

THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

JANUARY 2026



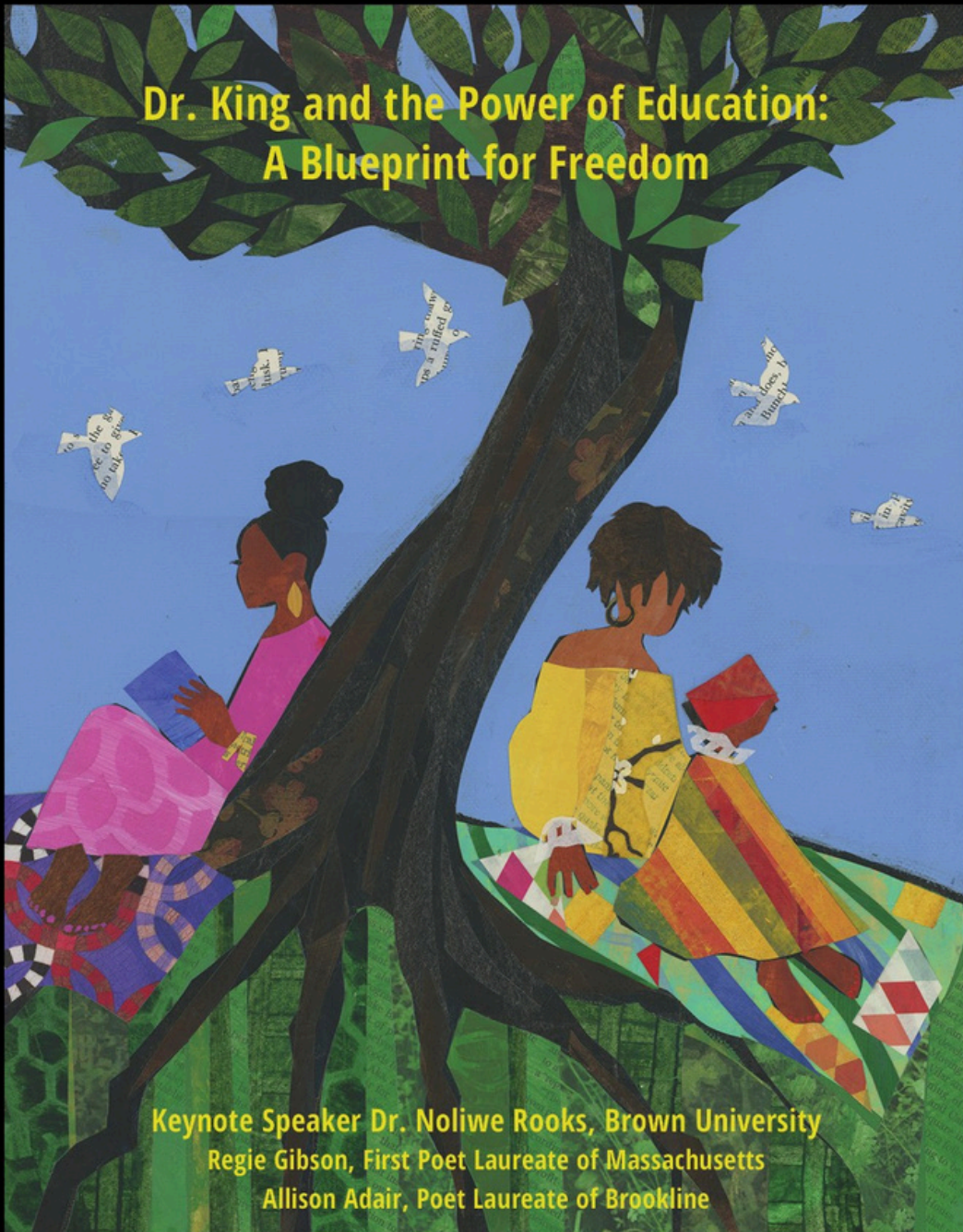
This year marks an important milestone at the Brookline Senior Center. For 25 years, we have offered opportunities for older adults to participate in a variety of programs, make new friends, volunteer, and access vital services.

To honor this meaningful milestone, the Brookline Senior Center Foundation is hosting
"Built to Last--25 Years on Winchester Street!"

The celebration will be held Thursday evening, April 30, at the Brookline Senior Center.
Tickets will be sold at a later date.

Town of Brookline MLK Celebration Committee presents

Dr. King and the Power of Education: A Blueprint for Freedom



Keynote Speaker Dr. Noliwe Rooks, Brown University
Regie Gibson, First Poet Laureate of Massachusetts
Allison Adair, Poet Laureate of Brookline

Book Club, 2025, collage on canvas; courtesy of the artist, Ekua Holmes www.ekuaholmes.com

Monday, January 19, 2026, 3 pm

Coolidge Corner Theatre

FREE but tickets required at Coolidge.org/MLK



Sponsored by Brookline Community Foundation, Brookline Interactive Group, Coolidge Corner Theatre,
Brookline Office of Diversity, Equity, Inclusion and Community Relations

For language access and reasonable accommodations, contact Caitlin Starr at cstarr@brooklinema.gov or 617-730-2345



SENIOR CENTER INFORMATION

DID YOU KNOW?

You don't have to be a member of the Senior Center to come to our programs. We don't even have a membership! You can, however, learn how to receive our printed newsletter by calling 617-730-2770 or by stopping by the Council on Aging offices.

As a reminder, our programs are open to anyone regardless of age or residency; however, our services are only open to Brookline residents aged 60+. This includes, but is not limited to, social work services, the Tax Work Off program, the H.E.L.P. program, and transportation services.



To view our website scan the QR code or use the link: www.brooklineseniorcenter.org



The Brookline Senior Center is a Welcoming Community.

HANDICAP 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 us at 617-730-2777.

Information Hotlines

617-730-2777 617-730-2770

COA Van

617-730-2750

Brookline Community Aging Network

www.BrooklineCAN.org

The Brookline Beacon is a monthly publication of the Brookline Council on Aging

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Please note that the Senior Center will be closed on Monday, January 19, 2026 due to Martin Luther King Jr. Day.

FROM THE DIRECTOR

Dear Friends,

Happy New Year from all of us at the Brookline Council on Aging and Senior Center! As we step into 2026 together, I'm excited to share several updates that will make your experience at the Senior Center even more welcoming, connected, and enjoyable.

A New Check-In Experience

This month, we are launching the MySeniorCenter check-in system and kiosk, a simple and secure way to sign in for programs, track attendance, and help us better understand the services you value most. The new kiosk—located at the main entrance—allows you to check in with a key tag or by typing your name. Our staff and volunteers will be available throughout January to assist anyone who would like help learning the system. We appreciate your patience as we transition, and we're confident this tool will make your visits smoother and our programming even stronger.

Welcoming Our New Newsletter Editor

We are delighted to introduce Krista Jarner, our new editor of The Beacon. Krista brings a fresh eye for storytelling, a commitment to clarity, and a true appreciation for the voices of Brookline's older adults. She has a background in communications and creative content development, and you'll begin seeing her touch in the newsletter's layout, features, and overall flow. We are thrilled to have her guiding this important publication forward.

Transportation Updates

Please join me in giving a warm welcome back to Agilio, our COA van driver, who returns with his trademark kindness, professionalism, and care for every passenger he serves. We are also excited to share that our fleet now includes a new electric vehicle (EV) van. This addition supports our town's sustainability goals while providing a quiet, comfortable, and environmentally friendly ride for our community. Look for updated transportation schedules and details inside this issue.

Alas, a new year of gratitude. I want to extend my heartfelt thanks to our Fitness Center Coordinator Courtney as she moves on for a future of travel and new experiences. Additional thanks to our extraordinary staff and volunteers. Their dedication, creativity, and compassion make everything we do possible—from daily programs and social services to transportation, meals, medical equipment loan program, home care, and special events. Their commitment ensures that the Senior Center remains a welcoming and vibrant place for all.

Wishing you a healthy, safe, and inspiring start to 2026.
Please be sure to check in on your neighbors.

Sincerely,

Emily J. Williams

Director



FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Happy New Year! Best wishes for health, happiness, and peace in the coming year.

Thank you for making it possible for others to experience health, happiness, and peace at the Brookline Senior Center. Thanks to your support, many are welcomed into our building to learn a new skill, be entertained, get technical advice, sing, meet new friends, or play ping pong. They can access transportation, critical care, and necessary equipment, such as walkers that work. Many volunteer—over 300!

2026 marks a milestone for the Brookline Senior Center—our 25th Anniversary! We're grateful to those who worked diligently to make our dream of a Brookline Senior Center a reality. And, we're grateful to you—all who have sustained this "second home." This spring we will host a celebration, "Built to Last, Celebrating 25 Years on Winchester Street!" And, to commemorate our 25th anniversary we're compiling a community cookbook.

The Brookline Senior Center is the resource for all things relevant to our age 60+ community, a rapidly growing population, currently 20% of all who live in Brookline. During these chilly, often icy, darker-early-evening winter months, I'm reminded of how essential our programs are to older residents who may feel isolated. For many, the Brookline Senior Center is a community lifeline. If you're a donor, you know. Here's why a few others contribute:

"As you get older you appreciate what people are doing for the elderly."

"The Brookline Senior Center creates a hub for people and gives them a sense of belonging. Older people can be very lonely. It's a comfortable place."

"I find positivity here, and a motivation to live. It's all about mindset, and the Brookline Senior Center has made such a difference for me."

"My mother had a true passion for the Brookline Senior Center."

Thank you for supporting the Brookline Senior Center Foundation! Without your support, we would not be able to purchase equipment or furniture, offer transportation services, including medical transportation, host our fitness program, offer a variety of educational and entertaining programs, or provide the critical support and emergency services that affect the health, safety, and dignity of those in great need.

Together, we will secure the next 25 years—starting today!



Happy New and Hopeful Year!

Warm regards,

Betsy Pollock, MSW

Foundation Board President



IN APPRECIATION

THANK YOU FOR ALL YOU DO!

The Senior Center could not do what it does without YOU! We appreciate your support more than you can imagine and more than we can ever express. Thank you for this month's donations!

Annual Appeal Donations

Catherine Anderson
Helena Anzivino
Mildred Asano
John Bassett and Christina Wolfe
Richard Benka
Judith E. Bess
Michael Blau
Elizabeth True Browder
Brenda Caplan
Janet R. Carpman
Kathleen K. Centorino
Josephine Ciccariello
Eleanor Clarkson
Barbara and Beryl Cohen
Laurence Cohen and Susan Worst
Ellen Cole
Patricia Correa and Martin Pollak
Mark S. Coven
Nancy B. Davis
Marga Dieter
Ruthann Dobek
Ross and Roslyn Feldberg
Richard Frese
Jack Friedman
Nancy Gandhi
Rhonda Glyman
Bambi Good
H.G. Gordon
Susan L. Gore
Pamela Grossman
Mary W. Haas
Valerie Harrington
Regina Healy
John and Barbara Hebert
Chouaa Hilal
Adrienne Hoffman

Daniel Jacobs and Susan Quinn
Kirk James
Vicki Kaplan
Judith Kidd
Bharti Khurana
Kristine Knauf
Selma Kopelman
Bruce and Shelley Lipschultz
Kathleen McClean
Ethel W. Miller
Debbie Miller
Catherine Mosgofian
Peter H. Moyer
Mitchell Myers
Bebe and Nick Nixon
Maria Nobrega
Linda and Henry Okun
Ravindra and Tarlika Patel
Harold and Karen Petersen
Kate Poverman
Virginia M. Provost
Sue B. Reamer
Anne S. Reed
Abram and Martha Recht
Gil and Harriet Rosen
Martin Rosenthal
Richard and Winnie Rubino
Susan Sacks
Zita M. Samuels
Lucy and Philip Sandler
Elaine Schwimmer
Magaly Shiromani
Cynthia Snow and Irving Kurki
David Stern
Gloria G. Thompson
Brunilde Tortolero

Rhoda Wald
Souyan and Jeffrey Wong

In Honor of Ruthann Dobek Fund from:

Anita Breslaw

In Honor of:

Sherry Lee, from Michele Chin
Michael Shaw, from Mary Ann Christopher
Evelyn L. Curtis, from Martha J. Curtis
Wise Aging Group, from Ilene Epstein
Steve Mass, from Susan and Leonard Fuld
Joyce Graff and the Brookline Bees, from Nechama Goldberg

In Honor of the AARP Tax Preparation Program from:

Emily L. Bassett



IN APPRECIATION

In Memory of:

Lena Zappala, from Carmela A. Deghmane
Herbert Alan White, from Charlotte Alkon
Aaron Seidman, from Constantine Bialik and
Margaret Guyer
Edward Levitt, from Arlene Levitt
Haskell Kassler, from Mary K. Kassler
"My Cousin," from Noriko Kinjo
Roy Chvat, from Carol Kort
"My Wife" Carol B. Fine, from Jonathan S. Fine
David Chin, from Jewel L. Chin
Wanchai Kukangwan, from Lek, Bruce and Harry
Levin
Lars, from Kristina Messler
Connie Green-Stroyman, from Ruthann Sneider
Charlotte Sokoloff, from Rob Sokoloff

Donations received after December 4th will be
posted in the next issue.

BrooklineCAN Donations

John L Bowman
Livia Frank
Len N Wholey

Donations received after December 5th
will be posted in the next issue.



CONSIDERING MAKING A DONATION?

Visit our website to learn where your money goes and how to donate:
brooklineseniorcenter.charityproud.org/Donate

or simply mail your check to:

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

Questions? Call Debbie Good Miller,
Development Manager, at 617-651-1454



BRIEF UPDATES



COFFEE WITH THE DIRECTOR

On **Monday, January 5 at 10:00 am**, Emily Williams will be holding her monthly coffee hour. Come join us!

YOUR INPUT IS NEEDED IN A NEW SURVEY FOR SENIORS

Brookline is launching a needs assessment for its growing older adult population, which now exceeds 13,000 residents aged 60 and older. In partnership with UMass Boston, the Brookline Council on Aging aims to understand their needs and preferences through interviews, focus groups, and a town-wide survey. The community survey will be available in February 2026, with advance notifications sent in January. **Please fill out the survey as it will help us advocate for future funding.** For inquiries, contact Emily J. Williams at ejwilliams@brooklinema.gov.

A NOTE FROM COURTNEY

I wanted to share that I'll be leaving my role as Fitness Center Coordinator on February 5, 2026. It has been an honor to work here over the past four years, and I'm truly grateful for the smiles, conversations, and shared moments of progress.

Thank you for making this such a meaningful chapter in my life.

Warmly,
Courtney

COUNCIL ON AGING HYBRID MEETING

The Council on Aging Board meeting will be held on **Wednesday, January 14, 2026 at 1:00 pm** via Zoom and in-person at the Brookline Senior Center, Room 103. Please check the Town calendar for agenda and updates.

To join via Zoom:

<https://brooklinema.zoomgov.com/j/1619778317>

Meeting ID: 161 977 8317

To join by phone: 1-646-828-7666



SENIOR CENTER SNOW POLICY

In the event that the Senior Center is closed, information will be posted on the Town website www.brooklinema.gov and we will update the outgoing messages on our main telephone lines (617-730-2777; 617-730-2770) by 8:30 am. The Program Manager will also notify program leaders regarding cancellations and closures.

MY SENIOR CENTER

BROOKLINE SENIOR CENTER TO INSTALL AUTOMATED CHECK-IN SYSTEM IN JANUARY

A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at Brookline Senior Center. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our programs and services to granters and state and local leadership.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today, MySeniorCenter is being used by over 2,200 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small key tag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing into our book, you'll swipe your key tag at the scanner, or you can enter your name on the touchscreen (see below).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, Brookline Senior Center staff members and volunteers will be available in the foyer throughout January to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our check-in process will be more efficient and we'll stand a better chance of receiving funding for future activities.

MySeniorCenter will be installed in early January.

AT A GLANCE - ONE-TIME PROGRAMS

MONDAY, January 5

10:00 am Coffee with the Director
11:00 am Synergetic Plant-Based Medicines
1:45 pm Leather Art of the Silk Road: Part 2

WEDNESDAY, January 7

1:00 pm What is My Legacy?

THURSDAY, January 8

11:00 am De-clutter Peer Support Group
11:00 am Solo Blues & Jazz with Austin Smith

MONDAY, January 12

11:00 am Humor and Hearing Loss
1:00 pm Cultivate Courage for the New Year

TUESDAY, January 13

10:30 am Boomers & Beyond Travel Club

WEDNESDAY, January 14

10:00 am Wellness Wednesday with B-WELL
11:00 am Understanding Wills
1:00 pm Art Matters: Norman Rockwell

THURSDAY, January 15

11:00 am Warm Up this Winter with Healthy Hot Food Choices
1:00 pm Elder Law Presentation
1:00 pm Gallery 93 Artist's Reception
3:00 pm Pickleball with Brookline Recreation

TUESDAY, January 20

AARP Tax Aide Appointment Registration Begins
12:30 pm January Birthday Party

WEDNESDAY, January 21

11:00 am Understanding Pain in Older Adults
2:00 pm Piano Performance
2:00 pm Investors Group

THURSDAY, January 22

11:00 am Scams
1:00 pm An Introduction to Stephen Sondheim

MONDAY, January 26

1:00 pm From Book to Screen: The Greatest Film Adaptations of All Time

TUESDAY, January 27

9:00 am Public Issues Non-fiction Book Discussion Group

WEDNESDAY, January 28

12:00 pm Let's Go Out to Lunch Bunch
1:00 pm Artificial Intelligence Awareness and Demo

THURSDAY, December 29

10:30 am Flash Fiction Writing
1:00 pm Laughing Matters



**If you can't come to a program,
please call to cancel your
registration so someone else
from the waitlist can attend.
Thank you!**

AT A GLANCE - ONGOING PROGRAMS

MONDAY

10:00-11:00 am	Virtual Short Story Social
10:00-11:00 am	Virtual Zumba Gold
10:00 am-12:00 pm	Chair Massages
11:00 am-12:00 pm	Pet Therapy Visit (12th)
11:00 am-12:00 pm	Words Galore (26th)
11:00 am-12:00 pm	Dance Fitness with Denise
12:00-2:00 pm	Drop in Ping Pong
1:00-2:30 pm	Ukulele (dates TBD)
1:00-2:30 pm	Cribbage
2:00-3:00 pm	Drop in Ping Pong (Beginners)
2:30-4:00 pm	Brookline Band

TUESDAY

9:00-10:00 am	Broadway Dance
9:00-10:00 am	Stretch & Strength Class
10:00-11:00 am	Balance Training Class
10:00-12:00 pm	Tax Exemption (6th & 20th)
10:30-11:30 am	A Taste of Qigong
10:30-12:00 pm	Brookline Bees
11:00-12:00 pm	Exercises for Aching Joints
11:00-12:00 pm	Restaurants Program (no 1/20)
1:00-1:45 am	Building Balance Skills
1:00-2:00 pm	Virtual French Conversation
1:00-3:00 pm	Tuesday Film Series
1:15-2:30 pm	Wise Aging (starting 1/13)
4:00-5:00 pm	Singing Together Virtually

WEDNESDAY

9:30-10:30 am	Dance Improvisation (starting 1/14)
10:00-10:45 am	Building Balance Skills
10:00-11:00 am	Sports Fan Forum
10:00-12:00 pm	Scrabble
11:00-12:00 pm	Broadway Dance
11:00-12:00 pm	MySeniorCenter Launch Series
12:00-2:00 pm	Kitchen Remedies & Home Organization
12:00-4:30 pm	Drop in Ping Pong
1:00-2:00 pm	Near Death Experiences
1:00-3:00 pm	ESL Class
6:00-8:00 pm	Acoustic Jam

THURSDAY

10:00-10:45 am	Beginners Balance Class
1:00-1:30 pm	Online Dance Party
1:00-1:45 pm	Crafts- Ivy Street School
1:00-1:45 pm	Building Balance Skills
1:00-3:00 pm	Chess Lessons & Games
2:00-4:30 pm	Knitting Group
2:00-3:15 pm	Mindfulness Group (8th & 22nd)
2:15-4:30 pm	Intermediate Mah Jong
2:30-4:00 pm	Spanish 1 Lessons
3:30-4:45 pm	Art Class with Ilana

FRIDAY

9:00-11:00 am	Rummikub
9:00-12:00 pm	Bridge for Experienced
10:30-12:00 pm	Senior Sing-a-Long
10:30-12:00 pm	Current Events
12:00-4:30 pm	Drop in Ping Pong



NEW PROGRAMMING

SYNERGETIC PLANT-BASED MEDICINES

Monday, January 5, 11:00 am-12:00 pm

Join a neuroscientist and researcher from Verse Therapeutics as they share information on synergetic plant-based medicines for conditions like epilepsy, autism, dementia, and aging. These medicines, which are non-intoxicating, federally legal, and clinic ready, can relieve pain, help provide restorative sleep, and protect the mind against aging and dementia. Please register at 617-730-2770.

LEATHER ART OF THE SILK ROAD: PART 2

Monday, January 5, 1:45-3:15 pm

We will explore leather as an artistic material, go a bit deeper into crafting techniques, and discover how it connects to historical Silk Road traditions. For this upcoming workshop, participants may include those who joined previously, as well as new members with no prior experience. This program is made possible by the generous funding of the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council, a state agency. **Space is limited**, so please register at 617-730-2770.



RESTAURANTS FOR BROOKLINE

Tuesdays, January 6 through February 3

We are happy to announce that the Restaurants for Brookline program is back! Local restaurant Grainne O'Malley's will be donating meals to the Senior Center on Tuesdays (no meal on January 20). Pick up will be between 11:00 am-12:00 pm. We appreciate the generosity of the restaurant, as well as the generous funding from the MA Dept of Agricultural Resources and Senator Cynthia Creem. Please note that **space is limited** and so each participant will only be allowed to register for two meal dates. To register, please call 617-730-2770.



MYSENIORCENTER LAUNCH SERIES



*my*seniorcenter

Wednesdays in January, 11:00 am

Join us for the launch of MySeniorCenter, our new check-in and program management system. Come learn how this easy-to-use system will improve check-in, streamline registration, and help us better serve the community!

Our Director Emily Williams will lead each session, introduce the features of MySeniorCenter, and help participants get started with their own kiosk keycards. Attendees will also have the chance to enter fun raffles each week.

NEW PROGRAMMING

WHAT IS MY LEGACY?

Wednesday, January 7, 1:00-2:00 pm

Reflect on your legacy with Dr. Norstrand. Discuss the impact of your life, values, and how to understand your legacy's significance for yourself and your family. Please register at 617-730-2770.

NEAR DEATH EXPERIENCES

Wednesdays, December 3 through January 21, 1:00-2:00 pm

In this course, we will explore profound questions about death and purpose. Participants will watch accounts of near death experiences and discuss their reactions afterwards. The only requirement is to have an open mind. Please register at 617-730-2770.



SOLO BLUES & JAZZ GUITAR WITH AUSTIN SMITH

Thursday, January 8, 1:00-2:00 pm

Join guitarist, composer, and educator Austin Smith for an afternoon of soulful blues and elegant jazz guitar. This intimate solo performance offers a rare chance to hear Austin's distinctive arrangements up close. Please register at 617-730-2770.

DE-CLUTTER PEER SUPPORT GROUP

Thursday, January 8, 11:00 am-12:00 pm

A monthly de-clutter peer-support group will meet in January, February, and March. Use the cold winter months to sort through your home and unload things you no longer need, want, or use. We'll brainstorm action steps, identify obstacles, and celebrate victories, using this success as a template for future projects. This is an informal drop-in group, so no registration needed. Make decluttering your New Year's resolution!



HUMOR AND HEARING LOSS

Monday, January 12, 11:00 am-12:00 pm

Join presenter Liz Olson for this engaging talk. Liz understands the unique struggles and emotions involved with hearing loss first hand; she is witness to the power of laughter and humor as a tool for coping with stress and adversity. As a compassionate and experienced licensed clinical social worker, Liz brings both professional expertise and her own lived experience to explore the power of humor and healing in relation to hearing loss. She hopes for an engaging time of sharing with all of you. Please register at 617-730-2770.

NEW PROGRAMMING

CULTIVATE COURAGE FOR THE NEW YEAR

Monday, January 12, 1:00-2:30 pm

If you had the courage to do anything, what would you do? The new year may bring opportunities to take risks, have adventures, and address obstacles. From trying a new activity or asking for help to going somewhere alone for the first time or coping with a crisis, we can empower ourselves to take action. Join Dr. Miriam Rosalyn Diamond to claim your strengths, gain inspiration from brave role models, and identify manageable steps to expand your experience. Please register at 617-730-2770.



WISE AGING GROUP: LIVING WITH JOY, RESILIENCE AND SPIRIT

Tuesdays, January 13 through February 10, 1:15-2:30 pm

There are no set of instructions, norms or rules for getting older. As a community of wise agers, we will navigate this stage of life, with a deeper sense of meaning and purpose. Based on the book, *Wise Aging*, Dinah Gilburd, LICSW, will facilitate the group, as we explore how we want to spend the rest of our one precious life. Our hopes, fears and triumphs will be shared with rich conversations, laughter and helpful insights. Participants are asked to either purchase or borrow the book through the Center. Space is limited. Please register with Jamie at 617-730-2753.

WELLNESS WEDNESDAY WITH B-WELL

Wednesday, January 14, 10:00 am-2:00 pm

Stop by the Coffee Lounge to learn about B-WELL (Brookline Coalition for Wellness and Prevention). Their goal is to discuss substance use prevention and wellness in a fun and inviting way with community members across the lifespan. Please drop by!

UNDERSTANDING WILLS: PROTECTING YOUR WISHES

Wednesday, January 14, 11:00 am-12:00 pm

Houseworks is hosting an informative presentation on the importance of having a legally sound will. This session covers why every adult should have a will, other key documents to consider, and how proper planning can protect your assets and ensure your wishes are honored. Attendees gain practical guidance and the confidence to start—or update—their own estate plans. A light lunch will be provided. Please register at 617-730-2770.

ART MATTERS: NORMAN ROCKWELL

Wednesday, January 14, 1:00-2:00 pm

Norman Rockwell, one of the most beloved American artists, was a painter who illustrated more than 322 covers for the Saturday Evening Post over 47 years. Come enjoy and discuss his wonderful images and be reminded of why he is recognized as an icon with such phrases as: "as American as apple pie, baseball and Norman Rockwell." Please register at 617-730-2770.

NEW PROGRAMMING

WARM UP THIS WINTER WITH HEALTHY HOT FOOD CHOICES

Thursday, January 15, 10:30 am-12:00 pm

Curious about how to protect your heart and control your sugar levels this winter? Come join Shi Su to learn some healthy food options that will keep you warm and nourished while meeting your health needs. Please register at 617-730-2770.



ELDER LAW PRESENTATION

Thursday, January 15, 1:00-2:00 pm

Elder Law Attorney Timothy Loff will discuss and answer your questions regarding the legal documents that everyone should have in place during their "Golden Years." His presentation will include detailed information on wills, health care proxies, powers of attorney, living wills, MOLST forms, HIPAA privacy forms, and final disposition instructions. Even if you already have these documents in place, you may learn something new so please join us. We will also briefly discuss the role of trusts in any estate plan. Bring your questions! Please register at 617-730-2770.



PICKLEBALL!

Now is your chance to try pickleball at the Senior Center! We'll be hosting **two beginner courses**, each consisting of two sessions (January 15 & 22 and February 12 & 19), coached by Fran Perler. The first session will focus on various Pickleball strokes and the second session will focus on playing the game. **Please sign up for both sessions in each course, but only 1 course.**

COST: \$3 per session for residents and \$5 per session for non-residents. Sign up beginning January 6 via the Recreation Department website (<https://www.register.brooklinerec.com>) or by phone (617-730-2069). If you don't already have a Recreation Department account, you should sign up to qualify for senior Recreation Department programs and to receive the \$2 per session residential discount. Equipment will be provided. Please wear athletic shoes. Limited to 16 participants per session.

AARP TAX AIDE APPOINTMENT REGISTRATION BEGINS

Tuesday, January 20

The Senior Center will begin scheduling AARP Tax Aide appointments on Tuesday, January 20. To schedule an appointment, please call 617-730-2777. We receive many calls that day so it may take us a day or so to return your call. Note: our voicemail system verifies what time someone calls and so we return all calls in the order that they are received. We appreciate your patience.

NEW PROGRAMMING

UNDERSTANDING PAIN IN OLDER ADULTS – WHAT’S NORMAL AND WHAT’S NOT

Wednesday, January 21, 11:00 am-12:00 pm

Rescheduled from December

Join CareConnect Home Care for this helpful presentation. Please register at 617-730-2770.

PIANO PERFORMANCE

Wednesday, January 21, 2:00-3:00 pm

Join pianist Paul Harris for a recital featuring original contemporary classical improvisations. With over 1,800 one-minute meditations and about 100 longer pieces, Paul has a diverse repertoire. A Brookline resident since 1976, he has composed various musical forms. Please register at 617-730-2770.



AN INTRODUCTION TO STEPHEN SONDHEIM

Thursday, January 22, 1:00-2:00 pm

Join us for a multimedia program celebrating Stephen Sondheim, a pivotal American composer and lyricist in 20th Century Musical Theatre. His notable works include *West Side Story*, *Gypsy*, *Company*, and more. The program is led by Theatre Director Debra Block. Register at 617-730-2770.

SCAMS

Thursday, January 22, 11:00 am-12:00 pm

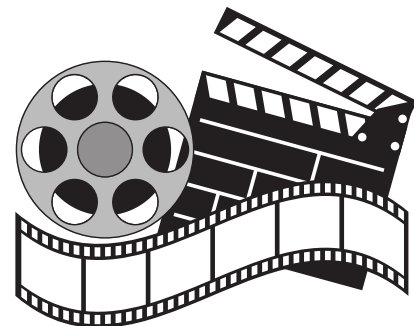
As digital technology grows, protecting against phone, social media, and cyber scams is crucial, especially for seniors who may lack tech skills. The Brookline Office of Emergency Preparedness is hosting a security seminar for seniors, led by Officer Michael Disario, who will discuss recent scams targeting this community and offer tips on identification and avoidance. Please register at 617-730-2770.

FROM BOOK TO SCREEN: THE GREATEST FILM ADAPTATIONS OF ALL TIME

Monday, January 26, 1:00-2:00 pm

Author and pop culture historian Marty Gitlin will show snippets of such classics as *Wizard of Oz*, *To Kill a Mockingbird*, and *Breakfast at Tiffany's*.

Marty will play film adaptation trivia with the patrons along the way. He will have autographed and personalized copies of his books available for purchase after the program. This presentation is both enlightening and entertaining so please join us! Please register at 617-730-2770.



NEW PROGRAMMING

FLASH FICTION WRITING

Thursday, January 29, 10:30 am-12:00 pm
Flash Fiction (short fiction less than 1000 words) is a popular genre of writing. The genre pushes writers to write economically while conveying meaning. In this workshop, we will read some flash fiction pieces together and work on writing our own flash fiction. Join us, whether you've been writing for a while or if you just want to give writing short fiction a try. Please register at 617-730-2770.

SAVE-THE-DATE:

THE ROLE OF WOMEN IN THE CIVIL RIGHTS MOVEMENT

Monday, February 2, 1:00-2:00 pm
We will welcome back Tess Bundy who will give this special presentation in honor of Black History Month. Please register at 617-730-2770.

LAUGHING MATTERS

Thursday, January 29, 1:00-2:00 pm
"A good laugh and a long sleep are the best cures in the doctor's book." -Irish Proverb

Looking to relieve stress in your life? Join Sandra Boris-Berkowitz, MEd, LRC, Laughter Yoga leader, in Laughing Matters. Laughter Yoga is dedicated to making laughter a daily part of life and building a healthier, less stressful outlook. It is interactive, giving participants effective tools to use at school, in the workplace and at home.

Please register at 617-730-2770.



SAVE THE DATE: CHINESE NEW YEAR CELEBRATION

Monday, February 9, 1:00-2:00 pm
Come celebrate Chinese New Year, the Year of the Horse, with us! Learn about this special holiday with fun and educational performances from our partners at Greater Boston Chinese Golden Age Center. We will also be treated to a special Lion Dance!

New this year: We will be having a hybrid meal model where a takeout Chinese meal will be served before the performances (doors open at 12:30 pm), so participants can either choose to eat then or bring the meal home for later. Limited vegetarian meals are available, so please specify at sign-up. Please note that you must stay for the program in order to get a meal; you may not take your meal home at time of entry. Meal cost will be \$7 at the door.

Raffles for various items will also be held at the end of the performances (1 ticket for \$1 or 6 tickets for \$5). This celebration is co-sponsored by the Brookline Senior Center and the Greater Boston Chinese Golden Age Center. Due to limited space, registration is required. Interested participants can register by calling 617-730-2770.

MUSIC & ART

GALLERY 93

Abstraction Observed
by Mark Chadbourne

Through February 27, 2026

Artist's reception:
January 15, 1:00-2:30 pm



ART CLASS WITH ARTIST ILANA

Thursdays, 3:30-4:45 pm

Ilana is a high school student passionate about art. She launched her own business, IVP Designs, where she creates custom portraits for her clients. She has experience teaching art as a volunteer at 2Life Communities and at School is Cool in Brookline. Please register at 617-730-2770.

ART FOR PLEASURE SEEKING NEW PARTICIPANTS!

The Art for Pleasure class is a relaxing, all level open studio art class where 10 participants work independently on their own projects and receive feedback and support from the facilitator who is also an artist. The facilitator does demonstrations 1-2 times per month on various art techniques. In the past, participants have focused on watercolor, acrylic painting, collage, drawing, and mixed media. No oil paints or materials with strong smells. It's a "bring your own supplies and ideas and join us!" format.

The class has been on hiatus because the facilitator spot has been vacant for a few months; however it will soon be meeting again weekly on **Thursdays from 9:30-11:30 am** as we hope to welcome a new facilitator in the near future. Class participants are eager to see the group reconstituted and their work take off once again! Participants come and go, but 2-3 of them have been there from the beginning.

If you are interested in joining the class, please contact Jamie at jjensen@brooklinema.gov or 617-730-2753.

PROGRAMMING

BROOKLINE BEES

Tuesdays, 10:30 am

Peace, joy and happiness to you in the New Year. The Bees have started to make squares for the next quilt that will be raffled to raise money to support the Senior Center. Choose your design from the different patterns available to create a square or two for this multi-patterned quilt. You are also welcome to bring your own project to work on (T-shirt quilt, baby and toddler size quilts). We hope you will join us!

SPORTS FAN FORUM

Wednesdays, 10:00 am

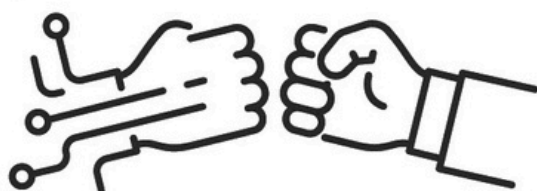
Calling all sports fans! Whether you are a casual observer or an armchair expert, the Fan Forum is open to all who wish to share the joy, frustration, and excitement of sports fandom. We will gather to discuss the news of the day, relive memorable moments in sports history, and share our predictions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

ARTIFICIAL INTELLIGENCE AWARENESS AND DEMO

Confused about AI? Join us with Dave from Therapy Gardens' SeniorU -- you'll be shown what all the fuss is about, caught up on the latest developments, and then have the opportunity for Q and A in a fun and supportive setting. Great for beginners, skeptics, and anyone interested in knowing more about the topic!



Catch this presentation either at the Putterham Library or the Brookline Senior Center!



Putterham Library
Tuesday, January 20
1 - 2 PM



Brookline Senior Center
Wednesday, January 28
1 - 2 PM

KNITTING GROUP

Thursdays, 2:00-4:30 pm

Join this peer-led group of knitters from beginners 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.

CURRENT EVENTS

Fridays, 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's a fun and informative event for all.

CRAFTS WITH IVY STREET SCHOOL

Thursdays, 1:00-1:45 pm

The Ivy Street School students will have crafts available for some low key, intergenerational fun!

PROGRAMMING

JANUARY BIRTHDAY PARTY

On **Tuesday, January 20, at 12:30 pm**, we will celebrate this month's birthdays. Thank you to Stop & Shop for providing the delicious cake! Please register at 617-730-2770.

You are welcome to join us beforehand for lunch as well. Please reserve a lunch by calling 617-730-2747 by the prior business day before 10:30 am. You can also join us afterwards for a showing of *The Wizard of Oz!*



FOOD PRESERVATION CLASS IS NOW: KITCHEN REMEDIES & HOME ORGANIZATION!

Wednesdays, 12:00-2:00 pm

Join Zipora Vainstein from 12:00-1:00 pm to learn special kitchen remedies for the Winter period, from everything from a cup of tea with honey and lemon, and beyond. Then from 1:00-2:00 pm, she will share home organization tips for laundry, closets, and bedding. Videos for illustration will be used. Please bring a paper and pen for notetaking and bring your questions. Let's make it interesting! Please register at 617-730-2770.

LET'S GO OUT TO LUNCH BUNCH

On **Wednesday, January 28, from 12:00-1:30 pm (leaving Senior Center at 11:30 am)**, we will be going to Esperia Grill in Brighton. Participants pay for their own meal and tip. **Space is limited**, please register at 617-730-2770.

PET THERAPY VISIT

Enso the Goldendoodle looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on **Monday, January 12 from 11:00 am-12:00 pm**. Otherwise known as the "Curly Coated Gentleman," Enso has worked as a therapy dog for the past two years in settings such as, libraries and retirement residences.



INVESTORS GROUP

The Investors Group meets on **the 3rd Wednesday of the month, January 21, from 2:00-3:00 pm**. Whether you are a casual investor, a billionaire, or just curious about investing and stocks, join us to talk about ideas, investment products, highs 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.

BOOKS AND STORIES

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 -11:00 am**. For more information and to sign up for the story and discussion, please contact Jamie at jjensen@brooklinema.gov

COUNCIL ON AGING BOOK GROUP

This group is held **on the 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:

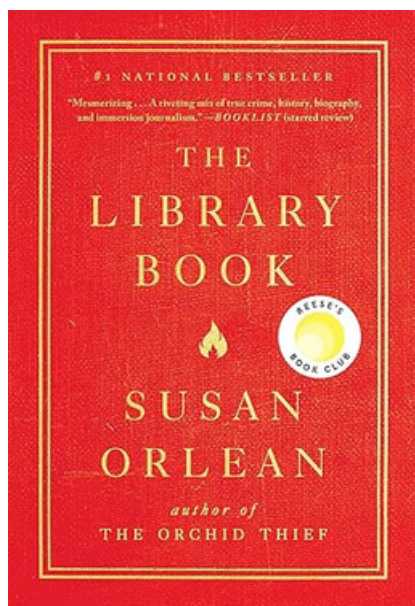
[https://us02web.zoom.us/meeting/register/tZYkdu-](https://us02web.zoom.us/meeting/register/tZYkdu-vqz4pE9AZ8Edpe7IIGTuijev32avE#/registration)

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

Monday, January 26, 2:00 pm

The Library Book by Susan Orlean

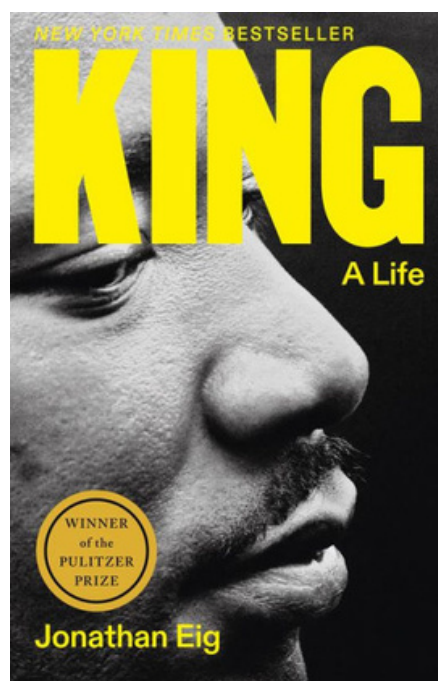


PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

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.

January 27, 9:00 am

King: A Life by Jonathan Eig



FITNESS

A MESSAGE FROM COURTNEY

After four wonderful years as the Fitness Center Coordinator, I wanted to share that I will be leaving the Senior Center on February 5, 2026.

This community has meant so much to me. From workouts and wellness chats to the laughter, milestones, and everyday moments in between, I have genuinely loved being part of your lives. Watching so many of you grow stronger, more confident, and more connected has been one of the most fulfilling experiences of my career.

My husband and I are hoping to travel more in the coming years, and this feels like the right moment to take that step. I'll also be focusing more on my personal training business, which I'm excited to continue growing.

Thank you for welcoming me so warmly, trusting me with your goals, and making this center a place I always looked forward to coming to each day. I will carry the memories and friendships from this community with me wherever I go.

While I'm excited for the next chapter, this one will always hold a very special place in my heart.

With gratitude,
Courtney



FITNESS CLASSES SERIES WITH SHARON DEVINE**

This 6-week class series runs from **January 6 - February 19**. Space is limited. Registration is required by calling 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

Beginners Balance Class **10:00 am - 10:45 am**
Building Balance Skills **1:00 pm - 1:45 pm**

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

EXERCISE CLASSES WITH CHET

Tuesdays, 9:00 am, Stretch and Strength Class
Join this class to boost mobility and build strength through safe, low-impact exercises tailored for all abilities. Held weekly for one hour, participants use chairs, light dumbbells, and bodyweight in a supportive environment to enhance flexibility and muscle tone.

Tuesdays, 10:00 am, Balance Training Class
Join this class to enhance stability and prevent falls through safe, guided exercises. Held weekly for one hour, participants rotate through tailored balance circuits, ensuring a fun and secure environment.

DANCE

DANCING THROUGH THE DECADES

Mondays, 11:00 am-12:00 pm

Come dance with fitness instructor Denise Harrington to a variety of music, including popular songs from the 20's through the 90's. Get groovin' and movin'! Please register at 617-730-2770.

VIRTUAL ZUMBA GOLD WITH EMILY BRENNER

Mondays, 10:00 am-11:00 am



Zumba Gold® is a low impact class. Suggested donation for Brookline residents is \$5 per person per class. To register, email Emily: emily.brenner@comcast.net

If you wish to take more classes with Emily, please check her website: [Join CareConnect Home Care for this helpful presentation.](#)

BROADWAY DANCE CLASSES

Tuesdays, 9:00-10:00 am

Wednesdays, 11:00 am-12:00 pm

Join fitness instructor Denise Harrington to 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). Please register at 617-730-2770.

DANCE IMPROVISATION

Wednesdays, 9:30 am-10:30 am

For 10 weeks starting January 14, join us for our Dance Improvisation class. Featuring many styles of music, this class provides fun ways to warm up the body-brain connection, spatial awareness, stretch, strength, balance, clarity, as well as using our voice. You might be amazed by what you will create in the dance in the moment. This class supports you as a budding dancer, a seasoned dancer and everything in between. All levels of movement and abilities are welcome to join. Chairs are available. Please wear comfortable clothing and shoes to move in. Suggested donation of \$5 a class. Please register at 617-730-2770.

VIRTUAL DANCE

Thursdays, 1:00 pm

Online Dance Party with Lynn Modell. For information on how to connect, please contact Lynn at lemodell@gmail.com



WELLNESS



A TASTE OF QIGONG

Tuesdays, 10:30 - 11:30 am

Join us weekly for Qigong (pronounced “chee-gung”) in the ballroom. Qigong is a practice that fosters mental and physical balance through the harmonious integration of breath, movement, and awareness. It can be practiced at any age to enhance overall health and well-being. Feel free to drop in at any time and discover something new!

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 in order to exchange ideas for future walks with each other, please contact jjensen@brooklinema.gov



MINDFULNESS GROUP

**Every other Thursday from 2:00-3:15 pm
(January 8 & 22)**

Mindfulness is a way to learn how to focus on the present in everything we do. At the Senior Center and via Zoom, join Debby Beck as she explores the different dimensions of mindfulness with us. Debby has brought mindfulness into her clinical work and teaching for over 20 years. Please register with Jamie at jjensen@brooklinema.gov



MUSIC

AMATEUR CLASSICAL MUSIC JAM

Attendees play together and sight read. Please bring your stands and music if you would like to play with others. If you are interested and want to find out when the group is meeting, please contact Jamie at jjensen@brooklinema.gov

BROOKLINE BAND

Mondays 2:30-4:00 pm

The Senior Center invites instrumentalists to join the Brookline Band! Join us to play songs from the Great American Songbook. To register or for more information, please call 617-730-2770.

ACOUSTIC EVENING JAM

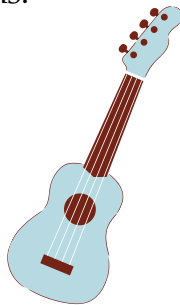
Do you play an acoustic instrument and/or sing? Brookline Acoustic meets on **Wednesday nights 6:00-8:00 pm** for an informal jam.



SENIOR SING-A-LONG

Fridays, 10:30 am-12:00 pm

The Sing-A-Long always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. This group is led by Joe Reid.



SINGING TOGETHER VIRTUALLY

Date TBD (Please contact Judy)

The Sing-a-long Group on Zoom sings mostly folk songs from times gone by and have several instrumental players to lead the songs. The words will be displayed on your screen. Don't worry if you think you can't sing, as everyone but the leader is muted, so you can just listen or sing along. For Zoom link, contact Judy Chasin at hearojudy51@gmail.com

WORDS & MUSIC THROUGH THE GENERATIONS: SONGS OF ISRAEL'S POPULAR SINGER- SONGWRITERS

Arik Einstein, Naomi Shemer, David Broza...many Israeli songwriters have hit the charts and won over fans by performing their own compositions. Join us to discuss and enjoy the lyrics and tunes of Israel's decades-long soundtrack. Texts will be provided in both Hebrew and English.

Meets on Zoom monthly on **Monday evenings (typically the 4th Monday) from 7:30 to 9:15 pm**. To register for the link, email Jamie jjensen@brooklinema.gov

UKULELE

The Ukulele class meets two **Mondays** each month (**Date TBD. Please contact Judy**). Newer participants can come at 1:00 pm and the others will join us at 1:30 pm. This class includes learning the basic chords and strums while having fun singing easy songs to improve your playing skills. It is never too late to learn an easy musical instrument. For more information, contact Judy Chasin at hearojudy51@gmail.com

GAMES

BACKGAMMON

Looking for interested players! Please contact Jamie at jjensen@brooklinema.gov or 617-730-2753.

BRIDGE FOR EXPERIENCED PLAYERS

Fridays, 9:00 am sharp until 12:00 pm
To get into the rotation, please contact Jamie at

BEGINNER'S BRIDGE

Please register with Jamie at jjensen@brooklinema.gov to connect with Bridge Coordinator to either learn or to get matched with experienced players.

CHESS LESSONS & GAMES

Thursdays, 1:00-3:00 pm
Facilitator Mark enjoys helping others discover the fun of chess as a game for everyone.

CRIBBAGE

Mondays, 1:00-2:30 pm

RUMMIKUB

Fridays, 9:00-11:00 am
With coordinator Hedwig Baillie.

SCRABBLE

Wednesdays, 10:00 am-12:00 pm

PING PONG

Mondays, 12:00-2:00 pm
Mondays, 2:00-3:00 pm (beginners only)
Wednesdays and Fridays, 12:00-4:30 pm

INTERMEDIATE MAH JONG

Thursdays, 2:15-4:30 pm
Please register with Jamie at jjensen@brooklinema.gov

WORDS GALORE



Monday, January 26, 11:00 am-12:00 pm

Join Val for this fun and lively hour of word play and brain twisters: 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.



TECHNOLOGY & LANGUAGE

DO YOU NEED TECH ASSISTANCE?

Do you have questions about setting up email, using your devices, or navigating the internet? Please bring your questions about phones, tablets, computers or any other digital devices. To schedule a technology assistance appointment, please call 617-730-2777.

Due to limited availability, participants may be limited to two appointments per month with certain volunteers.

Tech Buddies Digital Navigator Ken Fine:

Tuesdays, 11:00 am - 12:30 pm

Wednesdays, 10:00 am - 1:00 pm

Thursdays, 10:00 am - 1:00 pm

Fridays, 11:00 am - 12:30 pm

Tech Support Volunteers (30 min. appointments):

Dan Siagel, select Mondays, 11:00 am to 1:00 pm

Alan Shepro, Tuesdays, 1:30 to 3:30 pm (does not provide assistance with Android devices)

High School Volunteers (1 hr. appointments):

Lucas, Fridays, 3:30 to 4:30 pm

Ella, Mondays, 4:00 to 5:00 pm

VIRTUAL FRENCH CONVERSATION GROUP

Tuesdays, 1:00-2:00 pm

New members, regardless of level of proficiency in speaking French, are invited to join. For questions, please email Monique Richardson at mona647@comcast.net

SPANISH LESSONS

Thursdays, 2:30-4:00 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. Please register at 617-730-2770.

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.

We look forward to working with you soon!

ESL CLASS

Wednesdays from 1:00-3:00 pm

Dick Morse, ESL instructor, hosts weekly classes for advanced English learners. He welcomes new students and can be reached at 617-734-5113 or richard_p_morse@msn.com

FILMS

TUESDAYS, 1:00 pm



Four Weddings & A Funeral

January 6

Over the course of five social occasions, a committed bachelor must consider the notion that he may have discovered love.



Eleanor the Great

January 13

After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, 94, tells a tale that takes on its own dangerous life.



The Wizard of Oz

January 20

Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz.



Moonstruck

January 27

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

WEDNESDAY MOVIE LOVERS

Watch a movie at home one week and then join a discussion on the following week. Bonnie Lass, the group facilitator, will email the name of a movie to the group from the free streamed movie listings on Kanopy, a service hosted by the Brookline Public Library. You can access the movie on your computer and watch at your convenience.

On the following Wednesday from 3:00-4:00 pm, via Zoom, the group will meet for a lively discussion about the movie.

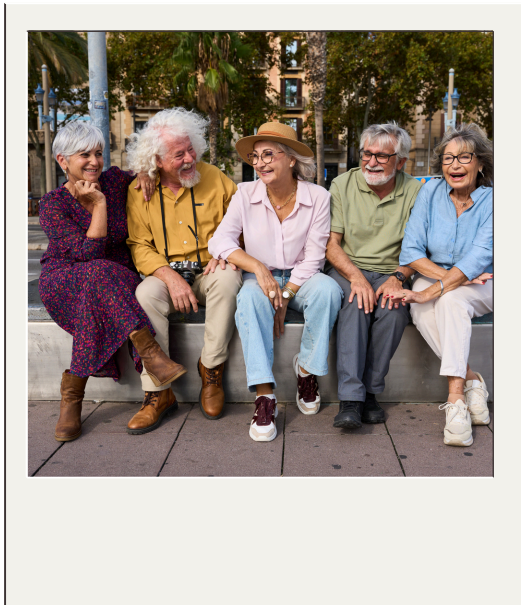
Please contact Bonnie at 617-734-9702 or bonnie Lass@gmail.com with questions, schedule, and requests to be included in the fun.

TRAVEL AND LUNCH

BOOMERS & BEYOND TRAVEL CLUB

Tuesday, January 13, 10:30-11:30 am at Boston City Hall Galleries

The galleries at Boston City Hall foster a vibrant local art scene by diverse artistic voices, presenting memorable exhibitions that engage, challenge, and reflect the city's community. Raffle for participation will be on Thursday, January 8 and attendees will be called then. Please register for the raffle at 617-730-2770.



EASY TRAVEL: SEEKING PRESENTERS!

We are seeking travelers who wish to present pictures and stories on their recent or not-so-recent travel experiences from anywhere around the globe. Interested? Contact Jamie at jjensen@brooklinema.gov or 617-730-2753. Thank you!

SPRINGWELL LUNCH PROGRAM

Monday-Friday, 12:00-12:30 pm

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.

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 (hot lunch choice only) 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.

Please note there will be no Springwell lunch on Thursday and Friday, January 1-2, or on Monday, January 19.

If you are in need of additional food resources, please call the Project Bread FoodSource Hotline at 1-800-645-8333. If you have other questions, please call the Brookline Senior Center Social Worker of the Day at 617-730-2777.

VOLUNTEERING

STUDENTS HELPING OLDER PEOPLE (SHOP)

A collaboration between the Brookline Senior Center and Brookline High School (BHS), the SHOP program has been a community service program 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.



If you are a senior and would like to sign-up or learn more about the SHOP program, please contact Valerie, Volunteer Coordinator, at 617-730-2743 or vgraf@brooklinema.gov.

THINKING OF VOLUNTEERING?

If you have a special interest area or expertise that you would like to share with the Senior Center, please reach out to Valerie Graf, the Volunteer Coordinator, at 617-730-2743 or vgraf@brooklinema.gov to learn more about creating and facilitating a new program at the Senior Center. We are currently looking for program instructors.



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.



Dr. Suzanne Salamon

CAREGIVER STRESS

Today, I would like to discuss a problem which I am seeing more frequently in my practice and which I believe is under-recognized: Caregiver Stress.

Caregiver stress is defined as the **emotional, physical, and mental strain** experienced by individuals who provide ongoing care for a loved one with a chronic illness, disability, or age-related needs. This strain is often a result of the significant and prolonged demands of the caregiving role, leading to an imbalance between the demands and the available resources or support.

When this stress is left unaddressed over time, it can escalate into a more severe condition known as **caregiver burnout** or **caregiver stress syndrome**, which is a state of total exhaustion.

Caregiver stress is a significant and often overlooked issue that affects millions of individuals who provide ongoing care to family members or loved ones. While caregiving can be meaningful and fulfilling, the prolonged physical, emotional, and psychological demands frequently place caregivers at high risk for negative health and social consequences.

One of the most common effects of caregiver stress is physical health decline. Caregivers often neglect their own medical needs due to time constraints, exhaustion, or prioritizing the care recipient. Chronic stress can weaken the immune system, increase blood pressure, disrupt sleep patterns, and contribute to conditions such as heart disease, headaches, and gastrointestinal problems. Fatigue is especially prevalent, as caregivers may experience interrupted sleep or long hours without adequate rest.

Emotional and mental health effects are also profound. Caregivers frequently report feelings of anxiety, depression, irritability, and helplessness. The emotional burden of watching a loved one suffer or decline can lead to grief and chronic sadness, even before loss occurs. Prolonged stress may result in burnout, characterized by emotional exhaustion, reduced empathy, and a sense of detachment. In severe cases, caregivers may experience clinical depression or heightened risk of substance misuse as a coping mechanism.

Caregiver stress can also affect relationships and social well-being. Many caregivers experience social isolation due to limited time for friends, hobbies, or community involvement. Strain may develop in family relationships, particularly when caregiving responsibilities are unevenly distributed or when financial pressures increase. Marital and parent-child relationships may suffer as caregivers struggle to balance multiple roles and responsibilities.

ASK A GERIATRICIAN

Cognitive functioning may be impacted as well. Chronic stress can impair concentration, memory, and decision-making abilities, increasing the likelihood of errors in caregiving tasks and daily activities. This can further heighten stress and feelings of inadequacy, creating a cycle that is difficult to break.

Finally, caregiver stress can negatively influence the quality of care provided. Overwhelmed caregivers may have less patience, reduced emotional availability, and diminished capacity to meet the care recipient's needs effectively. This underscores the importance of recognizing caregiver stress as a public health concern. Access to respite care, support groups, counseling, and education can help caregivers manage stress, protect their well-being, and sustain their vital role in the healthcare system.

If you or someone you know are at risk, reach out for help. Speak with your physician or call your Senior Center, who can help you get some help. If you can, offer some time to stay with the person needing help, so the caregiver can have some free time to care for themselves. That is the best gift you can give someone.



TRANSPORTATION

GOGO GRANDPARENT

This program offers 4 subsidized rides per month with GoGo Grandparent, a national company that provides dispatch service for Uber/Lyft vehicles.

The rider pays at a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any additional amount beyond \$12. This option is available 24/7, but it is limited to trips within Brookline and to select medical facilities in Boston.

The program is currently limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max).

Call 617-730-2740 to apply.

SENIOR CHARLIE CARD

Senior Charlie Cards offer a 50% discount on the subway, bus, and Commuter Rail for Massachusetts residents aged 65+.

The TRIPPS Program at the Senior Center will help process new and renewal Senior Charlie Cards using the MBTA online application form.

For more info about applying online, visit <https://www.mbta.com/fares/reduced/senior-charliecard>

Or call Sebastian Ware, Transportation Coordinator at 617-730-2644 to schedule an appointment.

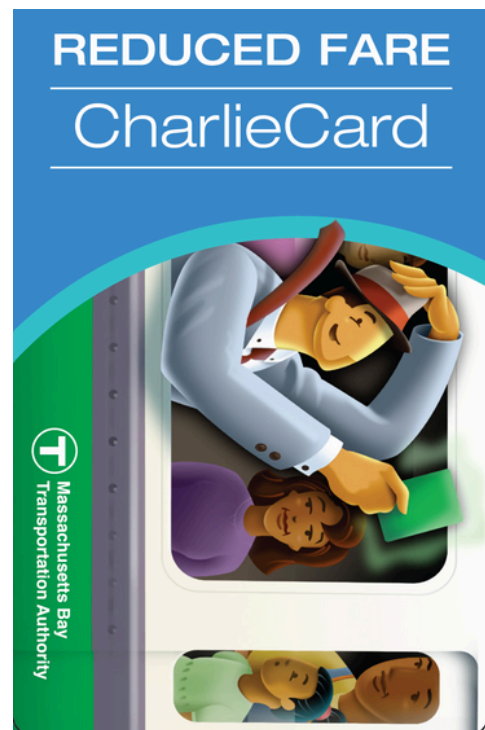
LYFT

This program offers 4 subsidized rides per month via Lyft. Lyft is a ridesharing transportation company that offers curb-to-curb services 24/7.

The rider pays a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any amount beyond \$12. The coupon will automatically download each month into the Lyft app on your smartphone.

The program is currently limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max).

Call 617-730-2740 to apply.



TRANSPORTATION

EYE APPOINTMENT TRANSPORTATION

The Council on Aging receives an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals.

Through this grant, our 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.



NEED A RIDE TO THE SENIOR CENTER?

The first pickup will be at 9:00 am, with the last departure from the Senior Center at 2:30 pm.

If you're a Brookline resident in need of transportation to the Senior Center, please call the Van Reservation Line at 617-730-2750 at least one business day in advance. Be sure to provide the following details for each ride request:

- Name
- Phone number
- Pickup/drop-off address
- Requested date and time for pickup

Donations are appreciated to help cover fuel costs. Your support means a lot to us!

Please note that the Senior Center utilizes a variety of transportation options to assist residents in getting to and from the center.

MEDICAL TRANSPORTATION

***** Beginning on Monday January 5th, 2026, our grant funded medical transportation taxi program will be limited to three roundtrips or six one-way trips per individual rider each month. *****

We offer non-emergency medical rides for Brookline residents aged 60+.

Schedule a ride by calling 617-879-4878 at least three business days in advance. Provide your name, phone number, and appointment details. Expect a confirmation call within one to two business days.

Rides are available Monday - Friday, 8am - 5pm.
No service on Senior Center closure days.

Please note there will be no medical transportation service on Friday, January 1, 2026.

Service Information:

- Curb-to-curb rides are available to traditional healthcare facilities (i.e. hospitals, clinics, or doctor offices) within Brookline and select locations in Boston and Chestnut Hill (02467), including:
 - Longwood Medical Area
 - Harvard Vanguard - Kenmore
 - Mass General
 - Mass Eye & Ear
 - Faulkner Hospital
 - Boston Medical Center
- Each ride must originate or end in Brookline.
- Riders are limited to one roundtrip per day.
- Vehicles are not wheelchair accessible.
- You can bring a foldable mobility device and up to one guest on your ride.

ADDITIONAL RESOURCES

Volunteer Medical Escort Program

FriendshipWorks:
<https://fw4elders.org>
or call 617-482-1510 x126

MetroCab
617-782-5500

Limited wheelchair accessible vans

Boston Cab Association
617-536-5010

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SUPPORT AND RESOURCES

HELP PROGRAM



The HELP program provides affordable, reliable, and flexible home care service to Brookline seniors. Call 617-730-2753 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 more information, call 617-730-2777 or stop by the Senior Center (2nd floor.)

EQUIPMENT LOAN FUND

A FREE MAGNIFYING GLASS is available, in addition to a large stockpile of walkers, shower chairs, and incontinence supplies. Anyone is eligible to take what they need. Call 617-730-2752 to learn more.



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 to schedule an appointment with a local counselor.

LOW VISION SUPPORT GROUP

The Low Vision Support Group, offered through MAB Community Services, meets monthly via conference call on the third Thursday. For information on how to call in, please contact Laurie Werle at 617-926-4268.

BROOKLINE HEARING SERVICES

Thursday, January 22, 10:30 - 11:30 am

Brookline Hearing Services provides 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, callus 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.

RESOURCES & SERVICES

METROWEST LEGAL SERVICES

Thursday, January 29, 12:00-3:00 pm

Schedule a private, FREE half hour legal **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. If you need to cancel your appointment, please let Jamie know as there is often a wait list.

To schedule your telephone consultation, contact Jamie at 617-730-2753 or jjensen@brooklinema.gov. Space is limited!

PARC: PARKING ACCESS FOR RESIDENT CAREGIVERS

The PARC Program provides parking passes to address the parking needs of caregivers who serve the residents of Brookline. Call the PARC Program line at 617-730-2752 to learn more.



REAL ESTATE TAX EXEMPTION INFORMATION

Tuesday, January 6 and January 20

10:00 am–12:00 pm

Volunteer Sandy Spector returns with the latest information on real estate tax exemptions. Please feel free to drop by with your questions.

CHAIR MASSAGE APPOINTMENTS

Mondays, 10:00 am-12:00 pm

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.



RESOURCES & SERVICES

MEDICARE ADVANTAGE OPEN ENROLLMENT

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment... Now's your second chance! From January 1st to March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare.

Book your appointment today with a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, call your local Senior Center. For other SHINE-related questions, call 781-453-8076 to leave a message on our regional voicemail line. A volunteer will call you back.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM APPLICATIONS

LIHEAP, also known as fuel assistance, helps **income qualified individuals** with home heating bills. The program is accepting applications for the 2025-2026 winter season for first-time applicants and applicants renewing/recertifying from the previous year. For more information or to apply by phone, call Boston ABCD at 617-357-6012 or visit their website at www.bostonabcd.org. We also have a limited number of appointments available at the Senior Center. Call 617-730-2777 to learn more.

Due to the recent government shutdown, LHEAP funds have been delayed and so the limited existing funding is **for heating emergencies only**. Emergencies include: no heat, a termination notice from a utility, less than 1/8 of a tank of oil, or less than a 3 day supply of other deliverable fuels. Once funding has been restored, non-emergent LHEAP benefits will be awarded.

ADDITIONAL RESOURCES

Winter Moratorium

The Winter Moratorium period, October 27, 2025-April 1, 2026, helps protect most low-income utility customers from having their services shut off, provided that customers have submitted verification of financial hardship to the utility company. Shut off protection is not automatic - you must apply for this protection. To learn more, please call your heating utility provider. Be aware that some heating systems require both gas and electricity so ensuring that you have the right protections is essential.

The **Department of Public Utilities (DPU) No Shut Off List** provides another means of shut-off protection (<https://www.mass.gov/info-details/when-am-i-protected-from-having-my-utilities-shut-off>).

If you have questions or need additional assistance with applying for shut off protection, please call the Senior Center at 617-730-2777 and ask to speak with the Social Worker of the Day.

ACTIVITIES

HOW TO STAY WARMLY CONNECTED THIS WINTER

Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

Feeling isolated during the dark, cold, snowy winter? You don't have to be alone! Here are inexpensive and accessible ways to connect with people, both in-person and without leaving your home.

Exercise – In addition to many Senior Center programs, there are online dance parties—email lemodell@gmail.com for details. The Putterham Library offers gentle chair yoga classes online and in person. Register at 617-730-2385.

Find free or low-cost hobby classes and groups, including walking, knitting, crafts, painting, cooking, and baking through Brookline Recreation, <https://www.register.brooklinerec.com/>

Relax with mindfulness groups such our Center's semi-monthly gathering - available online and in-person. Email jjensen@brooklinema.gov to enroll.

Invite someone to join you on a free museum day. (This year the Museum of Fine Arts offers free admission to state residents on January 19, May 25, and June 19.)

Play games – at the Senior Center and online through AARP (<https://community.aarp.org/t5/Games-Talk/bd-p/games-talk>).

Start a gift chain! Create 2 presents (packets of homemade cookies, strung bracelets, knit scarves, prints of your nature photos or old calendar pictures in discount store frames) and give both to someone with the instruction to keep one and pass the other along to yet another person.

Attend an event, concert, lecture, or movie. In addition to the Senior Center, check out library websites (<https://www.brooklinelibrary.org> or bpl.org) and Brookline Booksmith at <https://brooklinebooksmith.com/> or (617) 566-6660.

Connect with Project UnLonely at <https://www.artandhealing.org/project-unlonely/> for free films, creative project suggestions, and ideas for gathering.

The AARP provides online groups for foodies, caregivers, readers, pet owners, and more. See: <https://local.aarp.org/virtual-community-center/community-groups/?cmp=PRTOOWECIMN8M>

How do you stay connected with people during the Winter? Email mdiamond@brooklinema.gov with other ideas. We may include them in future columns!

BUILT TO LAST - 25 YEARS ON WINCHESTER STREET

Let's Get this Party Started! This year marks an important milestone at the Brookline Senior Center. For 25 years we have offered opportunities for older adults to participate in a variety of programs, make new friends, volunteer, and access vital services.

To honor this meaningful milestone, the Brookline Senior Center Foundation is hosting **"Built to Last —25 Years on Winchester Street!"** The celebration will be held on **Thursday, April 30, 5:00-8:00 PM, at the Brookline Senior Center, 93 Winchester Street, Brookline, MA.** Tickets will be sold at a later date.

To commemorate the occasion, we are compiling a **Community Cookbook, including sponsorship ads. Sponsors will get a complimentary Community Cookbook.** Prepare for tasty treats, live music, and community-spirited company. **All we need is You!** Your presence and sponsorship would make this celebration even better. **Please consider being a 25th Anniversary Celebration Sponsor.** We're looking forward to celebrating our 25th Anniversary. We hope you'll be by our side! Sponsorships are currently available at: <https://tinyurl.com/93WinchesterStreet>



Mark your calendars for the 25th Anniversary of the Brookline Senior Center.

Thursday, April 30, 5:00 – 8:00 PM

Visit brooklineseniorcenter.org to learn more about this event, sponsorships and tickets.

We Need Recipes! SUBMIT YOUR FAVORITE RECIPE



- A collection of sweet and savory recipes will be included in our 25th Anniversary Commemorative Community Cookbook.
- The cookbooks will be sold at our 25th Anniversary Celebration. Proceeds to benefit the Brookline Senior Center.

How Do I Submit?

Visit tinyurl.com/ServingBrookline to complete the online form or fill out the paper form that can be picked up at the Brookline Senior Center on the 2nd floor. Recipes will be reviewed, selected and compiled into a bound book.

PLEASE SUBMIT BY January 30, 2026!

appetizers, soups, salads, desserts, side dishes, main dishes & more

INTRODUCING THE TEAM BROOKLINE RUNNERS FOR THE BROOKLINE SENIOR CENTER FOUNDATION: ANGELINA FANG AND CHARLES EAGLE!

We are grateful and delighted to have two runners representing the Brookline Senior Center Foundation on Team Brookline 2026! It gives us great pleasure to introduce **Angelina Fang** and **Charles Eagle**, who both have a passion for the work that we do. They look forward to running the 2026 Boston Marathon and supporting the Brookline Senior Center Foundation!



Angie Fang is a senior at The Winsor School in Boston, MA. In addition to running, she enjoys playing violin with the Boston Youth Symphony and Massachusetts All-State Orchestra.

"I'm excited to run for the Brookline Senior Center to honor my grandma with dementia. After my grandpa passed away suddenly in February 2025, she was moved to a senior home. I'm grateful for the senior home staff in China for taking such good care of her, and I hope to spread that model of care. I hope that running for this amazing nonprofit will allow me to give back and grow closer to this amazing community!"

Support Angie here: <https://www.givengain.com/project/angie-raising-funds-for-team-brookline-brookline-center-for-community-mental-health-111260>

As of this writing, she has raised \$4,300, 33% of her \$13,000 goal.



Charlie Eagle is the CEO of Art-Craft Optical. He's also a skier, yoga enthusiast, hiker, and caretaker of his elderly parents. He has participated in several marathons, including: Chicago, London, Marine Corp, and New York.

"Over the last five years or so I've watched my father's health deteriorate. He is fortunate in that he has family members and resources to provide for his care. I can only imagine how many other seniors don't have a supportive network to lean on. The Brookline Senior Center provides a lifeline to support seniors stay active, belong to a community and keep functional. I'm happy to support the mission and be a proud member of the team."

Support Charlie here: <https://www.givengain.com/project/charles-raising-funds-for-team-brookline-brookline-center-for-community-mental-health-111277>

As of this writing, he has raised \$100, 1% of his \$10,000 goal.

LEAGUE OF WOMEN VOTERS

AFFORDABLE HOUSING

Brookline has a long history of advocacy for and commitment to affordable housing, with added urgency as housing costs, rents and values are rapidly increasing.

Examples of the commitment include the town's establishment of the Housing Advisory Board, which promotes the preservation and creation of housing affordable to low, moderate, and upper-moderate income households; the Affordable Housing Trust Fund; the Inclusionary Zoning By-Law; and the Housing Production Plan, the town's proactive strategy for planning and developing affordable housing. In addition, Town Meeting has addressed affordability with specific zoning by-laws, a rent stabilization resolution, etc.

Affordable housing initiatives also depend on state and federal legislation. The League of Women Voters of MA and the Brookline League are very proactive in supporting affordable housing legislation, testifying before committees (MA League) and writing letters to/calling our representatives and senator in support of the affordable housing legislation the MA League is actively supporting (Brookline League's legislative envoys). The MA League represents 44 local Leagues across the Commonwealth.

The 2025-2026 affordable housing bills before the MA Legislature supported by the League, and reflective of the League's long-held positions, are:

H3056/S1937 An Act granting a local option for a real estate transfer fee (RETF) to fund affordable housing. (In 2019 and 2025, Brookline Town Meeting passed Home Rule petitions by large margins to request the authority to enact a RETF, which would support Brookline's Affordable Housing Trust Fund. Brookline for Everyone is also a major advocate for this).

H1558/S965 An Act promoting fair and affordable housing, prohibiting exclusionary zoning (e.g. for families or individuals with income at or below 80 percent of the area median income or for families or individuals based on race, religious creed, national origin, sex...)

H1547/S1008 An Act codifying the Massachusetts Rental Voucher Program (MRVP). (It helps people with low incomes afford rent by covering a portion of their cost, serving 10,700 families – 168,000 remain on the waitlist.)

H3229 An Act to increase community preservation revenue (some of the funds are used for affordable housing). (The bill amends the statute governing surcharges and fees of the Registers of Deeds, the revenue funding the state match for local revenue dedicated to Community Preservation.)

LEAGUE OF WOMEN VOTERS

H216/S136 An Act improving emergency housing assistance for children and families experiencing homelessness. (The bill improves access and administrative issues for families with children seeking Emergency Assistance shelter and HomeBASE rehousing benefits.)

H1952/S968 An Act promoting access to counsel and housing stability in Massachusetts. (The Pilot Program funded with \$2.5 million in the FY2025 budget, prevented or delayed eviction in over 60 percent of cases closed.)

H1488/S961 An act providing upstream homelessness prevention assistance to families, youth, and adults, i.e. Rental Assistance for Families in Transition (RAFT) codification. (Short-term financial assistance to very low-income families experiencing housing instability and homelessness.)

It's important that everyone in town stay abreast of state legislation that affects their ability to achieve local goals. It takes all of us, working together, to make our democracy work!

Resources: League of Women Voters of MA supported/opposed legislation 2025-2026; Town of Brookline Affordable Housing website; Brookline for Everyone

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



BROOKLINE LIBRARY & ADULT EDUCATION PROGRAMS

PUBLIC LIBRARY PROGRAMS

Tech Tuesday (Putterham) - Tuesday,
January 6 + 20 at 11:00 AM

Learn Origami (Putterham) - Saturday,
January 10 at 2:00 PM

Financial Fraud and Scams Targeting
Seniors (Putterham) - Wednesday, January
7 at 11:00 PM

Set Things Straight, Clear Things Out with
Shira Frager (Brookline Village) - Sunday,
January 11 at 2:00 PM

AI Awareness and Demo (Putterham) -
Tuesday, January 20 at 1:00 PM

Hidden History of Black Boston 400 Years
(Brookline Village) - Tuesday, January 20 at
6:30 PM

De-Stress Your New Year (Brookline
Village) - Saturday, January 24 at 2:00 PM

BROOKLINE ADULT EDUCATION THROUGH BROOKLINE RECREATION

MAH JONGG FOR BEGINNERS

Wednesdays, 1/28/2026 - 3/4/2026, 9:30-11:30 am

Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446

TAI CHI

Mondays and Wednesdays, 1/26/2026 - 3/11/2026, 8:30-9:15 am

Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446

ACRYLIC PAINTING CLASS

Tuesdays, 1/13/2026 - 3/10/2026, 10:00 am-12:30 pm

Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446

WATERCOLOR CLASS

Tuesdays 1/13/2026 - 3/10/2026, 1:00-3:00 pm

Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446

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 Bryan Kreuzsch at 617-730-2355 or bkreusch@minlib.net.



BROOKLINE RECREATION EXCURSIONS

ACTIVE OLDER ADULTS NATURE WALKS

To register, visit <https://www.register.brooklinerec.com/> or call 617-730-2069.

NEW YEAR'S CELEBRATION AT ARNOLD ARBORETUM

January 6

Cost: \$7 per person

Join us on a 1.5-mile guided excursion around the picturesque and fantastical Arnold Arboretum. Trails are paved and packed gravel or mulch and include some hills and phenomenally curated tree specimens. We will celebrate our new year by spending time appreciating the beauty of our trees! Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the Arboretum. The bus leaves promptly at 10am.

HIDDEN MEADOWS HIKE AT FOWL MEADOW

January 13

Cost: \$7 per person

Join us on a hike in Fowl Meadow, a wetland catching floodwaters from seven towns surrounding Boston with a deep and rich history that spans beyond the last Ice Age. This hike is 2 miles long and has tripping hazards such as rocks and roots. It will be muddy and possibly slippery. It is not walker or cane friendly. There are no hills. Please bring plenty of water and snacks! Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the park. The bus leaves promptly at 10am. Please bring some snacks or lunch as we may not return until 1:30/2pm.



VOLUNTEERS NEEDED: JOIN TOWN'S MVP PROJECT CORE TEAM

- ✓ LEAD COMMUNITY OUTREACH ACTIVITIES
- ✓ GATHER COMMUNITY PERSPECTIVES ABOUT SOCIAL AND ENVIRONMENTAL CHALLENGES
- ✓ IDENTIFY A SMALL, HIGH-IMPACT PROJECT

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Which private options or public programs are right for me?

I am juggling so much with caregiving – is there help for me?

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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

facebook.com/sherrillhouseinc

[@sherrillhousesnf](https://instagram.com/sherrillhousesnf)

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www.sherrillhouse.org

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Independent Living | Supportive Care

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BrooklineCAN is looking for some volunteers to help with the Age Friendly Business Project.

We need volunteers to:

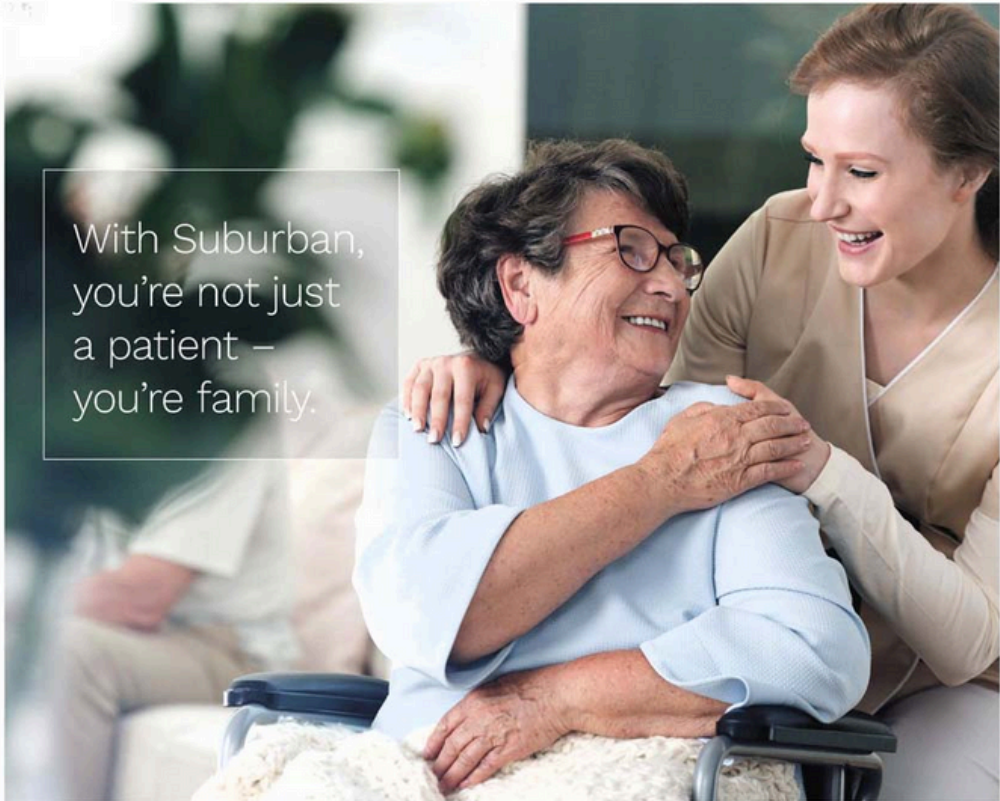
1. Check to make sure the current list of businesses are still in operation in Brookline.
2. Check to see if they need a new Age Friendly decal to display in their window.
3. Contact new businesses in Brookline about becoming an Age Friendly Business.

For more information about volunteering for this project contact volunteers@brooklinecan.org.

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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With Suburban,
you're not just
a patient –
you're family.

With Suburban Home Health Care, you're not just a patient—you're family.

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