

# THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF  
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

JULY 2025

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## MARIE LAVINE MEMORIAL CONCERT



Join us on **Thursday, July 17, from 2:00 pm-3:00 pm** to celebrate the life of Marie Lavine. This Concert is a tribute to the memory of Marie, a beloved Senior Center volunteer who loved concerts and theater. The concert is underwritten every year by Marie Lavine's daughters, Ellen Solomon, and Kathy Sue Lavine.

The Winikers need no introduction, and it seems even more fitting that they knew Marie personally. In addition to the fantastic Bill and Bo Winiker, vocalist Cindy Gale and pianist Neil Greene will perform. The band will entertain us with an eclectic program, featuring each member in diverse ways, and playing a lot of the music that Marie loved. Afterward, join your friends for delicious desserts, including homemade chocolate chip cookies, Marie's favorite, and a raffle. To register, please call 617-730-2770.

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## WHY WE DANCE



Join us on **Tuesday, July 8, at 1:00 pm** for "Why We Dance" and a talk to follow. This experiential documentary was built around an online Zumba Gold dance sponsored by the Newton Senior Center since the beginning of the Pandemic by an extraordinarily charismatic and compassionate teacher. The teacher, Ketty Rosenfeld, immigrated to the US from Indonesia.

Many of the dancers are also immigrants. As friends invited friends, a virtual community of women from all over the country formed around this teacher. This is a micro-budget project, experiential and non-didactic, filmed by the dancers themselves. The film explores how and why older women dance, and what they gain from doing so, including confronting body image, seeking renewed community and relevance, and developing resilience. To date, Why We Dance has been screened at the West Newton Cinema, two film festivals, and the North Hill residential community, with additional local screenings scheduled for July and the fall. In all cases, the audience is totally "with" the film and receives it with joy, as it conveys resilience in dark times. A conversation will follow with the filmmaker and a few of the dancers.

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**93 Winchester Street**  
**Brookline, Massachusetts 02446**

**Council on Aging Information Hotline**  
617-730-2777 617-730-2778  
**Senior Center Van** 617-730-2750

**Brookline Council on Aging**  
<https://brooklinema.gov/245/Council-on-Aging>  
[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**  
[www.BrooklineCAN.org](http://www.BrooklineCAN.org)

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The Brookline Senior Center is a  
Welcoming Community.

To view our website scan the QR code or use  
the link: [www.brooklineseniorcenter.org/](http://www.brooklineseniorcenter.org/)

## FROM THE DIRECTOR

**Dear Community,**

“Waste is a habit,” she’d say. “Kindness is the cure.”

This excerpt is from a recent blog <https://bigskyhideaway.com/blog/broken-things> on creating purpose. It goes on to share a story about a widowed 79 year-old who, after losing his wife, opened a fix-it shop in his garage. He charged nothing and served community members of all ages. Children came with their broken toys, residents came with their favorite broken picture frame, and one woman asked him to fix...her resume. His goal was to reduce waste and help others. Unintentionally, he created a third place where residents came to enjoy a tea and talk with people while their items needed fixing...or just to come and say “hi” to their neighbors. I loved the story because it reminded me that our Senior Center is a third place for so many – a home away from home – and also a place to contribute one’s skills to help others. This summer, I hope you stop in often for a cool drink, conversation, a place to gather, and a safe location to talk and ask questions with our staff about your needs to age-well in Brookline. I also want to thank our staff for making a meaningful difference in the lives of our older adults every single day.



Speaking of the summer, July’s heat has arrived—and with it, a powerful reminder that climate change is not a distant threat as it affects older adults in profound ways. From rising temperatures to unpredictable weather, our climate has entered a new reality. Older adults, low-income households, and vulnerable communities bear the brunt of extreme heat, and it’s up to all of us to respond with compassion, equity, and action. At the Senior Center, we believe that social justice begins with how we care for each other.

Here are a few simple but vital tips during hot weather:

- Visit the Senior Center to enjoy air conditioning, a cold glass of water, and the “coolest” programs around.
  - Wear lightweight, light-colored clothing and limit time outside before and after when the sun is at its peak.
  - Keep your living space cooler by closing curtains and using fans.
  - A quick phone call or knock on the door can make a world of difference to seniors.
- If you know someone without air conditioning or who lives alone, reach out and let us know if they need help.
- Drink water throughout the day, even if you don’t feel thirsty.
  - Join a new discussion group at the Director’s Monthly Coffee Hour **Monday, July 7 at 10:00 am.** Everyone is welcome.

Until we meet again, please remember to always check in on your neighbors during future heat waves and always.

Sincerely,

*Emily Williams*  
Director

## EVENTS COMING UP THIS MONTH

### HONORING WORLD BRAIN DAY



On **Monday, July 21 from 11:00 am-12:00 pm** join the Boston University Alzheimer's Disease Research Center for a presentation on *Healthy Brain Aging and Cognitive Health*. Learn more about your brain and ways to potentially reduce your risk of Alzheimer's Disease and related dementias. please register at 617-730-2770.

### MEET, GREET, REPEAT!

#### Fighting Loneliness Through Connection

On **Wednesdays in July from 11:00 am-12:00 pm**, join Zoe, an occupational therapy student, for a supportive group to connect with others, express yourself through art, enjoy meaningful moments, and brighten your week. Space is limited, so please register at 617-730-2770.

### JULY OBSERVANCES

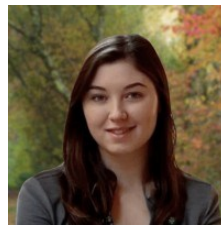
**July 4** Independence Day the Senior Center will be closed. No lunch or transportation.



### SHARP MINDS & GOOD TIMES TRIVIA

On **Wednesday, July 30 from 1:00-2:00 pm**, let us bring you a fun-filled Baby Boomer-themed Trivia Event with captivating questions and a specially-curated music playlist. It's guaranteed to be an hour of laughter, learning, and friendly competition! There's something for everyone. Players can play solo or as a team. Sponsored by Right at Home. Please Register at 617-730-2770.

### OPTIMIZING YOUR BRAIN HEALTH



On **Wednesday, July 9 from 11:00 am-12:00 pm**, join us at the Senior Center for a presentation by Rachel Fox, CWC, Wolk Center for Memory Health at Hebrew SeniorLife. Scientific research shows that lifestyle changes, including diet, exercise, and cognitive training, can reduce dementia risk significantly. Rachel will review steps you can take to optimize your brain health and share ways the Wolk Center can provide the support needed to be successful. Please register at 617-730-2770.

### COFFEE HOUR WITH THE DIRECTOR

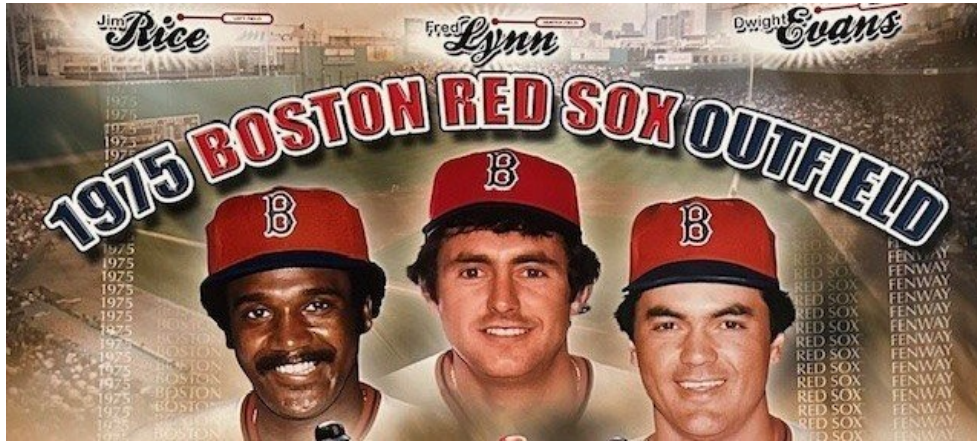
Emily will be holding a monthly coffee hour on the first **Monday of the month (July 7) at 10:00 am**. Please join Emily.

### "A WALK IN THEIR SHOES"

Allow us to take you through a simulation experience to better understand what living with Alzheimer's or other forms of dementia can be like. On **Wednesday, July 2 from 11:00 am-12:00 pm** at the Senior Center, we will guide you through the challenges of compromised vision, hearing and dexterity, which all affect cognition. Led by Certified Dementia Practitioners at The Residence at Boylston Place - A unique opportunity for open discussion and questions! Please register at 617-730-2770.



## EVENTS COMING UP THIS MONTH



### BOSTON RED SOX HISTORY

#### Remembering the 1975 Red Sox AL Champs!

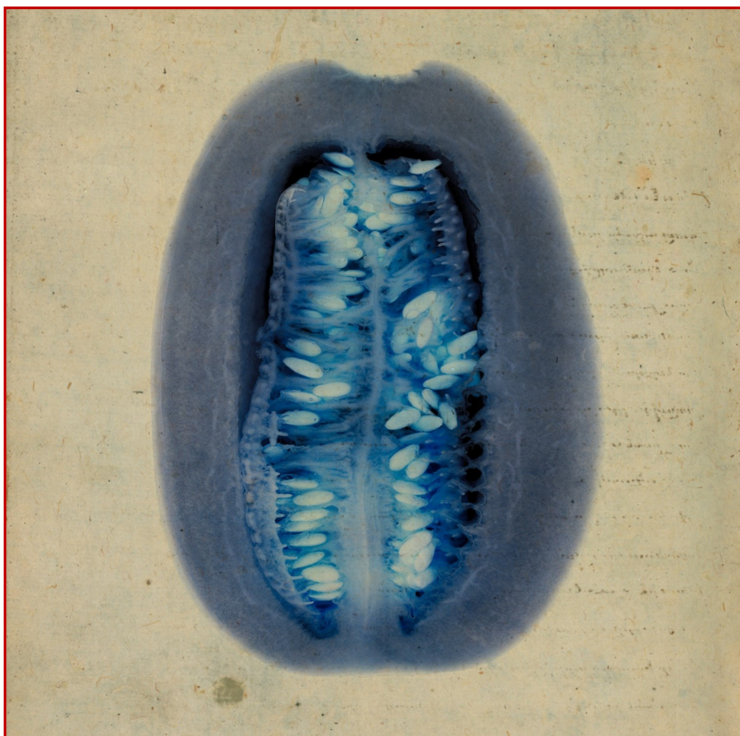
On **Monday, July 14 from 1:00 pm-2:00 pm**, join Herb Crehan for this informative talk. The 1975 season is among the most memorable in the rich history of the Boston Red Sox! Who can forget Pudge Fisk's famous 12th inning home run in Game 6 of the World Series?! And there has never been a more amazing pair of rookies than the Gold Dust Twins! Fred Lynn was the MVP and Rookie of the year while Jim Rice went on to a Hall of Fame career. And then there was Looie whirling and twirling, Dewey's World Series catch, Carbo's home run, and Bill Lee being Bill Lee!! What a collection of characters AND outstanding players. Pitching was a concern but the "Big Three" of starters Lee, Rick Wise and Looie combined for 54 wins in tandem with a strong bullpen. When 1975 drew to a close, the Red Sox had won the East Division, swept the three-peat World Champion Oakland A's in the ALCS, and thrilled the country by taking the heavily favored Cincinnati Reds to seven games in an epic World Series. A season to remember! Herb Crehan is a widely-recognized authority on Boston baseball history and the publisher of the website [www.bostonbaseballhistory.com](http://www.bostonbaseballhistory.com). He is the author of *The Impossible Dream* 1967 Red Sox: Birth of Red Sox Nation; *LIGHTNING IN A BOTTLE: The Sox of '67*; and *Red Sox Heroes of Yesteryear*. He is also a contributing author. Please register at 617-730-2770.

### RED SOX-YANKEES: THE GREATEST RIVALRY IN SPORTS



On **Thursday, July 31 from 1:00 pm-2:00 pm**, we welcome you to the most intense rivalry in American sports - maybe the world. This fun program hosted by award-winning sportswriter, baseball beat writer and book author Marty Gitlin features videos of the biggest moments of the rivalry from well over a century, as well as trivia questions for the patrons to ponder.

From the sale of Babe Ruth in 1919 that launched the Yankees dynasty and Curse of the Bambino to Joe DiMaggio vs. Ted Williams to the Brawl of 1967 to Bucky Dent to Munson vs. Fisk to the Red Sox Revenge of 2004 all the way to today - this program is a blast! A Q&A will follow. Please register at 617-730-2770.



## EXPLORATIONS

Photographs by David Weinberg

June 2 – Aug 27, 2025

## RECEPTION

Tuesday July 15 4:30-6:00 pm

Artist's talk at 5:00 pm

*Palimpsest 14, archival ink jet print*

## MEMOIR WRITING - A MATTER OF TASTE

Food and drinks can play prominent roles in our memories. We may recall savoring (or disliking) “traditional” cultural fare, tasting something for the first (and perhaps last) time, or attempting to prepare a new dish. On **Thursday, July 10 from 1:00 pm-2:30 pm**, join Dr. Miriam Rosalyn Diamond to write and share a short story involving meals or refreshments you'll never forget. Please register at 617-730-2770.

## KARAOKE



On **Monday, July 28 from 1:00 pm-2:30 pm**, join You and Broadway Host and Singer Howie D Jordan for 90 Minutes of Karaoke fun. Sing a long and enjoy many favorite songs. Please register at 617-730-2770.

## SONGS FOR PEACE

On **Wednesday, July 23 from 1:00 pm-2:00 pm**, join Natalia Sandrine Katz, a performing and healing artist. Natalia's primary professions are modeling and teaching yoga. She has a passion for all the arts, and sees creativity as an opportunity to come into harmony with the natural world. Please enjoy ‘Songs For Peace’: an hour long singing performance of songs from around the world, all embodying a theme of peace & love. In these crazy times, we need music to heal our souls, promote peace, and uplift our spirits! This performance promises to offer all that and a whole lot of Love! Please register at 617-730-2770.



## BOOMERS & BEYOND TRAVEL CLUB

Due to high demand for the Senior Center's monthly trips and a desire to be fair for all and allow more participants to enjoy these opportunities, we enter all registrants into a free staff-supervised raffle. If you are part of a pair, this does not guarantee both registrants' attendance. For those who need caregiver assistance, please call Jamie at 617-730-2753. For this trip, attendees will be picked and notified on **Thursday, July 24**. Please register for the free raffle for WooSox attendance at 617-730-2770.



On **August 7** we will be headed to Polar Park to watch the Triple-A affiliate of the Boston Red Sox the Worcester WooSox take on the Buffalo Bisons.

### BROOKLINE ADULT COMMUNITY EDUCATION CLASSES

#### Strength Training for Seniors - Intermediate

##### Level classes

Fee: \$105.00

Dates: **Mondays July 21-August 25**

Time: **4:00 pm-5:00 pm**

Brookline Senior Center

Instructor: Courtney Johnston

#### Canasta 101

Fee: \$165.00

Dates: **Mondays July 7-August 11**

Times: **10:00 am-12:00 pm**

Brookline Senior Center

Instructor: Laurie Probststein

#### Seasoned Canasta Enthusiasts

Fee: \$65.00

Dates: **Mondays July 7-August 11**

Times: **10:00 am-12:00 pm**

Brookline Senior Center

Instructor: Laurie Probststein

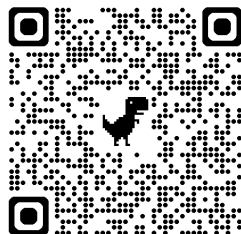
Register 617-730-2700

[www.campusce.net/](http://www.campusce.net/brookline/category/category.aspx)

[brookline/category/](http://www.campusce.net/brookline/category/category.aspx)

[category.aspx](http://www.campusce.net/brookline/category/category.aspx) or

Scan the QR Code



#### Mah Jongg Play Time

Fee: \$65.00

Dates: **Mondays July 7-August 11**

Times: **10:00 am-12:00 pm**

Brookline Senior Center

Instructor: Laurie Probststein

#### Tai Chi for Seniors

Fee: \$90.00

Dates: **Fridays June 27-August 8**

Times: **2:00 pm-3:00 pm**

Brookline Senior Center

Instructor: Vincent Chu

### TEXT SCAM CLAIMING TO BE RMV



If you receive a Text messages claiming to be from the Registry of Motor Vehicles (RMV) asking for **payments DO**

**NOT RESPOND** delete the message and block or report the message as junk.



## EVENTS COMING UP THIS MONTH

### THE MONTHLY BIRTHDAY PARTY



On **Tuesday, July 15 at 12:30 pm** at the Senior Center, Stop & Shop will sponsor the birthday cake to celebrate July birthdays. The Senior Center will also give small gifts to July birthday celebrants. Please register at 617-730-2770. You are welcome to join us beforehand for lunch as well. Please reserve a lunch at 617-730-2747 on the business day prior before 10:30 am. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthday. Please also join us for the **Tuesday movie *The Nice Guys* at 1:00 pm.**

### PET THERAPY VISITS



Enso the Goldendoodle looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on **Monday, July 7, 14 and 21 from 11:00 am-12:00 pm.** Otherwise known as the 'Curly Coated Gentleman' Enso is sweet, sensitive and earnest, and has worked as a therapy dog for the past two years between libraries and retirement residences.

### MUSIC SHOW

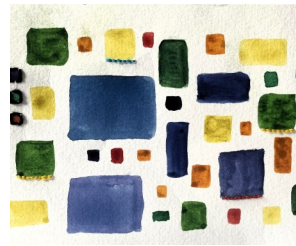
On **Monday, July 7 from 1:00 pm-2:00 pm,** join Singer and You and Broadway Host Howie D. Jordan and Pianist Joel Davidson for an hour of wonderful music; including Country, Pop, Oldies and Showtunes. Please register at 617-730-2770.

### LEGO-BUILDING



Who says LEGOs are just for kids? Grown-up builders, it's your time to shine! On **Wednesday, July 16 from 1:00 pm-2:00 pm,** get ready to build and create at our LEGO Building Event! Whether you're a lifelong builder or just curious, this hands-on activity is a fun way to spark your imagination and relive playful memories. We will provide the bricks, you bring the creativity! No experience needed, just a willingness to click some pieces together and see where your imagination takes you! After all, LEGOs have an age range that goes up to 99! Space is limited, so please register at 617-730-2770.

### ART THERAPY WORKSHOP TWO



On **Wednesday, July 30 from 10:00am-12:00pm** join Art Therapist Erica Curcio as we combine the arts of watercolor and embroidery on watercolor paper. No skills required. Come and learn this technique that you can take home and keep working with! Space is limited, so please register at 617-730-2770.

### UNDERSTANDING VISION LOSS TIPS, TOOLS & RESOURCES

On **Thursday, July 17 from 11:00 am-12:00 pm,** join Isabel Rosario from the Carroll Center for the Blind for an informative talk on vision loss in older adults. Learn about common causes, adaptive strategies, and local resources to stay independent and informed. Please register at 617-730-2770.

## EVENTS COMING UP THIS MONTH

### THE COUNCIL ON AGING DOES NOT MEET IN JULY

The COA Nominating Committee will meet in August. The Council continues to recruit board members. If you are interested, please reach out to Director Emily Williams at 617-730-2774 or [ejwilliams@brooklinema.gov](mailto:ejwilliams@brooklinema.gov). To fill out a board application via the Town site, follow this link and click the "APPLY" button: <https://www.brooklinema.gov/697/Council-on-Aging>

### LOOKING FOR CONNECTION, CONVERSATION, AND COMPANIONSHIP?

Are you a friend/family member looking for more connection, conversation and companionship? Our new Visiting Volunteer Program matches seniors in our community with compassionate and trained volunteers for weekly home visits. To sign up or for more information, please reach out to our social worker, Sharon Sandalow, at [ssandalow@brooklinema.gov](mailto:ssandalow@brooklinema.gov) or at 617-730-2769.

### EASY TRAVEL



On **Thursday, July 24 from 1:00 pm-2:00 pm**, join Susie Davidson as she shares her recent trip to England for a festival at the National Bowl in Milton Keynes, UK (something Susie had never heard of), Belgium, Germany, and Liege on the Belgium/France border. Please register at 617-730-2770.

### MEMOIR & STORY WRITING



This summer, the Memoir & Story Writing class will be running on **Friday afternoons from 3:00 pm-4:00 pm**. In this class of six, Ella will help each participant craft individualized stories that record the most important moments of their life, ultimately forming a short memoir/collection of stories. The intent of this class is not only to help with writing stories in the period but also to help members learn the skills for writing about their lives. This program will run **through August**. Please register at 617-730-2770.

### DIAMOND ART

#### Jewelry Class/Pendants

In this second jewelry class series, Kelley will show you how to make a simple yet elegant pendant. You'll choose from Renaissance Filigree Teardrops, or Cranes and Clouds, as the focal point to your pendant and learn how to work with jump rings and jeweler tools. If you have your own jewelry tools, please bring them to work with. Two classes are on offer, but please only choose one class: **Thursday, July 3 from 1:00 pm-2:30 pm or Friday, July 25 from 10:30 am - 12:00 pm**. Seats are very limited, please register at 617-730-2770.

### ART CLASS WITH ARTIST ILANA

**On vacation for the summer.**



## EVENTS COMING UP THIS MONTH

### PLANNING FOR MEDICARE



On Thursday, July 24 from 11:00 am-12:00 pm, Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. This is a great presentation for community seniors who may still be working and looking to transition. Please register at 617-730-2770.

### BETH PURCELL & BRIAN FRIEDLAND CONCERT



On Monday, July 21 from 1:00 pm-2:00 pm, Vocalist Beth Purcell and jazz pianist Brian Friedland will present a concert of songs from Classic Movie Musicals, from Gershwin's An American in Paris to Singing in the Rain to Seven Brides for Seven Brothers and much more! Beth Purcell has a broad background in musical theatre. Pianist Brian Friedland's relentless creative spirit is evident from his frequent participation in Boston's music scene and prolific output as a composer. Please register at 617-730-2770.

### MYTHOS RISING—WRITING THE WORLD ANEW: A TWO-YEAR COUNTRY-WIDE THEATRE ARTS PROJECT BEGINNING IN BROOKLINE!

Join us at the Senior Center on **Wednesdays July 9 and August 6, from 1:00 pm-2:30 pm**, for workshops where we will ask many of life's big questions: Who am I? Why am I here? Where did I come from and where do I go when I die? The purpose of the workshops is to discover themes and storylines for an as-yet- to-be-written Epic Musical that explores how humanity is evolving, and how the old paradigm appears to be shifting into something different. The word mythos refers to the broad cultural or collective narrative framework that represents the worldview, values, and beliefs of a culture or society. Can we come together to begin writing a new story based on the best of the myths and legends from the past while creating an inspiring vision of the future? Bring a sense of humor! In the workshop setting we will discuss, write and perhaps even act out our views of what life is and what it could be. This type of theatre work is called, "derived theatre." Mythos Rising is a two-year project which lifts off in Brookline before heading to a couple of other states in the Fall. Production is slated for 2028. Elle Morgan, summer resident of Brookline, will be leading the three sessions. She is a Public Speaking Instructor at Penn State University as well as a playwright, Theatre director and actor. Please register to attend all or select groups at 617-730-2770.

## EVENTS COMING UP THIS MONTH

### SMARTPHONE PHOTOGRAPHY



We live in an age where we carry our smartphones everywhere we go. Built into this device is a camera that can help us document the world around us.

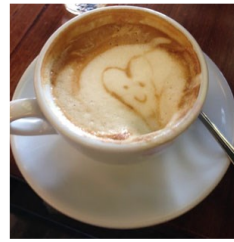
Whether it's taking family portraits, beautiful landscapes, or in some cases the meal we just sat down to eat, we're all constantly taking photos. **For 8 Mondays from July 7 through August 25 from 1:00 pm–2:30 pm**, this class will not only teach you to take the best possible photos, but how to edit your photos to make them look as good as they possibly can. We will also cover how to organize the photos on your phone to make it easy to find individual images or a group of photos. We will learn how to become visual storytellers through projects assigned each week followed by thoughtful group discussions of your photos. You need only bring two things to this class: your smartphone and your imagination. Please register at 617-730-2770.

### COOKING & BAKING TIPS

Baking Class **Thursday, July 3 from 1:00 pm–3:30 pm**. Come stir up something sweet in our next baking class! Make simple, delicious recipes while enjoying good conversation, sharing memories, and listening to nostalgic tunes. No baking experience needed. We're excited as in our next baking class, we'll be making delicious homemade muffins! For this session, we'll be using the following tools: Mixing bowl, Whisk, Rubber spatula, Muffin tins, and Measuring cups and spoons. We'll have enough supplies to share with a partner. Space is limited, so please register at 617-730-2770.

### -SAVE THE DATE-

#### DEATH CAFÉ



Join facilitator Sharon Devine for the Death Café on **Monday, August 4 from 1:00 pm–2:30 pm** at the Senior Center. Death Cafés are a place for people of all ages to socialize, drink tea and eat cake while talking about death and dying. The only goal of a Death Café is to increase our awareness of death, so we can make the most of our (finite) lives. We will enhance the discussion with a group of young professionals who wish to join the conversation. Questions? Contact Jamie at 617-730-2753.

### -SAVE THE DATE-

#### DRAWING CLASS



Whether your interest is improving focus and memory, reducing stress, or simply enjoying self-expression, this drawing program, **on Fridays from 1:30 to 2:15 pm, August 29 through October 17 (8 weeks)**, provides a creative outlet. Art prompts, suggested techniques, and encouragement help participants engage with and feel good about their work. Some drawing is based on observation, some from imagination. All skill levels are welcome. Supplies are provided. The art teacher is Robert Rogers, a professional artist in Brookline who has volunteered at Brookline Senior Center since January. Space is limited, so please register at 617-730-2770.

## ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at [mdeery@brooklinema.gov](mailto:mdeery@brooklinema.gov) or call 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

**QUESTION:** What is peripheral artery disease, and what can I do about it?

**ANSWER:** Our body's blood circulation is a very elaborate system of blood vessels throughout our whole body, sort of like the water pipes that carry water underground. There are 3 types of blood vessels (the pipes):

- Arteries are the blood vessels through which the newly oxygenated blood travels from the heart to the rest of the body.
- Veins are the blood vessels through which the darker bluish blood which has delivered the oxygen to our brain, arms, legs and all our other organs, travel
- Capillaries are the smaller blood vessels that connect the arteries and the veins



**Dr. Suzanne Salamon**

Just like the water pipes underground that get clogged after years of transporting water, our arteries get clogged with fat which makes it harder for the blood to get through. As a result of the decreased blood with less oxygen getting to our legs, symptoms can occur, such as pain which occurs when we try to walk any distance. Less oxygen also means that leg wounds are more difficult to heal. This is called peripheral artery disease. (PAD)

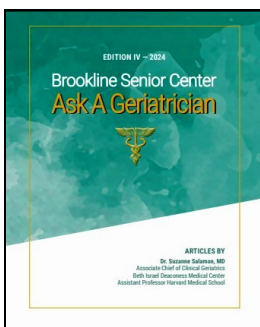
What happens in the legs also can be happening in the rest of the body. If not enough blood gets to the brain, it can cause a stroke. Decreased blood flow to the heart can cause a heart attack.

The biggest risk factors for getting PAD are the same as other disease affecting the blood flow: increasing age, smoking, diabetes, high cholesterol, and high blood pressure.

If you notice that your legs start to hurt after walking and improve with rest, a simple test comparing blood pressure in your ankles to blood pressure in your arms, done in a vascular office, can help make the diagnosis.

Treatment is aimed at regular exercise to speed up the blood flow through the arteries, meds to lower cholesterol (statins) as well as blood pressure, treating diabetes, stopping smoking and meds such as aspirin. Occasionally, in severe cases, surgery may be needed to improve blood flow.

Prevention is important!! Try to walk at least 30 minutes every day to keep the blood flowing!



Please go to our website for a copy <https://www.brooklineseniorcenter.org/senior-resources/>  
Or scan our QR Code.



## HEALTH SERVICES

### HELP Program



The goal of this program is to provide affordable, reliable, and flexible home care service to seniors living in Brookline. **Call 617-730-2752 or scan the QR code.**

### File of Life



This program provides individuals with emergency medical identification cards to be used both at home and away from home. For information call 617-730-2777 or stop by the Senior Center on the 2nd floor.

### Equipment Loan Fund Medical Supplies

The Equipment Loan Fund has **toilet safety rails**. We have various styles - both that attach to the toilet and are free standing. Anyone is eligible to take what they need from our stockpile for any reason. Call 617-730-2752 for what is available.

### SHINE Program

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs. Call 617-730-2777 or to be connected to a local SHINE counselor and schedule an appointment call MassOptions at 1-800-243-4636 or email [SHINE@state.ma.us](mailto:SHINE@state.ma.us). See P. 40

### **HANDICAPPED ACCESS**

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

### Low Vision Support Group

The group **will meet via conference call on the third Thursday**. The Low Vision Support Group through MAB Community Services has conference telephone calls. For information on how to call in, please contact Laurie Werle at 617-926-4268.

### Mindfulness Group

Mindfulness: blurb should read: "Mindfulness is a way to learn how to focus on the present in everything we do. On Thursday, July 10 from 2:00-3:15 pm, the class, offered by Deborah Beck, MSW, LICSW, will be offered in-person at the Senior Center and via Zoom (Debby will be on Zoom to facilitate this date). Further classes TBD. For most up-to-date information and to register, contact Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### Brookline Hearing Services

The staff from Brookline Hearing Services come to **the Senior Center this month on Monday, July 21 from 10:30 pm-11:30 pm**. They provide hearing aid cleanings, maintenance, and patient counseling at no charge. They also sell all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

### Podiatry Clinic

Routine foot care (nail trim, callous trim) with Dr. John McLoughlin is available **at the Senior Center**. To inquire about appointments, call 617-730-2777.

### Support For Alzheimer's Caregivers

Alzheimer's Association volunteer Ted Sturman is available by phone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support around caregiving issues and resources, please call Ted at 617-803-6105.



## SERVICES

### Metrowest Legal Services Clinic

On **July 23 from 12:00-3:00 pm**, schedule a private, FREE half hour legal appointment PHONE consultation. 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; consumer issues and bankruptcy.

\*Please note for registration that sharing a one-or-two word subject matter will help the attorney in their preparations and this information will remain absolutely confidential. **Please note:** if you need to cancel your appointment, please let Jamie know as there is often a wait list.

To schedule your telephone consultation, contact scheduler Jamie Jensen at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov). **Space is limited!**

### A Taste of Qigong

Join us for drop-in Qigong ("chee- gung") on **Tuesdays from 10:30-11:30 am**. **NOTE: no class on July 29.** Qigong is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Qigong can be practiced throughout one's entire life to promote overall health and well-being. You can drop in anytime and learn something new.

### Sign up for the new AlertBrookline Emergency system!

Call us and we can sign you up or register at <https://web.inhabitapp.co/news/share/349>  
If you need help please call 617-730-2777.

### Clutter Corner: Free Clutter Consultations!

The DSM-5, the standard psychology diagnostic manual, notes that clutter becomes hoarding when we have consistent difficulty discarding or parting with possessions regardless of value; this difficulty comes from feeling a need to save the items or distress from letting them go and this clutter has begun to effect someone's life emotionally or practically. Even though "hoarding" may sound scary, the experience is common and likely relatable. Is your stuff piling up? Clutter is common and the Council on Aging is here to help. If this is something that is hard for you, as it is for so many, call 617-730-2752 to ask about our free, one-time social work visit to help you make a plan for what to do with your stuff.

### Chair Massage Appointments

On **Mondays between 10:00 am-12:00 noon**, licensed massage therapist Jennifer Ma provides 15-minute chair massages to help relax tight muscles. Massages are \$30 (cash or Venmo) and tipping is graciously accepted. Thirty minute massages (\$50) are an option if there is availability. Call 617-730-2770 to schedule an appointment.

### Trusted Transportation Partner (TTP)

The Council on Aging receives an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area.

To access, please contact the HELP line at 617-730-2752 at least one business week before your scheduled appointment, for a home visit to sign up for the HELP program is required.



## TRANSPORTATION

### **Brookline Transportation with GOGO**

This program offers 4 subsidized rides per month with GoGo, a national company that provides dispatch service for Uber/Lyft vehicles in our area from your landline or “flip” phone.

**The program is currently limited to income eligible Brookline seniors, aged 60 and over (individual \$92,650 maximum; couple \$105,850 maximum).** The program offers four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the discount will pay up to the next \$10. This option will be available 24/7 but is limited to trips within Brookline and to select medical facilities. Call 617-730-2740.

### **Brookline Transportation with LYFT**

This program offers 4 subsidized rides per month via Lyft. **The program is currently limited to income eligible Brookline seniors, aged 60 and over (individual \$91,200 maximum; couple \$104,200 maximum).** Lyft is a ridesharing transportation company that offers curb-to-curb service nationwide. The program offers four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. The coupon will automatically download each month into the Lyft app on your smartphone. Available 24/7. Call 617-730-2740.

### **Apply or Renew Senior Charlie Card with us!**

Senior Charlie Cards offer a 50% discount on the subway, bus, and Commuter Rail. For more information about applying online, visit <https://www.mbta.com/fares/reduced/senior-charliecard?from=global-search&query=senior%20charlie%20cards&facets=>

The Senior Center staff will not be processing Charlie Cards until further notice.

For information please call 617-730-2770

### **Need A Ride To the Senior Center?**

Please note: We are piloting new **summer hours** of operation for transportation to and from the Senior Center! The first available pick up will be at 9 am and the last departure from the Senior Center will be at 4 pm. If you live in Brookline and you need a ride to the Senior Center, please call the Van Reservation Line at 617-730-2750 at least one business day in advance and include the following information for all ride requests: name, phone number, pickup/drop off address, and requested date/time for pick up. Donations are welcome to help offset the cost of gas. We appreciate your support! As a reminder, the Senior Center uses a variety of transportation systems to get residents to and from the Center. **\*\*\*There is no Transportation on July 4 as we are closed in observance of Independence Day.**

### **Medical Transportation**

The Brookline Senior Center is working with Modern Ride to continue to provide FREE non-emergency medical transportation services to older Brookline residents.

Transportation requests to medical appointments should be left on (617)879-4878, our medical transportation phone line, at least 3-30 business days in advance. Please leave your name and phone number with detailed appointment information or email your request to [coamedicaltrips@brooklinema.gov](mailto:coamedicaltrips@brooklinema.gov). Your request will be confirmed within 24 business hours.

This service is **curb-to-curb** and available for rides within the Town of Brookline and to select medical facilities (including the Longwood Medical Area, Harvard Vanguard/Kenmore, Mass General, Mass Eye & Ear, Faulkner Hospital, Boston Medical Center, the VA Hospital, and St. Elizabeth's). Hours are Monday-Friday from 8:00 am-5:00 pm. Medical transportation is not available on the days the Senior Center is closed. Call 617-879-4878 or Email: [coamedicaltrips@brooklinema.gov](mailto:coamedicaltrips@brooklinema.gov)

## TECHNOLOGY ASSISTANCE

### Do You Need Some Tech Assistance?

Do you have questions about setting up email, using your devices, or navigating the internet? We have a variety of assistance options for you at the Senior Center!

#### Dan Siagel

One of our computer volunteers, is available **on select Mondays each month from 11:00 am-1:00 pm (30 minute appointments)** to help people with the basic to the more complex operations of their smartphones, laptops and tablets, including Apple, Windows, or Android operating systems.

#### Lucas

Our high school volunteer, is available on **Wednesdays from 3:30-4:00 pm for one hour appointments**. He can assist you with basic features on your smart phone, tablet, or laptop.

#### Ella

Our high school volunteer is available on **Mondays from 3:00 pm-4:00 pm** for one hour appointments.

#### Rose

Will be returning for the summer on **Tuesday and Thursday from 3:00-4:00pm**.

#### Ken Fine

Our Tech Buddies Digital Navigator, offers one-to-one technology assistance on **Tuesdays 11:00 am-12:30 pm, Wednesdays from 10:00 am to 1:00 pm and Thursdays from 10:00 am to 1:00 pm. And Fridays 11:00 am-12:30 pm.**

#### Tech Buddies

The goal is to provide assistance so you can better access technology. Please bring your concerns with phones, tablets, computers and anything in between. **To schedule a technology assistance appointment, please call 617-730-2777. Note: Based on scheduling, some tech assistants are limited to two appointments per month.**

### Technology Accessibility

Assistive hearing devices and disposable earplugs are available for any programs held in Room 304. Please request from staff upon arrival in Room 304. Some programs may be available via Zoom. Requests for virtual/recorded programs are dependent on presenter permissions and barring any technical difficulties. Please email requests at least two business days before a program at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### Vibrant Access Technology Program

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to offer the VIBRANT Assistive Technology program in partnership with the Centers on Aging and the Brookline Senior Center.

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more. Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss. In-person lessons at the Senior Center are on **Wednesday and Thursday from 1:00 pm-5:00 pm; remote training is also available**. Contact Ashley Colburn at 617-906-3042 or [acolburn@mabcommunity.org](mailto:acolburn@mabcommunity.org). We look forward to working with you soon!

### Tech Buddies Tablet Program

The Council on Aging has received a grant from the Brookline Community Foundation to provide a free tablet to low to moderate income Brookline seniors or adults living alone with a disability. Technical support will be provided. To applying to receive a tablet, call Sarah Kaplan at 617-730-2329 to have your name put on the wait list.

### Growing Older & Wiser in Brookline: Gift Cart Salesperson Hermia Hall

- Miriam Rosalyn Diamond, Brookline Council on Aging Engagement Editor

If you walk by the Senior Center gift cart most mornings, you likely will be greeted by Hermia Hall. Originally from Trinidad, Hermia was the youngest of five children. She began her career as a teacher and store clerk. Life changed when she visited Massachusetts in her mid-30's. "I went around Boston and I liked what I saw." She found an ad in the Brookline newspaper for a pre-school cook. Despite being unfamiliar with American food, she was hired and stayed in the country. "That's kind of adventurous – I was here alone. I made very good friends."

When the institution closed four years later, Hermia became a Brookline school bus monitor. A former educator, "I knew about kids." She held that position over 29 years, along with housekeeping and childcare. The households that hired her "were like family," and still remain in contact.

Hermia moved from Allston-Brighton to Pelham Hall in Coolidge Corner, eventually purchasing a residence in Brookline. In 2010 she heard about the Tax Work-Off program, whereby income-qualifying seniors volunteer in return for partial real estate tax refunds. She visited the Senior Center, was accepted into the program, and began assisting Food Commodity distribution. "Then I got elevated – I started working at the gift cart ... I started selling... You meet people. People come and they talk... it's pleasant." She works at least 3 days a week, assisting customers purchasing jewelry and home décor such as vases. "I know how to sell – I sell the things I know they would like."

Her life highlights encompass 3 grandchildren and 5 great-grandchildren. "I love to hear from them... I give them words of comfort and how to live." In her free time "I love to read – Wordworth, Browning, Kipling." She also enjoys Bible reading and "I like music – old songs" as well as opera. When dealing with setbacks and worry "I put it in God's hand – He will give me the strength to bear. He promised me He will take care of me."

Hermia's strength is "I love talking to people. (If they're experiencing difficulties) I say 'Have courage, it's only for a little while – it's not going to last'." She is inspired by faith, friends, and "my granddaughter who lives with me."

If she went back in time, she would tell her younger self "You should have listened to mom more... She taught us how to live, how to be kind, because we didn't have much." Her mother welcomed guests for meals and gave clothing to people in need. (Hermia recalls a time she saw her blouse going down the street on someone else's back, as her mother provided it to someone undergoing hardship.)

Hermia advises young people "Listen to older people who know what we are saying... talk, ask the old people questions." She believes everyone experiences similar problems, regardless of generation or age.

As her legacy, Hermia would like people to say "She loved everyone."



Hermia Hall Photo by  
Julie Washburn

## FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Summer has arrived! How exhilarating to open windows, spend time outdoors, and reconnect with friends. Exercise and social interaction rejuvenate body and soul. I look forward to swimming, walking, gardening, and working out. What do you like to do?

“Exercising regularly - every day if possible - is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.” - Howard E. LeWine, MD, Chief Medical Editor of Harvard Health Publishing, Harvard Medical School



Betsy Pollock

You may know that the Brookline Senior Center offers a variety of no cost exercise opportunities, no matter what shape you're in - including Dance Fitness, Building Balance Skills, Exercises for Aching Joints, and videos for Tai Chi, Chinese Exercises, and Aging Backwards. We also have a Fitness Center for which there is a one-time assessment fee of \$35, and then a \$35 monthly fee. Membership includes personal training by Courtney Johnston, the Fitness Center Coordinator, who creates an individual workout plan for each member.

While the machines in the Fitness Center work, updated machines are sorely needed. For example, adjusting two of the machines is challenging for anyone of any age. Replacing our outdated machines would cost close to \$16,000. Given that we have exceptional expertise provided by Courtney Johnston and Sharon Devine, Fitness Instructor, I hope we can raise at least \$16,000 to purchase and maintain new equipment. Can you help us?

As we begin a new Fiscal Year at the Brookline Senior Center Foundation, I hope you will contribute whatever you can. Exercise is critical for our well-being. Your generosity also covers social programs, transportation services, caregiving support, emergency funds, and counseling.

Together we'll stay strong.

Warm regards,

*Betsy Pollock, MSW*

Foundation Board





## FILMS



**Tuesday, July 1**

**1:00 pm**

*Going in Style* (2017)  
(Rescheduled from June)  
2 hr. 17 min.

Desperate to pay their bills and support their loved ones, lifelong pals Willy Davis, Albert Gardner, and Joe Harding

risk it all by robbing the bank that absconded with the pension money that they earned from working there for years.

Taken from: <https://www.imdb.com/title/tt2568862/>

**Tuesday, July 8**

**1:00 pm**

*Why We Dance*

75 min.

Including talk with filmmaker and dancers afterward. A short film about a long-running online dance class for older women and a few of their partners."



**Tuesday, July 15**

**1:00 pm**

*The Nice Guys* (2016)  
1 hr. 56 min.

In 1970s Los Angeles, a mismatched pair of private eyes investigate a missing girl and the mysterious death of a porn star. Taken from: [https://](https://www.imdb.com/title/tt3799694/)

[www.imdb.com/title/tt3799694/](https://www.imdb.com/title/tt3799694/)

**WEDNESDAY MOVIE LOVERS  
ON VACATION UNTIL SEPTEMBER**



**Tuesday, July 22**

**1:00 pm**

*Howl's Moving Castle* (2004)  
1hr. 59 min.

When an unconfident young woman is cursed with an old body by a spiteful witch, her only chance of breaking the spell lies with a self-indulgent

yet insecure young wizard and his companions in his legged, walking castle.

Taken from: <https://www.imdb.com/title/tt0347149/>

**TUESDAY, JULY 29**

**NO MOVIE DUE TO SPRINGWELL  
BBQ**

**Thank You To The AARP Tax Aide Program  
For A Successful 2025 Tax Season at the  
Brookline Senior Center**

**248 Returns Filed**

**279 Consultations**

**18 AARP Tax Aide Volunteers**  
provided tax assistance & administrative support between February & April!

**37% of the appointments were scheduled on the first day of registration!**

**Mark Your Calendars!**  
Scheduling for 2026 begins January 20th



# Be Ready Brookline

Brookline Public Health & Human Services &  
Office of Emergency Management



## What is an Extreme Heat Event?

A period of at least **3 days** where the forecasted temperature is **above 90 degrees Fahrenheit**

## Rules to Stay Cool



### Hydrate

Drink lots of water, **even before** you feel thirsty.  
Avoid alcoholic beverages.



### Avoid the Sun

Keep blinds or curtains closed to **block out the sun** during the day. When outside, stay in the shade or use an umbrella. **Plan** outdoor activities during cooler parts of the day.

### Wear Loose Clothing

Wear **light-colored**, loose clothing. When outdoors, wear a wide-brimmed **hat**.



### Keep it Cool

Use a fan near open windows to bring cooler air from outside. **Do not** use a portable fan to blow hot air on yourself. If you can't cool down at home, find a local cooling center at the libraries, town pool, or Public Safety (350 Washington St)



### Skip the Stove

**Limit use** of the oven or stove as they make your space hotter. Opt for light, easy to digest foods.



### Check on Loved Ones



Call, text, video chat, or visit family, friends, and neighbors, **especially** those living alone.



### Watch for Signs

**Call 911** if you or someone you know have a high body temperature, are confused, have fainted, or are unconscious.

### Protect Your Pets

**Never** leave a pet inside a parked car.



### Receive AlertBrookline



Or TEXT "AlertBrookline" to 99441 to receive Emergency Notifications via text, call, or email

BE READY. BE SAFE. BE INFORMED.



OFFICE OF  
EMERGENCY  
MANAGEMENT

## SHOP PROGRAM

The SHOP Program, a collaboration between the Brookline Senior Center (BSC) and Brookline High School (BHS), has been a community service program at BHS for many years. High school student volunteers are matched with seniors to do their grocery shopping for the school year. In turn, seniors help the students fulfill their community service requirements. Frequently, these become meaningful multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. This program typically runs during the school calendar year, and resumes each fall. If you are in need of a shopper during the summer months, please contact Volunteer Coordinator Valerie Graf at 617-730-2743 or [vgraf@brooklinema.gov](mailto:vgraf@brooklinema.gov), to inquire about the SHOP waitlist and other options.



## VALUED VOLUNTEER

A native Bostonian, Marcia Goldstein lived in several different Boston neighborhoods before eventually settling in Brookline. She worked for many years in Filene's dress department, and when the store closed, she transitioned to Macy's jewelry department.

After retiring, Marcia began volunteering at the Brookline Senior Center in 2016. Over the years, she has taken on a variety of roles, but her most notable contribution has been to our daily Springwell Lunch Program. Three days a week, Marcia can be found helping Kristine warm meals, serving lunch to folks at the Center, and distributing grab-and-go lunches.

"I like being out and helping - especially with older people," Marcia says of her volunteer experience.

During the early weeks and months of the pandemic, Marcia was one of the few volunteers who continued distributing lunches to seniors. "At first, we couldn't even go into the building - we handed out lunches outside in the cold. But I totally enjoyed it!" she recalls.

In addition to her work with the Springwell Lunch Program, Marcia also supported our pre-pandemic Food Distribution Program and regularly volunteers at our annual Sidewalk Sale as well as annual Craft Fair & Rummage Sale.

When she's not volunteering, Marcia enjoys participating in many of the Center's programs, including the Out to Lunch group, theater outings, and musical performances. She also speaks highly of the Brookline Council on Aging's many resources, such as the transportation services, the Equipment Loan Fund (ELF), and technology assist program. "There are just so many great resources!" she shares.

Marcia is equally enthusiastic about the Senior Center staff. "You couldn't ask for a better van driver than Agilio - he has a huge heart and I give him an A!" she says. "Ken is fantastic too. He has so much patience." Of Kristine, she adds, "You couldn't find a nicer person to run the kitchen. She's so helpful and understanding." And about Katie: "If she has an item, she will give it!"

Volunteering at the Senior Center gives Marcia a sense of purpose. "It fills my day, I don't get depressed, and I look forward to all the activities," she says. "I highly recommend that people come out of their homes and spend time here with others."



Marcia Goldstein  
Photo taken by  
Julie Washburn

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## VISITING VOLUNTEERS

Are you interested in weekly social visits with seniors in their home? Volunteers are matched with seniors in the community for weekly friendly visits to help with social isolation common for so many homebound seniors. Volunteers will receive initial training and ongoing support from a Brookline Senior Center Social Worker. Please reach out with our Volunteer Coordinator, Valerie Graf, at 617-730-2743 or [vgraf@brooklinema.gov](mailto:vgraf@brooklinema.gov). If you or a family member could benefit from a weekly social visit, please reach out to our Social Worker, Sharon Sandalow, at 617-730-2769 or [ssandalow@brooklinema.gov](mailto:ssandalow@brooklinema.gov).

## DANCE PROGRAMS

### BROADWAY DANCE CLASSES

Join fitness instructor Denise Harrington on **Tuesdays from 9:00-10:00 am and Wednesdays from 11:00 am-12:00 pm**. Have fun dancing to Broadway show tunes. Props included!

Enjoy yourself in this fun movement class, but please make sure to wear comfortable shoes (no sandals or bare feet). Come Dance with Denise! Please register at 617-730-2770.

### MOVING WITH BALLET

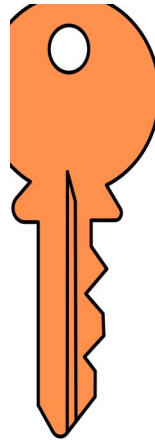
Try a ballet class Tutus are not required! Beginner-friendly classes introduce basic exercises and body positions of ballet to help build strength, balance, posture, and flexibility. Modifications are welcome, and you can go at your own pace. Feel free to come in comfortable clothes!

Summer classes with Lucas on **Wednesday from 9:30-10:30 am**. Please register at 617-730-2770.

Summer with Ana on **Thursdays at 12:00 noon** for a 45 minute ballet-inspired movement class in Room 103! This class is designed to help you build strength, flexibility, and grace through movement and gentle stretching. No dance experience is needed, and all abilities are welcome—whether you're standing, seated, or somewhere in between. Wear something comfortable and socks or ballet shoes. We are excited for you to come move with us! Space is limited, so please register at 617-730-2770.

### DANCE FITNESS WITH DENISE!

Our Broadway Dance instructor, Denise, is now offering a Dance Fitness class on **Mondays from 11:00 am-12:00 pm**. Come dance to a variety of music including popular songs from the 60's and beyond, as well as some Broadway tunes thrown in for fun. Get groovin' and movin'! Register at 617-730-2770.



#### WHERE COMMUNICATION IS KEY!

The Brookline Senior Center

The Brookline Senior Center knows that **Communication is Key** and we now have created 3 digital publications to keep **YOU** updated!

#### We have

**The Brookline Beacon** - a monthly program publication  
**The Spotlight** - a weekly update notice  
**The Navigator** - an in depth publication with articles and updates regarding the BSC Foundation; distributed periodically.

It's easy and **FREE** to receive all 3 of these. Just use the QR code below or visit [brooklineseniorcenter.org](http://brooklineseniorcenter.org), click the subscribe button and complete the short application. Sign up before **January 2, 2025** to be entered in a raffle.

Want to sign up now or wish to have a paper version of **The Brookline Beacon** sent to you? Simply fill out the form below and return it to the BSC.

To learn more about our publications, programming, services and how to stay informed visit [brooklineseniorcenter.org](http://brooklineseniorcenter.org) or call 617-730-2770!

Name	_____
Street	_____
Town, Zip	_____
Email	_____
Phone	_____
I Want A Paper Copy Mailed to Me For \$12/yr (check a box to indicate a new or renewed subscription)	
<input type="checkbox"/> New	
Mail or Drop Off This Sheet w/check if applicable	
<input type="checkbox"/> Renew	
Brookline Senior Center, 93 Winchester Street Brookline, MA 02446	



Expanding the way we communicate!



## FITNESS PROGRAMS

### JOIN THE FITNESS CENTER!



If you are interested in joining the Fitness Center or if you have questions about eligibility, the application process, and fees, please contact our Fitness Coordinator

Courtney Johnston 617-730-2106 or [cjohnston@brooklinema.gov](mailto:cjohnston@brooklinema.gov) Courtney's hours: **Monday 11:30 am - 4:00 pm, Tuesday 11:00 am - 4:30 pm, Wednesday 12:30 - 4:30 pm, and Thursday 10:30 am - 4:30 pm.**

### FITNESS CENTER CLASSES

Sharon's class formats are a series model. Classes are starting week of **July 21 through week of August 18**. Please register at 617-730-2770.

#### TUESDAY

Exercises for Aching Joints: **11:00 am-12:00 pm**  
Building Balance Skills: **1:00 pm-1:45 pm**

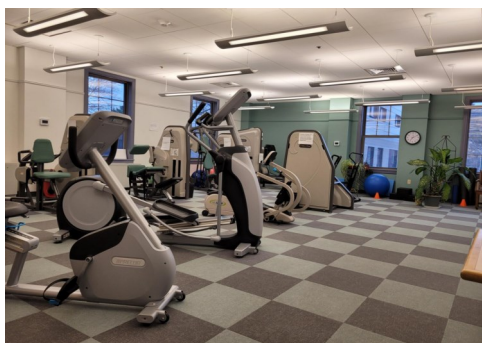
#### WEDNESDAY

Building Balance Skills: **10:00 am-10:45 am**

#### THURSDAY

Building Balance Skills: **1:00 pm-1:45 pm**

Due to the overwhelming demand and popularity of classes, you can only register for **ONE** Balance class per series.



### VIRTUAL FITNESS

#### VIRTUAL DANCE

**Online Dance Party with Lynn Modell:**

**Thursday afternoons from**

**1:00-1:30 pm** For information on how to connect, please contact Lynn [lemodell@gmail.com](mailto:lemodell@gmail.com)

#### VIRTUAL EXERCISE



Emily Brenner is offering a **FREE VIRTUAL Low Impact Zumba Gold®** class on **Monday from 10:00-11:00 am**. To connect, email her at:

[emily.brenner@comcast.net](mailto:emily.brenner@comcast.net)

If you wish to take more classes with Emily please check her website:

<https://www.dancewithemily.org/>

### NATURE PROGRAMS EXPLORE LARZ ANDERSON PARK

Brookline Recreation will not be doing their twice a month nature walks during the summer but the following are programs that are available.

**July 25 from 12:00 pm-1:30 pm.** Natural History of the Land | Guided Walk on  
We will meet at the Goddard Ave. parking lot.

**August 8 from 4:00 pm-5:30 pm** Dendrology Days of Summer | Guided Walk

Program \$2 per person

Pre-register is required [brooklinerec.com](http://brooklinerec.com) or call 617-730-3069

# AROUND TOWN

## SHOULD BROOKLINE CHANGE ITS TOWN MEETING FORM OF GOVERNMENT OR SUPPORT THE STATUS QUO

The Brookline Senior Center is nonpartisan and we strive to provide unbiased information to the public. In our June 2025 issue of Around Town, we published one perspective on the possible future format of Town government, and this month, we are providing another perspective. We apologize for any misunderstanding and encourage you to read both articles. Around Town is an educational piece. Neither article was written or endorsed by John VanScoyoc.

In the essay that follows, longtime Town Moderator Sandy Gadsby takes stock of a fundamental question likely to be on the ballot a year from now: Should Brookline steer towards a future as a City rather than as a Town?

### In Defense Of The Status Quo

I am submitting these remarks as someone who has been involved in Brookline Town government for 55 years, as an advocate for a new Lincoln School for 20 years, as a Town Meeting Member for 40+ years, as an Advisory Committee member and its Vice Chair for 14 years, as Town Moderator for 27 years and as an active Assistant Moderator since 2021. During that time, I have had extensive experience and contact with the Town's elected officials and department heads and of course have been deeply involved in the workings of our Town Meeting. With a single recent exception, I have attended every session of Town Meeting since 1980.

While I certainly acknowledge that our form of government and its Town Meeting are not perfect, I have been generally impressed with the way the present system works, including its management of a fiscal structural deficit that has existed since Proposition 2 ½ was enacted in 1980. I am in favor of retaining this governmental system and skeptical about the alleged advantages of converting to some form of city government.

**Criticisms of our Form of Government.** The usual criticisms of our form of government consist of a number of very general (and entirely unquantifiable) categories of supposed failure: lack of accountability; lack of transparency and citizen understanding of decision-making; lack of leadership; and, most prominently, lack of efficiency. I will address each of these criticisms in turn.

**Accountability.** Members of our Select Board ("SB") and Town Meeting Members ("TMMs") are held accountable by the voters at least every three years, and there have been many cases over the years in which they have failed to be re-elected for political and ideological reasons or because of their conduct in those offices. In a city with a mayor, he or she is held accountable every two or four years, and city councilors every time they run for reelection. Both SB members and city councilors can always blame their colleagues for unpopular decisions and results. I cannot perceive a significant difference in accountability to voters between the two forms of government.

Continued on P. 25



## AROUND TOWN

**Transparency.** Given the State Open Meeting Law and the number and scope of our by-laws directed at this issue, anyone with a rudimentary familiarity with technology can be informed of, and may attend, our SB meetings, and of course our Town Meetings are well publicized and open to TMMs and non-TMMs as well.

The same presumably obtains for the proceedings of city councils.

**Leadership.** In Brookline, the SB constitutes the executive branch of government, and the SB chair is generally recognized as speaking for the Town in most contexts. In a city either the mayor, the chief executive or the city council fulfills the executive role. So there are recognized executive and administrative leaders in each form of government.

Regarding legislative matters, the city council exercises leadership; but there is certainly no such concentration of power in our Town Meeting. This is in my view less important than executive leadership.

**Efficiency.** Both our SB and the typical city council generally meet weekly, so there is no significant difference between the two regarding disposition of executive functions. Town Meeting, on the other hand, holds scheduled meetings only twice annually and, while a Town Meeting can be completed in two weeks to make timely and critical decisions, there is little argument that a city council exercises legislative powers in a more efficient manner. There are, however, risks and downsides to this concentration of power. See “What Would Change on Conversion – Concentration of Power” below.

### What Would Remain in Place if Brookline Became a City?

**Departmental Staffing.** Thanks largely to the skill of our Town Administrators over the past several decades, we have been blessed with excellent department heads and Town staff. There is no reason to believe that this would change under a mayor or other chief executive and city council.

**The Deliberative Legislative Process.** Every issue that comes before Town Meeting is thoroughly vetted in a public process before the SB, Advisory Committee, Advisory Committee subcommittees and cognizant Town boards and commissions. Presumably the nature and extent of this process can be preserved through the proceedings of a City Council and its subcommittees.

**Electoral Turnout.** As one of our committee reports demonstrated, there is unlikely to be a significant difference between voter turnout in Brookline whether it remains a town or becomes a city, even if municipal elections are moved to coincide with state elections. The extent of the participation of Brookline voters in these elections will continue to depend on the number of contested elections and controversial issues on the municipal ballot.

Saturday, November 6th, 1915

### THE CHRONICLE.

#### DIRECT TOWN-MEETING NOW THING OF THE PAST.

#### CHANGE TO REPRESENTATIVE SYSTEM NOW TAKES EFFECT.

#### The Similarity of the Proposals of a Sub-Committee in 1900.

The Act providing for limited town-meetings and precinct voting in Brookline went into effect immediately after its acceptance at Tuesday's election. All future town-meetings, therefore, will be held under the new system, and the town must hereafter vote only by precincts both at state and town elections. The

How the Chronicle reported the  
Advent of representative Town  
Meeting in Brookline in 1915 — a  
first in the State of Massachusetts.

Continued on P. 26

## CONTINUED FROM P. 28 DEFENSE OF THE STATUS QUO

**Elective, Appointive and Voluntary Boards** and Committees. Brookline has about the same coverage of its elective and appointive boards and committees as the other municipalities we studied, although the exercise of substantive and fiscal decision-making is more likely to be vested in these bodies in Brookline.

Regarding exactly how and why decisions are made by the SB and city councils, my guess is that they are equally transparent or, if you will, opaque.

Neither I nor the committee has sought to determine whether there is more pervasive understanding of municipal decision-making in cities than in Brookline. I believe that enterprising citizens of either can determine what is going on and that there are not significantly more unenlightened voters in Brookline than anywhere else.

Regarding legislative matters, the city council exercises leadership; but there is certainly no such concentration of power in our Town Meeting. This is in my view less important than executive leadership.

Our Park & Recreation Committee, Library Trustees, Transportation Board, Preservation Commission, Retirement Board and Advisory Committee all exercise these powers to one extent or another at present.

Presumably, except for the Advisory Committee the lineup and roles of our elective and appointive boards and committees could be preserved if we converted to a city. The vast number of voluntary organizations through which our citizens can participate in their community would also be unaffected by such a change.

### What Would Change on Conversion?

#### *Citizen Participation in the Legislative Process Through Town Meeting.*

The most fundamental and important change would be the loss of the Town Meeting, with its 255 opportunities for citizen participation, which would be replaced by a far smaller city council. And, of course, there would be no Select Board or Advisory Committee, as those roles would be subsumed by the city council and chief executive. Citizen Participation Through the Petition Process.

Over the years many important changes in Brookline's government have occurred as a result of citizen petitions to Town Meeting, as to which Town Meeting is required to take action. Of the 30 articles on the warrant for the 2025 Annual Town Meeting, no fewer than 18 are citizen petitions. This process has, for example, produced much-admired transparency regulations, a living wage by-law, noise and tree removal control, many environmental controls and regulation of recycling and tobacco sales. And Brookline citizen petitions for home rule legislation have resulted in some state-wide laws.

Continued on P. 28

## A SEAT AT THE TABLE

### IF THEY DON'T GIVE YOU A SEAT AT THE TABLE, BRING A FOLDING CHAIR—SHIRLEY CHISHOLM

Many parents and older people generally worry about the younger generation (what else is new!). What are they thinking about with headphones on, cell phones in hand, and social media ubiquitous? What are they doing? Where are they going?

In truth, Brookline students of all ages actively participate in their schools and the Brookline community. They are engaged, having success, and learning skills to help them navigate the world and become future leaders.

The League of Women Voters Brookline (LWVB) has worked for over 100 years to empower voters and foster civic engagement. That includes actively working with students, our future voters, and leaders.

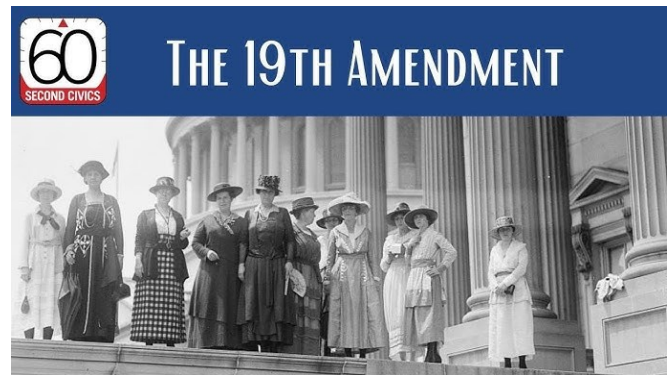
First, a bit of history. The League originated in the Brookline Equal Suffrage Association, established in 1895 to advocate for women's right to vote. Even before that, members of the ESA had acquired their experience, passion, and administrative skills from years of advocating for the end of slavery. Members of the ESA were both women and men and ranged from former abolitionists to newly minted suffragists.

The LWV Brookline came into existence on Sept. 20, 1920, one month after the certification of the 19th Amendment, which gave women the right to vote. In 1978, a generous endowment by long-active Brookline leader and advocate Sara K Wallace created the Sara K Wallace Fund.

The Fund still supports the League's voter education projects, including the annual Voters Guide. It also gives a yearly award to a Brookline High School (BHS) graduating senior who represents the League's ideals of community service and civic activism. In addition, this year, it supported a Women's History Month contest for ninth—eleventh graders.

This year's SKWF awardee, Antonia Duffield, organized regional volunteer efforts, completing 200 hours of service focused on environmental conservation. At Brookline High School (BHS), she was elected a Member of the Student Legislature and Student Council, authored proposals addressing bullying and student welfare, secured administrative approval, and represented over 600 students in decision-making processes impacting school policies.

After answering several questions, the final requirement was for participants to complete a short project about one woman who has inspired them. One person from each grade won. One chose Shirley Chisholm, the first black candidate to run for President, creating a compelling poster.



Continued on P. 28

## CONTINUED FROM P. 26 CONCENTRATION OF GOVERNMENTAL POWER

A city charter may provide for a citizen petition process, but in practice many of these are disposed of by city departments and city councils consider relatively few and approve even fewer. Given our activist population, a citizen petition process may survive conversion to a city, but I am concerned that this may not be preserved with anywhere near its current power and effectiveness.

**Concentration of Governmental Power.** The change of legislative and executive power from an SB and Town Meeting to a city council has a number of consequences, not all of which are positive. As noted above, it would improve the efficiency of the legislative process. However, for councilors who are running at large, the cost would likely exceed five figures as opposed to the minimal cost of running for Town Meeting. Even councilors running in a city district will have substantial campaign costs. Whereas it would be impossible for a developer or other interested party to influence a significant number of TMMs through campaign contributions, that is not the case with very few city councilors on a ballot. So the possibility of exercising political influence through contributions, and even the possibility of corruption, is enhanced with a city.

Furthermore, the cost of a city council campaign would significantly reduce the number of candidates for these offices, not only to those with the time for these duties but to those with the resources and contacts necessary to finance a campaign. Personal wealth will play a more important role in candidacies than is the case with candidates for the SB.

Another risk in conversion involves the role of the mayor or chief executive (if any). Not only would that office be subject to the above influences, but the office-holder would have to be a relatively extraordinary human being in order to run a complicated municipality. Being stuck with a CEO who is incompetent or unpopular, with only recall as a remedy, would be an uncomfortable situation indeed.

By Sandy Gadsby  
April 2025

## CONTINUED FROM P. 27 A SEAT AT THE TABLE

### Sara K Wallace Fund Awards

Another selected Lauryn Hill, a famous rapper, singer/songwriter, producer, and actress, to create a poster about her. A third wrote a poem, "Reaching for the Stars," about Mae Jemison, a woman of color in STEM who began her journey in the 1970s. Each woman was influential as women broke professional barriers.

In total, four ninth graders, 11 tenth graders, and nine eleventh graders participated. Three students won \$100 gift cards to the school restaurant and books selected by Brookline Booksmith. Second-place winners were awarded a book, and a third-place tenth grader also won one.

Resources: <https://www.lwv.org/about-us>; BHS students' projects for Women's History Month; SKWF awardee background information

*Diana McClure is Communications Director of the League of Women Voters of Brookline*



## GAMES

**CHESS: Fridays 3:30-5:00 pm** (with Brookline High Chess Club)

**RUMMIKUB: Fridays 9:00-11:00 am** (with coordinator Hedwig Baillie)

**SCRABBLE: Wednesdays from 10:00 am-12:00 pm**— Boards galore available!

**PING PONG: on Wednesdays and Fridays from 12:00-4:30 pm**

**INTERMEDIATE MAH JONG: Thursdays from 2:15-4:30 pm.** Please register 617-730-2753 [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).

**BEGINNER MAH JONG:** Full but a new class will begin in the Fall to join the waitlist contact Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).

**BRIDGE FOR EXPERIENCED PLAYERS:** Friday 9:00 am sharp until 12:00 pm! For more information, please contact Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).

### BEGINNER'S BRIDGE

Please register with Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) to connect with Bridge Coordinator to either learn or to get matched with experienced players.

Seeking advanced beginner/ intermediate bridge players 617-730-2753. [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

**Chess is looking for instructors for Tuesday or Thursday.** If you are interested in teaching, please contact Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## WORDS GALORE

Join Val Walker this month on **Mondays, July 14 and 28 from 11:00 am-12:00 pm** for this fun and lively hour of word play and brain twist-ers: a logophile's paradise! Learn new words, explore the history of old words, and delve into the origins of common phrases. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-a-word games.

Val Walker, MS, is an author, educator, and consultant. A former rehabilitation counselor for 20 years, she is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call. Please register at 617-730-2770.

## BOARD GAMES WITH IVY STREET SCHOOL

The Ivy Street School students join us on **Thursdays from 1:00-1:45 pm**. These young adults will have games ready. Join us for some low key, intergenerational fun!



Ping Pong Players

## JULY AT A GLANCE

**PLEASE NOTE: EVENTS WITH A \* REQUIRE REGISTRATION 617-730-2770**

### **Wednesday, July 2**

11:00 am-12:00 pm A Walk in Their Shoes \*

### **Thursday, July 3**

1:00 pm-2:30 pm Diamond Art \*

1:00 pm-3:30 pm Baking Class \*

### **Friday, July 4**

**Holiday Closed**

### **Monday, July 7**

10:00 am Coffee Hour with the Director

1:00 pm-2:00 pm Music Show \*

### **Tuesday, July 8**

1:00 pm Why We Dance

### **Wednesday, July 9**

11:00 am-12:00 pm Brain Health \*

1:00 pm-2:30 pm Mythos Rising \*

### **Thursday, July 10**

1:00 pm-2:30 pm Memoir Writing \*

### **Monday, July 14**

1:00 pm-2:00 pm Boston Red Sox History \*

### **Tuesday, July 15**

12:30 pm Monthly Birthday Party \*

4:30 pm-6:00 pm Gallery 93 Reception

### **Wednesday, July 16**

9:00 am-11:00 am Food Commodity \*

1:00 pm-2:00 pm LEGO-Building \*

### **Thursday, July 17**

11:00 am-12:00 pm Understanding Vision Loss \*

2:00 pm-3:00 pm Marie Lavine Concert \*

### **Monday, July 21**

11:00 am-12:00 pm Alzheimer's Disease \*

1:00 pm-2:00 pm Purcell & Friedland Concert \*

2:00 pm Council on Aging Book Group

### **Tuesday, July 22**

9:00 am-10:00 am Public Issues Non-Fiction  
Book Discussion Group \*

### **Wednesday, July 23**

12:30 pm Out to Lunch Group \*

1:00 pm-2:00 pm Songs for Peace \*

### **Thursday, July 24**

11:00 am-12:00 pm Planning for Medicare \*

1:00 pm-2:00 pm Easy Travel \*

### **Friday, July 25**

12:00 pm-1:30 pm

### **Friday, July 25**

10:30 am-12:00 pm Diamond Art \*

### **Monday, July 28**

1:00 pm-2:30 pm Karaoke \*

### **Tuesday, July 29**

12:00 pm Summer Springwell BBQ \*

### **Wednesday, July 30**

10:00 am-12:00 pm Art Therapy \*

1:00 pm-2:00 pm Sharp Minds Trivia \*

### **Thursday, July 31**

1:00 pm-2:00 pm Red Sox-Yankees: The Greatest  
Rivalry in Sports \*

## COMING IN AUGUST

**Monday, August 4 1:00 pm-2:30 pm Death Café**

**Friday, August 29 1:30 pm-2:15 pm**

Drawing Class (8 weeks) \*

## JULY ONGOING WEEKLY & BI-WEEKLY EVENTS

**PLEASE NOTE: EVENTS WITH A \* REQUIRE REGISTRATION 617-730-2770**

### Monday

10:00 am-11:00 am Virtual Short Story Social\*  
10:00-11:00 am Virtual Low Impact Zumba Gold®\*  
10:00 am-12:00 pm Mah Jongg \*  
10:00 am-12:00 pm Chair Massages\*  
10:00 am-12:00 pm Canasta 101\*  
10:00 am-12:00 pm Seasoned Canasta Enthusiasts \*  
11:00 am to 12:00 pm Pet Therapy Visit (July 7, 14 & 21)  
11:00 am-12:00 pm Words Galore (July 14 & 28)  
1:00 pm-3:00 pm Smartphone Photography \*  
2:30 pm-3:30 pm Brookline Band\*  
4:00 pm-5:00 pm Strength Training for Seniors (21 & 28) \*

### Tuesday

9:00 am-10:00 am Broadway Dance\*  
10:30 am-11:30 am Drop-in Qigong (no class July 29)  
10:30 am-12:00 pm Brookline Bees  
1:00 pm-2:00 pm Virtual French Conversation\*  
1:00 pm-3:00 pm Tuesday Afternoon Film Series

### Wednesday

9:30 am-10:30 am Moving with Ballet \*  
10:00 am-11:00 am Sports Fan Forum \*  
10:00 am-12:00 pm Scrabble  
11:00 am-12:00 pm Broadway Dance\*  
11:00 am-12:00 pm Meet, Greet, Repeat  
12:15 pm-1:45 pm Food Preservation Class \*  
12:00 pm-4:30 pm Drop in Ping Pong  
2:30 pm-3:00 pm Karate \*  
3:00 pm-4:00 pm Investors Group (July 16 & August 20)  
6:00 pm-8:00 pm Acoustic Jam (July 9 & 23)

### Thursday

1:00 pm-1:30 pm Online Dance Party  
1:00 pm-1:45 pm Board Games With Ivy Street  
12:00 pm-12:45 pm Moving with Ballet \*  
2:00 pm-4:30 pm Knitting Group  
2:00 pm-3:00 pm Mindfulness Group \* (July 10)  
2:15 pm-4:30 pm Intermediate Mah Jong\*  
2:30 pm-3:30 pm Spanish 1 Lessons\*

### Friday

9:00 am-11:00 am Rummikub  
9:00 am-12:00 pm Bridge for *experienced* Players  
10:30 am-12:00 pm Current Events  
⇒ 10:30 am Gentle Chair Yoga with Keith Beasley at Putterham  
10:30 am-12:00 pm Senior Chorus  
12:00 pm-4:30 pm Drop in Ping Pong  
1:00 pm-3:00 pm Origami  
2:00 pm-3:00 pm Tai Chi for Seniors \* (Starts on July 27)  
3:00 pm-4:00 pm Memoir & Story Writing \*  
3:30 pm-5:00 pm Chess (Brookline High Chess Club)

**All events are at the Senior Center unless otherwise noted.**

**\* Registration Required**

⇒ **Not At the Senior Center**

## FOOD RESOURCES

### SPRINGWELL LUNCH PROGRAM

Participants have the option to take their “grab and go” lunch home (HOT lunch choice only) OR to have their “grab and go” meal warmed up in the kitchen so they can eat lunch with others in our dining room **Monday-Friday from 12:00-12:30 pm. PLEASE NOTE:** We need to know one business day in advance before 10:30 am which option you prefer.

You can make your reservation by calling 617-730-2747 or you can pick up a monthly menu at the Senior Center. The menu can also be viewed on our website: <https://www.brooklineseniorcenter.org/whats-for-lunch/>

Suggested donation is \$2.50 per meal. If you are calling in your lunch reservation, please leave your name, telephone number, whether you want a hot or cold entrée, and state whether you plan to take your meal home or to dine in that day.

If you are filling out a monthly menu, please write your name on the menu, circle “GG” to take your meal home or “DR” to eat in the dining room that day and select a hot or cold entrée.

**Friday, July 4 NO Lunch**  
**Dine-In Only Tuesday, July 29**  
**Summer BBQ**

### FOOD PRESERVATION, COOKING & BAKING TIPS

On Wednesdays from 12:15 pm-1:45 pm, join Zipora Vainstein to learn special tips for food preservation, cooking, and baking. You will learn how to grow food indoors, how to make jam from fruits and vegetables, how to keep fruits and vegetables fresh in the refrigerator, recipes for quick preparation, and how to make easy pastries. Videos for illustration will be used. Please bring paper and pen for notetaking and bring your questions. Let's make it interesting! Please register at 617-730-2770.

### FARMER'S MARKET COUPON DISTRIBUTION



We are very excited to announce that the Brookline Health Department is running their Farmers Market coupon program, also known as Brookline Bounty, for the fifth year in a row!

To receive coupons for our 2025 season you must register with Brookline

Community Health. Brookline Bounty is run by Brookline Community Health (a wing of the Brookline Health Department).

- Coupons are available to income-eligible residents of Brookline or to families whose children attend Brookline schools.
- These coupons are ONLY redeemable at the Brookline Farmers' Market - no other farmers market will accept them.
- These coupons have no connection with SNAP or HIP.
- Eligible individuals will receive \$50 in paper coupons. Eligible households of 3 or more will receive \$100.
- The coupons are worth \$2 each. Our vendors cannot give change for the coupons.
- The coupons are redeemable

For more information on the program and how to register, please visit: <https://www.brooklinema.gov/2057/Food-Coupon-Program> or email Darlene Johnson at [djohnson@brooklinema.gov](mailto:djohnson@brooklinema.gov) or call 617-730-2301

Coupon Registration Events: TBA  
(To register you must bring a government-issued ID)



## FOOD RESOURCES

### NEED GROCERIES?



The Brookline Food Pantry is open to **Brookline residents** who are in need of food.

To qualify for emergency food assistance, individuals **must be a Brookline resident** (proof of address required) and meet financial and food insecurity guidelines such as (**but not limited to**) receiving services from Masshealth, SNAP, RAFT, and SSI.

If unsure as to whether you qualify, please call Elizabeth Boen, Director, at 617-800-5339.

If you do not live in Brookline, the Greater Boston Food Bank can help you find a pantry in your area. Contact them at 617-427-0146 or visit: <https://www.gbfb.org/>

Clients are permitted to shop at one of our pantry locations once a week and you must have a valid ID to shop. Please note: Masks are currently optional at all pantry locations.

**226 High Street**  
**Community Room**  
**Tuesdays: 3:00-7:00 pm**

**210 Harvard Street**  
**United Parish**  
**Wednesdays: 2:00-5:00 pm**  
**Thursdays: 10:30 am-1:00 pm**  
**Friday: 10:30 am-1:00 pm**



**"Turn your food into medicine and you won't need medicines anymore"**

**A popular quote often attributed to Hippocrates, emphasizing the crucial role of nutrition in health.**

### FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program. Our next distribution is on **Wednesday, July 16 from 9:00 am-11:00 am**. Registered participants are assigned a pick up time. If you are a low income senior, aged 60 or older, and you would like to participate in this program to receive 35 pounds of shelf stable food on the third Wednesday of each month, please contact Jamie Jensen at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov). If you do not have a vehicle, please bring a folding shopping cart to carry the items. If there are items you do not wish to take, these can be left for others.

### PROJECT BREAD FOODSOURCE HOTLINE



Project Bread's FoodSource Hotline (1-800-645-8333) is a confidential resource line designated to help people access a variety of food resources including SNAP.

Our hotline counselors can offer SNAP eligibility screenings and provide over-the-phone application assistance. They also provide information on food pantries, community meals and other low cost food programs.

**The Hotline is open Monday-Friday, 8:00 am-7:00 pm and Saturdays, 10:00 am-2:00 pm** and they have interpreter services in 180 languages.



## ON-GOING EVENTS

### KARATE FOR SENIORS BACK FOR THE SUMMER

Join Oscar Nanda on **Wednesdays, July 2 through August 27 from 2:30-3:00 pm.**

**NOTE: No class on August 6.**

This system of self-defense develops total body awareness, control and confidence, formatted with seniors in mind.

Class techniques and concepts focus on thoughtful movement, stances, balance, blocks, kata, strikes and other techniques, as well as having a cultural experience.

Please register with Jamie at 617-730-2770.

### SPANISH 1 LESSONS

Now is the best moment to learn Spanish because the majority of the population of Spanish speakers has increased. It can help you in a number of ways to communicate in Spanish.

On **Thursdays from 2:30-3:30 pm**, Soledad Phelan offers the opportunity to learn basic phrases, words, etc. that you can use when interacting with people. Soledad is from Peru and has a lot of experience teaching both in Peru and in the US with multiple populations. This is a very good practice to activate your brain when you try to learn a new language. Please register at 617-730-2770.

### LET'S GO OUT TO LUNCH BUNCH

On **Wednesday, July 23**, we will be going to Carlo's in Allston **from 12:00-1:30 pm (leaving Senior Center at 11:30 am)**. Participants pay for their own meal and tip. Space is limited, so please register at 617-730-2770

### VIRTUAL FRENCH CONVERSATION GROUP

This group meets via **Zoom on Tuesdays from 1:00-2:00 pm**. New members, regardless of level of proficiency in speaking French, are invited to join. For questions and to connect, please email Monique Richardson at [mona647@comcast.net](mailto:mona647@comcast.net)

### ESL CLASS ON BREAK FOR THE SUMMER

### INVESTORS GROUP

Investors for the summer will only meet on the 3rd **Wednesday of the month July 16 and August 20, from 3:00 pm-4:00 pm**. Whether you are a casual investor, a billionaire or just curious about investing and stocks, join us to talk about ideas, investment products, high and lows of the markets and the excitement of investing. **NOTE:** We will not pool funds or make investments together, nor will we give investment advice Please register at 617-730-2770.

### ORIGAMI FRIDAYS

On **Fridays from 1:00 pm-3:00 pm**, join Ryley in origami making. Register at 617-730-2770.

### SEEKING ART SUPPLIES!

The Brookline Senior Center is seeking donations of both acrylic and watercolor paints, as well as watercolor paper, primed canvases, and any brushes in good condition. Please leave items in the donations bins outside the Council on Aging offices on the 2nd floor.

## IN APPRECIATION

### *Annual Appeal Donors:*

Elizabeth True Browder  
Reita Ennis  
Naomi B. Isler  
Louise Lonabocker  
Harriet B. McGraw  
Samuel W. McGraw  
Ethel W. Miller  
Bebe and Nick Nixon  
Maria Nobrega  
Virginia Po  
Kate Poverman  
Martin Rosenthal  
David Stern  
Nancy and Kent Van Zant  
Rhoda K. Wald  
Wise Aging Group

### *In Honor of Ruthann Dobek from:*

Katherine Burnes

### *In Honor of:*

Brookline Bees, from  
Jean M. Doherty  
Rita and Frank d'Entremont,  
from Marcia Goldstein  
Christopher Leonesio,  
from Daniel Gottlieb  
The transportation Program,  
from Tobey Taylor  
Emily Williams, Yolanda Rodriguez,  
Val Walker, Sonia Wong and all the staff  
and volunteers,  
from Ellen Zellner


### *In Memory of:*

Aaron Seidman,  
from Constantine Bialik and Margaret  
Guyer  
Paul Byhoff,  
from Elena Byhoff

### *BrooklineCan*

Rita & Frank D'Entremont  
Katie Hope  
Emanuel Howard & Julia Herskowitz  
Sivon & Susan Irvings  
Mariann Nogrady  
Marilyn & Lee Rosenbaum  
Ruth Seidman  
Velda Shaby  
Ellen & Joel Shoner  
Karen Van Kennen & Mark Rodehaver  
Deidre Whelan

**DONATIONS MADE AFTER THE 15TH OF  
THE MONTH WILL BE POSTED  
IN THE NEXT ISSUE**



**CareHive**

The MIT AgeLab CareHive wants to learn more about the experiences of those who help adult family members


If you help an adult family member with anything from calling to check in, to grocery shopping, to providing occasional transportation, or more, we want to hear from you!

Join others like you, and be entered for chances to win Amazon.com gift cards!

<https://tinyurl.com/caregiverpanel>

Contact us or visit our webpage!

Email: [mit-caregiving@mit.edu](mailto:mit-caregiving@mit.edu)  
Webpage: <https://agelab.mit.edu/carehive>



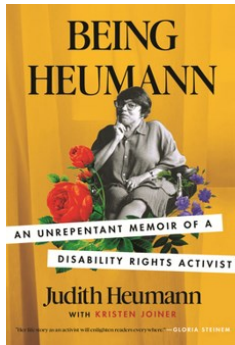
## BOOK GROUPS AND CURRENT EVENTS

### COUNCIL ON AGING BOOK GROUP

This group is held on third or fourth Monday of each month. The group meets at **2:00 pm both online and in-person at the Putterham library branch.**

For more information on how to connect via Zoom, visit: <https://us02web.zoom.us/join/register/tZYkdu-vqz4pE9AZ8Edpe7IIGTuijev32avE#/registration>

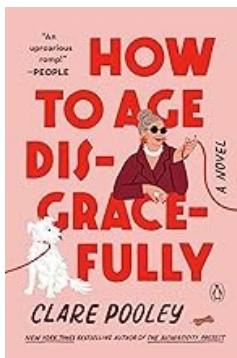
Please contact Ginger O'Day, Branch Supervisor at Putterham Library, for updates and questions at 617-730-2385.



**Monday, July 21**  
**Being Heumann**  
*Judith Heumann, Kristen Joiner*

An Unrepentant Memoir of a Disability Rights One of the most influential disability rights activists in US history tells her personal story of

fighting for the right to receive an education, have a job, and just be human



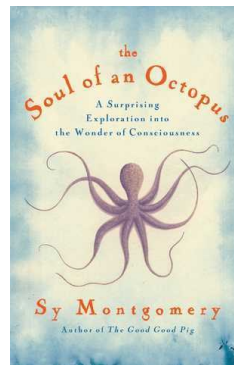
**Monday, August 17**  
**How to Age Disgracefully**  
*Clare Pooley*

When the city council threatens to sell the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next

door—as well as the teenaged father of one of the toddlers and a geriatric dog—to save the building. Together, this group's unorthodox methods may actually work, as long as the police don't catch up with them first.

### PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

Volunteer Cindy Palmquist is challenging your thinking every month on the **4th Tuesday of the month from 9:00-10:00 am** with our non-fiction book discussion group centered on public issues, history, current events and other non-fiction topics. The Public Library of Brookline (Coolidge Corner Branch) will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged.



**Tuesday, July 22**

**The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness**  
*Sy Montgomery*

In pursuit of the wild, solitary, predatory octopus, popular naturalist Sy Montgomery has practiced true immersion journalism. From New England

aquarium tanks to the reefs of French Polynesia and the Gulf of Mexico, she has befriended octopuses.

### CURRENT EVENTS



Current Events meets every **Friday morning 10:30 am-12:00 pm** Come share your thoughts and interact with others about what is going on in today's world, whether it be local, national or international. It is a fun and informative event for all.

We are all rewarded when our group attendance reaches a specified number. That reward is in the form of a pizza party, held once a month, on the Friday following our attendance goal. Come and join us!



# BROOKLINE LIBRARY

## THE LIBRARY CONNECTION

### CAN'T COME TO THE LIBRARY? LET THE LIBRARY COME TO YOU!

The Public Library of Brookline has re-launched The Library Connection, a program providing increased access to information and library services through delivery of library materials by volunteers to Brookline residents who are permanently or temporarily homebound.

If you are interested in receiving this service, or have general questions about the program, please contact Sarah Durkin, at [sdurkin@minlib.net](mailto:sdurkin@minlib.net) or at 617-730-2355.

## FOR MORE LIBRARY EVENTS

[brooklinelibrary.org](http://brooklinelibrary.org) or call 617-730-2378

7/3 A Taste of Poetry 11:00 am Brookline Village

7/8 Brookline Ukulele Club 6:30 pm Brookline Village

7/8 Historical Fiction Book Recs with Bestselling Author Jane Healey 6:30 pm Virtual

7/10 Virtual: Queer Reading Group 7:00 pm

7/17 Virtual - Women's Fiction Book Recs with Bestselling Author, Kristan Higgins 6:30 pm

7/18 Gentle Chair Yoga with Keith Beasley 10:30 am Putterham

7/21 Council on Aging Book Group 2:00 pm Putterham

## PROTECT YOUR IDENTITY, MONEY & INFORMATION

### Notified about Missed Jury Duty? Proceed with Caution

- Miriam Rosalyn Diamond, Council on Aging Engagement Editor.

#### Description of the Scam

A telephone call comes in, often with a caller ID indicating that it originates from a courthouse or the police. The caller threatens to immediately arrest the individual for not showing up to jury duty as mandated unless a fine is paid. This is a sham call by thieves using a scare tactic to steal identity and/or cash.

#### Spot the Scam

The person is told that they owe a fine, often requested via wired payment, gift or prepaid cards. The caller may ask for birthdates, social security numbers, or other information to "verify" the individual's identity.

**Genuine notifications** for missed jury duty are always initially sent by mail. Court staff will not request birthdates, social security or license numbers.

#### Stop the Scam

- Hang up immediately on anyone stating that they are from a courthouse or police.
- Do not provide personal information.
- Do not be fooled by caller ID displays as they can be faked.

**Contact the Senior Center Social Worker of the day** at 617-730-2777 for guidance. You may call the courthouse directly via a number listed on a legitimate website to substantiate a claim that you missed jury duty. (The Norfolk County Court Jury line is 781-830-4378.) Do NOT dial a number displayed on Caller ID or provided by the caller.

Report the call to Norfolk District Attorney's Office at 781-830-4920.



## MUSIC PROGRAMS

### SENIOR CHORUS



The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. This group is led by Joe Reid on **Fridays from**

**10:30 am-12:00 pm.**

### AMATEUR CLASSICAL MUSIC JAM

Looking for participants, particularly violinists! Attendees play together and sight read for meetings that take place **on the 2nd and 4th Wednesdays of the month (July 9 and 23) from 3:45-5:00 pm** Please bring your stands and music if you would like to play with others. If you are interested, please contact: Jamie [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### BROOKLINE ACOUSTIC WEDNESDAY EVENING JAM

Do you play an acoustic instrument and/or sing? Brookline Acoustic meets on **Wednesday nights from 6:00-8:00 pm** for an informal jam.

For more information, please visit: <https://boston.craigslist.org/search/ccc?query=%22brookline%20acoustic%22>

### BROOKLINE BAND

The Senior Center invites instrumentalists to join the Brookline Band! Join us on **Mondays from 2:30-3:30 pm** to play songs from the great American songbook. To register or for more information, please call 617-730-2770.

### ISRAELI MUSIC ON THE WORLD STAGE: THE EUROVISION SONGS

Since 1973, Israeli singers have performed in the famed international Eurovision contemporary song competition. From poignant and topical to romantic, upbeat and silly, Israelis have presented a wide variety of musical numbers.

Join Dr. Miriam Rosalyn Diamond to explore these songs as well as the artists, stories, and controversies behind them. Knowledge of Hebrew is not required.

The group meets via **Zoom on the fourth Monday of the month from 7:30 pm-9:00 pm.** To register, email [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) This group will be on vacation in August and September and will resume on **Monday, October 27 with a new topic: Words & Music through the Generations: Songs of Israel's popular singer-songwriters**

### ON VACATION



### UKULELE

**On Vacation for the Summer**

### SINGING TOGETHER VIRTUALLY

**On Vacation for the Summer**

## SOCIAL GROUPS

### Knitting Group

On **Thursdays from 2:00 pm-4:30 pm**, join this peer-led group of knitters from beginner to advanced. Learn new techniques and have fun with friends knitting items for yourself, loved ones, and the community. You are welcome to bring your own supplies but there are also a variety of supplies available.

### Short Story Social

A good short story can provide the basis for a great discussion! We will send you the story by email or hard copy to read at your leisure. Then we will meet up **via Zoom every other Monday from 10:00 am-11:00 am**. Bring your own coffee and we will supply the forum for a fun and enlightening hour. For more information and to sign up for the story and discussion, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### Sports Fan Forum

Calling all sports fans! The Senior Center hosts a weekly sports discussion group on **Wednesdays from 10:00 am-11:00 am**.

Whether you are a casual observer or an armchair expert, the Fan Forum is open to all who wish to share the joy, frustration, and excitement of sports fandom. We will gather to discuss the news of the day, relive memorable moments in sports history, and share our predictions of what may come to pass. The group is facilitated by Conor McDermott Welch, LICSW. Register with Conor at 617-730-2751 or [cwelch@brooklinema.gov](mailto:cwelch@brooklinema.gov)

### Social Walking Group

We welcome both active walkers and strollers to meet up with peers for a variety of walks in and out of the area. To be included on the group's email list to exchange ideas for future walks with each other, please contact [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## BROOKLINE BEES



July is the first month of the second half of this year! In addition to the warm sunshine it will bring (we hope!!) it is also bringing a wealth of half-square triangles for us to play with.

Member Jude Bennett has been teaching us her favorite method of cutting eight of these lovely squares at a time!

The next raffle quilt is built of all half-square triangles, assembled into beautiful designs.



How would you assemble them? Let your imagination soar! Most quilt patterns consist of a combination of squares and half-square triangles and creativity. Come join us and play with these lovely building blocks.

Is there a new child due in your world? Now's the time to start making it, or order a quilt customized just for you. Let us know what animals, what color scheme, and we will work with you.

Come sew with us, or at least kibbitz and share the fun of designing a new project. Tuesdays 10:30 am-12:00 pm. We are also willing to help coach you with a mending project.

Worried that your hands or vision are no longer up to the challenge of sewing? We have some pretty handy tools to assist. Come check us out.

**"The older I get, the greater power I seem to have to help the world; I am like a snowball - the further I am rolled the more I gain."**

**- Susan B. Anthony.**

Beth Israel Lahey Health




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## SHINE

### Free Vaccines covered by Medicare Part D



Did you know as of January 2023, Medicare Part D now covers most vaccines at no cost to you? This means your Medicare drug plan (and Medicare Advantage plan with drug coverage) won't charge you any copays or deductible for certain vaccines. Currently, you can receive vaccines for Shingles, RSV, Hepatitis A and Tetanus free of charge under Part D. Staying up to date with your vaccinations is an important part of maintaining your health and protecting yourself from preventable illnesses. If you have any questions about vaccine coverage, please contact your local SHINE counselor for assistance. Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, going over claims, and much more. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local senior center 617-730-2770. For other SHINE related matters, call 781-453-8076. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

## IMPORTANT NOTICE FROM MASSHEALTH

**THIS IS  
NOT!  
A SCAM**

MassHealth requires members to enroll in Medicare if they are eligible for Medicare and can do so at no

additional cost. This **only applies to individuals where MassHealth would pay 100% on their behalf.**

**Starting in July, MassHealth will begin to send notices and make outbound calls to members age 65 and older who are eligible to enroll in Medicare.** The notices will be sent in a **yellow envelope**. The notices will instruct members to call (877) 935-1280 within 60 days of the first notice to set up an appointment with their local Social Security office to apply for Medicare.

- Members who are not eligible for Medicare will not lose MassHealth.
- If a member does not call (877) 935-1280 within 60 days, they will lose their MassHealth benefits.
- **If you need more information please call the Senior Center 617-730-2770.**





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[www.brooklineteencenter.org](http://www.brooklineteencenter.org)

Click "Programs" and then "Hire our Teens"

## SOMETHING TO REMEMBER...

If you come in early for a program (oh my goodness, you found parking in Brookline!), please sit in the Coffee Lounge and relax with a cup of coffee, etc. Please don't come into a program until 10 minutes before to get your spot as this gives us time to reset rooms. Thanks for understanding!

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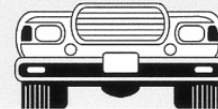
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## COMING SOON!

We are relocating our rehabilitation gym to our 5th floor penthouse. The new gym will enhance the experience for rehab patients.

## Dialysis Center Now Open!

In June 2024, we opened DaVita Kidney Care at Sherrill House, a six-chair hemodialysis center.

For more information or to schedule a tour, please contact Admissions at 617-735-1775.

## ABOUT SHERRILL HOUSE

Sherrill House is a not-for-profit skilled nursing and rehabilitation facility. We care for older adults who are rehabilitating from surgery or complex injuries, have Alzheimer's disease or other forms of dementia, or are unable to live independently and need skilled nursing care.

We have 182 beds and offer the following:

- Short-Term Care in our Rehabilitation Program
- Two floors of Traditional Long-Term Care
- One Memory Care floor
- DaVita Kidney Care at Sherrill House

————— ★ ★ ★ —————  
*"My dad was a long-term resident on the 2nd floor. The staff was wonderful, supportive, and kept me updated the whole time. It's always hard to place a loved one in a facility, but I couldn't have picked a better one. The staff eased my fears and lessened the guilt. Thank you"*

— L.Y., Family Member of Resident



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*Which private options or public programs are right for me?*

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# BrooklineCAN!

Help your neighbors. Help yourself. Help your town.

*BrooklineCAN is an all volunteer organization working to insure that Brookline is an age-friendly place to live.*

## Why become a Member?

- **Numbers Count** - When advocating with town officials & department heads on behalf of older residents.
- **We Need Help** - With writing, graphics, and good ideas as we seek more ways to connect with Brookline's older residents.
- **It's Fun** - Meeting and working with new and old friends.

## Opportunities

BrooklineCAN Newsletter

Programs & Forums Planning

Website

Advocacy

Age-Friendly Business

Age-Friendly TV

And More

For more information or to get involved contact  
[membership@brooklinecan.org](mailto:membership@brooklinecan.org)

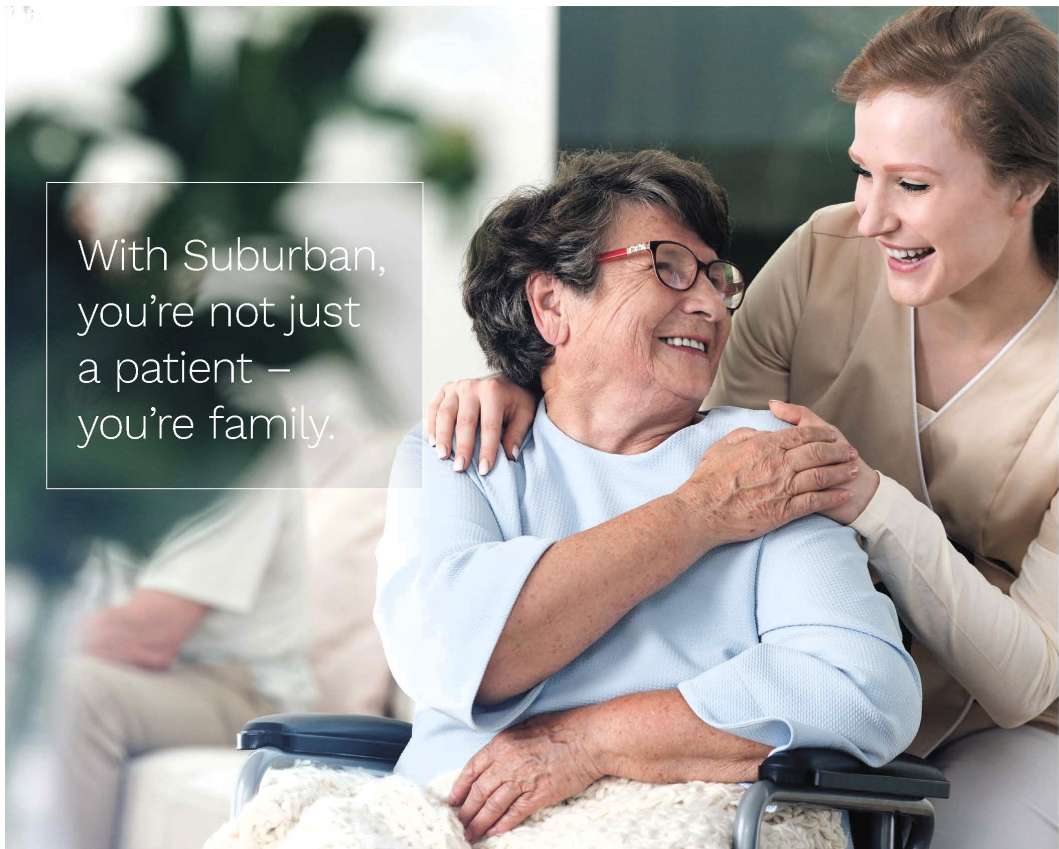
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