



June 2005

Growing Pains!

The Newton Senior Center bursts with life six days a week. On any one day as many as 200 people may be found actively pursuing interests and friendships at 345 Walnut Street. As more people find the Center the staff needs to become ever more creative in the use of the space available within the walls of this former library.

This June, the Center will do something it has never done since its "grand opening" in 1993. The Center will close down for 5 days so that construction can be done on what we term some "wasted" space. The end result will be an office on the first floor to be assigned to the Program Coordinator. Not only will this open up needed office space on the Mezzanine, but it will provide a staff presence on the main floor. The dates we will be closed are Thursday June 23 through Tuesday June 28, re-opening on Wednesday, June 29. (This includes Saturday, June 25.)

We know this may be an inconvenience but we certainly expect it will be worth it. Staff will be at the Center during this time and can be reached as always. *Thank you for your support!*

"What's in a name?"

Watch this newsletter carefully! Next month (July) will bring many changes as outlined in this column last month. Among those changes are the creation of an independent Department of Senior Services headed by Department Head, Jayne Colino. *Also beginning July 2005*, this publication, known as the Golden Times will have a new name! (Yet to be announced!)

The Newton Senior
Center
regrets the passing o
dear friends



NEWTON SENIOR EXPO 2005

Thursday, June 9, 2005

This year the Community Living Network and the Newton Council on Aging are collaborating to bring the 4th Annual Senior Expo & the 38th Annual Senior Luncheon together in one fabulous event to be held at the **American Legion Post #440, 295 California St., Nonantum.**

There will be workshops, exhibits, health screenings, demonstrations, fabulous parking and a luncheon café where you can get a beautiful "box lunch" for \$5. The morning workshop will focus on Financial Planning and the afternoon workshop will be Health focused. This year there will be NO tickets sold. Just come to the Expo and enjoy!

The White House Conference on Aging will hold a *Speak Out sponsored* by Springwell & Newton-/Wellesley Hospital, for Boomers and older adults. Share thoughts on today's pressing issues! For *transportation* to this event please call 617-796-1660. The Newton Senior Center will take your information and call you back with a specific pick-up time. This year's **Newton Senior Center Art & Craft Exhibition** will be held at the Newton Senior Expo. Pieces may be dropped off Wednesday, June 8, between noon and 4:00, at the American Legion Post #440, 295 California St., Nonantum. Work must be picked up by 4:30 Thursday, June 9. (Questions???) Call Joanne at 617-796-1670).

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
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 \$6 for a subscription ending July 1, 2006.

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, June 13-1:00

Prostate Cancer Support Group

Man-to-Man- First Friday of each month, 10:30 AM. This month's meeting is, June 3. 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.

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! *This month on June 13 hear about "Sun Safety and Protecting Your Skin"*.



3-D Art has returned. Mondays, 10:30 with Ed Urban... *Drop-in!*

SHOPPERS pre-register to take the Senior Center Van to Walmart in Framingham, on Monday, June 20. *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.)*

Model Building

Do you remember "model building" as a kid? You got a kit and gave each model your own special stamp. Recapture the fun by joining a group of model builders on Thursdays, 10:30-11:30, starting on June 2. Supplies provided by Center. Donations appreciated.

Nutritionist to Speak

Nutritionist, Nancy Keith, of Springwell, will speak about summer-time eating on Tuesday, June 7, during lunch. (12:00)



Talent Show

You bring the talent and we will have show. Those wishing to perform should let Joanne know at 617-796-1670. If you just wish to be entertained then come to the Senior Center on Wednesday, June 15 at 1:00 and we will entertain YOU!

Choral Concert

Our very own Silver NewTones will perform a lunchtime concert on Wednesday, June 15 at 12:00. Diners should arrive by 11:45. Please pre-register for lunch by 11:00 the previous day.

BARBECUE

On Wednesday, June 22, 11:45 we'll start grilling. Please pre-register by 11:00 the previous day. \$3 per meal! Tom Calf will entertain with "Tales of Newton"!

Medicare Program

This new program, Medicare Part D, Drug Prescription, will be explained at a special meeting at the Senior Center on Wednesday, June 1, at 10:00am. Our (Serving Health Information Needs of Elders) representative will speak. If you are a Medicare beneficiary then you **MUST** decide whether or not to enroll in this program. All welcome!



Computer Bulletin Board

*We offer classes for
Beginners, Internet, Quicken
& Word Processing
Classes resume in the Fall*

Wednesday, June 8 -

The Greater Boston Seniors Computer Group 9:30
"Researching Art Fraud on the Internet"
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 not meet in June. They will meet again on Monday July 11, at 10:00AM.

" Music in June! "

- **Wednesday, June 1- 11:45...**Lunchtime piano with **Victor King.**
- **Friday, June 3- 11:45...**Lunchtime piano with **Victor King.**
- **Wednesday, June 8- 11:45...** Lunchtime piano with **Victor King.**
- **Friday- June 10 – 11:45...** Lunchtime piano with **Harold Kaswell.**
- **Wednesday, June 15- 11:45...** Choral Concert by the **Silver Newtones**
- **Friday, June 17 - 11:45...** Lunchtime piano with **Victor King,**
- **Wednesday, June 22- 11:45...** Tom Calf will entertain at our Barbecue. (*He will be filming for his TV show at this time!*)

TOUR THE SENIOR CENTER

If you wish to have a tour of our Senior Center and learn about our programs and services, please call Joanne at 617-796-1670 for an appointment.
We would love to welcome you!

Volunteer at the Polls

If you are interested in volunteering at the polls during this year's elections please call the Election Commission at Newton City Hall, 617-796-1350. This year's elections will be held on Tuesday, September 20 (Preliminary Election Day) and Tuesday, November 8 (Municipal Election Day).

***Join Senior Center Director, Jayne Colino,
for a "Dialogue with the Director"
Thursday, June 16, at 12:00.***

Many Thanks to the following- for their generous donations:

- Ethel Newfield, in appreciation of Christy Bean-Leamy, Tax Aide.
- Village Bank for sponsoring our barbecues this season.
- Helen Tarnower wishing Eve Weiner a speedy return to the Senior Center.
- Beatrice Steppner in appreciation of George Buffington, Tax Aide.

In appreciation of the Newton Senior:

- Mary McCabe
- Richard Longo
- Polly & Irving Kalman
- Hilda Smith
- Celia Rech
- Brownie Troop #3034 for their wonderful Spring centerpieces.

The Boston Heart Party

This past April the Newton Senior Center once again hosted the Boston Heart Party presented by Partners Healthcare and assisted by the Newton Health Department. Forty-eight individuals were screened for blood pressure, cholesterol and blood sugar. The “party “ was quite a success and we thank its sponsors for helping to keep us healthy!

A Taxing Season

Thanks again to our wonderful Tax Aide Volunteers who helped complete 191 tax returns at the Center this year. Thanks also to AARP (American Association of Retired Persons) for their support.



KEEP THE NEWS COMING!

If you have a subscription to the Golden Times please renew as of July 1, 2005 for one year, by sending or bringing \$6 to the Newton Senior Center. Those not renewed by August 1 will be removed from our list. Notices will be going out to remind current subscribers of the renewal period. Those with subscriptions receive our newsletter at their homes monthly. Every Senior Citizen in Newton receives a complimentary copy 4 times year. For more information, or to start a new subscription, please see page 2 of this issue.

Did You Know?

Santa works 12 months a year. If you are a knitter, crocheter or crafter, see us for supplies and bring them back completed for our "**Giving**" program. The Senior Center will distribute collected items to grateful recipients *all year long*.



The Perfect Gift? Newton Throw

The Newton Council on Aging offers "Newton Throws" in 4 colors. Each one depicts eleven Newton landmarks and are available for purchase at the Newton Senior Center for \$50 each. A portion of this goes to the Newton Council on Aging. **VISIT OUR STORE for these and MORE!**

Senior Citizen Parking Stickers are available at the Department of Human Services, Newton City Hall and the Newton Senior Center. *Your car must be registered in Newton and you must be at least 65 years old.* Bring your license and registration with you at the time of purchase. New stickers are good for a two-year cycle at a cost of \$6. The new stickers will become available at the Newton Senior Center in late June. Your old stickers will be valid through August 30. Citizen parking stickers are good for all municipal lots in the city, 1-hour & 3-hour meters only.

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## Emergency numbers:

- ✓ Police/ Fire/ Medical emergency: 911
- ✓ Police non-emergency: 617-796-2100
- ✓ Fire non-emergency: 617-796-2200
- ✓ City Hall Customer Service: 617-796-1000
- ✓ Newton Senior Center: 617-796-1660
- ✓ Department of Human Services: 617-796-1280

***The Newton Police Department has resources available that can help get oil or provide temporary shelter as needed. Call the non-emergency Police number, 617-796-2100 for assistance.***

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## ***Tips to protect Yourself from Credit Card Fraud***



1. Do not have your full name printed on your checks, just your initials.
2. Do not sign the back of your credit cards. Write, photo I.D. required.
3. When paying credit card bills put only the last 4 digits of your card number.
4. Never have your social security number printed on your checks.
5. Make and safely store photocopies of all of your credit and bank cards.
6. Keep the toll free numbers of your credit cards to call in case they are stolen.

# June 2005 (Programs subject to change)

| SUNDAY           | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  |                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>1 9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30 – Fine Arts Class<br/>           10-11:30 <b>Medicare Program</b><br/>           11:45- Lunch-<br/>                   Roast Pork/<br/>                   Seafood Salad<br/> <b>Victor King- piano</b><br/>           1- Feel Good<br/>           1- Duplicate Bridge<br/>           1- Choral Group<br/>           1-SHINE<br/>           1- <b>Video/Discussion Group</b></p>    |
| <p><b>5</b></p>  | <p><b>6</b><br/>           9-12- Pool Cues<br/>           10:00-<b>Low-vision Group</b><br/>                   (canceled)<br/>           10:30-12- Fine Arts Workshop<br/>           10:30- 3-D Art<br/>           11:45- Lunch-<br/>                   Meatballs w/ Ziti<br/>                   Breaded Chicken Pattie<br/>           1:00 Scrabble<br/>           1- Sewing Group<br/>           2-Yoga (chairs)</p> | <p><b>7</b><br/>           9:00-10:00- Aerobics<br/>           9:00- Spanish- beginner<br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>                   Ham Dinner/<br/>                   Turkey Platter<br/>                   <i>Nutritionist Speaks</i><br/> <b>1- Book Club</b><br/>           1-Bingo<br/>           1:30 - Swing Band<br/> <b>1:30-3:30- Matter of Balance</b><br/>                   (pre-registered)</p> | <p><b>8 9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30-12- <b>Computer Group</b><br/>           9:30 – Fine Arts Class<br/>           11:45- Lunch-<br/>                   Egg Salad Platter/<br/>                   Tuna Platter<br/> <b>Victor King- piano</b><br/>           1- Feel Good<br/>           1-Duplicate Bridge<br/>           1- Choral Group<br/>           1-SHINE<br/>           1- <b>Video/Discussion Group</b></p> |
| <p><b>12</b></p> | <p><b>13</b><br/>           9-12- Pool Cues<br/>           10:30-12- Fine Arts Workshop<br/>           10:30- 3-D Art<br/>           10:30- <b>Health Stop</b><br/>           11:45- Lunch-<br/>                   Chicken Paprika/<br/>                   Tuna Salad<br/> <b>1- Volunteer Meeting</b><br/>           1:00 Scrabble<br/>           1:00- Sewing Group<br/>           2-Yoga (chairs)</p>               | <p><b>14</b><br/>           9:00-10:00- Aerobics<br/>           9:00- Spanish- beginner<br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>                   <i>Pot Roast Special</i><br/>           1-Bingo<br/>           1:30 Swing Band</p>                                                                                                                                                                                       | <p><b>15 9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30- Fine Arts Class<br/>           11:45- Lunch-<br/>                   Turkey Salad/<br/>                   Ham &amp; Cheese<br/> <b>Silver NewTone Lunch</b><br/> <b>Concert</b><br/> <b>1-Talent Show</b><br/>           1- Duplicate Bridge<br/>           1- Choral group<br/>           1-SHINE<br/>           1- <b>Video/Discussion Group</b></p>                           |

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|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>19</b></p> <p><b>Father's Day</b></p> | <p><b>20</b></p> <p>9-12- Pool Cues<br/> 10-2 <b>Van to Walmart</b><br/> 10:30-12- Fine Arts Workshop<br/> 10:30- 3-D Art<br/> 11:45- Lunch-<br/> Stuffed Shells/<br/> Roast Beef &amp; American Cheese<br/> 1:00 Scrabble<br/> 1:00- Sewing Group<br/> 2-Yoga (chairs)</p> | <p><b>21</b></p> <p>9-10- Aerobics<br/> 9:00- Spanish- beginner<br/> 10:30- Spanish- intermediate<br/> 10:30 Muscle Conditioning<br/> 11:45-Lunch-<br/> Turkey &amp; Swiss/<br/> Egg Salad Platter<br/> 1-Bingo<br/> 1:30 Swing Band</p> | <p><b>22</b></p> <p><b>9-12 Health Clinic</b><br/> 9-12 Computer Help<br/> 9-12- Pool Cues<br/> 9:30- Fine Arts Class<br/> 11:45- Lunch-<br/> <b>Barbecue!</b><br/> 1- Feel Good<br/> 1- Duplicate Bridge<br/> 1- Choral group<br/> 1-SHINE<br/> 1- <b>Video/Discussion Group</b></p>                                                |
| <p><b>26</b></p>                            | <p><b>27</b></p> <p><b>Center Closed for Construction (see page 1)</b></p>                                                                                                                                                                                                  | <p><b>28</b></p> <p><b>Center Closed for Construction (see page 1)</b></p>                                                                                                                                                               | <p><b>29</b></p> <p><b>9-12 Health Clinic</b><br/> 9-12 Computer Help<br/> 9-12- Pool Cues<br/> 9:30- Fine Arts Class<br/> 11:45- Lunch-<br/> Chicken Stew/<br/> Seafood Salad<br/> <b>Victor King- piano</b><br/> 1- Feel Good<br/> 1- Duplicate Bridge<br/> 1- Choral group<br/> 1-SHINE<br/> 1- <b>Video/Discussion Group</b></p> |
|                                             |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                      |

| <b>THURSDAY</b>                                                                                                                                                                                                                                                                                                                                                                                                     | <b>FRIDAY</b>                                                                                                                                                                                                                                                                                                                                                                      | <b>SATURDAY</b>                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>2</b><br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Knitting<br/> 10:30- Mandarin Chinese<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Tuna Salad Plate/<br/> Chicken Salad Platter<br/> 12:30- Ceramics<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p>                                                                                      | <p><b>3 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autbio. Writing<br/> 10:30- Muscle Cond.<br/> 10:30- <b>Man to Man</b><br/> 11:45- Lunch-<br/> Chicken Kielbasa/<br/> Turkey &amp; Swiss Wrap<br/> <b>Victor King on Piano</b><br/> 12- Chess Nut<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p> | <p><b>4</b> 10:00-4:00- <b>Pool Cues</b><br/> 10:00-12- Gems of Jazz<br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Ray"</b><br/> 2:00- Yoga (chairs)</p>              |
| <p><b>9</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> <b>10-3 Senior Expo at Post #440</b><br/> 10-11:30- Cribbage Lessons<br/> 10:30- Knitting<br/> 10:30- Mandarin Chinese<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Chicken Marsala/<br/> Roast Beef &amp; Cheese<br/> 12:30- Ceramics (canceled)<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p> | <p><b>10 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autbio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> lemon pepper Fish/<br/> Fruit Platter<br/> <b>Harold Kaswell on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p>                                   | <p><b>11</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:00-12- Gems of Jazz<br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Ocean's 12"</b><br/> 2:00- Yoga (chairs)</p> |
| <p><b>16</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Mandarin Chinese<br/> 10:30- Knitting<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Hot Dog/<br/> Roast Beef Platter<br/> <b>Dialogue w/ Director</b><br/> 12:30- Ceramics (canceled)<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p>                      | <p><b>17 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autbio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> Baked Stuffed Salmon /<br/> Chef salad<br/> <b>Victor King on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p>                                     | <p><b>18</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:00-12- Gems of Jazz<br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Vera Drake"</b><br/> 2:00- Yoga (chairs)</p> |

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| <p><b>23</b></p> <p><b>Building Closed for Construction</b></p>                                                                                                                                                                                                                                                                                    | <p><b>24</b></p> <p><b>Building Closed for Construction</b></p> | <p><b>25</b></p> <p><b>Building Closed for Construction</b></p> |
| <p><b>30</b></p> <p>9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Mandarin Chinese<br/> 10:30- Knitting<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Pot Roast/<br/> Chicken Caesar<br/> 12:30- Ceramics<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 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*

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### **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. to age & infirmity may apply for this exemption.  
*To find out about this & other property tax relief programs call the Assessors Office, Newton City Hall- 617-796-1160.*

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“Wisdom comes with age, but sometimes age comes alone.”

Anonymous

Reminder!

Be sure you are registered to vote in the Fall 2005 elections. Unregistered voters should go to Newton City Hall to complete their registration or visit www.ci.newton.ma.us

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. Choose your menu at this time.
 - Reservations are forfeited after 12:00.
 - Please cancel your reservation by 11:00 the previous day, whenever possible.
 - Those not reserved will be asked to wait until 12:00 when we will serve them if there is food available.
 - 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 and *Entenmann's Baked Goods*.

Canceling Transportation to the Senior Center

The Newton Senior Center provides door-to-door transportation daily for Newton Residents upon request. (See p.3).

- 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! *Monday-Sunday 6AM, 2PM, 5PM, Tuesday-Friday 7:30PM*
- **Mayor's Press Conference**- *Monday-Friday 12PM, 3PM, 6PM*
- **"Spotlight on Seniors"**- *Monday 12:30PM- Thursday, 10AM, 4:30PM- Saturday, 2PM & Wednesday 6:30PM (Channels 9, 10, 15, depending on your cable provider)*

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**The Newton Senior Center** airs its own 30-minute program, **"Coming of Age"**, on the (Red Channel).  
*Channel 9 on Comcast / Channel 13 on RCN.*  
*Monday-Friday 3PM , 5:30PM*  
*Saturday & Sunday 8:30AM*

## FROM THE DESK OF OUR SOCIAL WORKER

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



### ADVANCE CARE TOOLS

Part 1 of this series focused on the need to talk to family and friends about your personal, spiritual and ethical views about health care decisions. We need to plan who will be our voice and make health care decisions for us if we cannot speak for ourselves. An **Advance Directive** is a written document which you complete while you are healthy. It states how you want medical decisions to be made. The two common forms are a living will and a health care proxy (or Durable Power of Attorney for Health Care). In Massachusetts, a health care proxy is the only legally recognized advance directive. [MGL Ch 201D]

A health care proxy is a legal document which allows you to name someone (a health care agent) to make medical decisions when you cannot make them for yourself. This happens only when your physician determines in writing that you cannot make or communicate health care decisions for yourself.

You can name any competent adult to be your health care agent as long as the person is not an employee of a health care facility where you reside at the time you complete the proxy, unless the employee is your relative. You may name an alternate to serve in the event your health care agent is not available. You do not need to have the health care proxy notarized but your signature must be witnessed by two (2) people (other than your agent or alternate).

Once you have completed a health care proxy form, you should keep the original in a safe place and make copies for your health care agent and alternate and your physician(s). [A photocopy is as acceptable as the original.] You may also want to give a copy to your lawyer, clergy person or other family members. You should bring a copy with you when you go to the hospital. Hospitals and other health care facilities must offer you a chance to complete a health care proxy and must inquire if you have one.

You can revoke your health care proxy, at any time, by signing a new one; notifying your physician or agent orally or in writing; or doing something to show you want to revoke it (ex. tear it up).

Health Care Proxy forms can be downloaded from the internet: [www.massmed.org](http://www.massmed.org), click on Health Care Proxy. You can also obtain forms from social services at the Newton Senior Center – please call ahead and schedule a pick up time.



\* **BOOK CLUB** will meet on Tuesday, June 7, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book **McKay's Bees** by Thomas McMahon. *(The selection has been changed.)*



### **SUMMER VIDEO DISCUSSION GROUP**

Kathy Laufer, LICSW, will lead a video discussion series in the months of June and July On Wednesdays, from 1:00-3:30. This session will explore romance in the later years. Drop in to the Library–Lounge to take part in this wonderful program.

# 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*

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## **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.*

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### **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 2<sup>rd</sup> 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](http://www.Newtonseniors.org)**

*Site developed by Senior Web Solutions with*

*a Grant from Merck Company Foundation*

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**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.

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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.

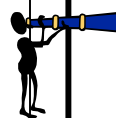
For the months of June, July and August each meeting will be a discussion of Current Events. Come share your views!

LOOKING AHEAD to July

Man-to-Man... Friday, July 1, 10:30AM - Prostate Cancer support group.

Saturday Movie... "Yankee Doodle Dandy" – 12:30AM

July 4, Independence Day... Monday, *Center Closed*



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.*



Older Americans Are Getting Fit!

The 18th Annual SUPERSTUDY of Sports Participation found that the numbers of those 55 + years doing fitness activities had grown by 33% as compared to a 13% growth rate for baby boomers (35-54) and zero growth for those 18-34. The study looked at 15,000 individuals. Other statistics of interest are:

- 25% of the nation's 41.3 million health club members are now 55.
- people age 55+ accounted for 25% of the 6.1 million Americans who paid a personal trainer.
- For the first time since this research began, health club membership fees (on average) have dropped 8%.

There are many reasons for these trends according to the study:

- Many of those currently staying fit began their commitment to fitness as 30-somethings and have remained committed.
- Social norms now accept people of all ages in workout gear.
- Doctors have prescribed exercise for many conditions.
- Equipment has been developed for maximum benefit, minimum harm.

More Volunteer Computer Teachers Needed

The Newton Senior Center has a unique computer education program in which students are individually taught. When classes resume in September more teachers will be needed to add to the schedule. Each teaching session is 6 weeks long. The Fall schedule has not yet been determined. If you are interested please call Joanne Fisher at 617-796-1670.

Just Ask!

Senior Citizen discounts are one of those wonderful perks that comes along with time! It is always a good idea to “just ask” when making purchases or arrangements. For instance:

- Many local taxi companies offer coupons for discounts
- Movie theatres often have discounted admission rates
- Many stores offer a Senior Discount Day each week.

Newton Upper Falls Seniors

*Emerson Community Center
51 Pettee Street, Newton Upper Falls
Program for June 2005*

- June 1 **Lisa Manning and Friends**
- June 8 **Bingo**
- June 15 **Fling into Summer: A Community Event**, Trader Joe’s

Programs start at 10:00am
Bring a friend and enjoy refreshments
See you in September!

Feel Good in June... every Wednesday, 1:00PM

- *June 1... Steffi Shapiro* will lead a relaxation session.
- *June 8... Jack Porter* of the speaker’s bureau of the Israeli consulate will speak about the current Israeli Scene. (Departure from gaza, the Pope and Israel, the Holocaust, anti-semitism, etc.)
- *June 15... Come to the Function Room* for our Talent Show!
- *June 22... Say good-bye for the Summer* with a musical hour led by Len Linsky. *See you in September!*

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

The Newton Senior Center is your “cool down center” when temperatures are over 90 degrees for more than one day the Center remains open until 9:00 at night . Don’t suffer in the heat. Cool off in this air-conditioned space. No meals are offered but you are welcome to brown bag it! To find out if the Center is open please call the Center at 617-796-1600 .

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

From the Health Department



By Elaine Sullivan, RN

Sun Safety and Protecting Your Skin

Skin cancer is the most common cancer and probably the most preventable. Its a fact that 1 in every 6 Americans develops skin cancer at some point in their life. Each year approximately one million skin cancers are detected and diagnosed. The sun may be 93,000,000 miles away but it is still a threat to your safety! 90% of skin cancers are as a result of exposure to the sun and most of an individual's exposure occurs before they are 18 years old.

The good news is, skin cancer is almost completely curable when treated in its early stages and almost all are preventable by practicing safety with exposure to the sun's rays.

What can you do, even if you are not 18 or younger? You can and should protect yourself from the strong rays of the sun. Do you have to stay indoors and avoid it completely? No! But be smart!

- Avoid being out in the direct sunshine during the middle of the day when the rays are the strongest. (10-2).
- Wear a sunscreen of SPF15 or more whenever you will have sun exposure. Don't forget to reapply it throughout the day, particularly if you are swimming
- Wear a loose weave, long sleeve shirt to protect your arms, a hat with a wide brim to protect your face and neck and don't forget the sunglasses to protect your eyes.
- Get your yard work done early or work in shaded areas, sit under an umbrella if you are at the beach, lake or pool.
- In addition to protecting yourself, be sure to inspect your skin for changes regularly. A good time is after you have showered and plan to do it the same time each month. Be sure to check all areas that you can see and enlist help to check those you cannot.
- Be sure your doctor checks annually when you have a physical. If he/she detects anything of concern, you will need to watch for changes.



For more in depth information about Skin Health, join us, at the Senior Center, June 13, at 10:30 AM for HealthStop with Elaine Sullivan, RN, Newton Health Department.

Newton Parks & Recreation Programs for People Over 55 - June 2005

Day Trips: Scholarship Fundraiser, Wed., June 8 Foxwood's Casino. Lunch & KENO vouchers & contribution. \$25. June 29, Cape Cod Canal, narrated cruise & lunch at the Beachmore Restaurant. \$48.

Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office..

Thursday Cards: Thurs. 12-4 PM. Scandinavian Living Center, No charge. GOLF, SCAT & Cribbage. Cards provided.

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

Worker's Workout: Aerobics for the working adult "over 45". Tues. & Thurs., 6:15PM, 10 week class, \$80.

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

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

Bocce- Teams picked, Monday, June 6, 2-4Pm, Cabot Park. If unable to attend, call 617-796-1506.

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

Golf Play: Thurs. 9AM- Commonwealth, 9 holes with avid golfer to teach you golf rules and etiquette. \$25 per session. Must pre-register.

Walking Club: The Early Morning Walkers Mon.- Fri. at 7 AM, Albemarle Fieldhouse. Walk a measured mile, then enjoy Vera Oszy's famous coffee!

Ballroom Dancing: Line/ballroom dance with Disc Jockey, Helen Murphy every Thurs., 1-4, Emerson Community Center. \$1 donation.

Dawn's Aerobics: Wed., 9-10, Lower Falls Community Center. Full body work-out. \$21, 7 week session or \$4 per class.

Aquatics: Gath pool & Crystal lake open June 13. Aquatic exercise, Monday-Friday at Gath starts July 5.

Theatre Buffs: Theatre now listed on day trip brochure. September 22-23, New York. Overnight, November 2, "Full Monty".

Men's Softball for Seniors: Eastern Mass. Senior Softball has leagues for all ages (up to 80) and abilities. Call John Stewart 617-969-0950 or check website www.emass.seniorsoftball.com

Tennis Plus: Wednesday & Friday 8:00 AM at the Warren Courts, West Newton. Intermediate & Advanced players over 55. To register call Phyllis Frank at 617-527-8463.

Golf Lessons: 4 lessons, \$80- 6 to a group, Call to register, 617-796-1506. Wed. 10AM, starts in June.

Call Mary Brown at 617-796-1500
or go to the web, www.ci.newton.ma.us/parks
click on "Over 55"



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