

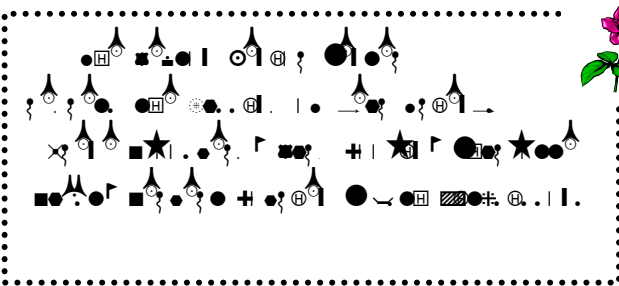
March 2005



On Tuesday, March 1, Bloomingdale's of Chestnut Hill will sponsor a fundraiser. Tickets may be purchased at the Newton Senior Center, from February 1-until February 28, and will benefit the Center programs and services.

- Each ticket is \$10 and entitles the bearer to great discounts on this date. (Exceptions noted on back of ticket.)
- Anyone who has purchased a ticket should turn it in at the door of Bloomingdale's on March 1.
- All money collected from the sale of the tickets at the Center will go to the Newton Senior Center.
- Each ticket sold at the Senior Center will be marked as such.
- *Each ticket marked as Newton Senior Center and turned in on March 1, at Bloomingdale's will mean an additional \$5 donation to the Center. (Those dollars can mount up!)*
- If more than 60 tickets marked as Newton Senior Center are turned in on March 1, at Bloomingdale's, the Senior Center will be eligible to split the pot of money collected that day at the door from those who did not pre-purchase a ticket.
- The Chestnut Hill Bloomingdale's (both the women's and the home furnishings/ men's) store will be opened 10:00AM-10:00PM on March 1, 2005.

Purchase your tickets at the Newton Senior Center reception desk and enjoy deep discounts on this special day!



Fuel Assistance

The Department of Human Services at Newton City Hall is accepting applications for Fuel assistance. You can make an appointment through April 30 by calling 617-796-1280. If you need assistance with this process, contact Ana Gonzalez, Outreach Worker or Kathy Laufer, Social Worker, at the Newton Senior Center, 617-796-1660.



Look Who's Talking! Cell Phones

Times have certainly changed and so has the telephone. Now that cell phones have become widely available you may want to know more about them. They are certainly valuable in times of need; as when regular phone service goes out, when you are stuck somewhere and need to call for help, etc.

The Newton Senior Center will offer a special informational program about **cell phones**. We will have representatives of many cell phone services at the Center to explain how their products and services are being offered.

- Wednesday, March 30
- 10:00-11:30
- Hear from representatives of the different services.
- Ask questions.
- See the products.

There will be no selling at the Senior Center. You may gather information and make purchases from the store of your choice.

In this Issue

| | |
|----------------------------------------|-------|
| Transportation Information _____ | p. 3 |
| What's Happening at the Senior Center? | p. 4 |
| More... What's Happening _____ | p. 5 |
| Did You Know? _____ | p. 7 |
| Calendar _____ | p.8-9 |
| For Your Information _____ | p.10 |
| From Desk of Our Social Worker _____ | p.11 |
| Services for You _____ | p.12 |
| Take Note! _____ | p.13 |
| Looking Ahead _____ | p.13 |
| Volunteer Opportunities _____ | p.14 |

THE NEWTON SENIOR CENTER STAFF

617-796-1660

FAX 617-969-9560

Web Site Address – www.newtonseniors.org

Center Hours: 8:30-4:00 Monday-Friday & 10:00-4:00 Saturday



Staff

| | |
|------------------------|----------------------------|
| Jayne Colino | Director |
| Alice Bailey | Administrative Coordinator |
| Joanne Fisher | Program Coordinator |
| Kathy Laufer | Clinical Social Worker |
| Rachel Skiffington | Social Work Intern |
| Ana Gonzalez | Outreach Worker |
| Lucy Wentzell | Week End Coordinator |
| Lucy Bedigian | Lunch Site Manager |
| Camille Pelligrini | Assistant Site Manager |
| Bill & Ruth | Transportation |
| Bernadette Castellanos | Nurse |
| Cornelia Culici | Nurse |
| Elaine Sullivan | Nurse |
| Carlene Kelly | Receptionist |
| Ken Doucette | Custodian, PM |

GOLDEN TIMES SUBSCRIPTION FORM

I would like to receive "The Golden Times" monthly at my home. Enclosed is my payment of \$3 for a subscription ending July1, 2005.

Name _____

Street _____

City _____ State _____ Zip _____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Golden Times four times a year. (February, May, August, & November).

PLEASE NOTE: *Copies of the Golden Times may be picked up, at no charge at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city.*

It may also be accessed on the WEB... Go to www.newtonseniors.org

Then go to Our Programs, choose Golden Times

***All of our programs are handicapped accessible.
Please call ahead to arrange for specific needs***

Disclaimer- We thank the advertisers featured in this newsletter for their support. It is their support that makes the printing of the Golden Times possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.



Senior Transportation Services

- **Medical Transportation-** for Newton Seniors to medical appointments within the City of Newton and some destinations within 2 miles of the city. Weekdays, 8:30-5:00. *Reserve 3 days ahead.* Please call 617-796-1288 to reserve. ***Vouchers at a suggested voluntary donation of \$2 each*** way are available at the Senior Center, Dept. of Human Services (City Hall) or by mail, by calling 617-796-1280.

- **The Shopper's Bus** takes you for weekly marketing. Door-to-door service & assistance with bundles provided. Please call 617-796-1288 to reserve.

There is a suggested voluntary donation of \$2 round trip

- **Transportation to the Newton Senior Center-** Service 6 days a week. Reserve by 4:00 the previous day. Pick-ups begin at 8:30. Returns through the day until 3:45. Saturdays begin at 10:00. Please call 617-796-1660 to reserve.

There is a suggested voluntary donation of \$2 each way.

A **Punch Card** is available at the Newton Senior Center, good for 30 rides with no expiration date. The suggested, voluntary donation of \$30 is a savings of half price over individually paid rides.

"Other Transportation Services"

Busy Bee Medical Transportation – medical transportation to towns surrounding Newton and major medical buildings in Boston. This service has a suggested donation of \$4.00 each way and requires advance reservations.

Call 1-800-427-0230 for more information.

These services are provided regardless of donation.

These services are funded in part by Springwell.

“The RIDE”- Call 617-222-5123 to find if you are eligible. This is transportation for those who can't use public transportation, due to a disability. Rides seven days a week to Newton and surrounding areas for \$1.50 each way. *Handicapped accessible, advance reservations required, pre-registered riders only.*

What's Happening at the Senior Center

The Newton Senior Center Volunteer Meeting-Monday, March 7 -1:00

Legal Consultation Available

The law students from Boston College Elder Legal Services are taking appointments at the Senior Center on the first Friday of each month from 12:00-2:00. Appointments may be made by calling 617-796-1660.

Prostate Cancer Support Group

Man-to-Man- First Friday of each month, 10:30 AM. This is a Prostate Cancer Support Group, sponsored by the American Cancer Society, for survivors and those currently being treated. *Questions???* Call 617-796-1660.

Calling All Writers

Time to sharpen those pencils or warm up those computers. The Newton Senior Center is now accepting submissions to its Literary Magazine, 2005. Please send your poems, essays, very short stories and musings to Joanne at the Center. Deadline for this year's submissions is March 30.

HEALTH STOP

Elaine Sullivan, RN from the Health Department, will talk about current health issues on the 2nd Monday of each month at 10:30 AM. All welcome!

March 14- "Colorectal Cancer"



Bring on the Blarney!

Celebrate St. Paddy's Day at lunch at the Senior Center, Thursday, March 17, 11:45. Please pre-register by 11:00 the previous day. Wear your green and your dancing shoes as we open the dance floor. Dance to the music of Slava Samarodov, *Irish melodies and old favorites.*

SHOPPERS pre-register to take the Senior Center Van to Walmart, Framingham, on Monday, March 21. *Your pre-payment of \$2 holds your seat.* Depart Center-10, return- 2. *Please cancel as soon as possible so we can fill the seat! (There is always a waiting list.)*



Wear your Easter Bonnet!

The Newton Senior Center will acknowledge the Easter Holiday with lunch on Thursday, March 24. Please pre-register by 11:00 the previous day. Wear your Easter Bonnet and think Spring with Easter candy!

Congregate Housing Opportunity

Linda Benoit of Springwell will talk about the shared, supportive housing experience offered by Congregate Housing. Tuesday, March 8, 12:00 (lunch talk).

A Taste for Nutrition

Nancy Keith, Springwell nutritionist will speak about "*Eating Your Colors Everyday*". Tuesday, March 29, 11:45, (lunch talk).

PLEASE NOTE: *The Newton Senior Center reserves the right, when necessary, to cancel classes without notice. Make-up sessions will be scheduled when possible.*

More... What's Happening

Computer Bulletin Board

We offer classes for *Beginners, Internet, Quicken & Word Processing*



Wednesdays- Drop-In Computer Help 9:00-12:00

Wednesday, March 2-

Computer Class Orientation & Registration 10:00

Wednesday, March 9 -

The Greater Boston Seniors Computer Group 9:30

"From Squiggles to Symbols- A Look at MS Word"

Wednesday, March 23- Computer Teachers Meeting 11:30

(Dues are \$3 per meeting or \$20 per year.

For more information contact Eve Welts, 781-894-4948.)

Ewelts@rcn.com or Arline Ekman at ave8@juno.com

The Low-Vision Group will meet on March 7, at 10:00AM. All are welcome to join this group for information, support and friendship.

" Music in March! "

- *Friday- March 4 – 11:45... Lunchtime piano* with Harold Kaswell.
- *Wednesday, March 9- 11:45... Lunchtime piano* with Victor King.
- *Friday, March 11- 11:45...Lunchtime piano* with Victor King,
- *Thursday, March 17 – 11:45... St. Patrick's Day Celebration* with the music of Slava Samarodov.
- *Friday- March 18- 11:45... Lunchtime piano* with Harold Kaswell
- *Wednesday, March 23- 11:45... Lunchtime piano* with Victor King.
- *Friday, March 25- 11:45... Lunchtime piano* with Victor King,
- *Monday, March 28- 1:00- The Joy of Music* (cello & viola), sponsored by the All Newton Music School & The Aronson Foundation.

TOUR THE SENIOR CENTER

If you wish to have a tour of our Center please call Joanne at 617-796-1670 for an appointment.

We would love to welcome you!

***Join Senior Center Director, Jayne Colino,
for a "Dialogue with the Director"
Tuesday, March 15, at 12:00.***

Many Thanks to the following- for their generous donations:

- *Madeleine Osborne in appreciation of the Choral Group and Fine Arts Class.*
- *Girl Scout Troop #3447 for their beautiful centerpieces.*
- *Richard & Carol Beard in appreciation of the Senior Center.*
- *Joan & Rodney North to coffee at the Senior Center from "Equal Exchange", coffee distributors.*
- *Sue Bacon in appreciation of the Senior Center*
- *Elyssa's Creative Warehouse for lovely yarn.*
- *Nancy & George Goldin in appreciation of the Senior Center.*
- *Allison & John Connelly in memory of Joe Lafko.*
- *George & Kristine West in memory of Joe Lafko.*
- *Barbara Hathaway in appreciation of tax assistance.*

Public Forum on Rising Property Taxes

The Tax Equity Study Group will sponsor a public forum at the Newton Free Library on Thursday, March 3 at 9:30 a.m. They will discuss some of the problems confronting homeowners whose annual incomes have not been rising at the same rate as their property taxes.

The Tax Equity Study Group was created to look at ways to make property tax relief measures more available to Newton residents and to serve as the focal point for discussion of property tax questions generally. The study group includes representatives of the Board of Aldermen, League of Women Voters, Newton Taxpayers Association, Council on Aging and Assessors Department. Academics and other tax experts often join in its discussions.

For further information on the March 3rd forum contact:

John Stewart, 617-969-0950
e-mail johnstewart@alum.bu.edu



Senior Citizen EASTER Dinner

The Newton Elks "*Senior Easter Dinner*",
Sunday, March 13,
Newton Lodge of Elks, 429 Centre St., Newton.
Doors open at 11:00AM
Lunch served at noon.

ALL Newton Seniors are welcome to attend.
Please call 617-965-7086 with any questions.

Many Thanks to the following- for their generous donations:

- *Madeleine Osborne in appreciation of the Choral Group and Fine Arts Class.*
- *Girl Scout Troop #3447 for their beautiful centerpieces.*
- *Richard & Carol Beard in appreciation of the Senior Center.*
- *Joan & Rodney North to coffee at the Senior Center from "Equal Exchange", coffee distributors.*
- *Sue Bacon in appreciation of the Senior Center*
- *Elyssa's Creative Warehouse for lovely yarn.*
- *Nancy & George Goldin in appreciation of the Senior Center.*
- *Allison & John Connelly in memory of Joe Lafko.*
- *George & Kristine West in memory of Joe Lafko.*
- *Barbara Hathaway in appreciation of tax assistance.*

Public Forum on Rising Property Taxes

The Tax Equity Study Group will sponsor a public forum at the Newton Free Library on Thursday, March 3 at 9:30 a.m. They will discuss some of the problems confronting homeowners whose annual incomes have not been rising at the same rate as their property taxes.

The Tax Equity Study Group was created to look at ways to make property tax relief measures more available to Newton residents and to serve as the focal point for discussion of property tax questions generally. The study group includes representatives of the Board of Aldermen, League of Women Voters, Newton Taxpayers Association, Council on Aging and Assessors Department. Academics and other tax experts often join in its discussions.

For further information on the March 3rd forum contact:

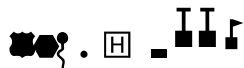
John Stewart, 617-969-0950
e-mail johnstewart@alum.bu.edu



Senior Citizen EASTER Dinner

The Newton Elks "*Senior Easter Dinner*",
Sunday, March 13,
Newton Lodge of Elks, 429 Centre St., Newton.
Doors open at 11:00AM
Lunch served at noon.

ALL Newton Seniors are welcome to attend.
Please call 617-965-7086 with any questions.



(Programs subject to change)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | 1 9:00-10:00- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Baked Chicken/ <i>Tuna Salad</i> 1:30-3:30 Matter of Balance 1-2:30- Bereavement Group 1-Bingo 1- Book Club 1:30 - Swing Band Bloomington's Fundraiser! | 2 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30 – Fine Arts Class 10- Computer Orientation & Registration 11:45- Lunch- Salisbury Steak/ <i>Turkey Platter</i> 1- Feel Good 1- Duplicate Bridge 1- Choral Group 1-SHINE |
| 6 | 7 9-12- Pool Cues 10- Low Vision Grp. 10:30-12- Fine Arts Workshop 11:45- Lunch- Chicken Cacciatore/ <i>Ham & Cheese Wrap</i> 1- Volunteer Meeting 1:00 Scrabble 1- Sewing Group 1-3:30 Winter Video/Discussion Series 2-Yoga (chairs) | 8 9:00-10:00- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Swedish Meatballs/ <i>Turkey Platter</i> Lunch Talk – Congregate Housing 1-2:30- Bereavement Group 1-Bingo 1:30 - Swing Band | 9 9-12 Health Clinic 9-12 Computer Help 9:30-12 Computer Group 9-12- Pool Cues 9:30 – Fine Arts Class 11:45- Lunch- Hot Dog/ <i>Roast Beef Platter</i> Victor King- Piano 1- Feel Good 1- Duplicate Bridge 1- Choral Group 1-SHINE |
| 13 | 14 9-12- Pool Cues 10:30- Health Stop 10:30-12- Fine Arts Workshop 11:45- Lunch- Stuffed Shells/ <i>Ham & Cheese</i> 1:00 Scrabble 1:00- Sewing Group 1-3:30 Winter Video/Discussion Series 2-Yoga (chairs) | 15 9:00-10:00- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Veggie Quiche/ <i>Turkey/ Cheese Wrap</i> Dialogue w/ Director 1-Bingo 1-2:30- Bereavement Group 1:30 Swing Band | 16 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Boneless Beef Rib/ <i>Chicken Salad</i> 1-Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE |
| 20 | 21 9-12- Pool Cues 10- Van to Walmart 10:30-12- Fine Arts Workshop 11:45- Lunch- Beef Stew / <i>Tuna Platter</i> 1:00 Scrabble 1:00- Sewing Group 1-3:30 Winter Video/Discussion Series 2-Yoga (chairs) | 22 9-10- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Roast Chicken/ <i>Roast Beef Platter</i> 1-Bingo 1:30-3:30- Matter of Balance (pre-registered) 1-2:30- Bereavement Group 1:30 Swing Band | 23 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Roast Turkey/ <i>Chef's Salad</i> Victor King - piano 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE |

| | | | |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>28 9-12- Pool Cues 10:30-12- Fine Arts Workshop 11:45- Lunch- Chicken Parmesan/ <i>Ham & Cheese</i> 1- Joy of Music 1:00- Scrabble 1- Sewing Group 1-3:30 Winter Video/Discussion Series 2-Yoga (chairs)</p> | <p>29 9-10- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Roast Beef /<i>Chicken Salad</i> Lunch Talk- Nutrition 1-Bingo 1:30-3:30- Matter of Balance (pre-registered) 1-2:30- Bereavement Group 1:30 Swing Band</p> | <p>30 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30- Fine Arts Class 10- Cell Phone Facts 11:45- Lunch- Chicken Keilbasa <i>Turkey/Swiss Wrap</i> 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE</p> |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| | |
|--|--|
| | |
|--|--|

| THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3 9:45-11:45- Bridge Lessons 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Roast Turkey/ Grilled Chicken Caesar 12:30- Ceramics 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>4 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobio. Writing 10:30- Muscle Cond. 10:30- Man to Man 11:45- Lunch- Lemon Pepper Fish/ Seafood Salad Harold Kaswell on Piano 12- Chess Nuts 12:00-2- Legal Clinic (by appointment) 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>5 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "De-Lovely" 1:00- Choral Group 2:00- Yoga (chairs)</p> |
| <p>10 9:45-11:45- Bridge Lessons 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Pot Roast/ Chef's Salad 12:30- Ceramics 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>11 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobio. Writing 10:30- Muscle Cond. 11:45- Lunch- Stuffed Shells/ Seafood Salad Victor King on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>12 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "The Bourne Supremacy" 1:00- Choral Group 2:00- Yoga (chairs)</p> |
| <p>17 9:45-11:45- Bridge Lessons 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Corned Beef Special St. Paddy's Day Party w/ Ent. 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> <p style="text-align: center;">St. Patrick's Day</p> | <p>18 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobio. Writing 10:30- Muscle Cond. 11:45- Lunch- Pier #17 Fish/ Egg Salad Platter Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>19 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "The Stepford Wives" 1:00- Choral Group 2:00- Yoga (chairs)</p> |

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>24 9:45-11:45- Bridge Lessons 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Crabcakes/ <i>Spicy Chicken Salad</i> 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>25 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobi. Writing 10:30- Muscle Cond. 11:45- Lunch- Lasagna/ <i>Seafood Salad</i> Victor King on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> <p style="text-align: center;">Good Friday</p> | <p>26 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "Lost in Translation" 1:00- Choral Group 2:00- Yoga (chairs)</p> |
| <p>31 9:45-11:45- Bridge Lessons 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Roast Pork/ <i>Seafood Salad</i> 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | | |

For Your Information



SHINE Counselors answer questions regarding health insurance coverage. Please call 617-796-1660 for a private and confidential appointment.

SHINE

Serving Health Information Needs of Elders, is a program of the State Executive Office of Elder Affairs and the Needham Council on Aging.



Health Maintenance Clinic Hours

Nurses from the Newton Health Department are available at the Newton Senior Center on Wednesdays & Fridays from 9:00-12:00, to take blood pressure and answer your health related questions. *For further information call The Newton Health Department at 617-796-1420*

City of Newton Senior Citizen Tax Relief Programs

- **"Property Tax Work-Off Program"**
Eligible Senior Citizens may volunteer in municipal departments and have their time applied toward a reduction in property taxes. *This income is taxable.*
- **"For Older Citizens" (Clause 41C)**
Eligible Senior Citizens are entitled to a \$1,000.00 exemption.
- **"For Older Citizens: Tax Deferral" (Clause 41A)**
Eligible Senior Citizens are entitled to defer (delay) payment of any portion of their property bill.
- **"Elderly Surviving Spouse, Minor Child" (Clause 17D)**
Eligible Senior Citizens are entitled to an exemption of \$175.00
- **"Disabled Veteran" (Clause 22)**
Eligible veterans or parents of deceased veterans who were casualties of service may apply. Benefits vary according to case.
- **"Age & Infirmary/ Financial Hardship"**
Property owners unable to pay property taxes due to age & infirmity may apply for this exemption.
- **"Blind Persons" (Clause 37A)**
Eligible citizens may be entitled to a \$500.00 exemption.

~~~~~

**To find out about this & other property tax relief programs call the Assessors Office, Newton City Hall- 617-796-1160.**

### **SENIOR CENTER MEALS**

The Newton Senior Center serves ***lunch Monday-Friday*** at 11:45. **Reserve by calling 617-796-1660 by 11:00 the previous day.** Please note your menu preference when making reservations. Those not reserved will be asked to wait until 12:00 to enter the dining room. Reservations are forfeited after 12:00. If there is extra food available we are happy to serve those waiting. A donation of \$1.75 is suggested per meal. *Springwell*, makes these lunches possible.

**Baked goods** are provided by *Bagels Best and Great Harvest Bakery*, both of Newtonville.

\*\*\*\*\*

### **Policy for Cancellation of Transportation to the Senior Center**

The Newton Senior Center provides door-to-door transportation daily for Newton Residents upon request. (See p.3). To maintain efficiency and be cost effective, the following policy has been developed:

- Riders must call and cancel at least 1 hour before scheduled pick-up.
- Riders who fail to cancel 3 times in 30 days will forfeit this service for the next 30 days.
- Riders will be reminded each time they fail to cancel.



### **Watch NEW TV - your Cable Access Station**

- **"View From The Hall"**- Mayor Cohen hosts! *Mondays, 3PM, 7:30PM - Tuesdays 12PM, 10:30AM, 3PM, 7:30PM- Wednesdays, 12AM*
- **Mayor's Press Conference-** *Friday, 6:30PM- Saturday, 11:30AM, 6:30PM- Sunday, 11:30 AM, 6:30PM*
- **"Spotlight on Seniors"**- *Monday 12:30PM- Thursday, 10AM, 4:30PM- Saturday, 2PM & Wednesday 6:00PM (Channels 9, 10, 15, depending on your cable provider)*

~~~~~

The Newton Senior Center airs its own 30-minute program, **"Coming of Age"**, on Mondays, 5:00PM (Red Channel). *Channel 9 on Comcast / Channel 13 on RCN.*

FROM THE DESK OF OUR SOCIAL WORKER

The Social Services Staff of the Newton Senior Center is available to individuals and families. Please call the Center to leave a confidential message with Kathy Laufer or Ana Gonzalez, if you would like some assistance. (617-796-1660).



WAYS TO RELIEVE STRESS

Everyone experiences stress – that tightness in your neck & shoulders; the butterflies in your stomach that won't fly away; or the persistent headache. Stress is a part of life and we must learn ways to manage the stress. Otherwise, chronic stress can suppress our immune system, leaving us vulnerable to illness.

Here are some suggestions for decreasing stress:

- Make time for a hobby – knitting, painting, reading, sewing
- Go outside and enjoy nature
- Give yourself a massage using a tennis ball rolled over tight muscles
- Pet a four-legged friend
- Give or receive a hug
- Practice mindful meditation – join a yoga class
- Exercise, exercise, exercise
- Meet a friend for lunch
- Go to (or rent) a movie – especially a comedy
- Take a vacation from everyday chores – give yourself a day off
- Indulge in something soothing – a hot bath, soft music & candles or chocolate

These are just a few things you can do to take your mind off your worries. Pay attention to stress – ignoring it will only make things worse. (If you stretch out at the first sign of tightness in your neck, you may avoid chronic neck pain.) First you must recognize that you are feeling stressed, then you can take control by practicing a tension reducing activity. You can experiment with different approaches until you find the ones which work for you. Try out the programs at the Newton Senior Center - aerobics and muscle conditioning, yoga, “Feel Good”, foreign films, knitting, painting, ceramics and or lunch. You can make yourself feel better.

REMINISCENCE GROUP

The benefits of reminiscing allow us to more fully participate in the present:

- ◆ By sharing memories, understanding and friendship can be forged
- ◆ Meaning and purpose can be seen through uncovering and reviewing memories
- ◆ Reminiscing improves the quality of our well-being and raises our self-esteem
- ◆ Remembering can create a sense of security and competence
- ◆ Reminiscing can reinforce coping mechanisms

In this group, we will talk about the importance of reminiscing, our early years, our adult years, turning points and life lessons. Group members will have the opportunity to share stories, writings, photographs and other memories. Please join us at the Newton Senior Center on Thursdays from 1 – 2:30 in the library lounge, beginning on March 17, 2005, for 7 weeks. For additional information or to register call Rachel Skiffington, Social Work Intern at 617-796-1660.

Bereavement Group Meets

Please join us for a support group at the Newton Senior Center. We will meet on Tuesdays from 1 – 2:30 in the library lounge. For additional information or to register call Rachel Skiffington, Social Work Intern at 617-796-1660.

* **BOOK CLUB** will meet on Tuesday, March 1, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book **If I Live to Be 100** by Neenah Ellis.

>>>>>>

The Video/ Discussion Series has been extended through March, meeting Mondays from 1-3:30PM.

Services for You

BROKEN APPLIANCES?

The fix-it fellas will attempt to repair your small appliances.

Bring items to:

Scandinavian Living Center, 206 Waltham St.

Wednesdays, 1:00-3:00.

Cost of parts required. Donations welcome.

SOAR- Service Opportunities After Retirement

Questions? 617-969-5906 x 120

Newton /Brookline

Consumer Office

Housed in Newton City Hall this office is available to answer your consumer questions and advocate for you when necessary.

They may be reached by calling, 617-796-1292.

Need minor house repairs but can't afford them?

If you are 62 years old or older *or* physically or mentally challenged *and* a Newton resident you may be eligible for a GRANT for home repairs.

Call the Newton Housing Rehabilitation Fund at

617-796-1150 or stop by 492 Waltham St.

See them on the 2rd floor!



MBTA Senior Pass Available

Send: 1" x 1" photo of your face
Copy of your personal identification
\$.50 (no checks, please)

To: MBTA Senior & Access Pass
Copley Square
145 Dartmouth Street
Boston, MA 02116

Allow 6 weeks for delivery

(You must be 65 years old to be eligible)

Visit ...The NEWTON SENIOR CENTER website at

www.Newtonseniors.org

Site developed by Senior Web Solutions with

a Grant from Merck Company Foundation

The National Safe Return Program operated with the support of the U.S. Justice Department, coordinates efforts to locate and recover wanderers who become lost. Does someone you love have Alzheimer's Disease or a memory disorder? Register them with the *Alzheimer's Association Safe Return Program*. Call 1-800-548-2111.

~~~~~

The Newton Council on Aging has a "**FILE OF LIFE**" for each Newton Senior Citizen. Get your refrigerator magnet on which to list important emergency information at the Newton Senior Center or Department of Human Services (Newton City Hall).

*Please update regularly.*

# Take Note!

## NEWTON RETIREES CLUB

*Meetings are held weekly at the Newton Senior Center*

*Every Thursday from 10:00- 11:45*

*Those wishing to have lunch at the Center must pre-register by calling by 11:00 the previous day.*

Thursday, March 3- Ruth Balser, **State Legislation Update**

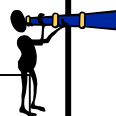
Thursday, March 10- Current Events

Thursday, March 17- **Mass. Bureau of Aeronautics**

Thursday, March 24- Current Events

Thursday, March 31-

Philip Cunningham, **B.C. Christian/ Jewish Center**



## LOOKING AHEAD to April

- **Man to Man-** Friday, April 1, 10:30 AM... Prostate cancer support group.
- **Saturday Movie-** Saturday, April 2, 12:30...  
*Shall We Dance?*
- **Fashion Show-** Wednesday, April 6, 11:45... Lunch
- **Volunteer Meeting-** Monday, April 11, 1:00 PM

## Foreign Film Buffs!

Every Friday at 1:00PM the Newton Senior Center shows a foreign film with subtitles. All are welcome to drop-in and take a short trip by armchair. Titles not announced in advance. (Don't you just love surprises?) *A donation of 50 cents is suggested.*

## TAX TIME IS Here!

The Newton Senior Center offers FREE assistance to Senior Citizens in preparing their taxes. This year we will offer the option of having your return E-FILED directly to the IRS. You can choose conventional mail if you wish. *Appointments run until April 15. Please call 617-796-1660 to make your appointment. You may arrange for transportation at this time.*

\*\*\*

**Please note:** The Newton Senior Center closes when Newton schools are closed due to weather. If you have a question please call 617-796-1660 and you will either hear a recorded message or speak to a staff. (On Saturdays, listen for the recorded message.)



## "A MATTER OF BALANCE"

This special program, addressing concerns about balance & falling, is being offered at the Newton Senior Center, in 8-week sessions. Please pre-register by calling 617-796-1660. There is a wait list and you will be called when your name comes up. *We thank Newton/Wellesley Hospital for bringing this opportunity to the Center. There is no charge for attendance.*

**NEWTON SENIOR EXPO 2005**

**Hold This Date!**

**Thursday, June 9, 2005**

This year the Community Living Network and the Newton Council on Aging are collaborating to bring the 4<sup>th</sup> Annual Senior Expo & the 38<sup>th</sup> Annual Senior luncheon together in one fabulous event.

With a new date and a new venue this event will have a whole spirit. There will be workshops, exhibits, health screenings, demonstrations, fabulous parking and a luncheon café!

You are invited to join us this year as a sponsor or as an exhibitor. Please call Elaine Brienens at 617-527-6576 with any questions about this grand event.

**Newton Upper Falls Seniors**

*Emerson Community Center*

*51 Pettee Street, Newton Upper Falls*

\*\*\*

**MARCH 2005**      Wednesdays: 10:00AM

***Refreshments served      ..... Visitors welcome!***

March 2..... New Cool Duo, Jazz

March 9..... 9:00am Blood Pressure, 10:00 Bingo

March 16..... Yellowstone Park in Winter, slideshow

March 23..... Newton Free Library, get new books!

March 30..... Jackie & Michelle, mother/ daughter duo

*Refreshments served, bring friends, ENJOY!*

**Feel Good in March**... every Wednesday, 1:00PM

- March 2... Danielle Archer of the Stone Institute will present "**Laughter is the Best Medicine**".
- March 9... Peggy Dunford will present "**Color Me Beautiful**".
- March 16... **Steffi Shapiro** will relax you with breathing exercises.
- March 23... **Leonard Linsky** presents, "**Familiar Opera**"
- March 30...**Mary Brown** will talk about *Spring* in the "Park & Recreation 55 and Over" program.



***Lifetime Learning of Newton*** is a nonsectarian, educational program for Senior Citizens, sponsored by *Newton Community Education*.

- Classes are held at Temple Mishkan Tefila, 300 Hammond Pond Parkway.
- All classes are held on Wednesday mornings from 10-12:30
- Spring classes begin Wednesday, April 6.
- Classes run for 8-week.
- Cost is \$39 for one or two courses.
- To register call 617-559-6994.

**ELDER ABUSE HOTLINE:  
1-800-922-2275**

# Take Note!

## NEWTON RETIREES CLUB

*Meetings are held weekly at the Newton Senior Center*

*Every Thursday from 10:00- 11:45*

*Those wishing to have lunch at the Center must pre-register by calling by 11:00 the previous day.*

Thursday, March 3- Ruth Balser, **State Legislation Update**

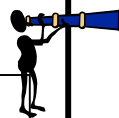
Thursday, March 10- Current Events

Thursday, March 17- **Mass. Bureau of Aeronautics**

Thursday, March 24- Current Events

Thursday, March 31-

Philip Cunningham, **B.C. Christian/ Jewish Center**



## LOOKING AHEAD to April

- **Man to Man-** Friday, April 1, 10:30 AM... Prostate cancer support group.
- **Saturday Movie-** Saturday, April 2, 12:30...  
*Shall We Dance?*
- **Fashion Show-** Wednesday, April 6, 11:45... Lunch
- **Volunteer Meeting-** Monday, April 11, 1:00 PM

## Foreign Film Buffs!

Every Friday at 1:00PM the Newton Senior Center shows a foreign film with subtitles. All are welcome to drop-in and take a short trip by armchair. Titles not announced in advance. (Don't you just love surprises?) *A donation of 50 cents is suggested.*

## TAX TIME IS Here!

The Newton Senior Center offers FREE assistance to Senior Citizens in preparing their taxes. This year we will offer the option of having your return E-FILED directly to the IRS. You can choose conventional mail if you wish. *Appointments run until April 15. Please call 617-796-1660 to make your appointment. You may arrange for transportation at this time.*

\*\*\*

**Please note:** The Newton Senior Center closes when Newton schools are closed due to weather. If you have a question please call 617-796-1660 and you will either hear a recorded message or speak to a staff. (On Saturdays, listen for the recorded message.)



## "A MATTER OF BALANCE"

This special program, addressing concerns about balance & falling, is being offered at the Newton Senior Center, in 8-week sessions. Please pre-register by calling 617-796-1660. There is a wait list and you will be called when your name comes up. *We thank Newton/Wellesley Hospital for bringing this opportunity to the Center. There is no charge for attendance.*

# Newton Parks & Recreation Programs for People Over 55 - March 2005

**Day Trips:** March 16- 2 fabulous shows for the price of one! Hal Roach & the Irish Sopranos with full lunch at Venus DeMilo in Swansea. *Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office. Mailings in late February.*

**Thursday Cards:** Thursdays 12-4 PM. Scandinavian Living Center, No charge.

GOLF, SCAT & Cribbage. Cards provided

**Crafts:** For advanced sewers with own machines. Mondays, 12-3:00. Call to register, 617-796-1500.

**Worker's Workout:** Aerobics for the working adult "over 45". Tuesday & Thursday, 6;15PM, 10 week class, \$70.

**Super Saturdays:** Aerobic workout 7:45-8:45AM.

**Cribbage-** Every Monday, 10:00-2 PM at Nahanton Park. Everything provided. Bring your lunch! Newcomer's welcome!

**Peer Pleasures:** for over "55" and under "5". Playgroup for grandparents and charges. Thursdays, 9:30-11:30, Nahanton Park. Call Susanne Spatz for info. 617-332-5574.

**Tap Lessons:** For men & women "over 55" with previous Tap experience. Tuesdays, 9:30AM Lower falls Community Center. Starts March 22- \$35 for 8 weeks.

**Theatre Buffs:** Call 617-796-1506 to be put on the theatre list.

**Walking Club:** The Early Morning Walkers Monday thru Friday at 7 AM, Albemarle Fieldhouse. Walk a measured mile, then enjoy Vera Oszy's famous coffee! *Weather permitting.*

**Ballroom Dancing:** Line & ballroom dancing with Disc Jockey, Helen Murphy every Thursday, 1-4 at Emerson Community Center. \$1 donation.

**Dawn's Aerobics:** Wednesdays, 9-10, Lower Falls Community Center. Full body workout. \$30, 10 week session.

**Men's Basketball:** Tuesdays & Saturdays at the Hawthorne Gym. Call John Stewart for details- 617-969-0950 or e-mail- alum.bu.edu Newcomers welcome!

**Aquatics:** Newton North High School- Fixed heated pool! Tuesdays, 9:15-10:15, starts March 8- 10 lessons \$20 or \$3 per session.

**Cross-Country Skiing:** Nahanton Park, weather permitting. Must have your own skis. Call to be put on the telephone list. 617-796-1506.

**Call Mary Brown at 617-796-1500**  
*or go to the web, [www.ci.newton.ma.us/parks](http://www.ci.newton.ma.us/parks)*  
*click on "Over 55"*



PRST 1<sup>ST</sup> Class  
U.S. POSTAGE  
PAID  
NEWTONVILLE, MA  
PERMIT # 57284

The Newton Senior Center/Council on Aging is sponsored by the Department of Human Services with funding made possible by the Newton Community Development Block Grant Program. The Publication of the *Golden Times* is sponsored in part by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.