

## FROM THE DIRECTOR

Dear Friends and Community Members,

Welcome to September, a month of change and reflection where the long days of summer give way to cooler evenings, and we begin to notice the first signs of autumn in the air. At the Senior Center, it's also a time to celebrate the many connections that bring meaning to our lives.

This month we honor Grandparents Day (September 7), a chance to recognize the wisdom, guidance, and unconditional love that grandparents and older adults share with their families and communities. Whether or not you have grandchildren, please know that your presence and example enrich generations beyond your own.



September 18, join the Brookline Community Aging Network, AKA BrooklineCAN for the 15th annual meeting and reception for a chance to bring our community together, reflect on accomplishments, and look ahead to future goals. The event will highlight the collective work of volunteers, committee members, and community partners who advance BrooklineCAN's mission of making Brookline an even better place to grow older. To learn more and register, please see the cover page.

September also brings Good Neighbor Day (September 28), a gentle reminder of how small acts of kindness can ripple outward. A simple smile, a phone call to check in, paying it forward at a local coffee shop, or lending a hand can brighten someone's day. Here at the Center, we are fortunate to see neighbors becoming friends every day, and we invite you to join us in spreading that spirit throughout Brookline. On September 24 at 1:00 PM, join us and the Goddard House in Brookline's Creative Aging Connections for a special art card exchange program. This is a free event and the perfect time to bring a friend with you or join to make a new one.

As the season shifts, I'm reminded of Henri Matisse's words: "There are always flowers for those who want to see them." September is full of small joys if we take the time to notice them—changing leaves, a kind gesture, a new opportunity. With that said, after 13 years of dedicated service, we bid a heartfelt farewell to our wonderful Newsletter Editor, Maureen Cosgrove-Deery. With her steady hand, creativity, and attention to detail, Maureen has shaped the voice of the Brookline Council on Aging and kept our community informed, connected, and inspired. Her thoughtful work has touched thousands of lives and helped make the Senior Center a true home for information, support, and friendship. We thank Maureen for her years of commitment, her kindness, her many contributions, and we wish her all the very best in her next chapter. She will always be a cherished part of the Brookline COA family.

Please be well and always be sure to check in on your neighbors.

Sincerely,  
Emily Williams  
Director