p.m.

(Zoom)

Table of Contents continued (scroll below for program details)

**(Zoom) West Africa:
Slave Trade and Cultural Arts**
Thursday, March 9th,
2:00 to 3:00 p.m.

(Brigham House, 20 Hartford Street)
Acrylic Painting Workshop
5 Wednesdays beginning March 15th,
10:00 a.m. to 12:00 p.m.

(Brigham House, 20 Hartford Street)
Reading King Lear
8 Fridays beginning March 24th,
10:30 a.m. to 12:00 p.m.

Ongoing Programs

Meetings
NewCAL Meetings, Council on Aging Meetings – to be announced

Mah Jongg, Billiards Open Play, Canasta, Drawing Studio, Swing Band, French Conversation, Spanish Conversation, Mandarin Conversation, and Puzzles

Special Needs Trust Planning 101
Thursday, March 2nd, 2:00 to 3:00 p.m.

(Brigham House, 20 Hartford Street)
Office Hours with the Office of
Congressman Auchincloss
Friday, March 3rd, 10:00 a.m. to 12:00 p.m.

(Hyde Community Center, 90 Lincoln Street)
Line Dance with Paul
Monday, March 6th, 1:30 to 2:30 p.m.

(Zoom) Walking Tour of Banff and the Canadian Rockies
Tuesday, March 7th,
2:00 to 3:00 p.m.

(Brigham House, 20 Hartford Street)
MetroWest Legal Clinic
Thursday, March 9th,
10:00 a.m. to 12:00 p.m.

Fitness Classes

Muscle, Movement, & Balance, Chair Yoga, Seated Strength & Balance, Tai Chi (Beginner and Intermediate/Advanced), Zumba Gold, Mindful Meditation, Dance Aerobics, and LaBlast

Support Groups

Parkinson's, Caregiver, Declutter, and Bereavement

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

Special Programs



Ceramics Exhibit at Newton Free Library

For the 8th year, work by the talented participants in our Senior Center ceramics classes will be displayed in the main hall (first floor) of the Newton Free Library throughout the month of February.

The show, aptly titled "Ceramics: A Class Act VIII," includes fun, imaginative, and sometimes practical pieces that celebrate a place in our lives for art, as well

as stimulating social connections.

The featured artists, in alphabetical order, are Barbara L. Bates, Beth Julie Brooks, Donna Rae Hirt, Marc Kaufman, Mark Landsberg, Yael Melman, and Homai Schmidt. (See the photo above.)

Congratulations, all!



Folk Sing-Along

Friday, February 17th,
3:00 to 3:45 p.m.

On 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.

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

All music fans are welcome!

Join Zoom Meeting

[https://us02web.zoom.us/j/86798307358?
pwd=OXBwWktjSGN6a3BHelpLMkdPRnhMUT09](https://us02web.zoom.us/j/86798307358?pwd=OXBwWktjSGN6a3BHelpLMkdPRnhMUT09)

Meeting ID: 867 9830 7358

Passcode: 137937



Men's Club

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

Fourth Thursday of every month

Brigham House – 20 Hartford Street

Guest speaker Dan Shaw will present "The Existential Risk Of Nuclear Weapons and the Pressing Need for Nuclear Disarmament." Some of the topics that will be discussed are:

- The risk of nuclear war posed by the thousands of nuclear weapons in the nine countries that possess nuclear weapons
- The devastation and horror resulting from use of a nuclear bomb
- The worldwide threat of extinction, resulting from an exchange of nuclear weapons
- The risk of accidental nuclear war
- Psychological issues that make it difficult to think about the risk of nuclear war
- Actions that can be taken to promote nuclear disarmament and support nuclear disarmament treaties

Daniel Shaw, M.D., is a psychiatrist currently in private practice in Newton. He is one of the founders of Newton Dialogues on Peace and War (NDPW), a local peace group. He is a member of the Massachusetts Peace Action Nuclear Disarmament Group. For several years he has been an activist promoting nuclear disarmament; he has organized programs to raise public awareness of the risk of nuclear war. As a member of NDPW he has introduced nuclear disarmament resolutions to the Newton City Council. All of these have been passed by the City Council.

All retired and semi-retired men are welcome to join us for good conversation! This club gives you the opportunity to meet with men who have similar interests and backgrounds and 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!**



Hearing Screening

**Monday, February 27th,
12:00 to 1:00 p.m.**

Brigham House – 20 Hartford Street

Led by Sarina DaSilva of West Newton Hearing Center

These 10-minute checks will be led by Sarina DaSilva, Licensed Hearing Instrument Specialist. She can also check and clean your hearing aids. Newton residents age 60+ are eligible for an appointment.

To make an appointment, please email iseidmann@newtonma.gov or call her at 617-796-1670 with the following confidential information:

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

Walk-ins will be accommodated if there are available slots; otherwise, those who preregister for appointments will receive priority.

This program is filled.



Massage Therapy Program

**Monday, February 27th,
12:50 to 2:50 p.m.**

Hyde Community Center – 90 Lincoln Street

Led by Aaron Crawford

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

To sign up, please bring a **\$40 check payable to Aaron Crawford** to the Front Desk at Brigham House, 20 Hartford Street (Monday through Friday, 9 a.m. to 4 p.m.), and leave your name and telephone number with the Receptionist. Ilana will call to confirm your massage time.

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.

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

This program is filled.



Nutrition & Healthy Living for Older Adults

**Tuesday, February 28th,
1:00 to 2:00 p.m.**

On Zoom

Led by Reva Seager of BIDMC

During this seminar, we will discuss the roles and dietary sources of important nutrients for healthy aging, like calcium, vitamin D, protein, and fiber. We'll also share some tips for building a balanced plate at every meal. At the end of the program, we will introduce a new research program from Beth Israel Deaconess Medical Center for people 70 years of age or older that you may be interested in joining.

Reva Seager is a Registered Dietitian and Clinical Research Coordinator at Beth Israel Deaconess Medical Center. She is currently managing the BIDMC Blueberry and Date

(BnD) Study and consulting on another community-based nutrition intervention.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZEude2tqTwuGtVQ-TbOiBi2zOPgfeZWKOOH>

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

Special Needs Trust Planning 101



**Thursday, March 2nd,
2:00 to 3:00 p.m.**

On Zoom

Led by Mark Coletta of PLAN

What is a Special Needs Trust, and how could one be beneficial to your family? This lecture will answer those questions and help you learn the responsibilities of a Professional Trustee.

Facilitator Mark Coletta is a Community Relationship Manager and has been a PLAN employee since 2022. He has 20 years of experience in banking and investment management, has held Series 7, 63, and MA insurance licenses, and has partnered with nonprofits in Massachusetts as a Community Reinvestment Act Officer for a regional bank. He holds a BS in Business Management from Johnson & Wales University.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwof--spjsuH9cz4CvolS7AigmjU6LLwYAn>

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



Office Hours with the Office of Congressman Auchincloss

**Friday, March 3rd,
10:00 a.m. to 12:00 p.m.**

Brigham House – 20 Hartford Street

Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding Office Hours at the Newton Senior Center. All seniors in his district are welcome.

You can bring your concerns and/or casework requests **relating to any federal agency**, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration.

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

- Your first and last name
- Your email address and/or telephone number
- A brief description of your issue or question (optional)

Walk-ins will be accommodated if there are available slots; otherwise, those who pre-register for appointments will receive priority.



Line Dance with Paul

Monday, March 6th, 1:30 to 2:30 p.m.

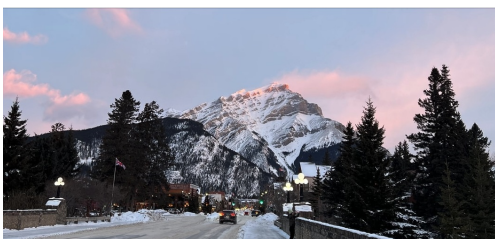
Hyde Community Center – 90 Lincoln Street

Led by Paul Hughes

Dance for fun, exercise, balance, coordination, and to learn a new skill. 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 to some of the old favorites, and also add some of the newest line dances. No need to have a partner; this is something for everyone, and no experience is necessary!

Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various Senior, Recreation & Community Centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.

**RSVP requested. Please call or stop by the Front Desk
at 20 Hartford Street: 617-796-1675. Drop-ins also welcome.**



Live Walking Tour:

Banff and the Canadian Rockies

Tuesday, March 7th, 2:00 to 3:00 p.m.

On Zoom

Led by Patrick Twomey, a tour guide from Beeyond

Welcome to Banff - Canada's first and (most famous) national park. Nestled in over 6,000 square kilometers of majestic wilderness, the Town of Banff helped to finance the trains that assured Canada's creation. Every visit will be different according to time, light, wildlife, and weather. We will discuss the indigenous inhabitants, geology, wildlife, and the "need to reside" permit, which restricts the town from growing.

Based in the majestic Canadian Rockies, Patrick is an international tour guide/tour operator and published author. Patrick has led hundreds of tours to more than 40 countries. At home in Banff, Patrick continues to bike, ski, climb, and hike. His creative outlet is writing blogs on 2metours.com. With Irish roots, Patrick's humor shines through, and he loves connecting with people around the world. He is fluent in English, French, and Spanish.

Please note this is a **LIVE WALKING** tour, *not* a presentation.

Register by emailing Ilana at iseidmann@newtonma.gov The Zoom link will be sent two hours prior to the program.

MetroWest Legal Clinic

Thursday, March 9th, 10:00 a.m. to 12:00 p.m.

Brigham House – 20 Hartford Street



**Led by Stephanie Ozahowski 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. **These appointments are now in-person at Brigham House.**

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 email iseidmann@newtonma.gov or call 617-796-1670 with the following confidential information:

- Your first and last name
- Your daytime telephone number
- Confirm that you are at least 60 years old
- A very brief description of your legal issue or question (not required, but helpful)



3-Part Travel Series with Barry Pell

Part 2

**West Africa:
Slave Trade and Cultural Arts**

Thursday, March 9th, 2:00 to 3:00 p.m.

On Zoom

Led by Barry Pell

West Africa is a testament to the human need for creative expression. While other regions of Africa are famous for their dramatic natural landscapes and abundant wildlife, the beauty of West Africa is in its man-made expression – from masks to music and dance, to weaving. Due to its geographic location, with the easiest coastal access to Europe and the Americas, West Africa was also the region of the continent's largest export industry – slavery. This program will describe the overall history of the region and distinctive cultural elements of its individual countries. From his many different trips to the region, lecturer Barry Pell came to know the strength, grace, and endurance of its people. The program will be accompanied by his photography.

This travel series is generously sponsored by The Village Bank.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZUIce6przlvHtAzFulx9LjQm9_wFve-IGMA

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



Beginner and Intermediate Acrylic Painting

5 Wednesdays:
March 15th, March 22nd, March 29th,
April 5th, April 12th
Scheduled make-up day: April 19th
10:00 a.m. to 12:00 p.m.

Brigham House – 20 Hartford Street
OR
On Zoom

Led by Donna Calleja

The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting, and paint application techniques. Students will work to develop a personal painting style to interpret in an original acrylic landscape or still life painting. This class will combine teacher demonstration with work time devoted to individual instruction. Students can participate in person or from home using Zoom.

Supply List: canvas or canvas board (size range from 8-by-10 to 9-by-12 inches); Acrylic paint in small size tubes (Basic colors – Titanium White, Yellow Hansa, Naphthol Red, Ultramarine Blue, Burnt Siena) or any set of yellow, blue, red, white, and brown acrylic paints you may own already; disposable palette paper or white paper plates, and acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6); color photos of landscapes 4-by-6 inches (or larger) or still life photos or objects. These are suggested supplies to get started. If you already own a set of acrylic paints and brushes, please use what you already have at home.

Donna Calleja has worked as a teacher and artist for more than 35 years. Her paintings have been shown in recent exhibits at the South Shore Art Center, Concord Art, Gallery Twist, and Room83Spring.

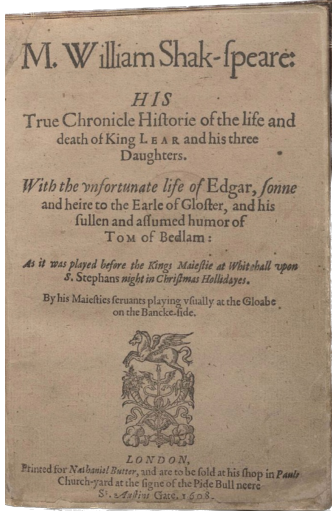
Registration required by Wednesday, March 8th. Minimum 5 students.

The class fee is \$80. The supply cost will be an additional \$30-\$50. Supplies may be purchased online at dickblick.com or michaels.com

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

Reading King Lear

8 Fridays:
March 24th, March 31st, April 7th, April 14th, April 21st,
April 28th, May 5th, May 12th,



10:30 a.m. to 12:00 p.m.

Brigham House – 20 Hartford Street

Led by Marcia Karp

Lear, king of Britain, is set, he thinks, on leaving his power and his wealth to others. But he hasn't thought this through – what can he bear to leave and to whom and how? Lear and his daughters, Gloucester and his sons, Kent and the Fool and their lord – their worlds are come undone.

Please join us as we read through the play, each of us trying out a variety of roles. Fear not – we will use a readable and helpful edition. Shakespeare's frank and tender knowledge of what it is to be human will many times outweigh any small difficulties with the language.

Once the registration period is over, you'll receive information on the specific version of the play to buy (\$5.99) or borrow from the library.

Registration required by March 10. Space is limited. Register with Ilana at 617-796-1670 or iseidmann@newtonma.gov

Ongoing Programs

Swing Band

Practice on Tuesdays, 1:30 to 3:00 p.m.
Newton City Hall – War Memorial Auditorium,
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!



Join Springwell for Lunch at Brigham House

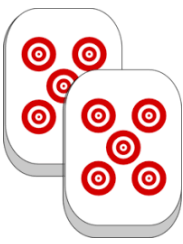
Brigham House – 20 Hartford Street

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.



Mah Jongg Play

Mah Jongg Mondays: 1:00 to 3:00 p.m. – pre-formed groups only

Mah Jongg Thursdays: 1:00 to 3:00 p.m. – open play only

Brigham House – 20 Hartford Street

Come for a friendly game of Mah Jongg!

Mondays 1:00-3:00 is for preformed groups only – Not open play, not for newcomers.

Thursdays 1:00-3:00 (Mah Jongg) is for open play only – No preformed groups; everyone who participates on Thursdays must be open to playing with all skill/speed levels.

Are you interested in other games, like Bridge, Canasta, and Chess? Please contact Nancy at ngagnon@newtonma.gov or 617-796-1675. She maintains a list of people who would like to play at the Senior Center. When a quorum is reached, everyone on the list will receive each other's contact information so you can arrange afternoon game play at the Senior Center.



Canasta Play

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

Begins Wednesday, March 1st

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 new Canasta group! It will be facilitated by Deborah, a volunteer who can remind you of the rules and support you as you play. Just show up!



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.

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 useful for seniors!

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. No partner or dance experience necessary. We'll use simple patterns from these dances that are easy to follow. 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!

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

An enhanced low-impact dance aerobics movement with muscle conditioning, strength training, balance, and stretching. Louise looks forward to working with "Newton seniors" once again!

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!

Jill will be the substitute teacher on February 21st and February 23rd.

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.

Tai Chi with Aaron
Intermediate/Advanced:
Mondays at 11:30 a.m. and Fridays at 9:30 a.m.
Hyde Community Center, Gymnasium – 90 Lincoln Street

Beginner:
Mondays at 10:15 a.m. and Fridays at 10:45 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 and accompanied by deep breathing.

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

Meditation is cancelled on Thursday March 2nd.

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

<https://us02web.zoom.us/j/825779957?pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09>

Meeting ID: 825 779 957
Passcode: 336304

Seated Strength & Balance with Pearl
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

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 "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).

Support Groups

Caregiver Support Group

First Tuesday of the month
Tuesday, March 7th,
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.

Feeling & Healing Our Grief

Third Thursday of every month
Thursday, February 16th,
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.

Declutter Support Group

Second Friday of every month
Friday, March 10th,
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. For more information, contact Karin Lehr, 617-969-4925, ext. 5958.

Join Zoom Meeting

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

Meeting ID: 829 9198 5788
Passcode: 398359

Parkinson's Support Group

Last Monday of every month
Monday, February 27th,
10:30 a.m. to 11:30 a.m.
Brigham House – 20 Hartford Street OR on Zoom

The objectives of the group are to: obtain information on PD and treatment; gain emotional support, advice, and tips from others; learn from the experience of others; provide guidance based on experience with disease; develop a sense of community and partnership; learn about and from other professionals in the area; fight loneliness and anxiety; understand that you are not alone. Led by volunteer facilitator Dan Reilly.

Guest speaker on February 27th: Researchers from the STEPP Lab at Boston University.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZwkcumsrDIsHNDI-_Tx17IASzIirFI6I3VP

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

Caregiver Support Group

Third Tuesday of the month

Tuesday, February 21st,

2:30 to 4:00 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 Case Manager Emily Kuhl at ekuhl@newtonma.gov

Other Senior Center Information

Proposed Override

You can find detailed information about the 2023 Override Proposal and upcoming town hall meetings on the [Mayor's web page](#).

[Click here for a quick video](#) on what the override will mean for programs and services for older adults.

Our Inclement Weather Policy



When storms are predicted, please call 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: newtonseniors.org

Reaching the Staff at the Newton Senior Center

Call our main number (617) 796-1660.

Then press the appropriate number as noted below:

Press 1 for our Program Information Line, where you can listen to a recorded listing of our weekly activities

Press 2 for Springwell Lunch Reservations, picked up Monday through Friday at the Senior Center

Press 3 to request an AARP tax appointment (We'll start making appointments in mid-January)

Press 4 for Emily Kuhl, Case Manager & Social Services

Press 5 for Ilana Seidmann, Program Coordinator

Press 6 for Elizabeth Lund, Outreach & Community Engagement

Press 7 for Julie Joy, Volunteer Coordinator

Press 8 for Norine Silton, Executive Administrator

Press 9 Transportation questions or SHINE Medicare Counseling Questions, or to speak to the Receptionist

Staff ↑	Title	Departments	Phone
Gagnon, Nancy	Administrative Assistant	Senior Services	(617) 796-1675
Joy, Julie	Volunteer Coordinator	Senior Services	(617) 796-1674
Kuhl, Emily	Case Manager	Senior Services	(617) 796-1672
Lund, Elizabeth	Outreach & Engagement Coordinator	Senior Services	(617) 796-1665
Murray, Mignonne	Director	Senior Services	(617) 796-1671
O'Connell, Liz	Administrative Assistant - Part Time	Senior Services	(617) 796-1675
Seidmann, Ilana	Program Coordinator	Senior Services	(617) 796-1670
Silton, Norine	Executive Administrator	Senior Services	(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 jseidmann@newtonma.gov or direct them here: [Click here to sign up for our weekly e-newsletter.](#)

We also encourage you to sign up for Mayor Fuller's e-mail updates. She emails information about COVID-19 and other important information. You may do so by [clicking here.](#)
