

THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

MARCH 2026

CELEBRATING WOMEN'S HISTORY MONTH: TRAILBLAZERS BY TIMING, ACTIVISTS BY CHOICE

Wednesday, March 18, 1:00 pm

Location: Brookline Main Library, Hunneman Hall

Transportation: From Senior Center at 12:30 pm. Register at 617-730-2770.

In 2020, we celebrated the 100th anniversary of the 19th Amendment. The struggle didn't start with the Seneca Falls Woman's Rights Convention in 1848, though. It started decades before with courageous women who fought for their social, legal and political equality. Based on primary source documents, this program honors the women who worked tirelessly and effected great change in the country. Program includes a talk back with actor Lynne McKenney Lydick after the presentation.

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. Program is also co-sponsored by the Brookline Senior Center, BrooklineCAN, and the League of Women Voters Brookline.

N
O
M
I
N
A
T
E



DUE BY APRIL 3RD

VOLUNTEER OF THE YEAR NOMINATIONS

Our volunteers make such a difference here at the Brookline Senior Center and it is that time of year again to show our appreciation. We will be honoring our volunteers this April. At that time we award our Volunteer of the Year. In order to find that volunteer who went above and beyond, we need you.

We are accepting nominations for Volunteer of the Year until April 3rd. Please submit your nomination to Valerie at vgraf@brooklinema.gov or by phone at 617-730-2743.

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 plus. 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.

A NOTE ABOUT OUR NEWSLETTER

While we strive for accuracy, information may change or contain errors. Please contact the Brookline Senior Center directly with any questions. We do not endorse the services or companies featured in our advertisements or programs.

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

Emily Williams
Director
ejwilliams@brooklinema.gov

Julie Washburn
Supervisor of Services & Operations

Jamie Donchin
Program Manager

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.

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.

Celebrating 25 Years on Winchester St.



BUILT TO LAST

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. Let's celebrate and secure the Brookline Senior Center's future!

Thursday, April 30th
5:00-8:00pm
Brookline Senior Center
93 Winchester Street

FOOD
COMMUNITY BUILDING
MUSIC FROM THE WINIKER BAND

Tickets on Sale March 16

Early Bird Tickets
\$100 Until April 1

Over Age 70 \$75

Sponsorships
Available Now

tinyurl.com/93WinchesterStreet



FROM THE DIRECTOR

Dear Friends,

As we welcome the month of March, National Social Work Month, and the promise of spring, I find myself reflecting on my first year serving as your Council on Aging and Senior Center Director. What a year it has been. Together, we have navigated tremendous transitions, embraced change, and built a stronger foundation for the future of our Senior Center. March reminds us that growth often begins quietly beneath the surface — and then blossoms.

Over the past year, we experienced significant shifts in funding that required thoughtful planning, creativity, and collaboration. As funding streams evolved, we saw a meaningful transition away from reliance on federal resources and toward stronger local investment and community-based support. While change can be challenging, this shift has strengthened our local partnerships and reinforced the importance of community ownership in sustaining our mission. Thanks to the dedication of our staff, volunteers, board, Brookline Senior Center Foundation, and community partners, we are not only stabilizing our resources to new levels, but are positioning ourselves for sustainable growth.

One of our most visible milestones has been the conversion of our building to an electric HVAC system. This important upgrade improves efficiency, reduces long-term operating costs, and reflects our commitment to environmental responsibility. It ensures that our center remains comfortable, modern, and sustainable for years to come.

We also welcomed a new electric vehicle to support our transportation services. This investment expands our ability to serve members who rely on us to stay connected to programs, appointments, and community life. Mobility means independence, and independence is central to our mission.

Beyond infrastructure improvements, we embraced innovation across our programs and operations. From the launch of our new community survey with UMass Boston, to enhancing communication with MySeniorCenter, we have focused on creating a center that is responsive and forward-thinking.

None of this progress would have been possible without you. Your participation, feedback, generosity, and belief in our mission fuel everything we do. I am deeply grateful for the opportunity to lead this extraordinary community and excited about what lies ahead in the next 25 years on Winchester Street and beyond. Speaking of anniversaries, be sure to sign up for ours! See page 3 for details.

Please be sure to always check in on your neighbors.

Sincerely,

Emily J. Williams

Director



FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Spring is around the corner! We have so much to look forward to: warmer weather, buds blooming on trees, and snow-free sidewalks.

Would you like to cheer with us on Marathon Monday, April 20th? Brookline Senior Center Foundation Supporters will be applauding for Team Brookline all along the Marathon course! These Boston Marathon Runners represent local nonprofit organizations, including Brookline Community Mental Health Center, Brookline Education Foundation, Brookline Library Foundation, Brookline Symphony Orchestra, Brookline Teen Center, Brookline Food Pantry, and the Brookline Senior Center Foundation.

Running for the Brookline Senior Center Foundation: Angie Fang, a Brookline Senior at the Windsor School, and Charlie Eagle, the CEO of an optical company. Both have had strong ties to loved ones who have faced challenges that can occur in later years.

On Thursday, April 30th, the Brookline Senior Center Foundation will host, "Built to Last, 25 Years on Winchester Street," a fundraiser to honor our Founders and secure the future. The Bo and Bill Winiker Band will perform. Food will include dishes from: Mei Mei, Mamaleh's, Taberna de Haro, Rifrullo, and Wegmans. We're compiling a commemorative community cookbook, "Serving Brookline," that will be sold at the event. We hope you'll join us! Learn more and register here: <https://tinyurl.com/93WinchesterStreet>

Thank you in advance for whatever you can contribute to enable us to continue to provide vital services, including:

- Essential programs that help Brookline seniors remain independent, connected, and thriving — through support groups and enriching social opportunities that combat isolation and loneliness.
- Transportation services — including vans, fuel, maintenance, and scheduling that keep seniors connected to critical medical appointments, groceries, and community life.
- Fitness Center staffing and need-based fitness scholarships that promote strength, balance, and well-being, regardless of income.
- Hunger-reduction initiatives that provide nutritious meals and food security for vulnerable older adults.
- Emergency assistance for seniors facing unexpected crises because stability can change overnight.

Together, we can cheer for Team Brookline at this year's Boston Marathon, celebrate at our 25th Anniversary Celebration, and spread the word to friends, neighbors, and colleagues about the critical work of the Brookline Senior Center Foundation.

With gratitude,

Betsy Pollock, MSW
Board President



IN APPRECIATION

THANK YOU FOR ALL YOU DO!

ANNUAL APPEAL DONATIONS

Clara and James Batchelor
Elizabeth True Browder
Carol B. Caro
Ruthann Dobek
Emily Dolbear
Norma Elkind
Dinah Gilburd
Diane Gittinger
Robert Housman
Kirk James
Margie and Ed Kahn
Elaine Kwiecien
Liz Linder
Bebe and Nick Nixon
Maria Nobrega
Kate Poverman
Rebecca Redner and Josh Pinnolis
Anne Robertson
Martin Rosenthal
Carol and Maurice Sapoznik
Nancy and Thomas Soja
David Stern
Stop & Shop
Edward Wolpow

IN HONOR OF

Susan Howards, from Margaret Maguire
Fran Perler, from Lin Sasman
Agilio Monteiro, from Sherry Lee

IN MEMORY OF

Mike Dubin, from Cheryl, David and Harriet
Bennett Gurian, from Sara Lee and Eric Bloom
Judy and Izzy Kochavi, from Monique Richardson
Aaron Seidman, from Constantine Bialik and
Margaret Guyer
Sy Yesner, from Joan C. Yesner

BrooklineCAN DONATIONS

Carol Caro
Linda Jason & Andrew Fischer
Alexander & Bette Mandl
Mary McShane
Ralph & Sylvia Memolo
Peter Miller
Mary Nickerson
Zippy Ostroy
Monique Richardson
Sibyl Senters
John & Anne Shreffler
Deborah Zucker

THINKING OF 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 the:

Brookline Senior Center

93 Winchester Street, Brookline, MA 02446

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

Donations received after February 10 will be posted in the next issue.

SPECIAL PROGRAMS

IMMIGRATION ENFORCEMENT & THE CONSTITUTION

“ICE NO” has been a rallying cry across the country for many weeks. How do the Constitution and Bill of Rights authorize or limit the authority of the executive branch of government? Where do state and local authority fit in the puzzle? What can local communities do?

See the full version of this article by Diana McClure, Communications, League of Women Voters, in the online version of the March 2026 issue of Brookline Beacon.



BROOKLINECAN LCAC MEETING

March 9, 3:00 pm via Zoom

Q&A with Select Board Candidate John VanScoyoc and Brookline.News Editor Sam Mintz



Come discuss the challenges facing Brookline's town government today, including the special concerns of Brookline's older residents, with Select Board candidate John VanScoyoc at the Monday, March 9 meeting of BrooklineCAN's Livable Community Advocacy Committee on Zoom. The 40-minute period for questions and discussion with the candidate is scheduled to start at 3:00 pm. This is the second of a special series of LCAC “conversations” with each of the candidates running for the two Select Board seats up for Town-wide election on May 5, 2026.

The second half of this meeting will feature Part 2 of “A Conversation with Sam Mintz,” the founding and current editor of Brookline.News. At our November LCAC meeting we asked Sam questions about his work as editor of Brookline.News. At our March 9 meeting, he will be turning the tables on us to ask us questions about the joys and challenges of aging in Brookline. This Q&A session is scheduled to start at about 3:45 pm.

If you are a Brookline senior not currently on the LCAC’s mailing list and wish to attend the March 9 meeting, please email Susan Granoff, Chair of the LCAC, at susangranoff@msn.com by March 8.

UPDATES



COFFEE WITH THE DIRECTOR

On **Monday, March 2, at 10:00 am**, Emily Williams will be holding her monthly coffee hour. Come join us!



TOWN OF BROOKLINE COMMUNITY SURVEY FOR RESIDENTS AGE 60+

The Brookline Senior Center Needs YOUR Help! A survey of residents age 60+ has been distributed to a sample of 5,000. If you did NOT receive a survey by mail, please visit our website at www.brooklineseniorcenter.org to complete the survey electronically.

Printed copies of the survey can be picked up and dropped off at the Brookline Senior Center, Brookline Town Hall, and the Brookline Public Libraries.

- 请前往布鲁克莱恩老年人委员会(COA) 获取中文印刷版本
- 한국어 인쇄본을 원하시면 브루클라인 노인복지위원회 (COA)를 방문해 주세요
- Вы можете получить бумажную копию на русском языке посетив Бруклайнский "Council of Aging, COA."
- Visite el Consejo para la Tercera Edad de Brookline (COA) para obtener una copia impresa en español.



MONTHLY BOARD MEETING

This month's COA Board meeting will be held on **Wednesday, March 11, 2026 at 1:00 pm** via Zoom and in-person at the Brookline Senior Center, Room 103. The Board welcomes Brookline Chief Assessor Ted Costigan to speak about tax relief programs for seniors and to answer your questions.

To join via Zoom:

<https://brooklinema.zoomgov.com/j/1613916664?pwd=YzamlMMJzNBapA11hLm4A8aURTj1dK.1>

Meeting ID: 161 391 6664

Passcode: V4h8KvbU

YOU HAVE QUESTIONS ... WE HAVE ANSWERS



SENIOR CENTER OUTREACH

BROOKLINE COA

OFFICE HOURS
PUTTERHAM LIBRARY

ON THE ROAD

A Brookline Senior Center Social Worker will be at The Putterham Library on the **second Wednesday of the month** to answer any questions you have about programs and services available at the Brookline Senior Center and through the Council on Aging.

NO APPOINTMENT NEEDED

Dates:

March 11
April 8
May 13
and June 10
Time: 10:15am-12pm



If you need transportation, please call or email Anne Essaran at 617-730-2754, aessaran@brooklinema.gov.

AT A GLANCE - ONE-TIME PROGRAMS

MONDAY, MARCH 2

10:00 am Coffee with the Director
11:00 am Fall Prevention
1:00 pm Basket Decorating
1:30 pm Silk Road: Write Your World!

WEDNESDAY, MARCH 4

11:00 am Co-Living
1:00 pm Brookline Music School Concert:
Once Upon a Time

THURSDAY, MARCH 5

11:00 am Nutrition & Healthy Habits
1:00 pm An Overview of Tennessee
Williams

MONDAY, MARCH 9

11:00 am Nervous System Tools
1:00 pm Music from Memphis
Tuesday, March 10
12:30 pm Good Neighbor Day Lunch
1:00 pm Judicial Outreach Month
Presentation

WEDNESDAY, MARCH 11

11:00 am Silk Scarves Painting
1:00 pm Council on Aging Board Meeting

THURSDAY, FEBRUARY 12

11:00 am Declutter Peer Support Group
11:00 am Pet Preparedness
1:00 pm Easy Travel
2:30 pm Age Thrive Dance Class

MONDAY, MARCH 16

11:00 am OTC Medication Safety
1:00 pm The Christmas Tree Shops

TUESDAY, MARCH 17

12:30 pm March Birthday Party

WEDNESDAY, MARCH 18

11:00 am Rightsize Your Home
1:00 pm Trailblazers by Timing (at Main
Library)
2:00 pm Investors Group

THURSDAY, MARCH 19

11:00 am Vaccines
11:00 am Transportation Office Hour
1:00 pm Dance Caliente Workshop

FRIDAY, MARCH 20

2:00 pm Intergenerational Art Group

MONDAY, MARCH 23

11:00 am The Alexander Technique
11:00 am JFK Library Trip
1:00 pm Brookline Music School Concert:
Aditi's Live Sessions

TUESDAY, MARCH 24

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

WEDNESDAY, MARCH 25

11:00 am Rediscovering the T
1:00 pm Longy Music School Concert

THURSDAY, MARCH 26

11:00 am Managing Money: Caregivers
1:00 pm Author Talk: Soccer Grannies
1:30 pm Gallery 93 Reception

MONDAY, MARCH 30

12:00 pm Let's Go Out to Lunch Bunch
1:00 pm Author Event: Patient Self-Advocacy

**If you can't come to a
program, please call
617-730-2777 to cancel your
registration so someone else
from the waitlist can attend.**

Thank you!

AT A GLANCE - ONGOING PROGRAMS

MONDAY

10 am-11 am Virtual Short Story Social
 10 am-11 am Virtual Zumba Gold
 11 am-12 pm Pet Therapy Visit (9th & 23rd)
 11 am-12 pm Words Galore (9th & 30th)
 11 am-12 pm Dance Fitness with Denise
 12 pm-2 pm Drop in Ping Pong
 1 pm-2:30 pm Ukulele (2nd & 16th)
 2 pm-3 pm Drop in Ping Pong (Beginners)
 2:30 pm-4 pm Brookline Band

TUESDAY

9 am-10 am Broadway Dance
 9 am-10 am Stretch & Strength Class
 10 am-11 am Balance Training Class
 10 am-12 pm Tax Exemption (3rd & 17th)
 10:30 am-11:30 am A Taste of Qigong
 10:30 am-12 pm Brookline Bees
 12 pm-1 pm Gentle Fitness
 1 pm-2 pm Virtual French Conversation
 1 pm-3 pm Tuesday Film Series
 1:15 pm-2:30 pm Wise Aging
 4 pm-5 pm Singing Together Virtually (10th)

WEDNESDAY

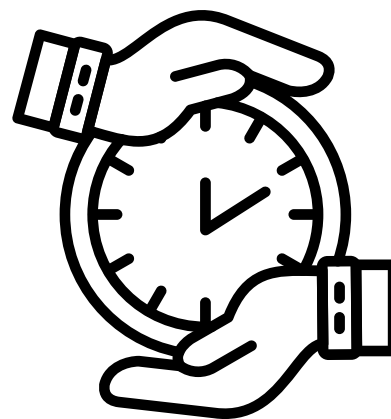
9:30 am-10:30 am Dance Improvisation
 10 am-11 am Sports Fan Forum
 10 am-12 pm Scrabble
 10:30 am-12 pm Digital Home Healthcare for Seniors
 11 am-12 pm Broadway Dance
 12:00 pm-2:00 pm Kitchen Remedies & Home Organization
 12 pm-4:30 pm Drop in Ping Pong
 1 pm-1:45 pm Zumba Gold (starting 11th)
 1 pm-2:30 pm Life Review Group (starting 18th)
 1 pm-3 pm ESL Class
 2:30 pm-4 pm Good Talk
 6 pm-8 pm Acoustic Jam

THURSDAY

1 pm-1:30 pm Online Dance Party
 1 pm-1:45 pm Crafts- Ivy Street School
 1 pm-3 pm Chess Lessons & Games
 2 pm-4:30 pm Knitting Group
 2 pm-3:15 pm Mindfulness Group (5th & 19th)
 2:15 pm-4:30 pm Intermediate Mah Jong
 2:30 pm-4 pm Spanish 1 Lessons
 3:30 pm-4:45 pm Art Class with Ilana
 4:30 pm-5:30 pm Supportive Training Course for Family Caregivers

FRIDAY

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



**Daylight Savings Time
 begins on Sunday,
 March 8. Spring ahead!**

NEW PROGRAMMING

SILK ROAD: WRITE YOUR WORLD!

Monday, March 2, 1:30-2:45 pm

Express your values through creative calligraphy and storytelling, and connecting across cultures. Explore how humans communicated and crossed language barriers along the Silk Road. Focus on mindfulness, cultural integration, and creative collaboration. You will be using a calligraphy brush, ink, rice paper, and a custom patterned seal and pad. Participants will use a unique yet easy-to-understand writing system to express their own core values through calligraphy, connecting ideas, language, and culture in a hands-on creative 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.



Image: Different languages used in the Dunhuang on Silk Road. 6th to 9th century AD.

FALL PREVENTION

Monday, March 2, 11:00 am-12:00 pm

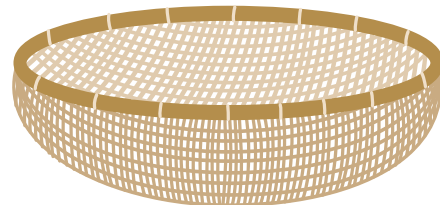
Join Maria Tumang, Injury Prevention and Outreach Coordinator at Brigham and Women's Hospital, to stay informed about falls and fall risks and to discover effective strategies and initiatives to reduce the likelihood of falls. Participants will leave with practical knowledge and actionable steps to enhance their safety. Please register at 617-730-2770.



BASKET DECORATING

Monday, March 2, 1:00-2:00 pm

Join Millicent for this basket decorating class. We'll be decorating wooden baskets with lace and trimming. **Space is limited**, so please register at 617-730-2770.



NEW PROGRAMMING

DIGITAL HOME HEALTHCARE FOR SENIORS

(formerly known as Healthcare Apps & Devices for Smartphones)

Wednesdays, March 4 - May 6, 10:30 am-12:00 pm

Join instructor Allen Waxman for this 10-week course, now in its 4th year. Home healthcare has moved into the digital age, with 38% of seniors using at least one health app on their smartphone. Health apps and connected devices enable seniors to monitor and be informed on many aspects of their own health, and to easily share this information with family and healthcare providers. This course will describe and demonstrate a variety of healthcare apps and medical devices that connect with smartphones.

Each session will focus on a particular health theme:

- | | |
|---|--------------------------------------|
| 1. Intro, Health Aggregators & Medical ID | 6. Blood Glucose, Ketones & Diabetes |
| 2. Health Data, Info & Access Online | 7. Carbs & Weight Management |
| 3. Medication Management Aids | 8. Cardiovascular Health |
| 4. Hearing Aids & Verbalization Aids | 9. Respiratory Health |
| 5. Vision, Reading & Dictation Aids | 10. Sleep, Stress & Pain Health |

Seniors using smartphones & tablets (Apple or Android devices) are welcome to attend any and all sessions. To register, call 617-730-2770 and provide your name, email address and smartphone number.

CO-LIVING

Wednesday, March 4, 11:00 am-12:00 pm

Curious about co-living? Join Restored Living for an informative session exploring how shared housing arrangements can help older adults stay in the communities they love. Learn about the various benefits of co-living; increased affordability through shared costs, deeper social connection and reduced isolation, and improved health that come from living with others. Whether you're exploring options for yourself or a loved one, this presentation offers practical insights into an increasingly accessible housing model.

Please register at 617-730-2770.

GOOD TALK

Wednesdays, March 4 - April 8, 2:30-4:00 pm

What do you have in common with a 20-year-old? Come find out! Boston University students will lead fun activities to inspire reflection, connection, and conversation amongst seniors and students. Share your ideas, memories, and hopes, while learning from others in the process. We will write, draw, talk, and laugh together during this 5-week course.

Please register at 617-730-2770.

NEW PROGRAMMING

BROOKLINE MUSIC SCHOOL CONCERT ONCE UPON A TIME: CLASSIC FAIRY TALES IN MUSIC

Wednesday, March 4, 1:00-2:00 pm

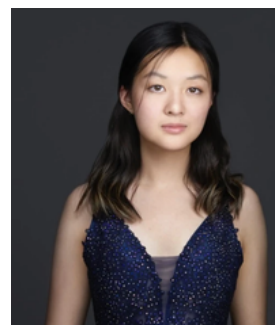
Join Adam Newman (viola), Evan Chu (clarinet), and Jessica Yuma (piano) for musical “Fairy Tales” by Schumann, Beethoven and Manuel de Falla.

Adam began his musical studies in Liverpool at age 7, learning a variety of instruments before focusing on the viola, studying in both Europe and the US.

Evan is pursuing a degree at New England Conservatory. He has performed with festival orchestras such as Domaine Forget and the American Youth Philharmonic Orchestras.

Jessica has played with multiple orchestras and at well-known summer music festivals, and she was a laureate (including 1st prizes) of several national and international competitions. In 2021, she participated in the prestigious 18th International Chopin Competition in Warsaw, Poland, as one of the youngest competitors. She was also one of the CBC 30 under 30 classical musicians.

Please register at 617-730-2770.



AN OVERVIEW OF TENNESSEE WILLIAMS

Thursday, March 5, 1:00-2:00 pm

Tennessee Williams was the pen name of Thomas Lanier Williams III, an American playwright and screenwriter who is considered one of the greatest American playwrights of the 20th century. His plays, including *The Glass Menagerie*, *A Streetcar Named Desire*, and *Cat on a Hot Tin Roof*, are among the most acclaimed Broadway dramas and have been adapted into films. Williams's work explored the South's decay beneath charming façade, difficult women and sexuality. This interactive multimedia program is led by Theatre Director Debra Block. Please register at 617-730-2770.

NEW PROGRAMMING

SUPPORTIVE TRAINING COURSE FOR FAMILY CAREGIVERS

Via Zoom, every other Thursday, March 12
through May 7, 4:30-5:30 pm

This 5-part series of meetings will provide education, training and emotional support for family caregivers of an older loved one. Each session will focus on a specific theme:

- Recognize and accept your emotions: It's normal to feel many challenging emotions such as guilt, sadness, and/or anger. It's important to be able to acknowledge these feelings instead of ignoring them in order to begin working through them.
- Dealing with your emotions: Develop effective coping mechanisms. This requires introspection and honest insight into who you are.
- Communicating with your loved one: Best techniques for how to understand and acknowledge your loved one's emotions. This may require setting boundaries so that you do not get pulled into negative interactions.
- Building memories with your loved one: Focus on making meaningful memories with your loved one. What are things you want to ask them? What do they want you to know?
- Moving on – Next Chapter: Dealing with (anticipatory) grief when your loved one is deceased, and where to get support for grief. Also, reflecting on where you see yourself when you are no longer a caregiver. Does this require re-entering the job market, taking time off (recharging your batteries, getting away/travel, etc), volunteering/helping other caregivers?

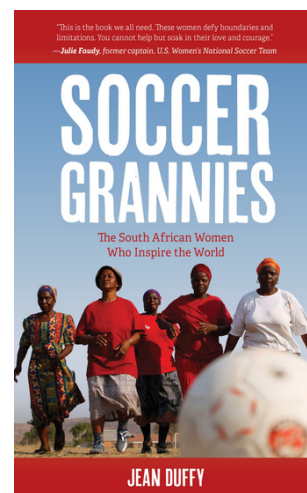
To register and for Zoom link, please email Jamie at jjensen@brooklinema.gov

AUTHOR TALK: SOCCER GRANNIES: THE SOUTH AFRICAN WOMEN WHO INSPIRE THE WORLD

Thursday, March 26, 1:00-2:00 pm

The South African Soccer Grannies are a team of 40 to 80-year-old women who defy expectations. These women stared down apartheid, poverty, grief, and social rules that told them to sit quietly...and decided to lace up their cleats instead. They rebelled against convention, found healing through sport, and inspired communities across the world. They radiate joy and teach us it's never too late to try something new!

This narrative nonfiction book, by Boston-area author Jean Duffy, was endorsed by Julie Foudy, former captain, U.S. Women's Soccer Team, 2x Olympic Gold Medalist, 2x World Cup Champion. Jean, too, found soccer later in life on a Massachusetts women's team and had the amazing experience of playing the beautiful game with the Soccer Grannies on both sides of the Atlantic. In turn, that led her to taking a first creative writing class. Eight years later, she published her book and donates all book proceeds to the South African team. Signed copies of the book, which has won 3 awards, will be available after Jean's talk. Please register at 617-730-2770.



NEW PROGRAMMING

AGE THRIVE DANCE CLASS

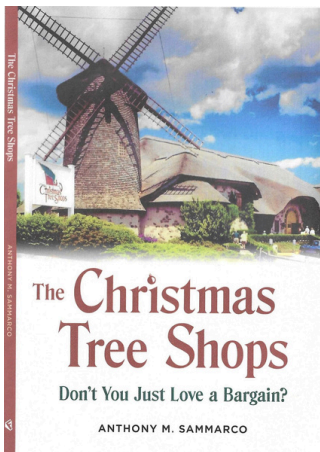
Thursday, March 12, 2:30-3:30 pm

Age Thrive is a Movement Meets class for all self-identified seniors, including beginners and those with varying levels of mobility. Classes are designed to help older adults enjoy the expressive, connective power of dance, while also increasing mobility, strength, and flexibility. Through upbeat movement exercises set to a variety of music styles, classes create community in a joyful, judgment-free environment. Age Thrive is free, open to all levels and no previous dance experience is required. Variations and modifications will be provided to accommodate a range of levels and abilities. Please register at 617-730-2770.

DANCE CALIENTE SOCIAL PARTNER-DANCE WORKSHOP PART 1: LATIN SAMPLER

Thursday, March 19, 1:00-2:30 pm

This workshop focuses on one style of social partner dancing, using Merengue, Bachata and Salsa. Eileen Herman-Haase and Raul Nieves begin each workshop with a demonstration followed by lessons en masse and with a partner. Rhythms, steps and partnering techniques are explored using their unique signature teaching technique "Oonka Ah" (a singing alternative to counting). 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. Please register at 617-730-2770.



THE CHRISTMAS TREE SHOPS

Monday, March 16, 1:00-2:00 pm

We are excited to welcome back author Anthony Sammarco to discuss his Christmas Tree Shops book! The Christmas Tree Shops was not just an icon of New England, it was a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food, giftware and just about everything else that the public just had to have. These were items you never thought you needed before stepping through the door, but who could resist a bargain? Founded in 1970 in Yarmouth Port, it was "like walking into a closet full of surprise treasures."

The word-of-mouth advertising attracted customers to Cape Cod, who returned time and again, never sure what they might find. This was what made the shop popular and was to create a sensation on Cape Cod. Please register at 617-730-2770.



PAINTING SILK SCARVES

Wednesday, March 11, 11:00 am-12:00 pm

Join Karen from HouseWorks as she leads us in painting on silk scarves. All materials provided. Please wear appropriate clothes for paint. Even though the paint is very containable, if it gets on clothing, it will not come out. **Space is limited**, so please register at 617-730-2770.

NEW PROGRAMMING

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

Thursday, March 26, 1:30-2:30 pm

Learn tips for managing someone else's finances and preparing for future care costs. Please register at 617-730-2770.

RIGHTSIZE YOUR HOME: FIND THE PERFECT FIT

Wednesday, March 18, 11:00 am-12:00 pm

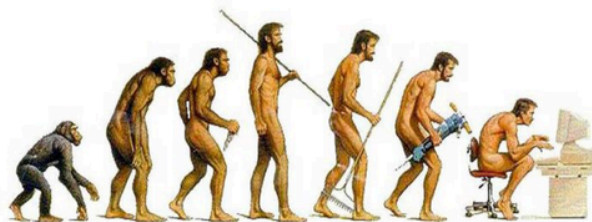
Is your current home keeping up with your lifestyle? If you're dreaming of a sleek city condo, a warm "snowbird" getaway, or adding an ADU (accessory dwelling unit) for extra space, your next move should be about freedom, not just square footage. We'll explore creative solutions from one-floor living to multi-family homes; strategic moves including the pros and cons of renting vs. buying to preserve capital; and expert tips to navigate the market with confidence.

Speakers: Emily Beal & David Dowd, LAER Realty Partners & "Sell Mom's House" Authorized Senior Specialists. Please register at 617-730-2770.

INTERGENERATIONAL ART GROUP

Friday, March 20, 2:00-3:00 pm

Seniors and student volunteers will come together to create handmade origami flower bouquets and watercolor postcards. This relaxed, hands-on event is designed to encourage creativity, conversation, and connection as students assist with folding, painting, and personalizing each piece. Participants will leave with cheerful spring-themed creations to keep or share with loved ones, while enjoying a welcoming and social atmosphere that celebrates the start of the spring season. Please register at 617-730-2770.



THE ALEXANDER TECHNIQUE

Monday, March 23, 11:00 am-12:00 pm

Do you wish to find more ease of movement, less neck/shoulders/back pain, less stiffness, better posture, more balance and feel more confident in your daily activities? Then join us for Clara Sandler's presentation on the Alexander Technique! The Alexander Technique is a proven mind-body method which helps change body habits that may cause pain/chronic pain and helps us move with more ease and freedom. It helps develop body awareness and provides tools for changing habitual patterns of tensions. The class will include a PowerPoint presentation, awareness exercises, hands-on work, application to daily activities and Active Rest.

Clara Sandler is a Classical musician, voice and Alexander Technique teacher. This method has been life-changing for her. Having suffered from symptoms from a herniated disc and not finding lasting solutions from the medical route, she has been symptom-free for many years thanks to the Alexander Technique. Please register at 617-730-2770.

LONGY MUSIC SCHOOL CONCERT

Wednesday, March 25, 1:00-2:00 pm

Join students from the Cambridge Longy School of Music of Bard College for a warm afternoon of beautiful melodies and shared musical moments. Music brings back cherished memories and brings us closer together so we hope to see you there. Please register at 617-730-2770.

NEW PROGRAMMING

MUSIC FROM MEMPHIS

Monday, March 9, 1:00-2:00 pm

Memphis has a rich and influential musical history. Its musical legacy is exciting, diverse, and extremely significant in the history of American culture. It's often called the "Home of the Blues" and "Birthplace of Rock 'n' Roll."

In this one hour entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss, sing and play guitar and bass on songs from Memphis artists including, Elvis, Johnny Cash, Carla Thomas, B.B. King, Wilson Pickett, and many others.

Handouts with pictures of the artists and background information will be provided during the performance. 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. Please register at 617-730-2770.

EASY TRAVEL

Thursday, March 12, 1:00-2:00 pm

Join Melissa for "Learning German in a 13th Century German 'Dallas': A city made rich from salt, rather than oil." In the 13th century, Schwaebisch Hall, Germany, became very rich from its salt production. Today it holds on to traditions and a look from that period, but it is a very different city. As a German-language learner, Melissa has taken classes there with seniors only from all over the world for several years. She will talk about the city and its culture, the 50 Plus German course and a visit she and her husband made to another city (Ulm) as part of it. Please register at 617-730-2770.

AUTHOR TALK: PATIENT SELF-ADVOCACY

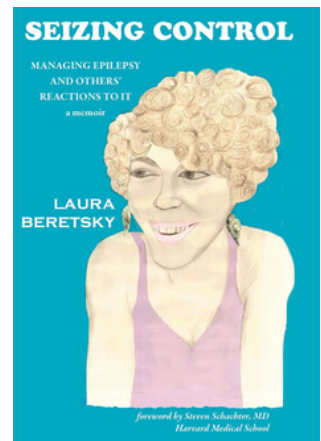
Monday, March 30, 1:00-2:00 pm

Despite a lifelong challenge managing epilepsy, author Laura Beretsky has led a good life. After having a grand mal seizure at work, she was devastated by the subsequent job insecurity. When her first child was born three years later, she worried that loss of awareness during seizures jeopardized his safety. Laura opted for brain surgery despite the terrifying possibility of life-threatening complications. Her book offers candid descriptions of rattling physical experiences of smaller and grand mal seizures and patient self-advocacy required to get the best possible medical care.

Laura will read a short excerpt from her 2024 medical memoir, *Seizing Control: Managing Epilepsy and Others' Reactions to It*. The book won the 2025 Coalition of Visionary Resources Gold Medal Award for memoir and Silver Medal Award for Social Justice books.

Following the reading, Laura will lead a Q&A and discussion focused on best practices for patient-doctor collaboration and patient self-advocacy as tools for getting optimal medical care. This topic is one of the underlying themes of the book, as Laura wrote *Seizing Control* with the goals of increasing awareness about epilepsy and empowering patients to play an active role in their treatment plans.

Please register at 617-730-2770.



NEW PROGRAMMING

OVER-THE-COUNTER MEDICATION SAFETY

Monday, March 16, 11:00 am-12:00 pm

Students from APhA Boston at the Massachusetts College of Pharmacy & Health Sciences, will be hosting an outreach event focused on preventing overdose and misuse of over-the-counter (OTC) medications. This session will provide important education on how to safely select, dose, and use common OTC products such as pain relievers, cough and cold medications, and sleep aids. We will discuss common risks, drug interactions, duplicate ingredients, and strategies to prevent accidental overdose. Our goal is to empower seniors with the knowledge and confidence to use OTC medications safely and effectively. Please register at 617-730-2770.

GOOD NEIGHBOR TABLES PILOT PROGRAM

**Tuesday, March 10, 12:30-2:00 pm,
Noah's Kitchen**

During the colder winter months, many older adults, caregivers, and neighbors will spend much of their time alone. To help decrease isolation and strengthen local connections, the Massachusetts Coalition to Build Community and End Loneliness are testing a community-based shared-meal pilot. This initiative builds on Governor Healey's annual Good Neighbor Day proclamation, which encourages communities to recognize the importance of being a good neighbor. The Coalition aims to promote this message not just once a year, but every day. They have selected Noah's Kitchen to host Good Neighbor Tables—a pilot program for 12 older adults or caregivers, who might otherwise be alone, to enjoy a complimentary meal together. The raffle for participation will be held on March 5. Please register for the raffle at 617-730-2770.

FINDING CALM, CLARITY & CONNECTION: SIMPLE TOOLS TO SUPPORT THE NERVOUS SYSTEM

Monday, March 9, 11:00 am-12:00 pm

This interactive program introduces older adults to simple, gentle tools that support emotional well-being and help the body shift into a calmer, more settled state. Many people live with ongoing stress in their bodies due to life changes, health concerns, caregiving roles, or loss.

This session offers accessible ways to create comfort, calm, and connection using breath, sensory awareness, and aromatherapy. No prior experience required. Participants will experience essential oils through gentle inhalation only, but no oils are applied to the skin unless explicitly requested and approved.

Erin DiCarlo is a Certified Essential Emotions Coach, Certified Neurosomatic Practitioner, and Certified Senior Advisor with over 22 years of experience supporting older adults. Please register at 617-730-2770.

MARCH IS JUDICIAL OUTREACH MONTH!

Tuesday, March 10, 1:00-2:00 pm

Join Lauren E. Reznick, Associate Justice at the Massachusetts Land Court of the Suffolk County Courthouse, as she discusses the role of an impartial and independent judiciary and the meaning and importance of the "Rule of Law." She will also discuss real estate partition, a legal process to separate ownership of property held jointly by unmarried owners. It is a type of legal dispute that often involves siblings or other relatives who jointly inherited property, but no longer wish to own it together and cannot agree on what to do.

Please register at 617-730-2770.

NEW PROGRAMMING

VACCINES

Thursday, March 19, 1:00-2:00 pm

Students from the Massachusetts College of Pharmacy & Health Sciences will introduce vaccines—how they work and why they are important—and then transition into recommended vaccines. They will primarily focus on vaccines recommended for the 65 and older age group.. Please register at 617-730-2770.

BROOKLINE MUSIC SCHOOL CONCERT: ADITI'S LIVE SESSIONS

Monday, March 23, 1:00-2:00 pm

Vocalist, pianist, and composer Aditi Malhotra performs a set of original music, along with Jazz standards and popular hits, stripped down to piano and voice. Aditi has a background in Hindustani Classical Music and influences in Jazz, RnB, Soul and Brazilian music. She has performed at notable venues such as the Kennedy Center. She won a number of singing competitions and was a recipient of the 2021 ASCAP Foundation Herb Alpert Young Jazz Composer Award. She received a full-tuition scholarship to study at Berklee College of Music and has trained with known vocalists, later completing her master's degree at Berklee. Aditi's teaching experience spans over 6 years, both privately and as Voice faculty. Please register at 617-730-2770.



REDISCOVERING THE "T"

Wednesday, March 25, 11:00 am-12:00 pm

Join us for a presentation by the MBTA's Travel Training Team on using the MBTA to get around safely and accessible. Topics will include how to use MBTA resources to plan your trip, accessibility features on MBTA services, and available services if your trip extends outside the MBTA service area. Following the presentation, members of the Travel Training Team will assist individuals who qualify with completing their applications for the Senior CharlieCard or other reduced fare programs (photo ID required). Please register at 617-730-2770.

PET PREPAREDNESS

Monday, March 16, 11:00 am-12:00 pm

Is your pet ready for an emergency? Pets are an important part of our lives. Make sure you keep them in mind when preparing for emergencies. If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency. Come learn how to create a pet go bag and strategize what to do if you need to evacuate your home. If you go, they go! Please register at 617-730-2770.

NUTRITION & HEALTHY HABITS

Thursday, March 5, 11:00 am-12:00 pm

Join students from the Massachusetts College of Pharmacy & Health Sciences as they conduct outreach focused on non-pharmacologic strategies and nutrition. The session will include practical, easy-to-apply tips, educational handouts, and small goodies, such as healthy snacks. Please register at 617-730-2770.

NEW PROGRAMMING

Wise Aging

Living with JOY, RESILIENCE, & SPIRIT



Rabbi Rachel Cowan
&
Dr. Linda Thal

WISE AGING GROUP: LIVING WITH JOY, RESILIENCE AND SPIRIT

Tuesdays, March 17 through April 28, 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 from the Center. **Space is limited.** Please register with Jamie at 617-730-2753.

SIX-WEEK LIFE REVIEW GROUP

Wednesdays, March 18-April 29, 1:00-2:30 pm

Rediscover the stories that make your life uniquely meaningful. In this six-week series, led by social work intern Jess, we'll gather for 90-minutes each week to reminisce together—sharing favorite memories, cherished songs, beloved films, and personal photos that have shaped who we are.

Through guided conversation and creative reflection, you'll have the chance to celebrate your experiences, connect with others, and honor the moments that matter most. We'll wrap up our time together by creating a personalized keepsake for yourself and your loved ones.

Come share your story, spark joy, and make new connections as we journey through a lifetime of memories. Pre-registration required, **space is limited.** No meeting April 15. Call 617-730-2770 to register.

DE-CLUTTER PEER SUPPORT GROUP

Thursday, March 12, 11:00 am-12:00 pm

This is the final meeting of this peer-support group. 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.

TRANSPORTATION OFFICE HOUR

Thursday, March 19, 11:00 am-12:00 pm

During this office hour, COA Transportation Program Coordinator Sebastian Ware will share information on medical transportation options, subsidized rides through Lyft or GoGo Grandparent, and the MBTA. Staff will assist with applications for Senior CharlieCards and subsidized rides enrollment.

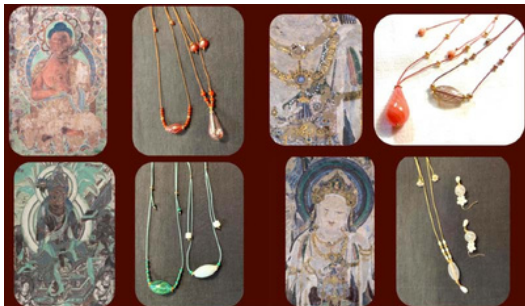


SAVE-THE-DATE

MEMOIR WRITING: MOMENTS OF KINDNESS

Monday, April 6, 1:00-2:30 pm

Kindness—helping others purely out of compassion—can have lasting effects on both the giver and the recipient, providing unforgettable support and encouragement. Join Dr. Miriam Rosalyn Diamond to recall and write about a time someone made a difference in your life through an act of kindness, a caring word, a simple gesture, or a significant deed. Please register at 617-730-2770.



Jewelry from the Dunhuang Grottoes on the Ancient Silk Road

JEWELRY ON THE ANCIENT SILK ROAD

Monday, April 6, 1:30-2:45 pm

The jewelry of the Silk Road reflects people's yearning for beauty, faith, and abundance. You will be using different types of gems and tools to make jewelry with Silk Road characteristics, showcasing the beauty of materials and history. 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. Please register at 617-730-2770.

SENIOR CENTER 2026 CLOTHING DRIVE

Tuesday, April 14, 12:00-6:00 pm

DPW and the Brookline Senior Center are partnering again to host a spring clothing and textile recovery event. The event will provide Brookline residents with the opportunity to sustainably part ways with their unwanted clothes, textiles, and accessories. Please register for an appointment by filling out the Appointment Sign Up Form at

www.signupgenius.com/go/10C0B4AAAA82EA3F8C07-62292471-senior# or calling 617-730-2156.

All of the items will be collected by Helpsy, the Town's partner in textile recovery. They accept all dry and odorless clothing and household textiles, regardless of age and condition. They also accept all types of footwear and accessories, such as bags, jewelry, and hats. For a complete list of acceptable items, please visit Helpsy's Acceptable Items webpage at www.helpsy.com/what-we-accept.

Not able to make it? The DPW will be hosting its second annual South Brookline clothing and textile recovery event on May 17, with more details to follow. Residents can also utilize Helpsy's year-round services, such as their home pick-ups or their drop-off bin at Skyline Park. Learn more about these opportunities at the Brookline Textile Recovery webpage at www.brooklinema.gov/3767/Textile-Recovery/

ONGOING PROGRAMMING

BROOKLINE BEES

Tuesdays, 10:30 am

During Women's History Month we reflect on the many achievements by women all over the world -- persistence and passion to sustain our families at the top of the list. Let's remember too the many practical arts that women have shared throughout history. Quilting and other fabric arts are prominent among them -- creating something beautiful that is also practical, keeping people warm as well as beautifying the home. Women have used quilting to gather, resist, and inspire. Quilting is more than a pastime -- it's a social gathering, a vehicle for story telling, solidarity, and even social change. And men are welcome too!

You will see this in our latest raffle quilt in the Coffee Lounge. Several generous people donated the beautiful brown fabrics featured here. Each of us made one or more squares, sewn together to make a warm blanket for the lucky winner of the raffle. This is the product of our collective spirit.

The Brookline Bees are a group of people, some of whom have not used a sewing machine since middle school, others who have been sewing all our lives, coaching and collaborating on projects we care about -- making baby quilts, hemming slacks, making custom bags, appliance covers, or pillow shams -- with fun and conversation. Join us!

Do you have a mending challenge? On **Friday, March 13** we will hold a Mending Workshop **from 10:00 am to 4:00 pm**. Bring us your mending challenges! We will coach you in planning how you can get it back in service. Any sewing project is welcome. Chatting and exchanging ideas is part of the joy of sewing together.

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

MARCH BIRTHDAY PARTY

Tuesday, March 17, 12:30-1:00 pm

Thank you to Stop & Shop for providing the delicious birthday 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.

LET'S GO OUT TO LUNCH BUNCH

Monday, March 30, 12:00-1:30 pm (leaving Senior Center at 11:30 am),

We will be going to Carlo's in Allston.

Participants pay for their own meal and tip.

Space is limited, please register at 617-730-2770.



Image: T-shirt quilt created by a member of the Brookline Bees

ONGOING PROGRAMMING

BOOMERS & BEYOND TRAVEL CLUB

John F. Kennedy Presidential Library & Museum Tour

Monday, March 23, 11:00 am-12:00 pm

Join us on a self-guided tour of the John F. Kennedy Presidential Library and Museum in Boston. The Library is dedicated to the memory of our nation's thirty-fifth president. Raffle for participation will be on Monday, March 16 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 photos and stories of 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!

INVESTORS GROUP

Wednesday, March 18, 2:00 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.

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 season, including 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 paper and pen for notetaking and bring your questions. Let's make it interesting! 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 **Mondays, March 9 and 23 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.



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.

ART



Dad's Flowers, watercolor, gouache on paper

GALLERY 93

Snapshot

Works by Chris Faust

March 9-May 28, 2026

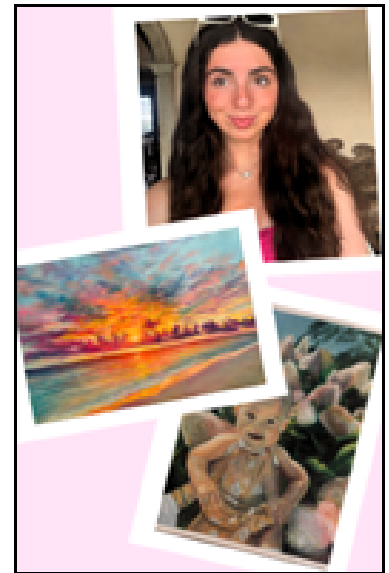
Artist's Reception: March 26, 1:30-3:00 pm

Artist's Talk: 2:00 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.



KNITTING GROUP

Thursdays, 2:00-4:30 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.



CRAFTS WITH IVY STREET SCHOOL

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

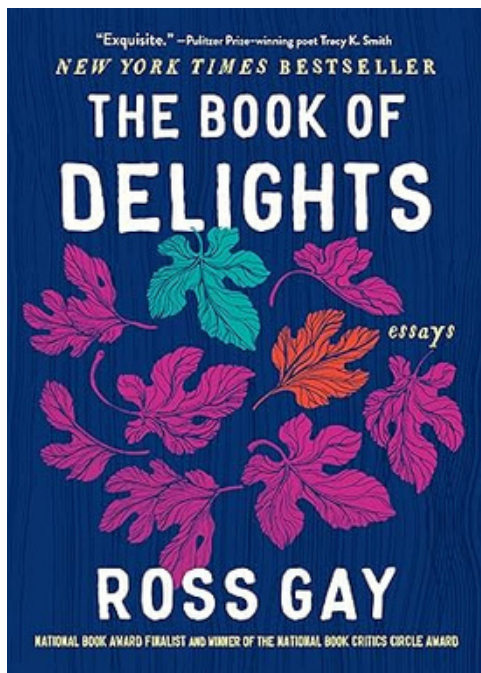
BOOKS AND STORIES

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/j/84451220603>

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

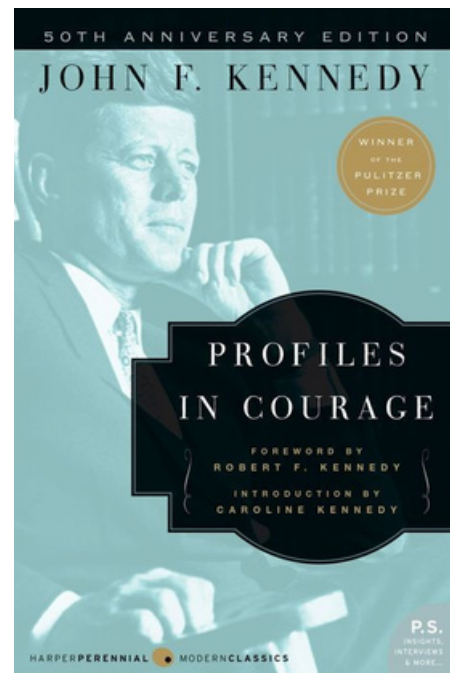
Monday, March 16, 2:00 pm
The Book of Delights by Ross Gay



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, March 24, 9:00 am
Profiles in Courage by John F. Kennedy



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

DANCE & FITNESS

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 '20s through the '90s. Get groovin' and movin'!
Please register at 617-730-2770.



NEW!

IN-PERSON ZUMBA GOLD

Wednesdays, starting March 11, 1:00-1:45 pm,
Get in shape and have fun with Emily Brenner, our longtime Zumba Gold instructor, at the Senior Center! No classes March 25, April 8, April 15, and May 6. Classes are \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Senior Center Foundation, a 501 (c)(3) corporation that supports Senior Center programming. Please register at 617-730-2770.

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, 9:30-10:30 am

Through March 18, 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. Please register at 617-730-2770.

VIRTUAL DANCE

Thursdays, 1:00 - 1:30 pm

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

GENTLE FITNESS

Tuesdays, 12:00 - 1:00 pm

Join volunteer Cara as she leads us in gentle fitness exercises, including chair yoga, balance, and stretching. **Space is limited**, so please register at 617-730-2770.

FITNESS

FITNESS CENTER UPDATE

As you may know, the Senior Center is in the process of searching for a new Fitness Center Coordinator. We will continue to provide new updates here so please stay tuned.

In the interim, we wanted to share a few reminders.

NEW APPLICATIONS

We are still accepting new Fitness Center applications; however, new applications will not be processed until we have hired a Coordinator.

Please feel free to drop off your application in the Council on Aging offices (2nd floor). New applications will be dated so we can follow up in the order received once our new Coordinator is in place.

PAYMENTS

For members who drop off their payments in person each month, please temporarily direct those payment envelopes to Julie Washburn, Supervisor of Services. Julie has a mailbox on the 2nd floor in the Council on Aging offices.

Please DO NOT leave any payments in the Fitness Center.

Members who make their monthly payments online may continue to do so.

QUESTIONS OR CONCERNS?

Please temporarily direct any questions or concerns regarding the Fitness Center to the Social Worker of the Day by calling 617-730-2777.

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.

These classes are offered in a 6-week series. The current series ends **March 31**. Space is limited, so please register at 617-730-2770.



BROOKLINE RECREATION: ACTIVE OLDER ADULTS NATURE WALKS

To register for the programs below, visit <https://www.register.brooklinerec.com> or call 617-730-2069. Preregistration is required. Please note that everyone must complete a Brookline Recreation waiver form prior to registration. Paper copies of the waiver form are available in the Council on Aging offices (2nd floor) at the Senior Center.

THE NEPONSET'S NATURAL HISTORY AT POPE JOHN PAUL II PARK

Tuesday, March 3 | 10am-12:30pm | \$7 per person

Have you ever wondered what the deep history of the Neponset and Charles River Basins includes? From Ice Ages to mammoths to temperate hardwood forests and river restoration projects, learn about the natural history of the Rivers on this one mile long, relatively flat walk at Pope John Paul II Park in Boston. Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. We will return to the Senior Center between 12-12:30pm. Pre-registration is required.

MAPLE SYRUP CELEBRATION AT LARZ ANDERSON PARK

Tuesday, March 17 | 10am-12:30pm | \$7 per person

We will learn about tree physiology and the science behind maple sap. After exploring the sugar trees of Larz Anderson Park we'll enjoy a sweet treat of fresh maple syrup made from Brookline's maple trees! The paths around Larz at this time of year may be muddy or a little icy. They are not paved and are packed gravel and dirt. The bathrooms at Larz will be closed at the time of our trip. Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. We will return to the Senior Center between 12-12:30pm. Pre-registration is required.



PICKLEBALL

Beginner Pickleball lessons continue at the Senior Center. Lessons will be on Thursdays at 3:00 pm for 5 weeks from March 5 through April 2. All classes are the same, so no need to sign up for more than one or two. Learn the rules, how to keep score, serve, dink, and volley, followed by at least 20 minutes of coached play. Craig Corcoran (USA Pickleball Ambassador and Coordinator of the Recreation Department Pickleball program) will teach these classes, which will be similar to the outdoor Pickleball beginner instructional classes. Sign up now for these sessions on the Recreation Department website. Classes are listed at the end of the Spring Pickleball signup. Cost is \$3 for residents and \$5 for non-residents.

GAMES

BACKGAMMON

Looking for interested players! Please contact Jamie at jjensen@brooklinema.gov

BRIDGE FOR EXPERIENCED PLAYERS

Fridays, 9:00 am sharp until 12:00 pm

To get into the rotation, please contact Jamie at jjensen@brooklinema.gov.

BEGINNER'S BRIDGE

Please register with Jamie at jjensen@brooklinema.gov to connect with Bridge Coordinator to either learn or be 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

If you would like to learn or play cribbage, please contact Jamie at jjensen@brooklinema.gov

RUMMIKUB

Fridays, 9:00-11:00 am

With coordinator Hedwig Baillie.

SCRABBLE

Wednesdays, 10:00 am-12:00 pm

Boards galore available.

WORDS GALORE

Mondays, March 9 and 30, 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.



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

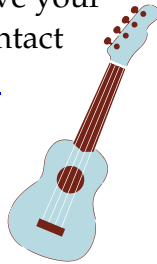
Please register with Jamie at jjensen@brooklinema.gov



MUSIC

UKULELE

The Ukulele class meets two **Mondays** each month (**this month on March 2 & 16**). 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. For more information, contact Judy Chasin at hearojudy51@gmail.com



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, please call 617-730-2770.



SONGS OF ISRAEL'S POPULAR SINGER-SONGWRITERS

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 7:30-9:15 pm**. To register for the link, email Jamie at jjensen@brooklinema.gov

SINGING TOGETHER VIRTUALLY

Tuesday, March 10, 4:00-5:00 pm

The Sing-A-Long group on Zoom sings mostly folk songs from times gone by and we 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

ACOUSTIC EVENING JAM

Do you play an acoustic instrument and/or sing? Brookline Acoustic meets on **Wednesday nights from 6:00-8:00 pm at the Senior Center** 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. This group is led by Joe Reid.



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

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 Jamie jjensen@brooklinema.gov



MINDFULNESS GROUP

Every other Thursday from 2:00-3:15 pm (this month on March 5 and 19)

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

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 h 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 or to connect, please email Monique Richardson at mona647@comcast.net

ESL CLASS

Dick Morse, ESL instructor, hosts weekly classes for advanced English learners on **Wednesdays from 1:00-3:00 pm**. He welcomes new students and can be reached at 617-734-5113 or richard_p_morse@msn.com

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 by appointment on Wednesdays and Thursdays from 1:00 pm-5:00 pm; remote training is also available.

Contact Ashley Colburn at 617-906-3042 or acolburn@mabcommunity.org.



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.

FILMS

TUESDAYS AT 1:00 pm



A Walk in the Woods

(2015, 1 h 44m)

March 3

After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte).



Swing Time

(1936, 1 h 43m)

March 24

Roguish gambler/dancer is challenged by his fiancée's father to come up with \$25,000 to prove he's worthy of her hand. But after he falls in love with a dance instructor, he'll do anything to keep from earning the bucks.



Moonstruck

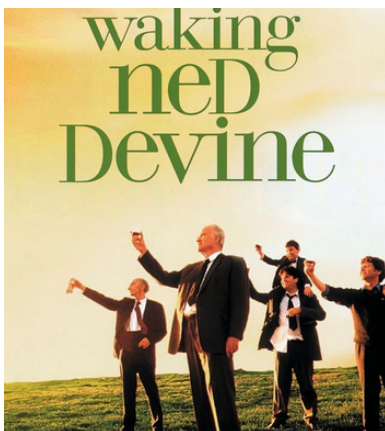
(Rescheduled from January)

January)

(1987, 1 h 42m)

March 31

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.



Celebrate St. Patrick's Day!

Waking Ned Devine

(1998, 1 h 31m)

March 17

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

No Movie March 10 due to Judicial Outreach Month Presentation

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.

LUNCH & FOOD

FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program in partnership with the Greater Boston Food Bank. If you are an income eligible older adult, age 60+, and you would like 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

The next distribution is on **Wednesday, March 18, from 9:00-11:00 am.**

BROOKLINE FOOD PANTRY

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.

**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**

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.** A cold lunch option is also available for dine-in only at the Center.

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.

PROJECT BREAD FOODSOURCE HOTLINE

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.

SUBSIDIZED TRANSPORTATION

MEDICAL TRANSPORTATION

The Brookline COA coordinates grant funded, subsidized non-emergency medical rides for Brookline residents age 60+.

Beginning on April 1, the program is limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max). To certify eligibility, please contact Transportation Coordinator Sebastian Ware at 617-730-2644.

Schedule a ride by calling 617-879-4878 at least three business days prior to the appointment. 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. Riders must call dispatch for return ride no later than 4:45 PM.

No service on Senior Center closure days.

Service Guidelines:

- 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
- Ride must originate or end in Brookline.
- Riders are limited to one roundtrip per day & three roundtrips (or six one way trips) per month.
- Vehicles are not wheelchair accessible.
- You can bring a foldable mobility device and up to one guest on your ride.

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 limited to income eligible Brookline seniors, age 60+ (individual \$92,650 max; couple \$105,850 max). Eligible riders can enroll with either Lyft or GoGo, but not both.

Call 617-730-2644 to apply.

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 neighborhoods in Boston.

The program is limited to income eligible Brookline seniors, age 60+ (individual \$92,650 max; couple \$105,850 max). Eligible riders can enroll with either Lyft or GoGo, but not both.

Call 617-730-2644 to apply.

TRANSPORTATION

NEED A RIDE TO THE SENIOR CENTER?

The first pickup is 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.

Please leave your name, address, telephone number, and the desired date/time of your pick up and return times in your message.

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.

SENIOR CHARLIECARD

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

The Senior Center helps to 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.

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.

NEW! MODERN RIDE SATURDAYS

Modern Ride is offering discounted Saturday rides for Brookline older adults (60+).

Rides will be available to local shopping centers on Saturdays from 10am-2pm.

Each one-way ride is \$4.99 (cash only & limited to within Brookline).

To schedule a Saturday ride, please call 617-566-5000 on Thursdays or Fridays between 10am-5pm and ask for Ben.

ADDITIONAL TRANSPORTATION RESOURCES

Modern Ride Taxi

617-566-5000

MetroCab

617-782-5500

Limited wheelchair accessible vans

Volunteer Medical Escort Program

FriendshipWorks: <https://fw4elders.org>

or call 617-482-1510 x126

RESOURCES & SERVICES

**Chestnut Hill Ride/
Chestnut Hill Errands & More**

**Friendly, Reliable, Affordable
Errands &
Transportation Services**

A Family owned and operated and committed
to make your life easier and less hectic



617 - 874 - 0487
www.chestnuthillerrands.com

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.



METROWEST LEGAL SERVICES

Thursday, March 26, from 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 scheduler Jamie at 617-730-2753 or jjensen@brooklinema.gov. Space is limited!

REAL ESTATE TAX EXEMPTION INFORMATION

Volunteer Sandy Spector returns with the latest information on real estate tax exemptions on **Tuesday, March 3 and 17 from 10:00 am–12:00 pm**. Please feel free to drop by with your questions.

MYSENIORCENTER CARDS AND CHECK-IN LAUNCH ON MARCH 2!

Please come to the 2nd floor Council on Aging offices to fill out a brief form with your contact information in order to get your new MySeniorCenter card.



NOTARY TUESDAYS

Get your documents notarized Tuesdays at the Senior Center for a donation of \$5 per document — just bring your ID and paperwork! Call 617-730-2770 for an appointment.

RESOURCES & SERVICES

HELP PROGRAM



The HELP program provides affordable, reliable, and flexible home care service to Brookline seniors. Call 617-730-2752 or scan the QR code.

To learn more about HELP Program Coordinator
Katie McClean, see page 46.

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

If you are in need of a stand alone toilet safety rail or other supplies such as a walker, cane or other adaptive device, please call the Equipment Loan program at 617-730-2752.



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.

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

Monday, March 16, 10:30 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.

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 volunteer SHINE counselors work with clients to 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 Senior Center SHINE counselor.

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



BEWARE OF MEDICARE FRAUD AND SCAMS

With approximately 67 million beneficiaries on Medicare, and the number consistently growing, more seniors are suspected to be victims of Medicare fraud and abuse. Remember that Medicare will never unexpectedly call, text, or email you. False billing and offering free products are some of the most common Medicare scams. Learn to protect yourself by following a few easy steps:

1. Do not give out your Medicare number or any personal information such as your social security number
2. Routinely check your Medicare statements or your Medicare summary notice to make sure charges are accurate
3. Call the Medicare Senior Patrol office (1-800-892-0890) to report any fraud or get help with your situation
4. If you think a call might be real, hang up and call 1-800-MEDICARE (1-800-633-4227) to check.

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 1-800-243-4636 to be connected with 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.

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.

BROOKLINE LIBRARY & ADULT EDUCATION PROGRAMS

NEW: BROOKLINE COA / SENIOR CENTER OUTREACH OFFICE HOURS AT THE PUTTERHAM LIBRARY

A Council on Aging social worker will be at the Putterham Library on the second Wednesday of the month to answer any questions you have about programs and services available at the Senior Center and through the Council on Aging.

Dates: March 11, April 8, May 13 and June 10.

Time: 10:15 am-12 pm.

If you need transportation, please call or email Anne Essaran at 617-730-2754 or aessaran@brooklinema.gov.

PUBLIC LIBRARY PROGRAMS

Hidden Histories of Brookline's Green Spaces: Parks, Places, and People (Brookline Village) - Wednesday, March 4 at 6:00 PM

Visible Mending Workshop with Mariko Sugimori (Putterham) - Thursday, March 12 at 11:00 AM

Pop up Art School Presents: Reverse Painting (Coolidge Corner) - Thursday, March 12 at 6:30 PM

Cross-Stitch Basics with Hipstitch (Coolidge Corner) - Thursday, March 19 at 6:00 PM

Women in World Jazz Concert (Brookline Village) - Saturday, March 28 at 2:00 PM

"The Girl Bandits of the Warsaw Ghetto" with Historian Elizabeth R. Hyman (Take Two) (Virtual) - Monday, March 30 at 7:00 PM

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 ADULT EDUCATION/ BROOKLINE RECREATION CLASSES AT THE BROOKLINE SENIOR CENTER

Acrylic Painting

Tuesdays, April 7 through June 2, 10:00 am-12:30 pm

Watercolor Painting

Tuesdays, April 7 through June 2, 1:00-3:00 pm

Beginner's Mah Jong

Mondays, April 6 through May 18, 9:30-11:30 am

Canasta

Fridays, April 10 through May 22, 9:30 am - 11:30 am

Please register at

<https://www.register.brooklinerec.com/brookline/programs?programCategory=dc81d5f6-a9b8-4482-8099-3acac9e14f29>

VOLUNTEERS

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 senior an important part of their life.



If you would like to sign-up or learn more, please contact Valerie Graf, Volunteer Coordinator, 617-730-2743 or vgraf@brooklinema.gov.

SAVE THE DATE

2026 VOLUNTEER APPRECIATION EVENT

This year we will celebrate our volunteers on Wednesday, April 15 at 12:00pm
at the Brookline Senior Center.

Invitations will be coming in the mail and by email in mid-March.
Once you receive your invitation, please RSVP by calling 617-730-2777.

Nominations for Volunteer of the Year

Please submit your nominations for Volunteer of the Year to Valerie at
vgraf@brooklinema.gov or by phone at 617-730-2743

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

QUESTION:

Does acupuncture work? What kinds of ailments can it help with?

ANSWER:

To be honest, I never believed that acupuncture was anything more than a placebo. It didn't make medical sense to me how inserting tiny needles into the skin could be effective in helping with the various problems it was used for. However, recent studies as well as patient feedback has persuaded me to take a deeper look into this nearly 3000 year old practice.

Acupuncture is a form of traditional Chinese medicine in which very thin needles are inserted into specific points on the body. It doesn't work for everyone (but then neither do medicines, physical therapy or surgery). It has been used to treat chronic pain,, migraine headaches, arthritis, stress, anxiety, insomnia and side effects from cancer treatments like nausea and fatigue, and menstrual cramps, fertility issues, menopausal symptoms (hot flashes), and irritable bowel syndrome.

Acupuncture is thought to work by stimulating nerves to release natural painkillers (endorphins, serotonin), reducing inflammation, improving blood flow, and relaxing tight muscles, essentially "tricking" the nervous system to block pain signals and promote healing.

Recent studies have shown the following:

- In patients with chronic sciatica from herniated disk, acupuncture resulted in less pain and better function compared with fake acupuncture at week 4, and these benefits persisted through week 52.
- A 2025 article in JAMA (Journal of the American Medical Association) stated that acupuncture has demonstrated effectiveness for chronic low back pain (CLBP) and is recommended by the American College of Physicians guidelines as first-line care for treating chronic low back pain, and has an excellent safety profile reported across large studies.

Separate from acupuncture is a Western form of "needling", called Dry Needling, which is rooted in Western medicine. Needles are inserted directly into muscle "trigger points" (tight knots) causing a twitch response to release tension, improve blood flow, and restore muscle function, often as part of physical therapy. This can be useful for joint issues (shoulder, elbow, hip, knee, ankle) tendonitis, muscular pain/spasms, spinal issues & low back pain and plantar fasciitis.

ASK A GERIATRICIAN

Continued...

Medicare Part B (Medical Insurance) covers acupuncture (including dry needling) for chronic low back pain defined as:

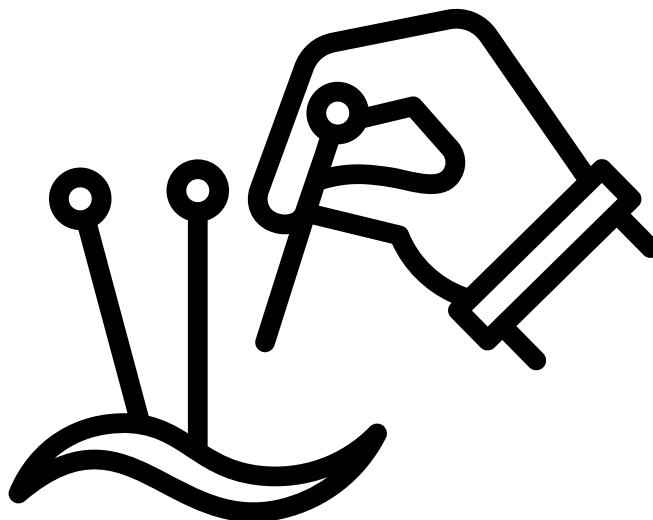
- Lasting 12 weeks or longer
- Having no known cause (for example, it's not related to cancer that has spread, or an inflammation or infectious disease)
- Pain that isn't associated with surgery or pregnancy
- How often? Medicare covers up to 12 acupuncture treatments in 90 days for chronic low back pain. If you show improvement, Medicare covers an additional 8 sessions (for a maximum of 20 acupuncture treatments in a 12-month period). If you aren't showing improvement, Medicare won't cover your additional treatments, and you'll pay 100% of the costs if you continue getting them.

Acupuncture is performed by acupuncturists (there are clinics nearby), MDs/DO, chiropractors, physical therapists, and nurse practitioners, all of whom need to be specifically trained in acupuncture.

So:

- Acupuncture can be a reasonable option for chronic pain and possibly for some people with migraines.
- Benefits tend to be modest and may include both physiological effects and psychological (placebo) effects.

It is not a guaranteed cure; effectiveness can vary from person to person. However, there are few side effects, and for people who are suffering from chronic issues (pain, anxiety, insomnia, etc.), it may be worthwhile exploring.



SCAMS

PROTECT YOUR IDENTITY, MONEY & INFORMATION: INFORMED ABOUT FUNDS FROM THE STATE? DON'T LET A STRANGER "HELP" YOU CLAIM IT!

Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

We often see and hear ads on billboards, radio, TV, and in print reminding people that they may have money with the state ("Find Mass Money"). While the operation is legitimate, scammers have developed means of defrauding people under the guise of providing assistance.

Description of the Scam

Imposters initiate contact (calls, emails, texts) stating that the recipients have unclaimed money and items of value held for them by the state. These swindlers may offer "help" requesting funds and charge a fee for sham "services." Or they may ask for personal information and consequently commit identity theft.

Spot the Scam

The message indicates that recipients are required or encouraged to utilize their services in this process and pay a fee or percent of the property's value.

In reality, there is no charge for placing claims and individuals can go through the process independently.

Stop the Scam

Do not reply to these notifications. Anyone can search their own name at findmassmoney.gov or call the Treasurer's Office at 617-830-1181 with questions.

If you would like assistance investigating and applying for lost property, make an appointment to meet with a Senior Center Tech Buddy by calling 617-730-2777.

Want more tips on staying safe from scams? You can access a copy of Protect Your Identity, Money & Information! How to Spot and Deal with SCAMS online at:

https://www.brooklineseniorcenter.org/wp-content/uploads/2025/01/PROTECT-FROM-SCAMS_WEB-1.pdf



STAFF SPOTLIGHT

**“There is always something big or small I can do that helps someone.”
Spotlighting Katie McClean during National Social Work Month**

Miriam Rosalyn Diamond, COA Engagement Promoter



This March, we profile Katie McClean for National Social Work Month. Originally from Long Island, Katie followed her father’s advice to “do something practical,” majoring in English and Psychology with a minor in Math at SUNY Cortland. Following her Social Worker mother’s footsteps and inspired by her caretaker grandmother, Katie earned an MSW from Boston College. She interned at the Brookline Council on Aging. After subsequently holding jobs in a variety of settings – from pharmaceutical to psychiatric establishments –in 2021 McClean realized her goal of returning to work in Brookline.

She coordinates many services, including the HELP initiative that provides assistants for household chores, medical escort, and companionship. “The folks that work for our program are fabulous... they really want to give back to people in the community.” She supports local caregivers securing parking passes. “There’s a lot going on for people who need caregivers – the last thing they need to worry about is parking...”

She also offers in-home clutter consultations. “There are Brookline residents who have lived in their homes 40 – 50 years...and have collected a lot of things. It’s really overwhelming to think about when downsizing... it’s a long process. Having someone come in and make suggestions on “where to start” alleviates stress. Through the medical Equipment Loan Fund, McClean received a grant from the Swan Society to provide female incontinence supplies. She hopes these will increase individuals’ comfort and ability to leave home, socialize, and get exercise.

Katie values exercise. “I work out almost every day.” She’s also a knitter, crocheter, and Taylor Swift fan. For lunch she enjoys smoothies and wraps at Washington Square’s Livite.

“The whole reason I really love working at the Center, (is that) every day - no matter what the day looks like - there is always something big or small I can do that helps someone... the community is fabulous ... I think that’s a really wonderful way to spend your time.” She is proud of the fact “that we are (a rare) organization that answers the phone and calls people back... and has people at the desk to welcome people.” She encourages Brookliners who call to come visit the building and see the many ways people make use of it, from Ping Pong and lunch to concerts and hanging out with friends.

Caregiver parking passes, medical equipment and incontinence supplies, can be requested at 617-730-2752.

Beth Israel Lahey Health


Beth Israel Deaconess Medical Center

Who knew there could be so much heart in health care?

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

A research partner of
 **DANA-FARBER/HARVARD CANCER CENTER**
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

For all of your aging and caregiving questions, the answer is...



Which private options or public programs are right for me?

Where can I get information about in-home help?

How do home-delivered meals work?

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

We're a non-profit, community resource for all.

Call us for the answers to your questions.

(617) 926-4100 / Waltham

(508) 573-7200 / Marlborough

www.springwell.com

**ENRICH.
ENGAGE.
TOGETHER.**



Goddard House offers residents enriching everyday experiences aimed at promoting independence, inspiring curiosity and encouraging connection with others.

Schedule a tour today!




GODDARD HOUSE
ASSISTED LIVING & MEMORY SUPPORT
165 Chestnut St, Brookline MA
617.731.8500 | GoddardHouse.org

**Sherrill
House**
Here for you...
not for profit.



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)

 linkedin.com/company/sherrill-house

 www.sherrillhouse.org

135 S. Huntington Ave
Boston, MA 02130
(617) 731- 2400

Hair Concierge

25% OFF
Group Discount



✂ Men & women haircut: \$50

👂 Color or gray touch-up: \$60

⚡ Highlights: \$105

🌊 Perm or soft curl: \$105



We come to you



CALL OR TEXT: (202) 304-5200

Heather Hijaz • Licensed • Insured • Experienced

www.hairconcierge.me

heather@hairconcierge.me

[hairconcierge.me](https://www.instagram.com/hairconcierge.me)

Planning to move?
Downsizing? Decluttering?

Contact us for a free consultation!



info@movemaven.com 617.905.8400

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain

(508) 231-6378

www.trainwithshain.net

trainwithshain@gmail.com

ACSM certified cpt/hfi

CPR/AED certified

Fully Insured



Serving Brookline for 150+ Years

BrooklineBank
BROOKLINEBANK.COM

Member FDIC

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive \$10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

Wellness Coaching
Lifelong Learning

Where senior living
meets city living.

- Resident-Driven Culture
- Live Performances
- Social Connections
- Lively Urban Environment
- Vibrant Community
- Intergenerational Programs
- Nutritious Dining Options
- Fitness Center
- Home Care
- [And More >](#)

MORE THAN JUST AN
APARTMENT—IT'S A COMMUNITY.

Visit centercommunities.org or
call (857) 767-6998 to learn more.



**Center Communities
of Brookline**
Hebrew SeniorLife



Now leasing our newest
building at 108 Centre St.
Call to see if you qualify.

Hebrew SeniorLife
HARVARD MEDICAL SCHOOL
AFFILIATE

What Is Your Home Worth – contact Martin Laird to find out



MARTIN LAIRD - BROKER, REALTOR®

Senior Real Estate Specialist

Specializing in Lifestyle Changes

617.827.7009

Martin.Laird@NEMoves.com

www.MartinLairdBostonRE.com

27 Boylston Street, Suite 310

Chestnut Hill, MA 02467



Owned by a subsidiary of Anywhere Advisors LLC



**COLDWELL BANKER
REALTY - HAMMOND**



**Why Advertise In the
Brookline Senior Center
Newsletter?**

- The Brookline Beacon print newsletter has a circulation of 3000+
- The Brookline Beacon has over 1000+ electronic newsletter subscribers
- The Brookline Beacon is targeted to people 55+
- Our Brookline Senior Center website has 14K active users/year, providing visitors with the opportunity to view The Brookline Beacon online at brooklineseniorcenter.org

\$1500/yr - Full Page Ad

\$1000/yr - Half Page Ad

\$750/yr - Quarter Page Ad

Business card ad size option available for \$350/yr

Becoming a BSC Newsletter Advertiser is EASY!

- Choose the desired size for your ad
- Create your ad per our specs
- Email your 600 dpi uncompressed JPEG
- Make your payment

To learn more about this opportunity, specs and where to submit your ad and payment, please contact Director Emily Williams at ejwilliams@brooklinema.gov or 617-730-2774.

Additional Advertising Options Available



elevated SENIOR LIVING

Waterstone at the Circle offers an unparalleled senior living experience, where luxury apartments, delectable chef-prepared meals, and tailored wellness programs support an active and engaged lifestyle. Socialize with new friends, explore enriching activities, and enjoy the convenience of concierge services – all in a beautiful community.



Schedule your visit today.

617.996.7776 | CircleSeniorLiving.com

385 Chestnut Hill Avenue | Boston, MA 02135

Independent Living | Supportive Care

An EPOCH Senior Living Community    RELAY 711



BrooklineCAN!

Help your neighbors. Help yourself. Help your town.

Membership?

Why become a member of BrooklineCAN?

BrooklineCAN is an advocacy organization dedicated to improving the quality of life for older adults in our community. Our efforts and initiatives are guided by the ideas and input of our members. Your perspectives and suggestions directly influence the issues we prioritize and the changes we work to achieve.

For an annual fee of \$35, you can become part of our dedicated community of advocates. However, what truly makes a difference is your involvement. While your membership dues support our ongoing work, your active participation is even more valuable as we strive together to create a stronger, more inclusive Brookline.

To join see <https://www.brooklinecan.org/>

To get involved or any questions email: membership@brooklinecan.org

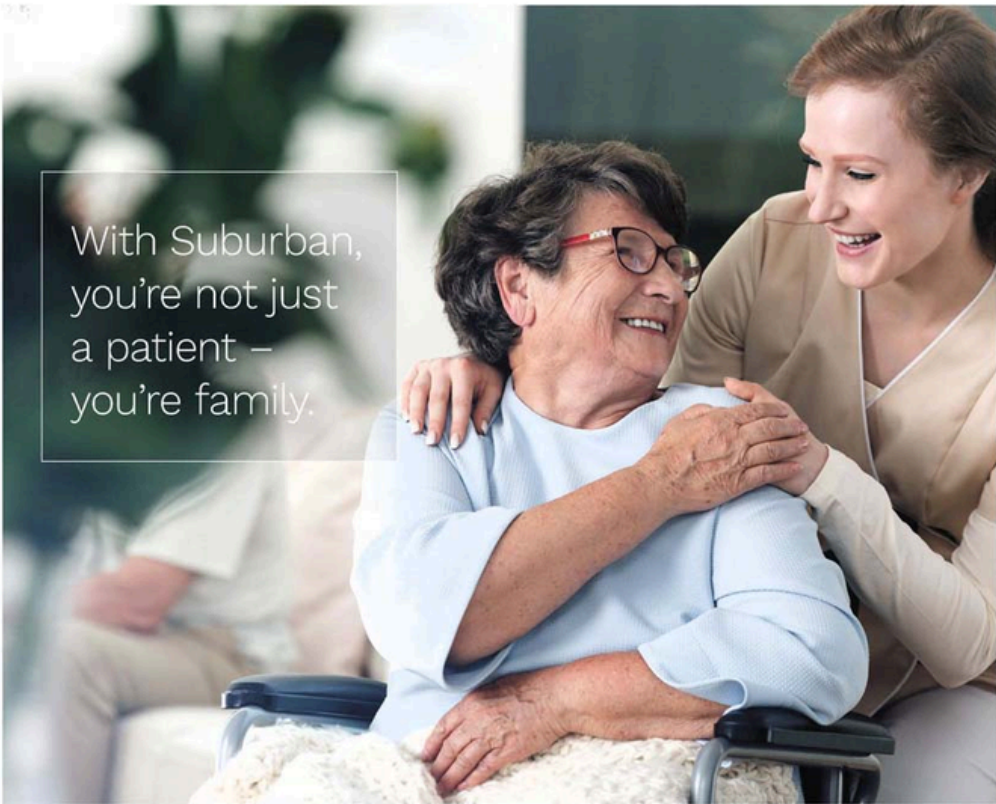


GET INVOLVED

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT



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.

Family matters. And for more than 50 years, the Suburban Home Health Care family, which includes the Suburban Homemaking and Maternity Agency, has been providing expert in-home care for patients in a way that has consistently ranked them among the top in Massachusetts for quality of care, coverage area, languages spoken, and clinical capabilities.

- ✓ Skilled Nursing
- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech Therapy
- ✓ Home Health Aide Services
- ✓ Medicare and Medicaid Certified



SUBURBAN
HOME HEALTH CARE

suburbanhomehealth.com

(617) 264-7100