THE BROOKLINE BEACON

A MONTHLY PUBLICATION OF
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

JUNE 2026

PRIDE MONTH CONCERT
Monday, June 15, 1:00pm
Celebrate Pride with a joyful sing-along concert with seasoned seniors Joel Light and Dan Moore, featuring laughter, memories, and iconic LGBTQ+ anthems. Enjoy classics like “Over the Rainbow,” “I Am What I Am,” and other hits from gay icons like Judy Garland, Gloria Gaynor and Barbara Streisand. Raise your voice with favorites such as "I’m Coming Out" and "We Are Family." Be festive, nostalgic, and full of pride — come sing, celebrate, and be yourself! Please register at 617-730-2770.

SIDEWALK SALE
Tuesday, June 23, 10:00 am-2:00 pm
Join us for our annual Sidewalk Sale, an exciting event benefitting the Brookline Senior Center! Shop for fantastic finds, rain or shine, and help support our programs and services. Donations are welcome — just drop off items (excluding items with plugs, clothing, linens, or large items) outside the Council on Aging offices on the second floor. Don’t miss this chance to shop, donate, and make a difference! For questions, call 617-730-2753 or email at jjensen@brooklinema.gov.

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A NOTE ABOUT OUR NEWSLETTER

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

The Brookline Senior Center is a Welcoming Community.

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

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617-730-2777 617-730-2770

COA Van
617-730–2750

Brookline Community Aging Network
www.BrooklineCAN.org

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.

HOLIDAY CLOSURE

Please note that the Senior Center will be closed on **Friday, June 19** in observance of Juneteenth National Independence Day. There will be no Springwell meal service or transportation services that day.

FROM THE DIRECTOR

Dear Friends,

Twenty-five years ago, the Brookline Senior Center was built on a simple yet powerful intention: for older adults to have their own place in Brookline where they can enjoy a daily meal, socialize, and meet new people. Over the past quarter century, that idea has grown into something far greater. The Senior Center has become a lifeline — a "third" place in addition to people's first place in the home and second place in their working lives — and, for many, a second home.

And now, together, we ask: what comes next?

This past year, we've already begun shaping that answer by expanding our team, opening our doors wider to intergenerational connections, partnering with multiple organizations, adding technology, and creating incredibly meaningful programming and volunteer opportunities that bridge generations — all while putting an age-friendly lens on town projects to support and represent our community.

The truth is, in 2026 we are serving more older adults than ever before. Our population is growing — both in number and in wisdom — which means we must, and we will, expand. My vision includes a second Senior Community Center on Fisher Hill — not someday in the abstract, but as a real, necessary next chapter in how we serve this community. A place that extends our reach, reduces barriers, and ensures that no one is left on the margins because of geography, mobility, or capacity.

My commitment to you is this: a future rooted in equity, where programming and services are accessible, inclusive, and reflective of all who call this community home.

The last 25 years have shown us that when a community comes together with purpose, there is nothing it cannot build. That is why I am inviting you into a participatory future. The success of this Senior Center — its next 25 years — will be determined by all of us. We need your voice, your urgency, and your hope in this work. The future we build must be active. It must be collective. And it must be bold. Share your ideas and make your voice part of the next 25 years at our senior celebration Thursday, June 18 at 1:00pm. See page 10 for details.

Happy Pride Month! And a special warm wish to all the dads out there Happy Father's Day.

Sincerely,

Emily J. Williams
Director

FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

I hope you're enjoying warmer weather, spending more time outdoors, and discovering new interests. We're fortunate to have the Brookline Senior Center — a place where you can participate in a wide array of activities, make new friends, volunteer, and access life sustaining services.

Recently I asked a woman at the Senior Center what she likes about our Senior Center. She was quick to respond. She said that in Brookline, there are many talented and accomplished people who retire and look for meaning in their post-work life years. Some of those people become Brookline Senior Center presenters, program facilitators, and participants. Her observation is reflected in the variety of offerings in this newsletter. We're fortunate to live in a Town where people value the arts, cultural activities, and fitness.

In addition, and critical to this perspective, is the acknowledgement and appreciation of our Senior Center staff. Emily Williams, Council on Aging and Senior Center Director, oversees a wonderful team of dedicated individuals who work tirelessly to support Brookline seniors. Each and every staff person at the Brookline Senior Center plays an important role, and you can learn more about our skilled and dedicated staff on our website: https://www.brooklineseniorcenter.org.

Living in an intellectually stimulating community and benefitting from competent, caring Brookline Senior Center staff enables us to offer an exceptional depth and breadth of programming. And I believe that the third component of what sets us apart is the culture of the Brookline Senior Center, promoted by participants, staff, and volunteers. While we're represented by many different cultures, values, and socio-economic backgrounds, warmth, respect, and tolerance permeate the building. The Brookline Senior Center is truly a valuable community resource!

Warm regards,

Betsy Pollock, MSW
Brookline Senior Center Foundation Board President

If you would like to support Brookline Senior Center programs you can contribute here:

IN APPRECIATION

Annual Appeal Donors:
Elizabeth True Browder
David and Rusty Browder
George and Mary Chin
Ruthann Dobek
Bruce Felton
Elizabeth Fletcher
Joyce Gourdoupi
Kirk James
Dzidra J. Knecht
Bebe and Nick Nixon
Maria Nobrega
Mimi O'Connor
Lindsay Odonovan
Kate Poverman
Gail Ransom
Martin Rosenthal
Joel Smith
Priscilla Smith
David Stern
Ann Stitt
"Steps" donors*

In Honor of Ruthann Dobek Fund from:
Sharon Devine

In Honor of:
Leslie Friedman, from Ellen Feingold
Michael Shaw, from Mary Ann Christopher
ELF, HELP and the transportation programs, from Sharon Devine
ELF, from Edward and Lillian Astrachan

In Honor of the AARP Tax Preparation Program from:
Emily L. Bassett
Reva Katz
Sherry Lee

In Memory of:
Tom Faulhaber, from Susan C. Nash
Eleanor Kaplan, from Carol Cohne Meirovitz
Aaron Seidman, from Constantine Bialik and Margaret Guyer

*Individual donor names can be seen hanging in the stairwell at the Brookline Senior Center

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

BrooklineCAN
Carol Caro
Marion Freedman-Gurspan
Nancy Heller
Katie Hope
Mary Mullarkey
Bob Myslik
Ruth Seidman
Velda Shaby

Donations received after May 1st will be posted in the next issue.

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

UPDATES

COFFEE WITH THE DIRECTOR

On **Monday, June 1, at 10:00 am**, Emily Williams will be holding her monthly coffee hour. Join us and share your ideas!

FARMER'S MARKET COUPON DISTRIBUTION

The Brookline Public Health & Human Services is excited to continue Brookline Bounty, the Farmers Market coupon program, for its sixth year. See more information on page 31.

LIMITED HOUSEHOLD HAZARDOUS WASTE COLLECTION

The Senior Center is partnering with the Department of Public Works to provide a limited household hazardous waste collection for Brookline residents. Drop-off containers will be placed in the first floor reception area of the Senior Center for the collection of the following items**: non-alkaline batteries (rechargeable or lithium), light bulbs, CFLs, and partially filled aerosol can**s. Please do not leave any other items in the containers.

Alkaline batteries (AAA, AA, C, D, 9-volt), empty aerosol cans, and smoke detectors can be disposed of with your regular trash. More information can be found here: https://www.brooklinema.gov/3764/Hazardous-Waste-Drop-Off-Programs

BROOKLINE COUNCIL ON AGING

The June Council on Aging Board meeting will be held on **Wednesday, June 10, 2026 at 1:00 pm, via Zoom and in-person at the Brookline Senior Center, Room 103**. Please check the Town calendar for agenda and updates.

To join via Zoom:
https://brooklinema.zoomgov.com/j/1603548830
Meeting ID: 160 354 8830
To join by phone: 1-646-828-7666

IMPORTANT UPDATE!
NEW CHANGES TO DENISE'S CLASSES
Due to limited space, we are piloting a new registration system for Denise's popular dance classes.

The 11:00 am Dancing through the Decades class (Mondays) and Broadway Dance class (Wednesdays) will now be limited to 30 participants in a 6-week class series format.

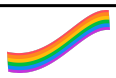
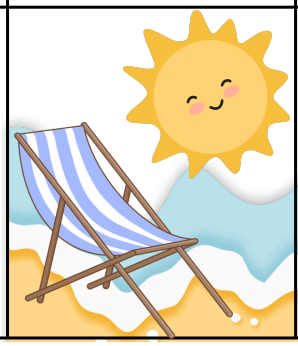
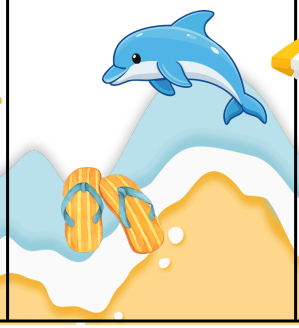
Please register for the next 6-week session of Dancing through the Decades (June 8-July 13) and Broadway Dance (June 10-July 15) by calling 617-730-2770.

Please note that both of these classes will also now be held from 10:45-11:45 am.

The Tuesday Broadway Dance from 9:00-10:00 am will remain as is. No registration is needed.

We appreciate your patience as we navigate these necessary changes. For any questions, please reach out to Jamie at jjensen@brooklinema.gov or call 617-730-2753.

AT A GLANCE: ONE-TIME PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am Shredding Event 1:45 pm A Silk Road Tapestry 1:00 pm Men's Group 01	1:00 pm Marie Lavine Memorial Concert 02	11:00 am Brain Health 03	1:00 pm Indigenous Themes for the 250th anniversary of the Founding of America 04	05
1:00 pm Memoir Writing 08	1:00 pm Memory Café at Putterham Library 09	11:00 am The ABC's and D's of Medicare 10	11:00 am Long-term Care Insurance 1:00 pm Homes for Some, Not for All 11	12
1:00 pm  Pride Concert 2:00 pm COA Book Club 15	9:00 am Non-fiction Book Group 12:30 pm Birthday Party 16	17	11:00 am Summer Prep 1:00 pm 25th Anniversary Celebration 1:30 pm Summer Dance 18	 **Senior Center is closed** 19
1:00 pm Self-Defense Class 22	10:00 am Sidewalk Sale 23	12:00 pm Out to Lunch at Dolma 24	11:00 am Decluttering 1:00 pm The Beatles Karaoke 25	1:00 pm Spirituality: Love and Forgiveness 26
9:00 am Red Cross Blood Drive 1:00 pm Death Café 29	30			

AT A GLANCE: ONGOING PROGRAMS

MONDAY

10:00-11:00 am	Virtual Short Story Social
10:00-11:00 am	Coffee Hour with the Director
10:30-11:30 am	Men's Group (1)
10:30 am-12:30 pm	Kitchen Remedies
10:45-11:45 am	Dance Fitness with Denise
11:00 am-12:00 pm	Pet Therapy Visit (1, 22, 29)
12:00-2:00 pm	Drop in Ping Pong
2:00-3:00 pm	Drop in Ping Pong (Beginners)
2:30-4:00 pm	Brookline Band

TUESDAY

9:00-10:00 am	Broadway Dance
9:00-10:00 am	Stretch & Strength Class
10:00-11:00 am	Melodies & Memories
10:30-11:30 am	A Taste of Qigong
10:30 am-12:00 pm	Brookline Bees
1:00-2:00 pm	Virtual French Conversation
1:00-3:00 pm	Tuesday Film Series
2:00-3:30 pm	Needlepoint
3:00-5:00 pm	Chess Lessons & Games

WEDNESDAY

9:00-11:00 am	Food Commodity (17)
10:00-11:00 am	Sports Fan Forum
10:00 am-12:00 pm	Scrabble
10:45-11:45 am	Broadway Dance
11:00 am-12:30 pm	Smartphone Photography
12:00-4:30 pm	Drop in Ping Pong
1:00-1:45 pm	Zumba Gold
1:00-2:00 pm	Caring Through Stories & Traditions
1:00-3:00 pm	ESL Class
2:00-3:00 pm	Investors Group (17)
2:00-3:00 pm	The Alexander Technique
6:00-8:00 pm	Acoustic Jam

THURSDAY

12:00-3:00 pm	Legal Services
1:00-2:00 pm	Online Dance Party
1:00-2:00 pm	Crafts- Ivy Street School
1:00-3:00 pm	Chess Lessons & Games
2:00-4:30 pm	Knitting Group
2:00-3:15 pm	Mindfulness Group (18)
2:15-4:30 pm	Intermediate Mah Jong
2:30-4:00 pm	Spanish 1 Lessons

FRIDAY

9:00-11:00 am	Rummikub
9:00 am-12:00 pm	Bridge for Experienced
10:30 am-12:00 pm	Senior Sing-a-Long
10:30 am-12:00 pm	Current Events
12:00-4:30 pm	Drop in Ping Pong
3:00-5:00 pm	Chess Lessons & Games

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!

Your attendance and generous donations make these programs possible. Consider making a donation today: https://brooklineseniorcenter.charityproud.org/Donate

PLEASE NOTE:
If you have registered for an ongoing class before, you do not need to re-register.

NEW PROGRAMMING

ANNUAL SHREDDING EVENT
Monday, June 1, 10:30 am-1:30 pm
The annual mobile shredding truck will be at the Senior Center, courtesy of Norfolk District Attorney, Michael Morrissey. The truck does shred onsite, but due to volume, you will not be allowed to stay and watch your materials being shredded. To schedule a required assigned appointment time, please call 617-730-2770.

WHERE EAST AND WEST INTERTWINED: A SILK ROAD TAPESTRY OF CIVILIZATIONS
Monday, June 1, 1:30-2:45 pm
Join us for making Silk Wool Art Works with patterns designed from the Dunhuang Grottoes on the Silk Road from the 4th to 14th century. 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.

MARIE LAVINE MEMORIAL CONCERT
Tuesday, June 2, 1:00-2:00 pm
Join us to celebrate the life of Marie Lavine, a beloved Senior Center volunteer, who loved concerts and theater. The concert is lovingly underwritten annually by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine. The Winiker band will entertain us with an eclectic program, playing music that Marie loved. Following the concert enjoy delicious desserts, including chocolate chip cookies, Marie's favorite, and a raffle. Please register at 617-730-2770.

BRAIN HEALTH
Wednesday, June 3, 11:00 am-12:00 pm
Join the Boston University Alzheimer's Disease Research Center as they discuss mental health, nutrition, physical activity, and how all of those connect to healthy brain aging. Please register at 617-730-2770.

INDIGENOUS THEMES FOR THE 250TH ANNIVERSARY OF THE FOUNDING OF AMERICA
Thursday, June 4, 1:00-2:00 pm
White Snake Project, an activist performance company based in Brookline, will engage the Brookline community in uplifting Indigenous perspectives during the 250th anniversary celebration of America's founding, commissioning Native lyricists and composers for a performance and a panel discussion. The generous funding of this program comes from the Brookline Community Foundation. Please register at 617-730-2770.

MEMOIR WRITING: THE STORY BEHIND A HOUSEHOLD OBJECT
Monday, June 8, 1:00-2:30 pm
Our homes likely contain many items — souvenirs, paintings, photos, religious articles, kitchen gadgets, furniture, wall hangings, vases, and books. Some of these are associated with memories and stories — how we acquired them, where they originated, the way they were constructed, who used them and how. Others involve mysteries. Join Dr. Miriam Rosalyn Diamond to recall, write, and share the background of an artifact in your living quarters. Please register at 617-730-2770.

NEW PROGRAMMING

BROOKLINE MEMORY CAFÉ
Tuesday, June 9, 1:00- 2:00 pm, at Putterham Library
The Memory Café returns to Brookline starting in June on the 2nd Tuesday of each month! This free monthly café is a way for people with memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programs in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. This program is co-sponsored by the Brookline Senior Center, Minute Women Home Care, and the Putterham Library. Please register at 617-730-2770. Transportation is available, but please notify us at time of registration.

THE ABC'S AND D'S OF MEDICARE
Wednesday, June 10, 11:00 am-12:00 pm
A representative from Mass General Brigham Health Plan will join us to examine Medicare from every angle. They'll help you understand the health care, coverage, and benefits of Medicare. Please register at 617-730-2770.

LONG-TERM CARE INSURANCE ADVOCACY
Thursday, June 11, 11:00 am-12:00 pm
Are you concerned about the cost of care for yourself or a loved-one? Have a Long-term Care (LTC) insurance policy, but not sure how it all works? LTC insurance is a great way to pay for care at home, but there are many nuances associated with making claims on the policies. Join us for this program with Assisting Hands Home Care to learn how to qualify and when to make a claim, as well as best practices to ensure you get all the benefits you deserve after paying premiums for so many years! They will review the various types of policies, and also dispel common misconceptions about LTC insurance. Please register at 617-730-2770.

HOMES FOR SOME, NOT FOR ALL: THE HISTORY OF (UN)FAIR HOUSING IN THE UNITED STATES
Thursday, June 11, 1:00-2:00 pm
Join historian Dr. Tess Bundy for a lecture and discussion that explores the relationship between race, class and housing in the United States. Where one lives shapes access to resources like education, food, and recreation, but these resources are not shared equally between neighborhoods. This talk will explain how housing inequality in the U.S. began, how it has changed over time, and how it works today. We will end with a discussion of how we can use this knowledge to create change!

25TH ANNIVERSARY CELEBRATION WITH THE COMMUNITY
Thursday, June 18, 1:00-1:30 pm
Join us in celebrating the last 25 wonderful years at the Brookline Senior Center and look ahead with us to the many more to come. Enjoy refreshments and have your party picture taken in front of our festive photo wall!

NEW PROGRAMMING

"SPRING FLING INTO SUMMER THING" DANCE
Thursday, June 18, 1:30-3:00 pm
Our Broadway Dance instructor Denise will be DJing a "Spring Fling into Summer Thing"-themed dance, so wear your summer colors and dance the afternoon away to songs to groove by. Please register at 617-730-2770.

SELF-DEFENSE CLASS
Monday, June 22, 1:00-2:00 pm
Join the Brookline Police for this personal safety workshop which will outline strategies for avoiding danger, developing increased awareness, problem solving skills and confidence. You will also learn simple self-defense techniques that are easy to remember and have proven effective in physical confrontations. Please register at 617-730-2770.

THE BEATLES GREATEST HITS KARAOKE
Thursday, June 25, 1:00-2:00 pm
Join us as we sing along to The Beatles famous hits, such as "Hey Jude," "Twist & Shout," "Yesterday," and "Let It Be." Please "Come Together" and register at 617-730-2770.

DECLUTTERING PRESENTATION
Thursday, June 25, 11:00 am-12:00 pm
Shira Frager of Set Things Straight is a professional organizer of 6 years. She loves assisting others — particularly young families and seniors — with getting their homes in order and helping to create a more manageable space. Shira is excited to bring her experience and knowledge as an organizer and entrepreneur to the community. Please register at 617-730-2770.

AMERICAN RED CROSS BLOOD DRIVE
Monday, June 29, 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. Please see the Red Cross website for more information.

DEATH CAFÉ
Monday, June 29, 1:00-2:30 pm
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.

CARING FOR OURSELVES THROUGH OUR STORIES & TRADITIONS
Wednesdays, June 10 through July 8
1:00-2:00 pm
Join us for a welcoming 5-week group where we explore how culture, traditions, and life experiences shape the way we care for ourselves. Enjoy a short, peaceful meditation, friendly group conversation around weekly topics, and a caring space where your voice matters.The group is led by Maryam Hassoon, LICSW. Please register at 617-730-2770.

NEW PROGRAMMING

SPIRITUALITY: LOVE AND FORGIVENESS
Fridays, June 26 through July 31
1:00-2:15 pm
This course is a follow up to the Near-Death Experience class from the winter. In this course, we will again explore the big questions such as what happens when we die and what is the purpose of life, but also how to make our life on Earth happier in the present. Please register at 617-730-2770.

SMARTPHONE PHOTOGRAPHY CLASSES
Wednesdays, June 10 through July 29
11:00 am-12:30 pm,
This class will not only teach you to take the best possible photos, but how to edit and make them look as good as they possibly can. We will also cover how to organize the photos on your phone to make it easier to find individual images or a group of photos. We will learn how to become visual storytellers through projects assigned each week, followed by thoughtful group discussions of your photos. You need to only bring two things to this class: your smartphone and your imagination. Please register at 617-730-2770.

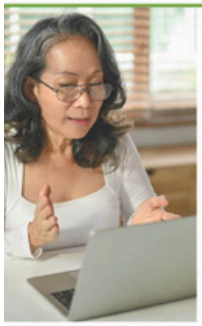
NEW! MEN'S GROUP
June 1, 10:30-11:30 am
Drop in for open conversation over coffee with other men in the community. This is a welcoming group to let conversation topics evolve and we may have informal speakers occasionally. This will be an initial meeting to see how things progress.

Senior Tax Work Off Program

Are you a Brookline resident age 60+ looking to reduce your real estate tax bill?

If you:
- Are 60 years by January 1, 2026
- Own and occupy your residence
- Have a gross income less than $92,650

Then you are eligible to apply to the Senior Tax Work Off Program
and receive an abatement of up to $2,000 off your real estate tax bill.



HOW DOES THE PROGRAM WORK?

1. Apply for the Program
Complete an application and interview with the Council on Aging.

2. Get Matched with Available Work
Work with the Retirement Engagement Alternatives Program Coordinator to get matched with a Town department.

3. Work up to 133 hours
Complete 133 hours from January - November 2026 to earn up to a $2,000 tax credit off of your 3rd or 4th quarter tax bill.

For questions on how to enroll in the Senior Tax Work Off Program contact the Council on Aging at 617-730-2767 or email vwilliams@BrooklineMA.gov.

For questions about this and other property tax exemptions programs contact the Assessor's Office at 617-730-2060 or email Assessors@BrooklineMA.gov.

SAVE-THE-DATES

EASY TRAVEL
Thursday, July 2, 1:00-2:00pm
Bob Gee's photographic journey began in 1974 with a high school class taught by Maryjean Crowe, igniting a lifelong passion for capturing nature and wildlife. Photography has transformed how he perceives the world, enhancing his attention and appreciation for the environment. His travels, including to Churchill, Manitoba, have deepened his connection to landscapes and wildlife, particularly polar bears. For Bob, photography is about connecting to place, wildlife, and experiences. Please register at 617-730-2770.

MANDALA PROJECT
Monday, July 6, 1:45-2:45 pm
Join Hudson Chen for "Mapping your Way to the Ancient Silk Road" where you will complete meditation drawings for inner peace and mindfulness. 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.

AN INTERGENERATIONAL ARTS FROGRAM
creating. sharing. connecting.

CREATIVE CONNECTIONS
Mondays and Wednesdays, July 6-August 12, 10:00 am-12:00 pm
Creative Connections is a new intergenerational summer arts program designed to bring teens and older adults together through creativity, storytelling, and shared experiences. Over the course of our summer program, participants will collaborate in multidisciplinary arts workshops including storytelling, photography, textile and floral art, music, and more. The program will culminate in a community Art Show and StorySlam celebration showcasing participant work and stories developed throughout the summer. If you are interested in participating, please call 617-730-2770.

COMPUTER/PHONE/TABLET TOOLS, TIPS, AND TRICKS
Wednesday, July 1, 1:00-2:00 pm
This presentation by Tech Assistant Alan Shepro will include:

- Managing Contacts – Email & Phone
- Email – Organization, Folders & Rules
- Wallet – Things you might keep in your wallet like credit cards, passport
- Shopping & Membership – Frequently used shopping & membership cards
- Organizing Notes – Be creative
- WiFi Calling - Phone calls when poor or no cell signal exists
- Captioning – Phone calls for the hard of hearing
- Internet & Browsing Security – Password manager, multifactor authentication, passkeys Please register at 617-730-2770.

SAVE THE DATES

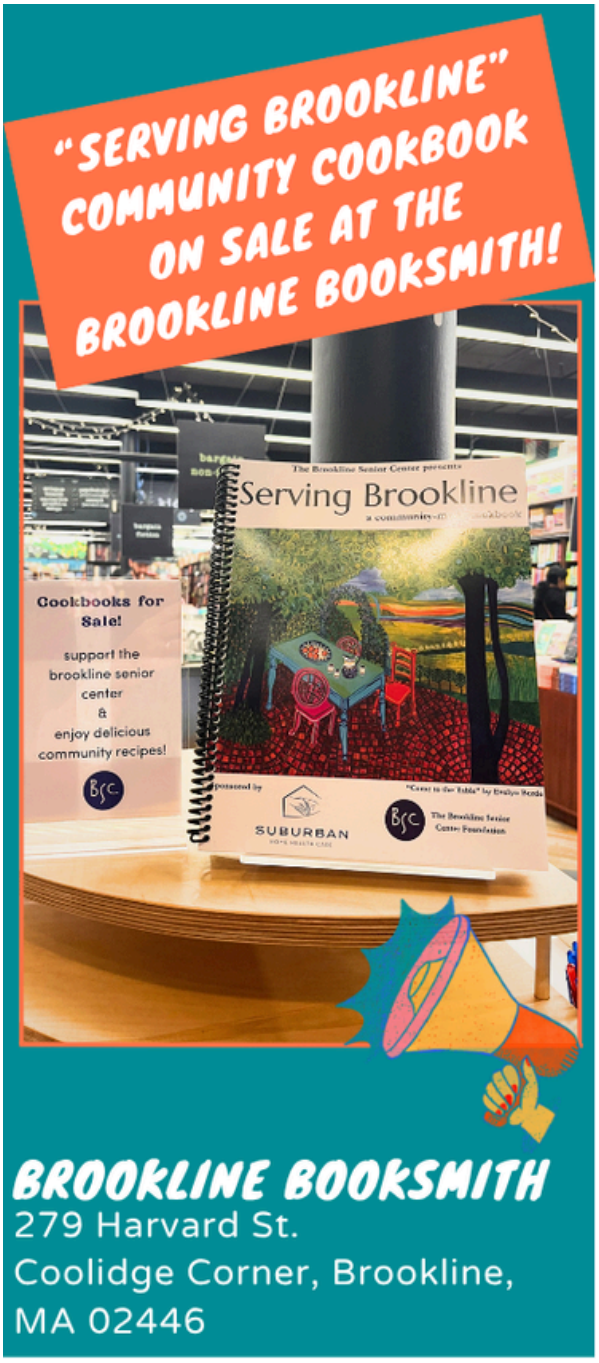
DRUM CIRCLE
Tuesday, July 7, 1:00-2:00 pm

The OmDrum Circle is a fully facilitated instructional drum circle where we use the drum as a tool for meditation and self-healing. A "judgment free" zone. It's good for your brain! Drumming creates a powerful state of presence which takes you out of processing the past or worrying about the future (and out of your stress response) and brings you instead into a state of freedom within the present moment — where everything is possible. Easy meditation. Please register at 617-730-2770.

TRAVEL CLUB: WOOSOX GAME
Thursday, July 23, 12:05 pm
(leaving Senior Center at 10:45 am)

We will be headed to Polar Park to watch the Worcester WooSox, the Triple-A affiliate of the Boston Red Sox, take on the Jacksonville Jumbo Shrimp. There will be free ice cream for the group! **Raffle for attendance will be on July 9** and $20 payment for tickets is due July 16. Register for raffle at 617-730-2770.

YOU DON'T HAVE TO GRIEVE ALONE!
12-week Grief Support Group
Thursdays starting July 23, 12:00-1:30 pm
The loss of a loved one can deeply impact life, causing a range of difficult emotions. Our grief support group provides a compassionate environment for older adults to share experiences and find community support. Led by Jess Diulio and guided by Alan Wolfelt's Ten Touchstones for Hope and Healing, the group will use the book "Understanding Your Grief," available for a fee of $8.70. Pre-registration and a brief screening call are required due to limited space. Please register at 617-730-2770.



THE COOKBOOK IS ALSO BEING SOLD AT THE SENIOR CENTER AT THE GIFT CART AND THE 2ND FLOOR COUNCIL ON AGING OFFICES.

Prepare for tasty treats with our commemorative community cookbook filled with cherished community recipes!

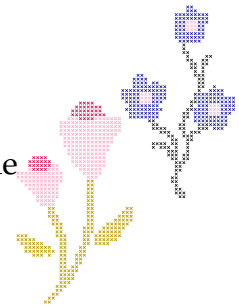
ONGOING PROGRAMMING

KITCHEN REMEDIES
Mondays and Wednesdays, 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!

PET THERAPY VISIT
Mondays, 11:00 am-12:00 pm (June 1, 22, & 29)
Enso, the Goldendoodle, looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on some Mondays. 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.

MELODIES & MEMORIES: A CULTURAL & MUSICAL JOURNEY THROUGH THE SPANISH LANGUAGE
Tuesdays, 10:00-11:00 am NEW
Join us for "Melodies & Memories," a weekly social gathering that celebrates the cultures of Latin America and Spain through music. Enjoy a low-stress environment as we explore genres like Boleros, Tangos, and Bossa Nova, while naturally picking up Spanish words through lyrics. Share your memories and stories, learn about the history and traditions behind the music, and connect with new friends. This inclusive group offers cognitive stimulation and a focus on enjoyment — no prior experience needed! Please register at 617-730-2770.

NEEDLEPOINT NEW
Tuesdays, 2:00-3:30 pm
Join this peer-led needlepoint group as we work together, while also enjoying some social time. Please register at 617-730-2770.



BROOKLINE BEES
Tuesdays, 10:30 am-12:00 pm
The Bees continue to prepare items for the June Sidewalk Sale — including a selection of beautiful tote bags and some apron-like carriers for a walker. Show off some stylish colors, and carry your phone, pen, and other essentials in your walker apron. Come join us on Tuesdays for a fun time!

JUNE BIRTHDAY PARTY
Tuesday, June 16, 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, June 24, 12:00-1:30 pm
(leaving the Senior Center at 11:30 am)
We will be going to Dolma Mediterranean Cuisine. Participants pay for their own meal and tip. **Space is limited**; please register at 617-730-2770.

SPORTS FAN FORUM
Wednesdays, 10:00-11:00 am
Calling all sports fans! Join the Fan Forum to share the joys and frustrations of sports fandom. We'll discuss daily news, relive memorable moments, and make predictions about the future of sports. The group is facilitated by Conor McDermott Welch, LICSW. Register with him at 617-730-2751 or cwelch@brooklinema.gov.

ONGOING PROGRAMMING

THE ALEXANDER TECHNIQUE

Wednesdays, 2:00-3:00 pm

Join the ongoing Alexander Technique class to improve movement, reduce pain, enhance posture, and boost confidence in daily activities. This proven method focuses on changing body habits that contribute to discomfort, promoting body awareness and ease of movement. The class includes presentations, awareness exercises, hands-on work, and practical applications. Clara Sandler, a Classical musician and teacher, shares her life-changing experience with this technique after overcoming herniated disc symptoms. Please register at 617-730-2770.

INVESTORS GROUP

Wednesday, June 17, 2:00-3:00 pm

Join us to discuss investing ideas, products, and market trends, whether you're a casual investor or a billionaire. Note: We do not pool funds, make joint investments, or provide investment advice.

CRAFTS WITH IVY STREET SCHOOL

Thursdays, 1:00-2:00 pm

The students will join us and have crafts ready. Join us for some intergenerational fun!

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.

MINDFULNESS GROUP

Every other Thursday, 2:00-3:15 pm
(this month only on June 18)

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.

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.

DANCE & FITNESS

DANCING THROUGH THE DECADES
NEW TIME: Mondays, 10:45-11:45 am
Fitness instructor Denise Harrington plays the best music! Have fun dancing to a variety of popular songs from the '20s through the '90s. **Please note**: **For safety reasons, we are piloting a new registration system. This class will be limited to 30 people in a 6-week series format. Please register for the upcoming June 8-July 13 series at 617-730-2770.**

BROADWAY DANCE CLASSES
Tuesdays, 9:00-10:00 am
NEW TIME: Wednesdays, 10:45-11:45 am
Join fitness instructor Denise Harrington to have fun dancing to Broadway show tunes. Props included! **Please note**: **For safety reasons, we are piloting a new registration system. The Wednesday class will be limited to 30 people in a 6-week series format. Please register for the upcoming June 10-July 15 series at 617-730-2770.**

STRETCH AND STRENGTH
Tuesdays, 9:00-10:00 am
Join Mia to boost mobility and build strength through safe, low-impact exercises tailored for all abilities. Participants use chairs, light dumbbells, and bodyweight in a supportive environment to enhance flexibility and muscle tone. Please register at 617-730-2770.

A TASTE OF QIGONG
Tuesdays, 10:30-11:30 am, NO CLASS June 30
Qigong ("chee- gung") 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!

DANCE IMPROVISATION
Wednesdays, through June 24, 9:30-10:30 am
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. 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.

ZUMBA GOLD
Wednesdays, 1:00-1:45 pm
Get in shape and have fun with Emily Brenner! 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.

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

AGE THRIVE DANCE CLASSES
Thursdays, through June 25, 3:30 pm - 4:30 pm
Age Thrive is a Movement Meets class for all self-identified seniors, regardless of experience or mobility. It promotes the joy of dance while enhancing mobility, strength, and flexibility through upbeat exercises. These free classes foster community in a supportive atmosphere, and require no prior dance experience. Variations will be offered to cater to different abilities. 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. Members who make their monthly payments online may continue to do so. **Please DO NOT leave any payments in the Fitness Center.**

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.

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

BROOKLINE REC: HIDDEN MEADOWS HIKE AT FOWL MEADOW
Tuesday, June 2, 10am-1:30pm | $7
Join us on a 2-mile hike in Fowl Meadow. Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. Please bring some water, snacks or lunch as we may not return to the Senior Center until 1:30/2:00 pm. To register, call 617-730-2069 or visit https://www.register.brooklinerec.com.

GAMES & LANGUAGES

BACKGAMMON
Looking for interested players! 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.

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

CHESS LESSONS & GAMES
Tuesdays, 3:00-5:00 pm
Thursdays, 1:00-3:00 pm
Fridays, 3:00-5:00 pm
Facilitator Mark enjoys helping others discover the fun of chess as a game for everyone.

CRIBBAGE
Please contact Jamie at jjensen@brooklinema.gov

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

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

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

SCRABBLE
Wednesdays, 10:00 am-12:00 pm
Boards galore available.

WORDS GALORE
On hiatus for the month of June. We'll be back in July!

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

SPANISH LESSONS
Thursdays, 2:30-4:00 pm
Soledad Phelan provides lessons on basic phrases and words for effective communication. Originally from Peru, she has extensive teaching experience in both Peru and the US with diverse groups.

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

BUILT TO LAST — OUR 25TH ANNIVERSARY

Thank you for celebrating with us — here's to another 25 years on Winchester Street!

BUILT TO LAST — OUR 25TH ANNIVERSARY

ART & MUSIC

GALLERY 93

Manipulations
Nyna Brael Polumbaum

June 8-August 28, 2026

Artist's reception:
July 15, 4:00-6:00 pm

Gallery hours:
Monday-Friday 8:30 am-5:00 pm

UKULELE ON SUMMER BREAK

Our Ukulele group will not meet this summer at the BSC, but we will be back in the fall. We plan to have some outdoor sings this summer and will let you know when they are planned. 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 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 ON SUMMER BREAK
Our group will not meet this summer on Zoom, but we will be back in the fall. We plan to have some outdoor sings this summer and will let you know when they are planned. For more information, contact Judy Chasin at hearojudy51@gmail.com.

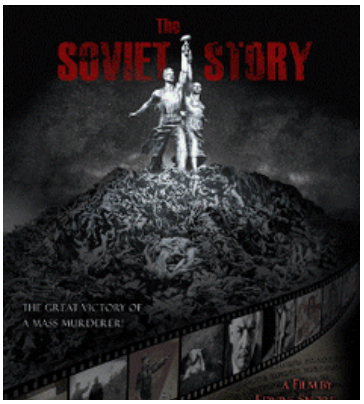
ACOUSTIC EVENING JAM
Do you play an acoustic instrument and/or sing? Brookline Acoustic meets on **Wednesdays from 6:00-8:00 pm** at the Senior Center for an informal jam.

SENIOR SING-ALONG
Fridays, 10:30 am-12:00 pm
The Sing-Along 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.

FILMS & STORIES

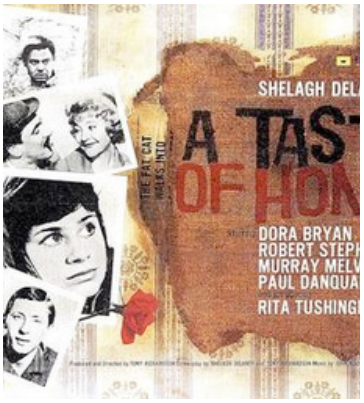
No movie on June 2 due to Marie Lavine Memorial Concert.



Tuesday, June 9, 1:00 pm: The Soviet Story (2008, 1 h 26m)

The Soviet Story offers an alternative history of an Allied power, which helped the Nazis to fight Jews and which slaughtered its own people on an industrial scale.

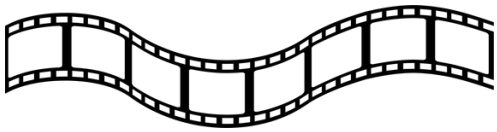
Tuesday, June 16, 1:00 pm: Citizen Kane (1941, 1 h 59m)

Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance: 'Rosebud.'

Tuesday, June 23, 1:00 pm: A Taste of Honey (1961, 1 h 41m)

A pregnant teenage girl must fend for herself when her mother remarries, leaving the girl with only a new male friend for support.

Tuesday, June 30, 1:00 pm: Lion (2016, 1 h 58m)

A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. Twenty-five years later, he sets out to find his lost family.



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 bonniewlass@gmail.com with questions, schedule, and requests to be included.

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.

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, June 17, from 9:00-11:00 am**.

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 which option you prefer **one business day in advance before 10:30 am**. 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.

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

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.

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.

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.

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

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

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 incontinence supplies or durable medical equipment such as a walker, shower chair, or wheelchair, please call the Equipment Loan Fund 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.

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.

BROOKLINE HEARING SERVICES

Monday, June 15, 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.

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

RESOURCES & SERVICES

METROWEST LEGAL SERVICES CLINIC
Thursday, June 25, 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!

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.

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)

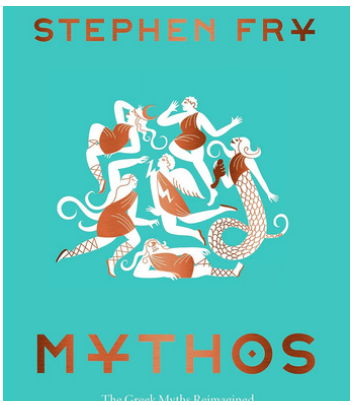
High School Volunteers (1 h appointments):
Ella: Mondays and Fridays, 3:00 to 5:00 pm

Congratulations to Lucas on graduating from BHS and best of luck in college!

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 617-730-2777 for an appointment.

BOOK CLUBS & LIBRARY

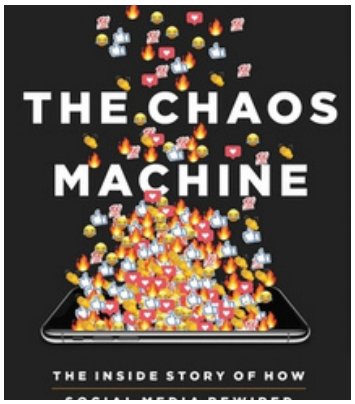
COUNCIL ON AGING BOOK GROUP



Monday, June 15, 2:00 pm
The group meets both online and in-person at the Putterham library branch. For more information on how to connect via Zoom, visit: https://brooklinelibrary.libcal.com/event/15080465. Please contact Ginger O'Day, Branch Supervisor at Putterham Library for updates and questions at 617-730-2385.

Book of the month: Mythos by Stephen Fry

PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP



Tuesday, June 16, 9:00 am
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!

Book of the month: The Chaos Machine by Max Fisher

THE LIBRARY CONNECTION

Can't come to the library? Let the library come to you! This program provides 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 the service, or have general questions about the program, please contact Bryan Kreusch at 617-730-2355 or bkreusch@minlib.net.

PUBLIC LIBRARY PROGRAMS

Pride Printmaking with Alex Makes Art (Brookline Village) - Wednesday, June 3 at 6:30 pm

Community Catch-up with Council on Aging Social Worker Anne Essaran (Putterham) - Thursday, June 4 at 11:00 am

The Odyssey on the Lawn with New Muse Productions (Putterham) Tuesday, June 9 at 3:00 pm (rescheduled from April)

Linocut Basics (Coolidge Corner) - Thursday, June 11 at 6:00 pm

Garden Tour with Brookline Pollinator Pathway (Coolidge Corner) Sunday, June 14 at 1:00 pm

Council on Aging Book Group: Mythos by Stephen Fry (Putterham or virtual on Zoom) - Monday, June 15 at 2:00 pm

Tech Tuesday (Putterham) - Tuesday June 9 and June 23 at 11:00 am

SPOTLIGHT

"We are so lucky to have the people we have here."

MEET COUNCIL ON AGING CHAIR YOLANDA RODRIGUEZ
Written by Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

Yolanda Rodriguez, Chair of Brookline's Council on Aging, received the inaugural Volunteer Appreciation Award for Advocacy at April's Volunteer Appreciation Event. She collaborates with the COA staff to plan agendas, invites engaging speakers, and conducts board meetings that oversee Town efforts to care for seniors. "I see myself mostly as an advocate for the Senior Center."

There are 350 mandated COAs across Massachusetts. Their mission is "to help older adults maintain independence, and well-being to live in the community as long as possible" through the promotion of policies that support health, nutrition, transportation, parking, fitness, socialization, and activities.

Yolanda first came to the Senior Center — following retirement from serving as Math teacher and department head — to take Sue Katz's musical exercise classes. "It just grew into a community of friends."

"At one point, someone suggested I join the Council on Aging board, and then they needed someone to be the representative to Springwell" (an organization that provides services assisting people who live in the community). Around 2018, she was invited to be Council Vice Chair, and when the Chair stepped down, Yolanda agreed to help out.

"This place is so unusual" she says of the Senior Center. "They have the best staff I have ever seen. They're so dedicated and so giving and they work so hard... We have over 300 volunteers who make this place run… We are so lucky to have the people we have here… Everybody is willing to help each other... I love to watch the friendships and the closeness."

When asked about her hopes for the future, Yolanda states "I would like to see the Senior Center be available to all Brookline Seniors who would like to be part of it by having meetings, classes, and events all over town." (In addition to its Winchester Street location, the Center currently offers Social Work assistance for seniors at the Putterham Library on the second Wednesday morning each month.)

She also envisions expanded space with more room for programs, which requires securing additional funding.

Council on Aging Board meetings, typically held at the Senior Center 1:00 pm on the 2nd Wednesday of the month, are open to the public.

The date and time of the current month's meeting is announced each month in the "Updates" section of the newsletter.

People who prefer to participate via Zoom can email for the link at: jmillegee@brooklinema.gov.

VALUED VOLUNTEERS

SHOP
(STUDENTS HELPING OLDER PEOPLE)

A collaboration between the Brookline Senior Center and Brookline High School (BHS), the SHOP program has been a community service program at BHS for many years. High school student volunteers are matched with seniors to do their grocery shopping for the school year. In turn, seniors help the students fulfill their community service requirements. Frequently, these become meaningful multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life.

If you are a senior currently using the SHOP program and your student is unable to shop for you over the summer, please contact Valerie if you need summer shopping assistance. If you are a senior who would like to learn more about the program or a high school student who would like to become a SHOP volunteer, please contact Valerie, Volunteer Coordinator, at 617-730-2743 or vgraf@brooklinema.gov.

VISITING VOLUNTEERS

Are you interested in weekly social visits with seniors in their home? Volunteers are matched with seniors in the community for weekly friendly visits to help with social isolation common for so many homebound seniors. Volunteers will receive initial training and ongoing support from a Brookline Senior Center Social Worker. Please reach out with our Volunteer Coordinator, Valerie Graf, at vgraf@brooklinema.gov or 617-730-2743.

If you or a family member could benefit from a weekly social visit, please reach out to our Social Worker, Sharon Sandalow, at ssandalow@brooklinema.gov or 617-730-2769. The next round of the Visiting Volunteers program will begin in the fall, but please reach out earlier to learn more and be added to the waitlist.

VALUED VOLUNTEERS OF THE BROOKLINE SENIOR CENTER MAILINGS GROUP

The Brookline Senior Center's mailing volunteers were recently honored as a group when nominated for the 2026 Volunteer of the Year Award. Each month, this dedicated team comes together to ensure that the Brookline Beacon newsletter reaches approximately 600 seniors in our community.

What makes this group especially remarkable is their flexibility and commitment. They often step in with less than 24 hours' notice to get the job done. At the heart of the team is their unofficial leader, Michael Weston, who keeps the mailings organized, while also making the experience enjoyable. With his music playing in the background, he creates a welcoming and upbeat atmosphere as everyone works together. As Michael puts it, "I like to keep it low key and lighthearted." He takes the time to teach each new volunteer so they feel confident working on their own which fosters a true sense of community.

In addition to the monthly Beacon, this group frequently assists with other Brookline Senior Center and Foundation mailings as well. They

recently completed a large mailing for the 25th Anniversary Celebration. Their reliability and teamwork are integral to keeping the community connected to all that the Senior Center and Council on Aging have to offer.

We are very grateful for this core group of volunteers who are always ready to lend a hand at a moment's notice.

FARMER'S MARKET COUPON DISTRIBUTION

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

To receive coupons for our 2026 season you must register with Brookline Community Health. Brookline Bounty is run by Brookline Community Health (a division of the Brookline Health & Human Services). Coupons are available to income-eligible residents of Brookline or to families whose children attend Brookline schools.

These coupons are ONLY redeemable at the Brookline Farmers' Market — no other farmers market will accept them. These coupons have no connection with SNAP or HIP.

Eligible individuals will receive $50 in paper coupons. Eligible households of 3 or more will receive $100. The coupons are worth $2 each. Our vendors cannot give change for the coupons. The coupons are redeemable starting on July 1 and expire at the end of 2026.

For more information on the program and how to register, please visit: www.brooklinema.gov/BrooklineBounty or email Darlene Johnson at djohnson@brooklinema.gov or call 617-730-2301.

Coupon Registration Events: To register you must bring a government-issued ID). **Registration at The Brookline Senior Center, 93 Winchester will be on Wednesday, June 3 from 10:00 am-12:00 pm.**

SCAMS

PROTECT YOUR IDENTITY, MONEY & INFORMATION: MADE AN ONLINE PURCHASE? BE WARY OF RECALL NOTIFICATIONS!

Written by Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

Scam Description
Customers using online sales companies such as Amazon, receive messages indicating that an item purchased has malfunctions and/or is being recalled. When one clicks on the provided link, it leads to a sham page phishing for personal information that can be used to commit identity theft.

Spot the Scam
- The text or email is unexpected and appears legitimate, including logos.
- It indicates that there are flaws with the purchased object.
- The communication states that the company will provide a refund (sometimes regardless of whether the item is returned.)
- The recipient is directed to click a link to request the money due them.
- The link takes people to a page that asks for bank, credit card numbers, and other details.

Stop the Scam
- Do not click on links or reply to these notices.
- If you think the alert might be valid, verify it directly with the company via their official email or phone number (not one listed in the notification or found in a random web search).
- Review your account with the business using a genuine website and look for statements about recalls.
- Use the "Report Junk" or "Report Spam" option on your device or forward these texts to 7726 ("Spam"). Then delete the message.

Prevention
For direction on addressing concerns about purchases, see: https://consumer.ftc.gov/articles/solving-problems-business-returns-refunds-and-other-resolutions

To request assistance identifying authentic business websites and means of contact, call 617-730-2777 and schedule an appointment with a Council on Aging Tech Buddy.

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

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.

If you have a question or a topic you've been wondering about, please send it to the newsletter editor at kjarner@brooklinema.gov.

TOENAIL FUNGUS

Question: My toenails are thick and discolored. Is there anything I can do to get them back to normal?

Answer: Most likely you have toenail fungus. The medical term for this is onychomycosis. It's very common — about 10% of the general population is affected. It looks like thick, discolored nails that sometimes separate from the nail bed. Fungus grows best in warm moist settings, so shoes and sweaty socks are great places for fungus to proper.

Toenail fungus tends to be more common in older adults because of weaker immune systems, diabetes, or poor circulation. It is important to try to treat it, although it is not an easy fix. If left untreated, fungus can get worse, can cause the nail to become thick, brittle, discolored, and potentially separate from the nail bed. It can spread to other nails, cause pain when wearing shoes, lead to infections like athlete's foot, or require permanent nail removal and can cause an unpleasant odor.

Treating toenail fungus is a slow process.

- The most successful treatment is a pill called terbinafine (Lamisil). However, there are so many possible side effects that it is rarely prescribed, including diarrhea, nausea, stomach pain, gas, or indigestion, headaches, rashes, weight loss, depression, fatigue, fatigue and most serious, liver and blood disease.
- There are several prescriptions and over the counter topical treatments for toenail fungus. Some are put on like nail polish that you apply once a day. This medicine often needs to be removed from your toe every week. It can take a year for the new nail to grow out, so you have to be patient and diligent about daily application.

To prevent toenail fungus in the first place:

- Keep your feet clean and dry. Wash and dry between your toes and change socks if they get wet. Antifungal powder may help.
- If you are in a public shower, pool, or locker room, don't go barefoot! Fungus is contagious. Wear flip flops.
- Keep your nails trimmed and don't share nail clippers
- Limit your use of nail polish. It's tempting to try to hide toenail fungus with colorful nail polish, but nail polish acts as a warm, moist barrier which causes the fungus to grow faster and also prevents topical treatment from reaching the nail.

So check your nails, and if you see any early signs of discolorations of your nails, speak to your PCP or podiatrist about starting treatment and prevention.

BrooklineCAN is looking for volunteers with computer software skills.

We need volunteers to:

1. Work on the layout of BrooklineCAN's monthly Newsletter.
2. Have experience with Dreamweaver or other similar software.
3. Have experience using email software (Mailchimp & VerticalResponse)

For more information about volunteering for these projects contact volunteers@brooklinecan.org.

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