

THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

APRIL 2026

NATIONAL VOLUNTEER APPRECIATION MONTH

Wednesday, April 15, 12:00-2:00 pm

April is National Volunteer Month! Together, we will honor our volunteers at a special Volunteer Appreciation Event. Invitations have been mailed to Senior Center volunteers. The festivities will include the announcement of the John and Molly Dolan Volunteer of the Year Award. If you would like to nominate a volunteer for this award, please contact Valerie at 617-730-2743 or vgraf@brooklinema.gov. RSVP and nominations are due by Friday, April 3.



ELEANOR & SUMNER KAPLAN MEMORIAL CONCERT

Thursday, April 23, 1:00-2:00 pm

Join us for the Eleanor & Sumner Kaplan Memorial Concert, a truly special event featuring the renowned Winiker Band. The concert is being sponsored by Ruth and Margie Kaplan in memory of their parents Sumner and Eleanor Kaplan, whose wedding anniversary is the date of the concert. To register, please call 617-730-2770. Let's come together to honor the lives of Eleanor and Sumner Kaplan!



25TH ANNIVERSARY CELEBRATION FUNDRAISER

Thursday, April 30, 5:00-8:00 pm

This year marks an important milestone at the Brookline Senior Center. For 25 years, we have offered opportunities for older adults to participate in a variety of programs, make new friends, volunteer, and access vital services. To honor this milestone, we're hosting "Built to Last - 25 Years on Winchester Street!" Tickets are now on sale by visiting www.brooklineseniorcenter.org or through the Council on Aging office.



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

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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.



~ You Are Invited! ~

BUILT TO LAST

*Celebrating 25 years of the
Brookline Senior Center on Winchester Street*



Food · Drink · Community

Thursday, April 30, 2026 5-8pm

93 Winchester St Brookline, MA

To register:

www.tinyurl.com/93WinchesterStreet

or scan:



A Brookline Senior Center Foundation event



SUBURBAN
HOME HEALTH CARE

Riprullo

Taberna de Haro
est. 1998



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FROM THE DIRECTOR

Dear Friends,

Happy 25th Anniversary to the Brookline Senior Center! A Silver Jubilee! L'dor V'dor. Together, we are truly building community for the next generation and the generation after that. It's a good feeling. This year is particularly meaningful as we begin celebrating our 25th anniversary—a milestone that reflects a quarter century of connection, advocacy, learning, and support for older adults in Brookline. Over the coming months, we will be reflecting on where we've been and looking ahead to where we want to go. Our vision for the next chapter is one where the COA continues to grow as a vibrant hub for healthy aging—expanding opportunities for creativity, lifelong learning, social connection, and services that help residents remain engaged and independent in the community they love.

I'm especially excited to share that we recently received a new Creative Arts grant that will allow us to expand arts programming for older adults. Through this initiative we will introduce new workshops, performances, and opportunities for participants to explore visual arts, music, storytelling, and intergenerational creativity. The arts are not just enjoyable—they foster wellness, connection, and self-expression, and we look forward to seeing this program flourish.

April also brings the excitement of the Boston Marathon, and we are proud that the Brookline Senior Center is part of Team Brookline this year. Two dedicated runners are taking on the 26.2-mile challenge while fundraising to support programs and services at the Senior Center. Their effort represents the spirit of community that defines Brookline—neighbors showing up for one another and investing in the wellbeing of older adults. We are grateful for their commitment and will be cheering them on every step of the way.

None of this work would be possible without the remarkable people who make the COA what it is. Our staff bring skill, compassion, and creativity to their work every day, ensuring that our programs and services are welcoming.

Our volunteers are truly the heart of the Senior Center. They greet participants at the front desk, lead activities, deliver meals, help organize events, and offer the simple but powerful gift of their time and presence. Their generosity creates the warm, welcoming environment that so many people value here. Volunteers don't just support our work—they build relationships, strengthen community, and help ensure that every person who enters through our doors feels seen and connected.

As we celebrate this 25th year together, I invite you to join us—whether by attending a program, volunteering, sharing your ideas, or simply stopping by to say hello.

The COA belongs to the community, and our future will be shaped by the creativity, energy, and voices of the people we serve.

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,

April has arrived! How uplifting to see colorful blossoms instead of snow banks. Neighbors appear more regularly. Evening outings are easier. Even my dog is happier. These transitions remind me that with each new season we gather wisdom, inner strength, and fortitude. While there's uncertainty in our wider world, working to make Brookline better remains rewarding.

I am grateful to be a witness to the compassion, inclusivity, and warmth within the walls of the Brookline Senior Center. Each day hundreds gain access to life sustaining services, participate in a variety of interesting activities, make new friends, and volunteer - in a culture of respect and joy. It's not unusual to hear a chorus, notice a dance class or enthusiastic ping pong game, or see new artists painting.

These opportunities exist due to the will and perseverance of our Founders, who faced a myriad of obstacles 25 years ago. On Thursday, April 30th, at "Built to Last, 25 Years on Winchester Street," our 25th Anniversary Celebration, we will honor the Brookline Senior Center's Founders (see page 6). I am proud to be included on this list.

I hope you'll join me at this milestone celebration! We'll enjoy live music by the Winiker Band, food from Taberna de Haro, Rifrullo, Mei Mei, Mamaleh's, and Wegman's, wine, and community-spirited company. Together we'll toast to our Founders and secure the future of the Brookline Senior Center. You can learn more and register here:

<https://tinyurl.com/93WinchesterStreet>

Warm Regards,

Betsy Pollock, MSW
Board President



FROM THE BOARD PRESIDENT CONTINUED

OUR FOUNDERS

Town of Brookline Select Board

Joseph T. Geller, Chair
Donna R. Kalikow
Gilbert R. Hoy
Deborah B. Goldberg
Robert L. Allen
Richard J. Kelliher, Town
Administrator*

Building Commission

Janet Fierman, Chair
Louis Wilgoren
George Cha
George Cole
Kenneth Kaplan
James Nickerson, Building
Commissioner
Anthony Guigli, Project
Administrator

Council on Aging

Agnes Rogers, Chair*
Arlene Stern, Director*

Project Senior Center

Diane R. Kalikow, Co-Chair
Gordon Hurwitz, Co-Chair
Ruthann Dobek, Project Liaison

Brookline Multi Service Senior Center Corp., Inc.

Elizabeth S. Pollock, President
Michael W. Merrill, Campaign Chair

In Appreciation of

Town of Brookline
US Dept. of Housing and Urban Development
Bay State Federal Savings Charitable Foundation
Stern Group, Inc.

Gift of Land

Roger Stern of the Stern Group, Inc.*

Friends of Brookline Seniors

Barr Jozwicki, Director
Architect
cbt Childs. Bertman. Tseckares. Inc.
Maurice F. Childs*

Contractor

Vertec Corporation

*deceased

*Thank
You*

IN APPRECIATION THANK YOU FOR ALL YOU DO!

ANNUAL APPEAL

Elizabeth True Browder
Diane Brown
Ellen R. Cole
Ann Coles
Joan Contompasis
Marga Dieter
Ruthann Dobek
Reita Ennis
David Freeman
Zelda Gamson
Mary W. Haas
Ethel Wong Halloran
Arthur Harrington
Helen and Shael Herman
Pamela Hitchmoth
John F. Hodgman and Adele Pike
Naomi B. Isler
Kirk James
Judy Klayman
Rose A. Lehman
Melita Malley
Marilyn Maynard
Larry Mckenna
Frances Moyer
Patricia Mukherjee
Bebe and Nick Nixon
Maria Nobrega
Mariann and Mike Nogrady
David O'Connor
Lindsay Odonovan
Linda and Henry Okun
Hannah Paproski
Kate Poverman
Virginia Provost
Martin Rosenthal
Catherine V. Rzepela
Elizabeth A. Sands
Miranda W. Sacharin
Donna Viola
Beverly Wing
Joan Yesner
Brookline Booksmith

Marc Simkovitz and Juliette Landesman
Marlene Steiner
David Stern
Jay Sugarman
David and Melissa Trevvett
Sylvia and Avi Tuchman

IN HONOR OF

Isabella Callanan, from Lorraine Stevens
Livia Frank, from Abby Greenberg
Laura Russinow, from Leslie Friedman
Richard Weiss, from Kathleen K. Centorino
Emily Williams, from Phyllis Somers
Tech assistance, from Elizabeth Fletcher

IN MEMORY OF

Judith P. Beland, from Robert Beland
Ponnie Katz, from Colleen
Agnes Rogers, Muriel Stark and Mary Lawlor,
from Sherry Lee
Aaron Seidman, from Constantine Bialik and Margaret
Guyer
Thomas Faulhaber, from Eleanor Clarkson
BrooklineCAN
Sid Gelb
Donald & Marcia Hnatowich
Mariann & Mike Nogrady
Linda & Henry Okun
Sydney Rice
John Seay
Ellen & Matt Weiss
Elaine Wong
Ellen Zellner

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 April 10 will be posted in the next issue.

AT A GLANCE - ONE-TIME PROGRAMS

MONDAY, APRIL 6

10:00 am Coffee with the Director
1:00 pm Memoir Writing: Kindness

WEDNESDAY, APRIL 8

11:00 am Medicare Supplement vs
Medicare Advantage
1:00 pm Brookline Music School Concert

THURSDAY, APRIL 9

11:00 am Aging Well Takes a Village
1:00 pm Slavery in the North (and Boston)

MONDAY, APRIL 13

11:00 am Menopause and Postmenopause
1:00 pm Celebrating Wonder through
Poetry

TUESDAY, APRIL 14

12:00-6:00 pm Clothing Drive
1:30 pm Elements of Style

WEDNESDAY, APRIL 15

12:00 pm Volunteer Celebration

THURSDAY, APRIL 16

10:30 am Pet Loss & Grief Healing Circle
11:00 am Senior Medicare Patrol
12:30 pm First We Eat...Then We Compete!
4:00 pm Candidates Forum

TUESDAY, APRIL 21

9:00 am Public Issues Non-fiction Book
Discussion Group
11:00 am Planning for your Future
12:30 pm Monthly Birthday Party

WEDNESDAY, APRIL 22

11:00 am Helping First Time Homebuyers
12:00 pm Let's Go Out to Lunch Bunch

THURSDAY, APRIL 23

10:30 am Pet Loss & Grief Healing Circle
10:30 am Brookline Hearing Services
11:00 am ATTR Awareness Presentation
1:00 pm Kaplan Memorial Concert

FRIDAY, APRIL 24

1:00 pm Leo Diamant Concert

MONDAY, APRIL 27

9:00 am American Red Cross Blood Drive
1:00 pm Death Cafe

TUESDAY, APRIL 28

10:00 am Brookline Town Energy Advocate
Office Hours

WEDNESDAY, APRIL 29

11:00 am Keeping the Family Home in the
Family
11:00 am Taza Factory Tour

THURSDAY, APRIL 30

11:00 am Communication Plan
5:00 pm 25th Anniversary Celebration!



**If you can't come to a program, please call
617-730-2770 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
10:30 am-12:30 pm	Kitchen Remedies/Home Org.
11 am-12 pm	Pet Therapy Visit (6 & 27)
11 am-12 pm	Words Galore (13 and 27)
11 am-12 pm	Dance Fitness with Denise
12 pm-2 pm	Drop in Ping Pong
1 pm-2:30 pm	Ukulele (6 & 16)
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
10:30 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 (14)

WEDNESDAY

9:00 am-11:00 am	Food Commodity (15)
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 pm-4:30 pm	Drop in Ping Pong
1 pm-1:45 pm	Zumba Gold (no classes 8 and 15)
1 pm-3 pm	ESL Class
2:00 pm-3:00 pm	Investors Group (15)
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 (9 and 23)
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

FRIDAY

9 am-11 am	Rummikub
9 am-12 pm	Bridge for Experienced Players
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



SPECIAL PROGRAMS

2026 Brookline Candidates' Forum

An important Brookline election is coming up on May 5. As of today, there are 3 candidates for 2 openings on the Select Board, 4 candidates for 3 positions on the School Committee and 5 candidates for 4 openings for Library Trustees.

On **April 16, 4:00- 6:00 pm**, BrooklineCAN and the League of Women Voters of Brookline are sponsoring a candidates' forum at the Senior Center. You will have an opportunity to hear many of the candidates on important issues on how they will maintain quality schools, town services, and libraries while facing budget deficits. After the candidates have answered prepared questions, attendees will also have an opportunity to ask questions. The forum will be recorded by BIG and will be available on the BIG LWV of Brookline website, and BrooklineCAN.org



Town election: May 5, 2025. Early voting begins on April 25.
Mail-in ballots must reach the Town Clerks Office
by 8:00 pm on May 5th.



Protect Your Identity, Money & Information: Tips to Avoid Income Tax Scams

Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

It's "tax season" – beware of fraudulent messages by IRS impersonators!

Swindlers contact people via phone calls, text messages, emails or social media notices that appear to come from the Internal Revenue Service or another organization dealing with income taxes (including actual logos and realistic-appearing email addresses). The communication states that individuals owe money or have refunds coming. The senders aim to steal funds and/or get personal information they can use to rob people.

Spot the Scam

- The notification stresses the necessity to immediately share money, bank information, social security numbers, or other personal details.
- The message may stipulate that you click on a link to confirm your identity and/or have the refund approved.
- The communication may demand funds via cryptocurrency, wire transfers, apps, gift or debit cards (instead of traceable personal checks or credit cards).
- It might include threats of confiscating licenses, arresting or deporting individuals who do not promptly comply with their demands.

Stop the Scam

Do not feel pressured to pick up phone calls or respond to electronic messages that appear to come from the IRS. Do not click on links or call phone numbers provided by the message or on Caller ID (even if it seems to be from the IRS). If a call you answered sounds suspicious, hang up immediately.

You can phone IRS customer service at 800-829-1040 (or TTY/TDD 800-829-4059) to check your account. You can also verify your status at IRS.gov.

Designate misleading emails as "Junk" or "Spam" and delete them. Forward suspicious text messages to 7726 (SPAM) and delete.

You can report the message at <https://www.tigta.gov/reportcrime-misconductor> or 800-366-4484 - especially if you mistakenly provided money or information. You can also reach out the National Elder Fraud Hotline at 833-372-8311 (available weekdays 10 am to 6 pm in several languages).

Prevention

You can create a taxpayer PIN at IRS.gov to help secure your tax return.

Feel free to contact the Council of Aging at 617-730- 2777 to request assistance with any of these actions.

UPDATES



COFFEE WITH THE DIRECTOR

On **Monday, April 6**, at **10:00 am**, Emily Williams will be holding her monthly coffee hour. Join us and share your ideas!

CALL FOR LEADER AND PARTICIPANTS FOR THE MEN'S GROUP

We've received recent interest in reviving a Men's Group. If you're interested in leading or joining this group, please reach out to Jamie at jjensen@brooklinema.gov or call 617-730-2753.

EASY TRAVEL: CALL FOR PRESENTERS!

We are looking for enthusiastic travelers who would like to share their photos and stories from their recent or past travel adventures, no matter where they occurred around the world. If you're interested, please reach out to Jamie at jjensen@brooklinema.gov or call 617-730-2753. Thank you!



In place of the COA Board meeting, this month features the **Volunteer Appreciation Event** on **Wednesday, April 15, 2026** at Brookline Senior Center in Room 304 and via Zoom.

12:00 pm: Entertainment by Wendee Glick & Steve Heck
1:00 pm: Appreciation of Volunteers Award Ceremony & Remarks

[Click here to join via Zoom](#)
or email jmilley.gee@brooklinema.gov to join.

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.

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.



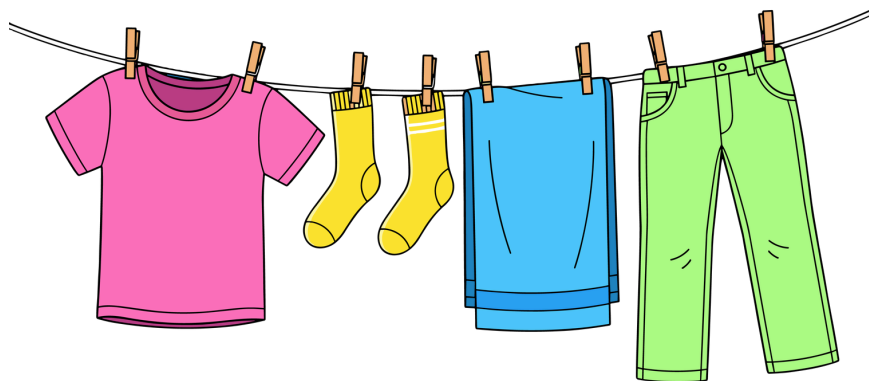
SENIOR CENTER 2026 CLOTHING DRIVE

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 by 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/



NEW PROGRAMMING

MEDICARE SUPPLEMENT VS. MEDICARE ADVANTAGE: WHICH IS THE BEST FOR ME?

Wednesday, April 8, 11:00 am-12:00 pm

A representative from Blue Cross Blue Shield of Massachusetts will be at the Senior Center to present a comparison of Medicare Supplement and Medicare Advantage coverage through real-life examples and to provide helpful resources. Ideal for those new to Medicare or considering a change during enrollment periods. Program is open to all. You do not need to be a Blue Cross Blue Shield member to attend. Please register at 617-730-2770.

PET LOSS & GRIEF HEALING CIRCLE



Thursdays, April 16 and 23, 10:00-11:30 am

Have you felt stuck after the loss of your pet? Might you feel better if you were able to learn some techniques on how to cope with your loss? Being among others who have also lost pets may be your first step to feeling better. Join us in our grief group. The bond between animals and humans has been studied for decades; our animal's impact on us affects us psychologically, physically and emotionally. You're not crazy, you're grieving. Pre-registration is required at 617-730-2770. Space is limited. Bring photo of your pet, if possible.

DIGITAL HOME HEALTHCARE FOR SENIORS (formerly known as Healthcare Apps & Devices for Smartphones)

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

Join instructor Allen Waxman for this continued 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:

- Vision, Reading & Dictation Aids
- Blood Glucose, Ketones & Diabetes
- Carbs & Weight Management
- Cardiovascular Health
- Respiratory Health
- 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.

NEW PROGRAMMING

BROOKLINE MUSIC SCHOOL CONCERT BOSTON JAZZ TRIO - JAZZ IN THE AFTERNOON

Wednesday, April 8, 1:00 pm

Rick Landwehr, drums, a Berklee College of Music alum, has played for a number of rock and jazz bands and a local Community Jazz Orchestra. He has studied with many talented musicians including composer/ arrangers Dennis Grillo and Richard Evans and drumming legend Casey Scheuerell. In addition to composing/performing with The Boston Jazz Trio, he plays with the Avant-Garde band Third Nipple which includes fellow Jazz Trio member Joe Conley.

Jim Conley, guitar, another Berklee alum, also has a Master's from the Boston Conservatory and is pursuing a Doctorate in Jazz Performance & Ethnomusicology. He has 20+ years of professional playing experience including some highly acclaimed studio albums with former Frank Zappa alumni. He teaches guitar and bass at multiple music schools and has had many performances and showcases throughout the US (including performances with Grammy winning pianist David Maxwell), and recording sessions for TV soundtracks. Joe composes jazz, avant-classical, and microtonal-pop music and also partakes in free improvisation.

Bassist/composer Tim Paul Weiner has spent the last two decades performing, writing and recording music with many ensembles and his music has been distributed in multiple countries. He has been an active freelance performer and session bassist throughout the New England area. Like Rick and Jim, he is also a Berklee alum with a Masters from the Longy School of Music. In addition being a bass guitarist, he is also a versatile composer, songwriter and bass teacher. His film compositions have been featured at the Woods Hole Independent Film Festival and The New York Independent Film Festival. He performs throughout the New England area in many eclectic ensembles as an electric and double bassist with styles ranging from North African funk, and world music, to jazz, and also performs with many singer songwriters in the area.

Please register at 617-730-2770.



LEO DIAMANT CONCERT

Friday, April 24, 1:00-2:00 pm

Leo Diamant is back! Join us for a wonderful hour of music. Leo is a BSC crowd favorite and middle school teacher. Please register at 617-730-2770.

NEW PROGRAMMING

AGING WELL: IT TAKES A VILLAGE

Thursday, April 9, 11:00 am-12:00 pm

The Brookline Senior Center is pleased to welcome Christina Blais, Care Manager at Arosa, for a special presentation entitled "Aging Well Takes a Village."

The presentation will highlight the importance of community resources, family involvement, and professional support in promoting well-being as we grow older. This is an excellent opportunity to learn, ask questions, and connect with a knowledgeable advocate for senior health and independence. We hope you can join us! Please register at 617-730-2770.



SLAVERY IN THE NORTH (AND BOSTON)

Thursday, April 9, 1:00-2:00 pm

Join historian Dr. Tess Bundy for a lecture and discussion of the history of slavery in the North and more specifically in Boston. Despite what many of us have been taught, slavery was hugely important outside the South. Not only did enslaved people live in the northern colonies and states, but the institution of slavery had key and long-lasting impacts on the northern economy and politics.

The talk will include an overview of the history of African enslavement in the United States and the key turning points in its 400 year history. We will also discuss the lives of enslaved people in the North, how the North profited from slavery, and the ways that the North supported slavery in the South. We will also address the specific impacts that the institution of slavery and enslaved and formerly enslaved people had on the city of Boston. We will conclude with a discussion of why it is important to know and teach this history of slavery in the North. Please register at 617-730-2770.

MENOPAUSE AND POSTMENOPAUSE

Monday, April 13, 11:00 am-12:00 pm

Join students from the Massachusetts College of Pharmacy & Health Sciences for a presentation on menopause and postmenopause with a focus on overall health. The session will cover bone health, heart health, hormonal changes, and key reproductive health considerations during midlife and beyond. The goal is to provide clear, practical information that is relevant to all participants and helps them better understand how to support their long-term health. Please register at 617-730-2770.

NEW PROGRAMMING

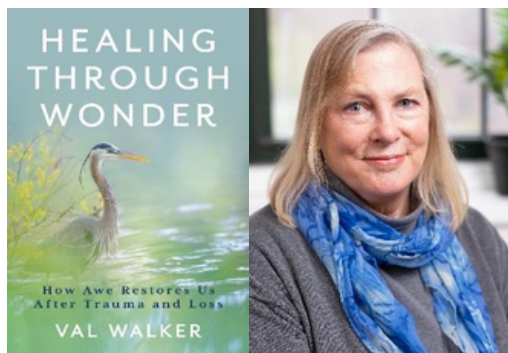
CELEBRATING WONDER THROUGH POETRY: POEMS THAT TAKE OUR BREATH AWAY

Monday, April 13, 1:00-2:00 pm

Breathtaking moments of awe have inspired poets for thousands of years to share their amazement of the natural world and humankind around them. In this presentation, we spark our sense of wonder through the creative spirit of poets Mary Oliver, Henry Wadsworth Longfellow, Wendell Berry, and Maya Angelou. Their awe and enchantment live forever in their poetry—and is contagious when read out loud! Come join our gathering to celebrate the wonder of words and poetry, and be awestruck by their beautiful writing.

Val Walker is a rehabilitation consultant and blogger for Psychology Today and Health Story Collaborative. She is the author of *The Art of Comforting*, a Nautilus Book Award Gold winner, and *400 Friends and No One to Call*. Her latest book is *Healing Through Wonder: How Awe Restores Us After Trauma and Loss*. With a Master of Science degree in rehabilitation counseling from Virginia Commonwealth University, she has led support groups and workshops for thirty years for people living with illness, disability, grief, and trauma.

Please register at 617-730-2770.



ELEMENTS OF STYLE: SKILLFUL WRITING AND GRAMMAR

**Tuesdays, April 14, 21, 28, and May 5,
1:30-2:30 pm**

Instructor: Elynn Gayle Finkelstein

Ready to brush up on grammar skills and tackle spelling, commas, and compose sentences with clarity and “umph”? With fun and creative worksheets, we’ll add flair to our writing and enjoy short videos to reinforce our vocabulary. Please register at 617-730-2770.

KEEPING THE FAMILY HOME IN THE FAMILY: WHAT YOU SHOULD KNOW ABOUT ESTATE PLANNING AND MASSHEALTH

Wednesday, April 29, 11:00 am-12:00 pm

For many of us, our home is more than just property; it is where holidays are celebrated, children are raised, and memories are made. What many families don’t realize is that if a loved one receives long-term care benefits through MassHealth, the state may later seek repayment from their estate, including placing a lien on the family home. The good news is that with thoughtful planning, there are ways to protect what matters most.

Join sponsor Houseworks and William McGuire, Esq., Founder of Will's Wills, PLLC, for a warm, practical discussion about estate planning basics, with special focus on how irrevocable trusts can help safeguard your family home. You’ll leave feeling informed, empowered, and better prepared to protect your loved ones and your legacy.

Please register at 617-730-2770.

NEW PROGRAMMING

FIRST WE EAT...THEN WE COMPETE!

Thursday, April 16, 12:30-2:00 pm

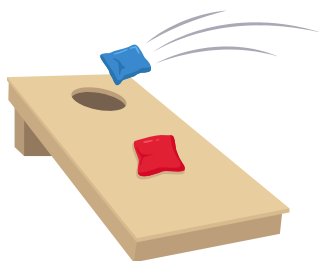
Come enjoy a healthy Mediterranean style luncheon --- followed by a few rounds of the popular game of Cornhole. Sandwiches, salads and beverages will be served.

Cornhole is similar to the game of horseshoes but played with bean bags -- we will form teams of two and award trophies to the winners.

You could become the Brookline Senior Center Cornhole Champ of 2026!

This program is offered in partnership with Goddard House Assisted Living in Brookline.

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



ATTR AWARENESS PRESENTATION

Thursday, April 23, 11:00 am-12:00 pm

Join Kathy Frenette, Patient Education Liaison (PEL) with Alnylam Pharmaceuticals. As a PEL, Kathy's role is to educate patients, caregivers, families, and communities affected by or at risk for ATTR amyloidosis (ATTR). In this presentation, Kathy will be sharing information about this rare, often undiagnosed condition.

ATTR is a disease with symptoms that can worsen over time and affect multiple parts of the body, including the heart, nerves, and digestive system. Please register at 617-730-2770.

SENIORS TALK REAL ESTATE SERIES: HELPING FIRST TIME HOMEBUYERS

Wednesday, April 22, 11:00 am-12:00 pm

Hear about local market trends and the latest in home financing, including down payment and closing cost assistance. We will also discuss generational wealth and the many ways to help a family member leverage your buying power to purchase their first home. If you are buying, selling, or advising a family member, you won't want to miss this informative interactive session.

Presenters are Emily Beal and David Dowd, from Sell Mom's House & LAER Realty.

Please register at 617-730-2770.

AMERICAN RED CROSS BLOOD DRIVE

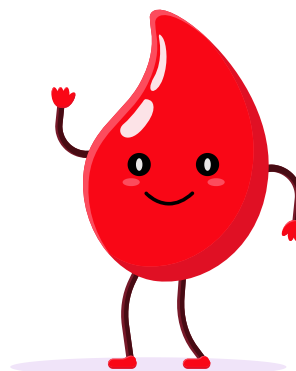
Monday, April 27, 9:00 am-2:00 pm

The Brookline Senior Center is hosting the American Red Cross for a Blood Drive.

To schedule an appointment, call 1-800-733-2767 or visit www.redcrossblood.org and enter

sponsor code: SCBrookline. When you register, you will have to select your time and donation type ("blood" or "Power Red").

Please see the Red Cross website for more information.



NEW PROGRAMMING

DEATH CAFE

Monday, April 27, 1:00-2:30 pm

Join us for the Brookline Senior Center's Death Café. Death Cafés are a place for people of all ages to socialize, eat, and drink while talking about death and dying – with no agenda, advertising, objectives, or themes. The only goal of a Death Café is to increase our awareness of death so we can make the most of our (finite) lives.

Registration is not required, but for questions, contact Jamie at 617-730-2753 or

jjensen@brooklinema.gov

BROOKLINE TOWN ENERGY ADVOCATE OFFICE HOURS AT THE SENIOR CENTER

Tuesday, April 28, 10:00 am-12:00 pm

Caroline Staudt, the Town of Brookline's Energy Advocate, will be hosting office hours at the Senior Center. No registration necessary. Caroline's position with the Sustainability & Natural Resources Division of the Department of Public Works is grant-funded thanks to the Town's participation in the Mass Save® Community First Partnership.

Caroline is available to provide free, personalized guidance to Brookline residents and small business owners on energy efficiency programs, as well as assistance with understanding utility bills and determining eligibility for discounted utility rates. Residents can also reach out to Caroline directly at cstaudt@brooklinema.gov or 617-730-2097.

PLANNING FOR YOUR FUTURE – HOW OLDER ADULTS CAN LIVE SUCCESSFULLY AND SAFELY!

Tuesday, April 21, 11:00 am-12:00 pm

Larry Poirier, Springwell's Outreach Manager, will be giving a special presentation on how older adults can thrive in their later years. Larry brings over thirty years' experience working directly with seniors and he will share his insights into living your best life, regardless of your age.

The presentation will cover the following topics:

- Successful Lifestyle Habits
- Advanced Directives/Estate Planning Basics
- Housing Options- Where do you want to live?
- How to begin preparing a plan for the future

Please register at 617-730-2770.

COMMUNICATION PLAN

Thursday, April 30, 11:00 am-12:00 pm

A communication plan is a valuable tool during an emergency. It helps you navigate the situation without having to scramble to find phone numbers to contact people, figure out where to evacuate to, or how to reunite with loved ones.

In this presentation, the Brookline Office of Emergency Management will present all the information needed to create an efficient communication plan that residents will be able to tailor to their personal situation and needs.

Please register at 617-730-2770.

SAVE-THE-DATE

Wise Aging

Living with JOY, RESILIENCE, & SPIRIT



Rabbi Rachel Cowan
&
Dr. Linda Thal

WISE AGING GROUP: LIVING WITH JOY, RESILIENCE AND SPIRIT

Tuesdays, May 5 through June 9, 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.

THE ART OF DUNHUANG: ANIMATE HISTORY!

Monday, May 4, 1:30-2:45 pm

Step into the Silk Road and bring ancient murals to life! Hudson Chen will introduce the value of Dunhuang Grottoes, the most outstanding art treasure on the Silk Road, and how to use digital animation to interpret its value to the public. Audiences will engage with a famous Dunhuang mural that explores themes of tolerance, kindness, and awakening, featuring fascinating characters. They will create their own character animations and composite them into a short animated film, collaborating imaginatively with ancient Silk Road painters from thousands of years ago.

Please register at 617-730-2770.



Annual Sidewalk Sale Donation Collection

Tuesday, June 23, 10:00 am - 2:00 pm

The annual sidewalk sale will take place, rain or shine. All proceeds will support the programs and services offered by the Brookline Senior Center. If you would like to contribute donations for the sale, please place them in the bins located outside the Council on Aging offices on the second floor of the Senior Center.

Please note: We are unable to accept items with plugs, clothing, linens, or large items. For any inquiries, feel free to reach out to Jamie Jensen at jjensen@brooklinema.gov or call 617-730-2753.

ONGOING PROGRAMMING

BROOKLINE BEES

Tuesdays, 10:30 am-12:00 pm

April showers...means lots of time indoors working on sewing projects! The Brookline Bees sewing group is busy making items to sell at the annual sidewalk sale in June. In addition to the raffle quilt, we are making aprons for walkers, tote bags, and other favorites. What else would you suggest?

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. Please join us!

Friday, April 17, from 12-4 pm, will be an Open Sewing day and Joyce will be in our workroom. Anyone is welcome to come make items for the craft sale, or work on your own project with tools and coaching available. Joanne (below) has been busy making baby quilts for her growing family!

Please note that Tuesday, May 5, is voting day in Brookline. The Bees will not meet that day -- be sure to vote! Your opinion matters! Downsizing? We are always glad to receive fabric, notions and equipment in good condition.



SPORTS FAN FORUM

Wednesdays, 10:00-11:00 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

APRIL BIRTHDAY PARTY

Tuesday, April 21, 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

Wednesday, April 22, 12:00-1:30 pm

(leaving the Senior Center at 11:30 am)

We will be going to Sweet Cheeks in Boston. Participants pay for their own meal and tip.

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

ONGOING PROGRAMMING

BOOMERS & BEYOND TRAVEL CLUB

Taza Chocolate Factory

Wednesday, April 29, 11:00 am-12:00 pm

Join us at the factory in Somerville for an “Intro to Stone Ground Chocolate,” a brief talk and chocolate tasting tour. Visitors will be able to view Taza’s chocolate grinding and depositing rooms from the factory store.

Raffle for participation will be on Wednesday, April 22 and attendees will be called then. Please register for the raffle at 617-730-2770.

Save-the-Date: “Something Rotten”

Wednesday, May 20, 2:00 pm

Join us at Lyric Stage Boston for this hit play: Some are born great, some achieve greatness, and then there’s Nick and Nigel Bottom. Two brothers stuck in the shadow of a certain Renaissance rock star (Shakespeare), set forth to knock him off his perch by writing the world’s very first musical. A misinformed soothsayer plants the seeds for this brilliant idea as the task of how to upstage a literary genius without really trying hilariously unfolds. This history-twisting mash-up of sixteenth-century Shakespeare and twenty-first-century Broadway is a love letter to musical theater complete with outrageous characters, dazzling showstoppers, and all the winks and flourishes that make us feel that “with a musical we might have half a chance.”

Raffle for participation will be Wednesday, April 29 and attendees will be called then. Payments of \$25 per ticket will be due on Wednesday, May 6. Please register for the raffle at 617-730-2770.

KITCHEN REMEDIES

Mondays, 10:30 am-12:30 pm

Join Zipora Vainstein to learn how food is medicine. She shows simple educational videos, samples healthy foods, and shares her passion for healthy living. Drop-ins welcome.



INVESTORS GROUP

Wednesday, April 15, 2:00-3:00 pm

Whether you are a casual investor, a billionaire, or just curious about investing and stocks, join us to talk about ideas, investment products, highs and lows of the markets and the excitement of investing.

NOTE: We will not pool funds or make investments together, nor will we give investment advice.

Please register at 617-730-2770.

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.

ARTS

GALLERY 93

Snapshot

Works by Chris Faust

through May 28



Dad's Flowers, watercolor, gouache on paper

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

Thursdays, 1:00-2:00 pm

The Ivy Street School students will join us on Thursdays. These young adults will have crafts ready. Join us for some low key, intergenerational fun!

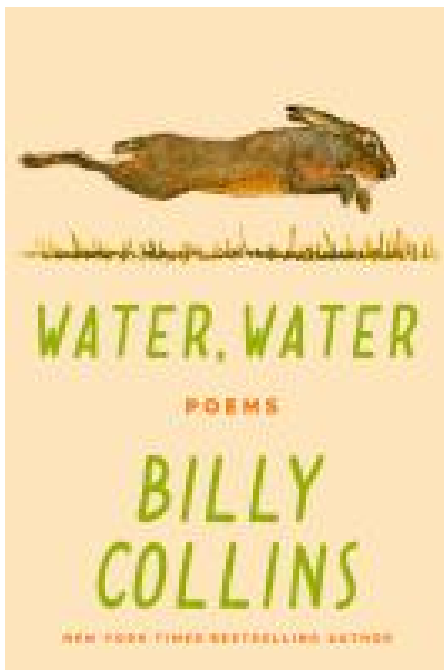
BOOKS AND STORIES

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/meeting/register/tZYkdu-vqz4pE9AZ8Edpe7IIGTuijev32avE#/registration>

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

Monday, April 27, 2:00 pm
Water, Water by Billy Collins

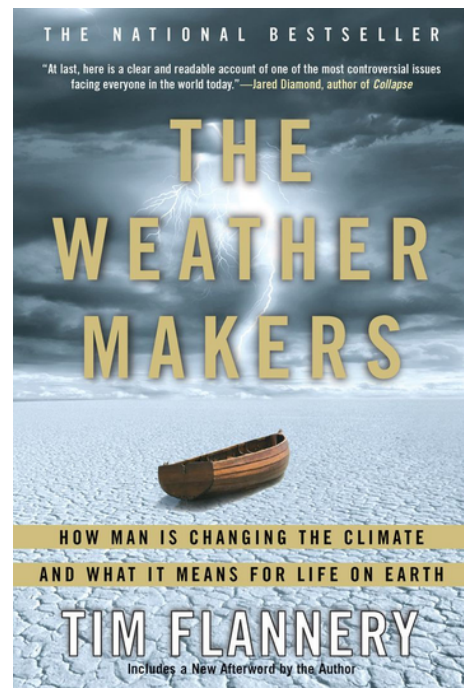


PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

Volunteer Cindy Palmquist is challenging your thinking every month on the **third 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, April 21, 9:00 am

The Weather Makers: How Man is Changing the Climate and What it Means for Life on Earth by Tim Flannery



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

Fitness instructor Denise Harrington plays the best music. Her variety, includes popular songs from the '20s through the '90s.

Please register at 617-730-2770.



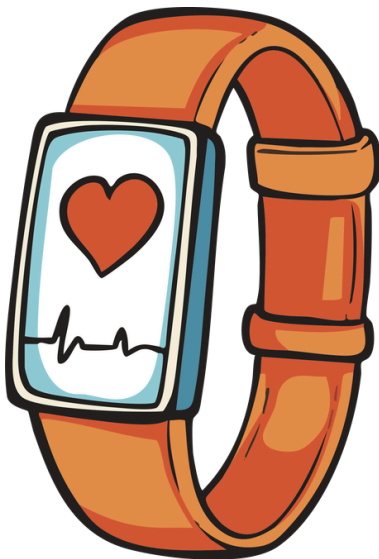
ZUMBA GOLD

Wednesdays, 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 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 dance class. Please register at 617-730-2770.

VIRTUAL DANCE

Thursdays, 1:00-2:00 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.

PLEASE NOTE: IF YOU REGISTERED FOR AN ONGOING CLASS BEFORE, YOU DO NOT NEED TO RE-REGISTER.

FITNESS CENTER

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?

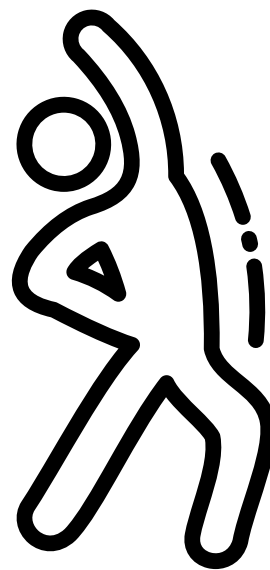
Please temporarily direct any questions or concerns regarding the Fitness Center to the Social Worker of the Day by calling 617-730-2777.

STRETCH AND STRENGTH

Tuesdays, 9:00-10:00 am

Join our Stretching and Strength Training class with Mia to boost mobility and build strength through safe, low-impact exercises tailored for all abilities. Held weekly, participants use chairs, light dumbbells, and bodyweight in a supportive environment to enhance flexibility and muscle tone.

Please register at 617-730-2770.



WELLNESS



A TASTE OF QIGONG

Tuesdays, 10:30-11:30 am

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!



PET THERAPY VISIT

Enso, the Goldendoodle, looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on **Mondays, April 6 and 27 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.

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 April 9 and 23)

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

BROOKLINE RECREATION: ACTIVE OLDER ADULTS PROGRAMMING

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.

Wolf Hollow | Thursday, April 2, 8:45 am-1:30 pm | Ipswich MA, \$26

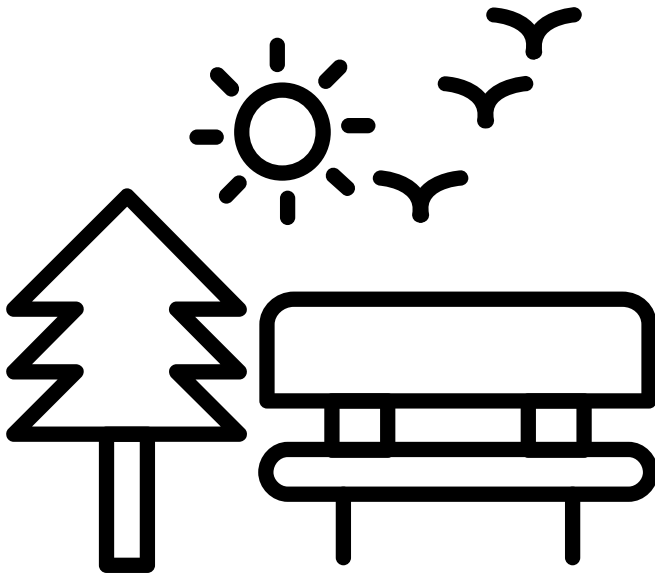
Explore this unique wildlife sanctuary dedicated to the preservation and education of wolves and their vital role in our world. We will enjoy a guided educational tour where we will be brought to each enclosure to learn about the wolves, wolf behavior, pack dynamics, conservation efforts, and the importance of the natural habitat and then will enjoy lunch at Woodman's.

Blue Hills Trailside Museum Trip | Wednesday, April 8, 10:00 am-1:30 pm | \$12 per person

Join us on this trip to the Blue Hills Trailside Museum! Enjoy meeting native wildlife in the outdoor museum before heading inside to learn more about the deep history of the Blue Hills and beyond. This trip will have walking for short distances on paved trails and inside the museum. 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 1:00-1:30 pm. Pre-registration is required.

Sheepshearing Festival | Saturday, April 25, 10:00 am-2:00 pm | Waltham, MA, \$25

This event features live musical acts, 100+ craft and fiber artists, demonstrations of traditional shearing techniques, herding dogs, historic re-enactors, and hands-on activities for everyone!



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, April 13 and 27, 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

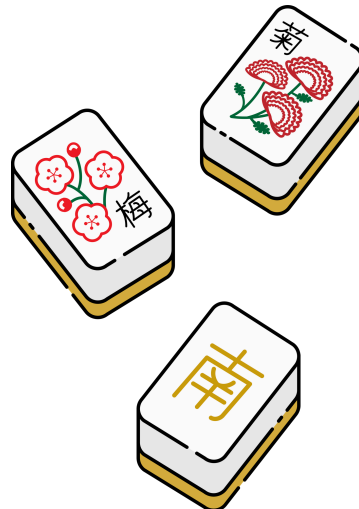
Mondays, 2:00-3:00 pm (beginners only)

Wednesdays and Fridays, 12:00-4:30 pm

INTERMEDIATE MAH JONG

Thursdays, 2:15-4:30 pm

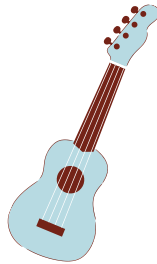
Please register with Jamie at jjensen@brooklinema.gov



MUSIC

UKULELE

The Ukulele class meets two **Mondays** each month (**this month on April 6 and 27**). Newer participants can come at 1:00 pm and the others will join us at 1:30 pm until 2:30 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, April 14, 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

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 and Fridays, 3:00 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

WHEN HARRY MET SALLY...



When Harry Met Sally
(1989, 1 h 36m)

April 7

(Rescheduled from February)

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.



Bringing Up Baby



Bringing Up Baby
(1938, 1 h 42m)

April 14

While trying to secure a \$1 million donation for his museum, a befuddled paleontologist is pursued by a flighty and often irritating heiress and her pet leopard, Baby.



Harold and Maude
(1971, 1 h 31m)

April 21

Young, rich, and obsessed with death, Harold finds himself changed forever when he meets lively septuagenarian Maude at a funeral.



**Springtime Sensation:
The Secret Garden**
(2020, 1 h 39m)

April 28

An orphaned girl discovers a magical garden hidden at her strict uncle's estate.

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, April 15, 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+.

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

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METROWEST LEGAL SERVICES

Thursday, April 30, 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!

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.

MYSENIORCENTER CARDS AND CHECK-IN

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. Then, check in for all of the activities you come to!



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.

FILE OF LIFE

This program provides individuals with emergency medical identification 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

Thursday, April 23, 10:30-11:30 am

Brookline Hearing Services provides hearing aid cleanings, maintenance, and patient counseling at no charge. They also sell all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

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.

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: April 8, May 13 and June 10.

Time: 10:15 am-12:00 pm.

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

PUBLIC LIBRARY PROGRAMS

An Evening with the Brookline Symphony Chamber Players (Brookline Village) - Wednesday, April 1 at 7:30 pm

The Boston Marathon at 130 with Author Paul Clerici (Brookline Village) - Monday, April 13 at 7:00 pm

Live Music on the Lawn with DVinci Soul (Putterham) - Wednesday, April 15 at 3:00 pm

The Odyssey on the Lawn with New Muse Productions (Putterham) - Wednesday, April 22 at 3:00 pm

Bystander Training Workshop with MA Immigrant and Refugee Advocacy Coalition (MIRA) (Brookline Village) - Thursday, April 23 at 6:00 pm

Memories Flow Beneath It: From Valley to Quabbin (Brookline Village) - Sunday, April 26 at 2:00 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.

Were you recently over income to qualify for the Medicare Savings program? Great news, income limits have increased and you may now qualify! The Medicare Savings program is a great benefit that will pay for your Part B premium as well as any late enrollment fees. It will also cap your medication costs making your drugs more affordable. At the highest level, it will protect you from getting billed for Medicare copays and deductibles. This benefit works with your existing Medicare plan, so there is no need to make any changes. Schedule your appointment with a SHINE counselor today to see if you're eligible.

INCOME IS BELOW:
SINGLE \$2,993.00 PER MONTH
MARRIED \$4,058.00 PER MONTH

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 the Senior Center at 617-730-2777. For other SHINE-related questions, call 781-453-8076 to be connected with our regional voicemail line. A volunteer will call you back.



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: As I've gotten older, I seem to have more of a problem with constipation. Why does this happen, and what can I do about it?

ANSWER:

Yes, constipation becomes significantly more common as you age. While it is not an inevitable physiological result of normal aging, its prevalence increases sharply after age 65.

Why It Happens

The increase in constipation with age is typically due to a combination of lifestyle changes and medical factors:

- **Slower Digestion:** The muscles in the gastrointestinal tract can lose tone and slow down, meaning food takes longer to move through the colon, which absorbs more water and makes stool harder.
- **Medications:** Older adults are more likely to take prescriptions for conditions like high blood pressure, depression, or pain (opioids/NSAIDs), many of which have constipation as a primary side effect.
- **Reduced Activity:** A more sedentary lifestyle or limited mobility can decrease the natural stimulation of bowel muscles.
- **Dietary Changes:** Inadequate fiber intake and lower fluid consumption—sometimes intentional to manage urinary incontinence—are major contributors.
- **Weakened Muscles:** Loss of abdominal and pelvic floor muscle strength can make it harder to effectively evacuate the bowels.

Managing Age-Related Constipation:

(If the constipation is new or alternates with diarrhea, speak with your health care provider first to be sure there isn't a blockage.)

INCREASE FIBER.

Eat high-fiber foods like Kiwi fruit, beans, lentils, apples, prunes and vegetables to reach 20–30g of fiber daily.. The nutrition label will tell you how much fiber is in foods. For example, some high fiber foods are:

- Lentils (Cooked) 1 cup 16-18g
- Black Beans (Canned) 1 cup 15-17g
- Chia Seeds 2 tbsp 7-10g
- Raspberries 1 cup 8g
- Pear (with skin) 1 medium 5.5-6g
- Prunes 4-5 prunes 3-4.5g

Note: Always increase fiber intake gradually over a week or two and drink plenty of water to avoid gas and bloating.

ASK A GERIATRICIAN

Continued...

STAY HYDRATED. Drink water to help move the stool along.

MOVE MORE. Even modest physical activity like walking can help keep the digestive system moving.

For treatment of chronic constipation that doesn't respond, start with bulk-forming fiber such as Metamucil, Citrucel or FiberCon with plenty of water. These can take a couple of days to work and should be used daily..

Laxatives like polyethylene glycol (MiraLAX) can help. Milk of Magnesia is also very helpful but has to be used very cautiously and only occasionally because of high magnesium content.

Other laxatives which can be used together with miralax are Dulcolax and Senna.

Stool softeners add moisture to stool, which can help promote movement.

For severe cases, the doctor may order prescription laxatives, such as Linzess.

For immediate relief within minutes to an hour, glycerin suppositories are good to keep on your bathroom shelf. Avoid Phosphate enemas (like Fleet) in older adults as they can cause dangerous electrolyte imbalances.

SO, to get your bowels moving, get moving, drink fluids and eat high fiber foods!



SPOTLIGHT

**“Keep working and keep chasing your dreams and never give up”
-Senior Center marathon fundraiser Angie Fang**



Miriam Rosalyn Diamond, COA Engagement Promoter

This month, high school senior Angie Fang will run her first Boston Marathon and raise money for the Brookline Senior Center Foundation. Born in Michigan, she spent most of her life in Massachusetts, the last eight years in Brookline. “I really like Brookline... It was a great town to grow up in.”

Angie attends the Winsor School. Her classes include AP Physics, a course on “Manifestos”, and Neuropsychology – the area she hopes to study in college. She first ran in 8th grade, trying for the school cross-country team with a friend. She didn’t qualify. “I wasn’t very good.” Angie discontinued running until 2024, when social media inspired her to resume. Initially running solely for her own enjoyment, it was a refuge from scholastic pressures. “Running is something I do for myself...right now I’m like a new, baby runner.” She improved and began approaching it more seriously. Her first race was 2024’s Thanksgiving “Turkey Trot.” She has since participated in a couple of half-marathons.

Several months ago, Angie saw signs recruiting individuals for Team Brookline. “I’d like to run a marathon and give back to the community at the same time.” She was excited to be accepted. One of the youngest in the group, she trains regularly with teammates. She chose to run for the Senior Center out of gratitude for nursing home staff who care for her grandmother in China. “It’s inspiring how people support the older generation.”

Angie toured the Brookline Senior Center last fall. “It was really cozy, really warm.... I liked how much it felt like a community... there was always an event happening....it’s kind of like a central hub of activity.”

She hopes to raise \$13,000, having already met the \$8,500 minimum expected of Team Brookline members. In addition to donations, she sold Valentine’s Day flowers at Brookline Booksmith, baked goods, and clothes she no longer wears. Angie’s philosophy is “Keep working and keep chasing your dreams and never give up...just keep trying,” which she applied to running. She is inspired by her mother, an immigrant from China who arrived with little, studied and worked hard to achieve while supporting Angie’s growth and education

Angie encourages people to go outside, breathe fresh air and take a walk. She recommends strolling around the Esplanade - one of her favorite running routes.

You can donate to Angie’s run by buying a “Step” at the Senior Center, or at

<https://www.givengain.com/champion/angie-fang-1374712>

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Membership?

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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

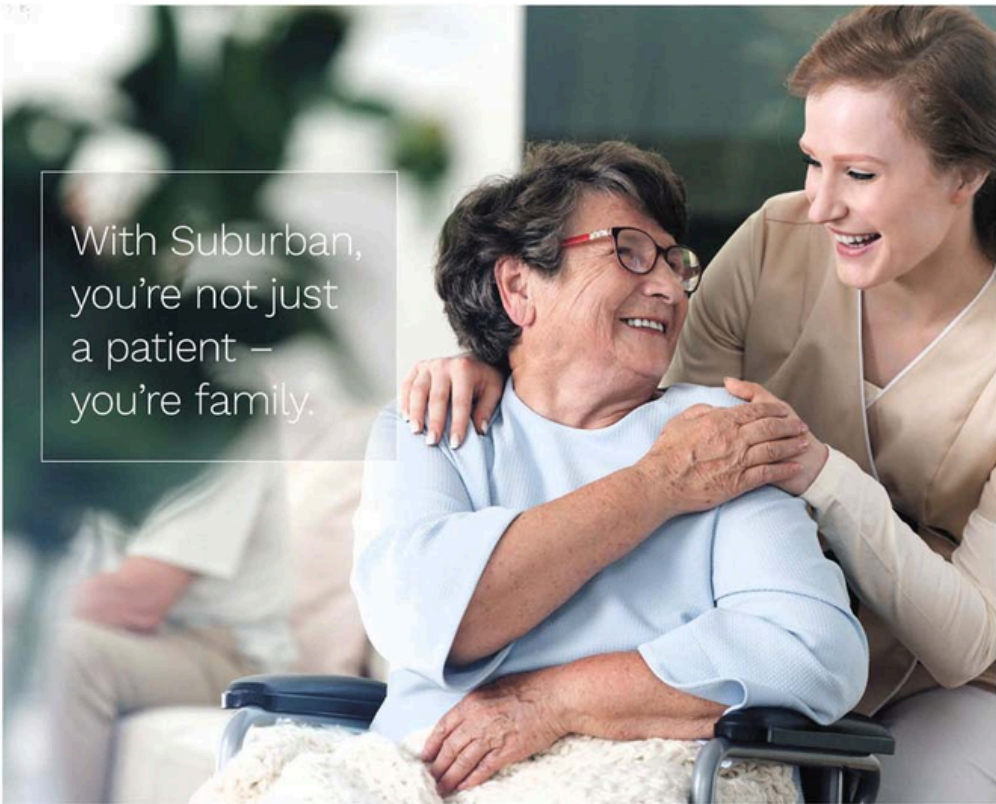


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