

SENIOR NOTES

Belmont Council on Aging

266 Beech Street, Belmont, MA 02478

Monday - Friday 8 a.m. - 4 p.m.; Tuesday 8 a.m. - 7 p.m.

June 2019

FRONT DESK

617-993-2970

Nava Niv-Vogel

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Social Worker, 617-993-2983

TRANSPORTATION

617-993-2980

Martin Cloherty

Transportation Coordinator

Diane Corsino

Administrative Assistant

Dorothy Boyle

Administrative Assistant

Richard Berger

Tech Sharing Facilitator

Roy Elliott

Lead Custodian

TRAVEL CLUB

617-993-2976

HOME DELIVERED MEALS

617-926-4100

Please do not send confidential information in e-mails.

We Are Grateful to all of our 2018-2019 Volunteers!!

KAREN ABRAHAMS
YOLANDA ALIBERTI
MADELEINE ASHE
JAMES AVTGES
KEUMHEE BANG
TZIPPY BARON
LINDA BASS
SUZANNE BERE
JULIA BURNHAM
MARY BETH BUTLER
ISABELLE CARR
DIANNE CHAKARIAN
HUIFANG CHEN
CHARLES CHIANG
DAVID CHING
DOROTHY CHING
LILLIAN CLAVETTE
MARY CORREIA
EVELYN CORSINI
CLAIRE COX
DAVID COYLE
PATRICIA CUMMINGS
ELAINE DALAKLIS
MARY DEMIRJIAN
DIANE DIDEO
BARBARA DILLON
PATRICIA DIXON
GAIL DOREY
DEBRA DUNN
MARLENE FLEWELLING
EUGENIA FRASSICA
MITHLESH GARG
JOHN GAO
SARAH GOLDBERG
PETER GONEAU
MACKENNA GRAHAM
SUZANNE GREENBERG
THOMAS GUILD
GRACE HARRINGTON
JANE HAVILAND

DAVID HEALEY
JANICE HOWE
CAROL HURLEY
MARTHA JACOVIDES
CHARLES JENNINGS
DELORES KEEFE
ELIZABETH
KADEHJIAN
ELIZABETH KEEGAN
BETSY KENRICK
ALINE KEREMIAN
JANICE KNIGHT

ANN
KUENKAMPLEMMERS
GLORIA LAPIERRE
HARRIETT LEARSON
ANDY LI
KATY LIANG
ROSEMARY LORUSSO
TRAN LUU
DAVID LYNDE
SARAH MA
ANNE MARIE MA-
HONEY
EMMA MCCABE
MARGARET
MCDONAGH
MICHAEL MICHALSKI
LINDA MICKLAY
CHARLOTTE MILLMAN
BILL MILLS
MARIA MINGACE
CAROLE MONTALTO
PRISCILLA MOSKOS
BERYL NOBLE
DARLENE ODDO
ROSEMARY OLIVA
MARY PAOLILLO
NARE PARSEGHIAN
EVELYN POLLI
LORETTA ROACH
JOSE RODRIGUEZ
DEBORAH ROSALES
DOROTHY ROSALES
LEO ROZZI



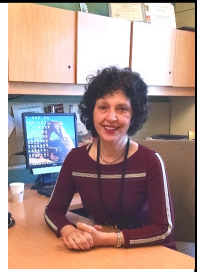
ROCHELLE SACCO
LORRAINE SAIA
BRIAN SAPER
MADELEINE SCANLON
LYNDA SCHULER
WALTER SGROI
DAN SIAGEL
DANY SILER
LEE SILER
JEAN SISSON
KIMBERLY SLINNEY
ROSE SMALLER
MARINA SOROKIN
CLARE STANLEY
NATALIE STOLLER
HOLLY STRATFORD
ESTHER SUH
EDWARD SULLIVAN
ALICE SWEENEY
ALICIA SZENDIUCH
ELEANOR TAMBURRO
JASON TANG
PATRICIA TONER
RAYNA TULYSEWSKI
JULIE VENEZIANO
JOHN VERCELLONE
MARGIE WAYNE
FENG TONG WEI
EDWARD WOO
GRACE WOO
ERIKO YAMAMOTO
JEAN YOUNG
NURISA ZEKIYAN



June seems to be chock full of wonderful activities, programs, trips, and new classes we can't seem to fit everything into the newsletter! Please read the "Beech Street Extra" to make sure you don't miss anything!

Director's Report

Hopefully, by the time this newsletter reaches you, it will truly feel like spring. As you know, April showers were followed by May flowers *and showers!* In the meantime, we still have a number of programs that bring spring type feelings of joy and renewal into the center. This past month we had our first Mother's Day Tea that was fun, successful and very well attended. The owner of The Tea Leaf in Waltham who provided us with the provisions for the event was delighted and enthusiastically wants to return. Thank you to Dana, our Assistant Director, for masterminding this and other special programs. Father's Day is coming, and we hope the men will tie or even beat the ladies in terms of attending the event we have in store for them. See details inside these pages.



We are also wholeheartedly wishing that you will attend a special program next month called "Pizza and Pride". This program is in celebration of Gay Pride month. We will be showing an award-winning film called "Gen Silent", that recounts poignantly the issues many seniors face who are LGBT. In May staff and others in the community attended special training to learn how to respond sensitively to the needs of our LGBT seniors. Please note that there will be a discussion about the film and the issues it raises following the light dinner and movie.

May is the busiest time for the Town when it comes to deciding on the budget for the upcoming fiscal year. As you may know, our level service budget will most likely be approved, as it is only a 2% increase from the budget we were allocated for this past year. Following the League of Women Voters' Forum on the matter of the need for more social work assistance, the Select Board (the new name for the Board of Selectmen) revisited the request the COA has been making, for an additional social work position, at their meeting on May 13. The matter is still under review as the Board seeks input from other departments regarding this need. The COA is also tackling the matter of increased demand for transportation services now that McCues' Cab Company has gone out of business and Springwell no longer offers transportation. There is a transportation working group that meets regularly to discuss all options available to provide more transportation that are also cost neutral for the Town.

I have a few matters for which your cooperation is very much appreciated. First, for fitness room users, please return your access cards right after you use the room. Please do not proceed to other activities before returning them to us. We've had problems retrieving the cards because people forget to return them after they've gone to other programs. Second, for those who attend our supper club dinners, we are asking that all of you have a plan in place for how to return home from a restaurant should there be a breakdown of the BelderBus. We had been looking into how we could provide transportation to you in this unlikely event, but all options are prohibitively expensive. Again, we don't expect this to be an issue, but we would rather avoid any inconvenience and discomfort for you in such a situation.

Last, the Town's bank is now not allowing checks to be made to The Beech Street Center. When you make out checks please write "Belmont Council on Aging". Thank you.

I look forward to seeing you all at the center this month. Enjoy!

Nava

ARTS & ADULT EDUCATION

50+ Job Seekers Networking Support

Group. 1st and 3rd Tuesday 1:30-3:30 p.m. Free

Beginner Chinese & Chinese English

Pairs. Mondays, 10:10 a.m. Free.

Bel Aires (singing!). Thursdays, 1:15 p.m. \$2 suggested donation, per session.

Chinese Culture Class / 中国文化

课. Wednesdays, 9-11. Free.

Chinese Singing Group / 中国歌唱团

Mondays, 9-11. Free.

Conversational ESL. Mondays & Fridays,

11:30-1 p.m. Intermediate groups from *English at Large*. Sign up at 781-395-2374. Free.

Decluttering Closed self-help group

Wednesdays, Thursdays self-help drop-in group 1:15-2:30 p.m.

Drawing and Painting with Charlotte

Kaplan. Fridays 1-3 p.m. **New session May 24-June 28.** \$70 for 8 sessions.

English as a Second Language (ESL).

Thursday mornings 10-11:30 a.m. \$50 new students, \$35 returning for 10 sessions. **New session begins October 3rd.** Contact Rhonda Petrella 617-484-3760.

English for Chinese Speakers / 英语

课. Tuesdays, 10 a.m. Free.

Intermediate and Advanced French Fri-

days. Formal meeting 1st and 3rd Friday. Informal meeting 2nd and 4th Friday. Free. 10-11 a.m.

International Phonetics / 国际语音

学. Monday and Friday, 9:30-11 a.m. Free.

Open Art Studio. Free (bring your own supplies). Mon & Thu, 1-3:30 p.m.

Social Painting/Drawing. Wed, 1-3:30 p.m. Free.

Intermediate Spanish Conversation.

Thursdays, 10-11:30 a.m. Free.

FITNESS & DANCE

Please sign up for whole semesters and join within the first two weeks.

Gentle Aerobics. Wednesdays at 9:15. 4 sessions for \$20

Balance & Movement. 8 M/W, 2 p.m. \$40

Chair Yoga Focus Series with John.

6 Wednesdays, 1:30 p.m. \$24

Chair Yoga with Carol. 6 Tuesdays, 3:30 p.m. \$36.

Chinese Dance Group / 中国舞蹈

团. Tuesdays, 12:30-2:30 and Thursdays, 9:30-11 and 12:30-2:30. Free

Core Workout. 6 Mondays, 10:45 a.m. \$50

Folk Dancing. Wednesdays at 11:40 a.m. Free.

Informal Tai Chi. Tuesdays, 9 a.m. Self-led practice group. Everyone is welcome. Free.

Morning Gentle Yoga. 6 Fridays, 11:00 a.m. \$48

Power of Posture. 6 Tuesdays at 2:45 p.m. \$48.

Strength & Flex. 10 M/W sessions, 1:30 p.m. for \$45 OR 6 Tuesdays at 11 a.m. OR 6 Fridays at 1:15 p.m. for \$27

Tai Chi Class. 8 Wednesdays & Fridays, 10:30 a.m. for \$56

Walking. Regrouping; if interested call Marie at 617-993-2979.

Zumba Gold. NEW TIMES AND NEW INSTRUCTOR!! Mondays, 9:40 a.m. and Wednesdays, 12:45 p.m. 8 sessions for \$40.

**Are you on Facebook?
Make sure to give the
Beech Street Center a
like!**

facebook



GAMES & INFORMAL GROUPS

Bingo Tuesdays, 9:30 a.m. Approx. \$4

BOCCE IS BACK! Tuesdays and Wednesdays at 9:30 a.m. weather permitting. Please call Dana Leavitt at 617-993-2977 if interested.

Chess Lessons with Jason Tang, Wed. at 1:45 p.m. Free.

Social Bridge Mon. 1-4 p.m. Free. Call 617-993-2970 to sign up.

Duplicate Bridge. Wednesdays, 9:30-12:30 p.m. \$10/day.

Drop-In Bereavement Group. Tuesday, June 11 at 5:30 p.m. Contact Anne Marie Mahoney at: virtuesandgrace@gmail.com for information. Free.

Drop-In Interfaith Reflections. Tuesday, June 25 at 5:30 p.m.

Evergreen Meditation. Tuesdays, 4-5 p.m. Newcomers please come at 3:50 p.m. Free.

Hand & Foot Card Game. Thursdays, 1 p.m. Free.

Hot Topics. Tuesdays 10:30 a.m. Self-led discussion of current events. Free.

Knitting Group. Mondays, 9:30 to 12 p.m. Free.

Living Alone Social Group. Tuesdays, 2:15 p.m. Free.

Mah Jongg. Tuesdays, 1 p.m. Self-led group. Walk-ins and beginners are welcome. Free.

Quilting Group. Fridays, 9:30 a.m. Free.

Scrabble. Wednesdays, 1 p.m. Free.

Texas Hold 'em Poker. Tuesdays, 9 a.m. Non-gambling. Free.

Friends of Belmont COA Scholarship Program

If you face hardship paying for a class, a Friends of the COA scholarship may be able to help. Please call on Nava Niv-Vogel 617-993-2975 for a confidential meeting to see if you are eligible for discounted or free classes. Scholarships are also available for our fitness room and other programs.

MEET YOUR PUBLIC OFFICIALS

State Rep. Dave Rogers' Office.

Tuesday, June 11 at 9:30 a.m.

State Senator Will Brownsberger's Office.

Friday, June 21 at 10:00 a.m. (3rd Friday each month).

Veterans' Coffee Hour. Friday, June 21 at 10:30 a.m.

PROFESSIONAL SERVICES

Blood Pressure Clinic. Tuesdays, 11 a.m.-noon. Walk-ins welcome. Please note: last registration is at 11:45 p.m. Free.

Caregiver Drop-In. Thursday, June 20 at 2 p.m. Join this welcoming group facilitated by Nava Niv-Vogel. Cost: Free.

Legal Clinic. Thursday, June 20 by appointment 12:00-2:00 p.m. Sign up in advance for 20-minute legal consultations by Metro West Legal Services. Free.

Notary Public. Tuesdays, Wednesdays and Thursdays, 9-2 p.m. Please call same-day to confirm notary is available. Cost: Free.

Podiatry Clinic. Thursday, June 6 at 11 a.m. with Dr. David Alper. Care for toenails. Register in person the day of clinic. Cost: \$25 (no insurance is accepted).

Next month— Thursday, July 18 at 11 a.m.

Reiki Sessions. Thursday, June 6 by appointment. 30 minutes for \$15.

SHINE Health Insurance Counseling. By appointment; call 617-993-2970. SHINE is a free service with highly trained, impartial counselors for Medicare beneficiaries and caregivers. Cost: Free.

Drop-In Social Work Hour. Wednesday, June 19 at 10:30 a.m. Drop-in to meet with a Council on Aging social worker to learn about services and resources. Free.

Tailoring Services.

Phanie Bakalos offers her services on Tuesdays, 10 a.m.—12 noon. She is skilled at alterations, zipper replacement, and other restorative measures at reasonable prices. First come first served.

COMPUTER TOPICS

Computer Help

Drop in with questions! Free.

- Tuesdays, from 10 a.m. to 1:30 p.m. with volunteer Tran Luu
- Thursdays, 10 a.m. to 12 p.m. Improving Technology Skills with Dan Siagel. Half hr. appointments. Minimum of two people required.
- Fridays 10 a.m. to noon with volunteer Lee Siler.



Computer Tutoring with Richard Berger

Mondays by appointment only. Cost: \$10 to Town of Belmont.

iPad, Digital Camera, and Photoshop Elements with David Ching

Mondays & Wednesdays by appointment.

iPad or tablet computers, Digital cameras, or Photoshop Elements. Cost: donation appreciated.

Social Media Coaching

Angela Stamoulos from Coldwell Banker helps you stay connected with loved ones on social media platforms. Speak with Dana Leavitt at 617-993-2977 to sign up. Cost: Free.

Vigorous Mind Online Brain Games

Learn to play word, math, and picture games and puzzles with volunteer tutors. Email rberger@belmont-ma.gov to sign up. Cost: Free.

OTHER SERVICES

Fitness Room—\$35/3 months for Belmont age 50+; \$40/3 months for non-residents age 60+ who are already center participants.

Transportation—Belmont residents over the age of 60 or with disabilities are eligible for trips around Belmont and to medical appointments. Reservation required: 617-993-2980. \$2 suggested each way.

- **Market Basket:** Thursdays, June 6 and 20 at 8:30 a.m. with 90 minutes to shop.
- **Star Market:** Tuesdays and Fridays at 8:30 a.m. with 1 hour to shop.



SPECIAL EVENTS AT THE BEECH STREET CENTER

Photography Exhibit by Georgia McGuire

June 1-30

Georgia lives in Winchester with her husband, Al, and has three grown children. She always took pictures with a point and shoot camera, and having more free time bought a Nikon camera and took a few classes. Georgia is now enjoying this wonderful new photography hobby! Her other interests include knitting and bridge at the Beech Street Center, but being a grandparent to seven tops the list!



Alex Wilk: Senior Viola Recital

Saturday, June 1 at 6 p.m.

Alex Wilk, a senior at Belmont High School, will be performing the Stamitz Viola Concerto in D Major, Alan Hovhaness' Chahagir, "Triple Mocha Indulgence" from the Suite of James Grant's Chocolate pieces for Viola and Piano, and more.



Alex has been playing viola for nine years and has studied with Dr. Daniel Dona of Boston University, for the last five years. He currently is the assistant principal violist of the New England Conservatory Youth Philharmonic Orchestra and has played in the ensemble for the last three years. Alex will be attending Brown University in the fall, after performing with the Youth Philharmonic Orchestra, in a tour of Central European cities.

All are welcome to attend! Refreshments will be served following the performance.

AARP Smart Driver Safety Course

Tuesday, June 4 from 9:45 a.m.-3 p.m.

Even the most experienced drivers can benefit from brushing up on their driving skills from the pros, which is why the Beech Street Center is offering a driver safety program through AARP.

The AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course, and there are no tests to pass.

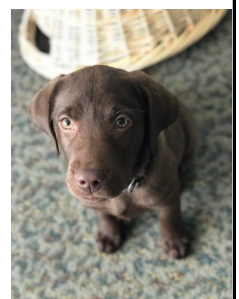


The fee is \$15 for AARP members and \$20 for non-members. The course will run from 9:45AM to 3PM with a break for lunch. Bring a lunch, or **sign-up for lunch through the center by 11 a.m. the day before.** Space is limited to 20 individuals. Please call the front desk at 617-993-2970 to register.

Meet and Greet with Willie Blue Armstrong

Tuesday, June 4 at 1:15 p.m.

Meet Willie Blue Armstrong! Willie is a chocolate lab puppy who is training to fulfill his important role as Armstrong Ambulance Service's new resident therapy dog. This March, Willie was adopted from Fenwyck Labradors as an 8-week old puppy. Armstrong soon named Willie after company founder Bill Armstrong and his middle name is a nod both to Armstrong's favorite color and the company's ubiquitous blue blankets. Those blankets are used to keep patients warm and comfortable while they're in the ambulance. So far, Willie has completed behavioral training and understands basic commands such as "sit", "stay", "come", "leave it", "off" and "heel". Willie will undergo more rigorous training at Fox Hill Farm and K-9 in order to ensure he's prepared for his future responsibilities. Willie is currently working on greeting people. He must sit first and then he is allowed to greet. Willie lives at Armstrong's Arlington base, where he has already been welcomed with open arms, and is receiving 24/7 care and attention from staff. Willie's mission is to spread care and compassion and is certain to put a smile on your face! Cost: Free.



SPECIAL TUESDAY EVENING EVENTS



Pizza and Pride

Tuesday, June 4th 5-7 p.m.

The Beech Street Center is excited to celebrate Gay Pride Month with our first "Pizza and Pride" program. Fenway Health and the LGBT Aging Project located in Boston recently came to the center to provide training to COA staff, other community members and staff from other Town departments to help meet the needs of LGBT seniors. To continue our outreach efforts, we are excited to show a screening of the award-winning film *Gen Silent*. Please join us for a light dinner of pizza and the movie. Make sure to stay afterward for a discussion of the film and share your thoughts and ideas. This event is open to anyone within the Belmont and surrounding communities. Cost: Free, but donations towards food appreciated. *Thank you to the Belmont LGBTQ Alliance for their support running this program.*



Women's Self Defense Class

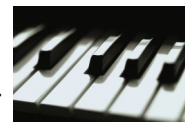
Tuesday, June 11 4:30-6:30 p.m.

We're so excited to welcome back the Belmont Police Department and St. William Regan for our Women's Self Defense Class. Developed by four-time world champion karate fighter and former Massachusetts Correction Officer Steve Nugent. This class will be broken down into two parts with the first offering information about safety and situational awareness, while the second will be more hands-on learning and training designed to teach techniques and strategies to use when attacked. This class is sure to fill up so please make sure you stop by the center or call 617-993-2970 to register. Cost: Free.

Rosanne Mili Presents: Butler School Piano Recital

Tuesday, June 18 at 4 p.m.

The piano students of Mrs. Rosanne Mili will present a recital which includes, traditional and popular music, arranged for the piano. All are welcome to attend! Cost: Free. Make sure you stay after the recital for our Father's Day Strawberry Shortcake and Barber Shop Quartet program.



Father's Day Strawberry Shortcake and Barbershop Quartet

Tuesday, June 18 at 6 p.m.

Is there anything better than summertime, strawberry shortcake, and a barbershop quartet? NO! All are welcomed to attend this Father's Day event. Enjoy a summer evening listening to the sounds of the New Sound Assembly Chorus. As you're singing and dancing along we'll have tables set-up with all the fixins' for strawberry shortcake including fresh whipped cream and summer strawberries. Don't miss this event! Cost: Free, but donations towards food appreciated.



This event was generously sponsored by Comfort Keepers Woburn/Winchester.

Traveling Planetarium Presents: Life in the Universe

Tuesday, June 25 from 2:30-5 p.m.

Honoring the 50th anniversary of the Apollo 11 landing on the moon please join the Beech Street Center, Belmont Public Library, and fellow space and science lovers for a planetarium experience not to miss!

"Life In The Universe takes a fresh look at this fifty-year-old question, looking forward from the big bang, in search of those special places that might harbor life, including all of the planets in our solar system. It's a beautiful scenic tour of our universe through the eyes of astronomers looking for clues about the origin of life and the development of intelligence."



All ages are welcome to attend. Cost: Free. Registration is required and will open June 1st. *Thank you to the Friends of the Belmont Public Library for sponsoring this event.*

JUNE SUPPER CLUBS AND SPECIAL TRIPS

SUPPER CLUB—2 DATES!

BelderBus trips are limited to 16 passengers, all of whom must be registered members of the Beech Street Center with emergency contacts on file. Call 617-993-2970 to reserve your seat! Please consider driving yourself and friends to the restaurants nearby to meet other folks who took the bus.

The Smoke Shop BBQ at Assembly Row

Tuesday, June 4 departing from Beech Street Center at 4:30 p.m.

Nothing says summer better than really good barbeque! Join the supper club crew and friends for an evening at The Smoke Shop BBQ at Assembly Row in Somerville. Andy Husbands is the award-winning chef, author, and Pitmaster behind The Smoke Shop, Boston's acclaimed barbecue restaurant and winner of Boston Magazine's 2018 "Best Barbecue Restaurant," and "Best Barbecue 2018" by The Improper Bostonian. Enjoy a starter of fried green tomatoes and pork belly (\$9.00), or the Smoke Shop BBQ's famous wings (\$9.00). Entrée options include BBQ plates (with two sides) pulled pork (\$19.00), burnt ends (\$21.00), or 1/2 a rotisserie chicken (\$18.00). Baskets (with two sides) fried chicken or catfish (\$17.00), and sandwiches (come with one side) pulled pork (\$11.00), prime brisket (\$13.00), and hot links with pimento cheese (\$9.00) just to name a few. Do not end this meal without dessert! Enjoy Banana nilla puddin' (\$8.00) or Mississippi mud pie (\$8.00). Ask for a sweet tea, and you have the perfect summer BBQ meal!



Stellina Restaurant

Tuesday, June 25 departing from Beech Street Center at 4:30 p.m.

Stellina Restaurant located in Watertown was founded by Frank and Ginnie Curcio. Frank and Ginnie believe simple ingredients breed exceptional flavors which are reflected in their cooking and menu. Start your meal with their warm tomato salad with goat cheese (\$14.00), a winner of Boston Magazine's Best of Boston for three years or Mussel Zuppa (\$10.00). Entrée options include chicken parmigiana (\$22.00), Stellina meatballs with pasta (\$21.00) or exotic mushroom pizza (\$14.00). Leave room for one of their many desserts! Creme brulee napoleon (\$9.50) or triple lemon cake (\$9.00). Cost: \$5 donation to BelderBus. Meal, drink, tax, and tip are on your own.

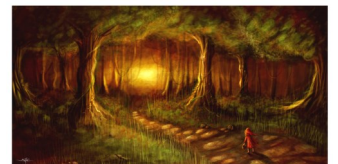


LET'S GO WEEKEND DAY ADVENTURES

"Pickity Place"

Saturday, June 22 departing from the Beech Street Center at 9:30 a.m.

Located deep in the woods of Mason, New Hampshire, Pickity Place is a charming little red cottage, built in 1786. It is the site for a delightful prefix luncheon surrounded by lovely gardens. The enchanting cottage was chosen by Elizabeth Orton Jones as the model for her illustration of Grandma's House in the 1948 Little Golden Book's version of Little Red Riding Hood. Spend a relaxing Saturday by first dining on a five course, creative, herbal garden inspired, and lunch. Then take a visit to their gift shop barn, stroll through their themed gardens or visit the potting shop. The menu choices for the month of June, that also include vegetarian options, may be accessed at www.pickityplace.com. You can end your day by bringing home some special gifts of herbs or plants. **Please note, this trip is filled. However, there is a waiting list. Call the front desk at 617-993-2970 to add your name or check for openings.** Cost: \$31.33 per person and includes meal, beverages, tax and tip. *Thank you to the Friends of the Belmont Council on Aging for generously sponsoring the needed transportation for this special event.*



Revere Beach International Sand Sculpting Festival

The Beech Street Center is going back to Revere Beach! The Revere Beach International Sand Sculpting Festival has grown into one of the largest sand sculpting festivals in the country. Each year sculptors from all over the world come to compete for one of the largest grand prizes in the world. Spend a perfect summer day admiring the work of these talented sculptors. After marveling their work, we'll walk down the boardwalk for lunch at Kelly's or one of the many other delicious restaurants. **Date and specific details still to be determined but will be announced during the month of June. Please check the Beech Street Center website or call Dana Leavitt at 617-993-2977 for updates.**



Recurring Events at the Beech Street Center

See pages 3 and 4 for descriptions and prices, join any time unless otherwise noted. Ask at the front desk to sign up!

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>9 Chinese Singing Group</p> <p>9:30 International Phonetics</p> <p>9:30 Knitting</p> <p>9:40 Zumba Gold</p> <p>10:10 Beginner Chinese</p> <p>10:45 Core Workout</p> <p>11:30 Conversational ESL</p> <p>12 Lunch</p> <p>1 Open Art Studio</p> <p>1 Artistic Expression with Sarah G.</p> <p>1 Social Bridge</p> <p>1:30 Strength & Flex</p> <p>2 Balance & Movement</p> <p><u>By Appointment (p. 4)</u></p> <ul style="list-style-type: none"> • Computer Tutoring with Rich Berger • Digital Camera & iPad/with Dave Ching 	<p>8:30 Star Market</p> <p>9 Informal Tai Chi</p> <p>9 Texas Hold'em Poker</p> <p>9:30 Bingo</p> <p>10 Computer Help with Tran Luu</p> <p>10 English for Chinese Speakers</p> <p>10 Tailoring</p> <p>10 Writing About Your Life --On hiatus until September.</p> <p>10:30 Hot Topics</p> <p>11 Blood Pressure Clinic</p> <p>11 Strength & Flex</p> <p>12 Lunch</p> <p>12:30 Chinese Dance</p> <p>1 Mah Jongg</p> <p>2:15 Living Alone Social Group</p> <p>2:45 Power of Posture</p> <p>3:30 Chair Yoga with Carol</p> <p>4 Evergreen Meditation</p> <p><u>By Appointment (p. 4)</u></p> <ul style="list-style-type: none"> • Notary Public 	<p>9 Chinese Culture Class</p> <p>9:15 Gentle Aerobics</p> <p>9:30 Duplicate Bridge</p> <p>10:30 T'ai Chi</p> <p>11:40 Folk Dancing</p> <p>12 Lunch</p> <p>12:45 Zumba Gold</p> <p>1 Scrabble</p> <p>1 Social Painting/Drawing</p> <p>1:30 Chair Yoga Focus Series with John</p> <p>1:30 Strength & Flex</p> <p>1:45 Chess Lessons</p> <p>2 Balance & Movement</p> <p><u>By Appointment (p. 4)</u></p> <ul style="list-style-type: none"> • Digital Camera & iPad/with Dave Ching • Notary Public • SHINE Medicare Counseling 	<p>9:30 Chinese Dance</p> <p>10 Intermediate Spanish Conversation</p> <p>10 Improving Technology Skills with Dan Siagel (by appointment)</p> <p>11 Solo Ballroom Line Dancing</p> <p>12 Lunch</p> <p>12:30 Chinese Dance</p> <p>1 Hand & Foot Card Game</p> <p>1 Open Art Studio</p> <p>1:15 Bel Aires (singing)</p> <p>1:15 De-Cluttering Support Group</p> <p><u>By Appointment (p. 4)</u></p> <ul style="list-style-type: none"> • Notary Public • By Appointment Legal Clinic 	<p>8:30 Star Market</p> <p>9:30 International Phonetics</p> <p>9:30 Quilting</p> <p>10 French Fridays (Formal meeting 1st and 3rd Friday. Informal meeting 2nd and 4th Friday.</p> <p>10 Computer Help with Lee Siler</p> <p>10:30 T'ai Chi</p> <p>11:00 Morning Gentle Yoga</p> <p>11:30 Conversational ESL</p> <p>12 Lunch</p> <p>1 Drawing and Painting with Charlotte Kaplan</p> <p>1:15 Strength & Flex</p>

Special Events & Services — June 2019

Special events and services are by appointment/sign up in advance at the front desk (Yellow Book) unless otherwise marked.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1 Artistic Expression with Sarah G.(p.13)	4 9:45 AARP Smart Driver Safety Course (p.5) 1:15 Meet and Greet with Willie Blue Armstrong (p.5) 1:30 50+ Job Seekers Networking Support Group (p.3) 4:30 Supper Club: The Smoke Shop BBQ at Assembly Row (p.7) 5 Pizza and Pride (p.6)	5 9:30 Duplicate Bridge \$10 day. (p.3)	6 8:30 Market Basket (p.4) 11 Podiatry Clinic (p.4) 1 Reiki Clinic (p.4)	7 10 Celebrate Nation Donut Day (p.10) 1:15 Retirement and Extended Care Planning Checkup (p.10) 1:45 Moon Landing in Context (p.10)
10 1 Artistic Expression with Sarah G.(p.13)	11 9:30 State Rep. Dave Rogers' Office (p.4) 1:15 Special Viewing of Dancing with the Belmont Stars (p11) 4:30 Women's Self Defense Class 5:30 Drop-In Bereavement Group (p.3)	12 9:30 Duplicate Bridge \$10 day. (p.3)	13	14 11 Book Discussion Group: Hiroshima by John Hersey (p.11) 1 Friday Opera Club: Orfeo ed Euridice (SEE INSERT) 1:15 Mandala Workshop with Marianne Snow (p. 11) 1:15 Feature Film: Bohemian Rhapsody(p. 11)
17 10 Meet and Greet with the Belmont Light Department (p.11) 1 Artistic Expression with Sarah G.(p.13)	18 1:30 50+ Job Seekers Networking Support Group (p.3) 4 Rosanne Mili Presents: Butler School Piano Recital (p.6) 6 Father's Day Strawberry Shortcake and Barbershop Quartet (p.6)	19 9:30 Duplicate Bridge \$10 day. (p.3) 10:30 Drop-In Social Work Hour (p.4)	20 8:30 Market Basket (p.4) 12 Legal Clinic (by apt) (p.4) 1 Virtual Reality (SEE INSERT) 2 Caregiver Drop-In (p.4)	21 10 State Senator Will Brownsberger's Office (p.4) 10:30 Veterans' Coffee (p.4) 1:15 Music Hour with Daniel Price (p.11)
24 1 Artistic Expression with Sarah G.(p.13) 1 Feature Film: The Man Who Knew Too Much (p.12)	25 1:15 Innovative Lecture Series on Nutrition and Health (p.12) 2:30 Traveling Planetarium Presents: Life in the Universe (p.6) 4:30 Supper Club: Stellina Restaurant (p.7)	26 9:30 Duplicate Bridge \$10 day. (p.3)	27	28 10 Belmont Memory Café (p.12) 10:30 Sign and Sight Lunch Bunch (p.12) 1:15 Black Mass: with Author Dick Lehr (p.12)

SPECIAL EVENTS AT THE BEECH STREET CENTER

Celebrate National Donut Day!

Friday, June 7th at 10 a.m.

Celebrate National Donut Day with a donut from Linda's Donuts in Belmont! Enjoy the company of fellow Beech Street members and staff as we enjoy this deliciously sweet holiday! Cost: Free.



Retirement and Extended Care Planning Checkup

Friday, June 7 at 1:15 p.m.

Targeted to people approaching retirement age, this workshop offers information to help you evaluate whether your personal saving and assets and sources of income are on the right track for retirement and potential extended care planning. Participants will be introduced how life expectancy affects the planning, ways of reducing various type of risk, such as inflation risk, market volatility risk, health care costs, and most importantly they will be able to learn the basic rule of thumb and industry-wide options so that you can research your options in future. With some case study showing different scenarios, you will understand why individuals choose certain mixes of financial instruments to reach their peace of mind. Presenter Jing Wang is a lead financial advisor at JW Insurance and Financial Services at Waltham. Questions are strongly welcome during the presentation; Ms. Wang will answer them in both English and Mandarin. The seminar is free and open to all the public.

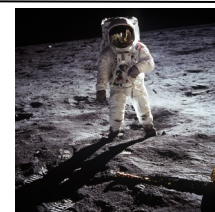


您是否已经想好在哪里退休，如何养老，减轻子女照顾的负担？您是否期待享受退休生活的同时没有财务的压力？在退休之后的岁月，如何更好的了解各式风险，做好长期护理计划，保护资产，同时让财富以更好的形式增长，杠杆最大化，让自己和家人受益。此次分享会将帮助您了解当前规划原则现状，通过不同实例，如何灵活运用多种金融工具，资源产生退休收入，找到适合自己的方案。资深财务专家王晶女士，JW Insurance & Financial Services 的创办人，将为您带来资讯。欢迎您带着疑问参与聆听，王女士将会耐心为您解答回答

Moon Landing in Context

Friday, June 7 at 1:45 p.m.

The *Moon Landing in Context Project* presented by Dr. Irene Porro aims to contextualize the Moon Landing within the historical, social and cultural framework of the Sixties, specifically the period from 1962, President Kennedy's speech at Rice University, to 1972, the year of the last Apollo Mission. The project aims to explore the history and social environment that were inevitably intertwined with the events that led to the Moon Landing or were affected by it. The goal is to reflect on the impact that these events, collectively, have on today's society, and on how they inform the way we are tackling today's big challenges and those of the future.



The project, which runs from September 2018 to December 2019, is directed by Dr. Irene Porro of the McAuliffe Center for Integrated Science Learning at Framingham State University. Cost: Free.



SPECIAL THANKS TO OUR BOARD AND FRIENDS!!



Council on Aging Board

Friends of the Belmont Council on Aging

Michael Cahalane	Maryann Scali	Carolyn Bunyon	Ethel Hamann	Phyl Solomon
Theodore Dukas	Joel Semuels	David Ching	Kusum Jain	John Stearns
Ethel Hamann	Judy Singler	Rosemary Dulac	Delores Keefe	Judy Tesnow
Terese Hammerle	Phyl Solomon	Hildy Dvorak	Karen Nichols	
Chao-Qiang Lai	Ellen Sullivan	Janice Ellard	Steven Pisan	
Tommasina Olsen		John Gregg	Joel Semuels	

SPECIAL EVENTS AT THE BEECH STREET CENTER

Special Viewing of Dancing with the Belmont Stars

Tuesday, June 11 at 1:15 p.m.

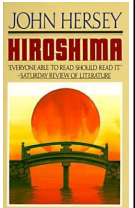
Don't miss a special screening of the Belmont Women's Club *Dancing with the Belmont Stars* event! The popular event featuring ten local Belmont celebrities, including Beech Street Center Director Nava Niv-Vogel was held, on April, 5th 2019 and sold out! Thanks to our own Paul Hughes line dance instructor, we were lucky to get a copy of the program on DVD and will be showing it at the center. We'll be serving up sparkling cider and small appetizers to enjoy as we watch. Fred Astaire Dance Studio owner, Elizabeth Woo and dance instructors might also stop by to teach us a few dance moves from the performances. Please sign-up at the front desk or call 617-993-2970 to reserve your spot. Cost: Free, but donations towards food and beverages appreciated.



Book Discussion Group: Hiroshima by John Hersey

Friday, June 14 at 11 a.m.

On August 6, 1945, Hiroshima was destroyed by the first atom bomb ever dropped on a city. This book, John Hersey's journalistic masterpiece, tells what happened on that day. Told through the memories of survivors, this timeless, powerful and compassionate document, has become a classic "that stirs the conscience of humanity" (*The New York Times*). Cost: Free.



Mandala Workshop with Marianne Snow

Friday, June 14 at 1:15 p.m.



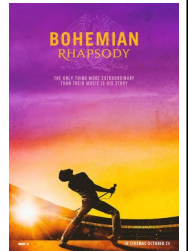
Spend the afternoon designing and creating your own Mandala. Mandalas are circular images that symbolize the world. The center is the beginning from which the circle expands. They are found in nature and all cultures make them. The program is limited to 25 people. Please sign up at the front desk to reserve a seat. Cost: \$8 which goes towards supplies for your mandalas.



Feature Film: Bohemian Rhapsody

Friday, June 14 at 1:15 p.m.

Bohemian Rhapsody is the 2018 biographical film featuring Oscar winner for Best Actor, Rami Malek who plays lead Queen singer Freddy Mercury. The film tells the story of when Mercury first joins the band in 1970 to the band's Live Aid performance in 1985, that performance is said to be one of the greatest performances in rock history. The film traces the rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn, Freddie we learn is surrounded by darker influences hurting him and the band. Prepare to sing, stomp your feet, laugh, and cry! Cost: Free. Approx. 134 minutes. Poster © Twentieth Century Fox.



Meet and Greet with the Belmont Light Department

Monday, June 17 at 10 a.m.

Join fellow Beech Street Center members and the Belmont Light Department for an informational program. You will meet Ben Thivierge, the department's new energy specialist, and learn about using air conditioning in an efficient manner, the peak term capacity's and what it means for residents, air source heat pump basics, the HeatSmart Belmont campaign, and Belmont Light's long-term energy goals. Please come prepared to learn and ask some questions. Cost: Free.



Music Hour with Daniel Price

Friday, June 21 at 1:15 p.m.



Join Daniel Price, a recent graduate of Berklee College of Music, for an hour of musical entertainment. He will perform jazz and oldies tunes that you'll remember from the 1940s-1970s on piano, and share humor and stories about the music. Sing along if you know the tune! Get to know Daniel as he shares new original music and talks about what inspires him. Inspired by a recent performance by a musician from Brookline Music School, Daniel will spend a majority of the hour engaging the seniors by playing "Name that Tune," improvising solos on piano but giving verbal clues about the songs. Cost: Free

SEPCIAL EVENTS AT THE BEECH STREET CENTER

Feature Film: *The Man Who Knew Too Much*

Monday, June 24 at 1 p.m.

To honor the great actress, Doris Day, who just recently passed away, we're watching one of her classic films "*The Man Who Knew Too Much*", where she sings "Que sera sera". This Alfred Hitchcock film stars Jimmy Stewart as Dr. Ben McKenna and his wife Doris Day as Josephine Conway McKenna. The couple is traveling with their son, Hank, in Morocco when they encounter a stranger who reveals an assassination plot to the Americans. Ben is hesitant to go to the police with information since their son has been kidnapped, as a ploy to keep the couple silent. With no help from anyone else or the authorities, Ben and Josephine must set out to find their son. Will their son be returned to them? Watch to find out. Approx. 120 minutes. Poster © Paramount Pictures. Cost: Free.



Innovative Lecture Series on Nutrition and Health

Tuesday, June 25 at 1:15 p.m.

Our widely popular innovative lecture series on nutrition and health with the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University continues this month. The Beech Street Center is excited to welcome Dr. Dayong Wu who will present "Feeding Your Immune System".

Please join Belmont Council on Aging Board Chair Dr. Chao-Qiang Lai along with his fellow researchers, staff, scientists and students. These lectures are open to everyone no matter your age or community, so please encourage friends and family to attend. Cost: Free.



Belmont Memory Café

Friday, June 28 at 10 a.m.

This month, the theme of the day will be a Patriotic Café!! We will enjoy patriotic songs and activities. A memory café is a special time set aside for people with memory impairment and their care partners. Please come and enjoy home-cooked treats, refreshments, sensory-stimulating activities and, supportive socializing in a stigma-free atmosphere. "Right At Home" sponsors the food and entertainment. Belmont COA provides a bright space upstairs. For questions about Memory Café and to RSVP, please call Amy 978-505-3779. Cost: Free.



Sign and Sight Lunch Bunch

Friday, June 28 at 10:30 a.m.

Come join Perkins School for the Blind graduates to learn sign language and about vision loss. Sign language interpreter Christine Dwyer will join us to help facilitate the group. In exchange, please share your knowledge of elder care supports and services in the community. This group is designed to help people learn alternative forms of communication and to break down barriers that may keep people with disabilities from coming to the center for fear of being unable to communicate. The Beech Street Center is a welcoming place for all! Sign-up to mingle and make some new connections and stay for lunch afterward.

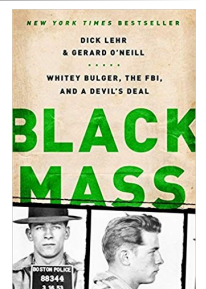


Black Mass: with Author Dick Lehr

Friday, June 28 at 1:15

John Connolly and James "Whitey" Bulger grew up together on the tough streets of South Boston. Decades later, in the mid-1970s, they met again. By then, Connolly as a major figure in the Boston office of the Federal Bureau of Investigation and Bulger had become a godfather of the local Irish-American mob. What happened next—a dirty deal to bring down the Italian-American mafia in exchange for protection for Bulger, would spiral out of control, leading to murders, Bulger's takeover of the neighborhood drug trade, racketeering indictments, and ultimately, the biggest informant scandal in the history of the FBI. *Black Mass* authors Dick Lehr and Gerard O'Neill, were the two former Boston Globe reporters on the case from the beginning. The Beech Street Center and Belmont Public Library are excited to welcome Boston University Professor of Journalism and author Dick Lehr. Professor Lehr will share more about the story of John Connolly and James "Whitey" Bulger, a brief reading from his book, and answer questions. This is a program not to miss. Cost: Free, but donations appreciated.

Thank you to the Belmont Public Library and Friends of the Belmont Public Library for helping us sponsoring this event.



ONGOING CLASSES AND INFORMAL GROUPS



Absolute Beginners Computer Workshop

12 Tuesdays and Thursdays, 10-11 a.m. starting June 4

Intimidated by computer classes because you think your questions will be considered silly? This class is specifically for the person who knows nothing about computers but wants to be knowledgeable. Learn what makes up a computer, how it works and what you can do with it. When the class is finished, you will be given your computer TO KEEP! This course takes place at the Town Hall Training Lab (455 Concord Ave.) Course ends July 16. Limit 10 per class. Pre-registration required by calling 617-993-2970. Cost is \$50 for 12 sessions.

Belly Dancing with Susan Barbato

\$35 for 4 Tuesdays at 12:30 p.m. June 4, 11, 25 and July 2.

Come have fun while learning the basics of this ancient art form! We will cover dance movements including isolations (shoulder, hip, abdominals etc.), undulations, snake arms, figure 8's, shimmies and traveling steps while taking in the rhythm and sounds of the Middle East. You will be Improving muscle strength, flexibility, posture and balance too. **Minimum of 8 people needed for class to run.**



Solo Ballroom Line Dance Classes

New session May 23-June 27 Thursdays, 11:00 a.m.-12:00 p.m.

Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body, and spirit. Dance to popular songs with ballroom and Latin steps with no partner needed! Get into the groove and learn routines with sequences of steps to several songs that can be used with any Ballroom, Latin or Swing Rhythm (i.e.: Waltz, Foxtrot, Tango, Swing, Rumba, Cha Cha, Samba, Salsa, Merengue, Bachata etc.) Instructor: Paul Hughes. Six-week session \$48.



Morning Gentle Yoga 6 Fridays at 11:00 a.m.

New session May 24-June 28

Join Mina Gibb and learn about traditional postures (lying, sitting, standing) and stretching, with much emphasis on balance. Plan to work through your own limitations to achieve greater flexibility and strength each week. Even as a beginner, you'll gain from the strengthening and stretching as you learn the formal postures ... This can be easy.... if you bring your sense of humor along with the mat! Cost: \$48.



Snapshot of Wisdom

Interviews to be set individually by appointment at the front desk.

Come spend quality time sharing your life experiences with Belmont High School students! You will be interviewed and photographed, and have the opportunity to give your words of wisdom to the youth in our community. We invite you to join us in our *Snapshot of Wisdom* project where these students will transform your portrait and your words into an artistic masterpiece. The outcome will be a visual that captures the essence of your story and your image (hand-drawn or photographed). We hope to present this artistic collection in a later exhibition in Belmont. Participants need to consent to the use of their photograph and words in the project. Cost: Free.



Artistic Expression with Sarah G.

Mondays from 1-2 p.m.

We invite you to come join us for a weekly expressive arts group. Within a guided setting, you will explore and strengthen your creative skills, and express your unique self! Supplies are provided by the Beech Street Center. Artistic skills are not required. This is an open group for people of varying skills and ability. Sarah G. received expressive art training from Lesley University. She has her BSC in Human Services, MHRT/C, and is an MSW candidate 2019.

NEWS AND UPDATES FROM THE BEECH STREET CENTER

Do you have a smart phone? Are you interested in getting a smart phone?

Not sure where to begin? Sarah Goldberg, our social work intern, is here to help!

Currently offering meeting times to talk about smart phone service options, qualifying for the lifeline federal program*, and how to use Uber and Lyft.

You can schedule a meeting with her: Mondays, 8AM to 4PM and Tuesdays and Wednesdays 11AM to 3PM. T: (857) 342-2411 (please leave a voicemail with your name, number).



*strictly low income or public assistance qualification.

Become a Certified Ombudsman and help Nursing Home Residents

Would you like to join an amazing group of dedicated ombudsman volunteers? We are seeking people who want to make a profound difference in the lives of people living in long term care facilities in our community. Springwell covers all nursing homes and rest homes in 8 towns: Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston. Ombudsman volunteers act as resident advocates, ensuring that complaints and concerns are heard. Please contact Springwell now in order to reserve a seat at our upcoming Ombudsman training on May 15, 16 and 20th. Visit our website for more information: www.springwell.com/service/ombudsman-program or email volunteer@springwell.com To apply go to www.springwell.com/volunteer and click on the Volunteer Now button.



Looking Back: Catch up with what you missed at the Beech Street Center

Looking Back highlights past events and presentations we've recorded jointly with the Belmont Media Center and made available for viewing on the Internet.

Each year we take delight in spring flowers and...Yes... spring fashion! But alas, our Spring Fashion Shows are biennial. So this month, Looking Backing will help fill that gap, because it's never too late to see a masterpiece event again. And, indeed, our May 9, 2018 Spring Fashion Show was just that, featuring models spanning three generations and international themed performances! ***See you next spring for another live masterpiece!***



View this and more at <https://www.beechstreetcenter.org/video-on-demand.html>

Share Your Moon Memories!

This year marks the 50th anniversary of the Apollo 11 landing on the moon!

We will be celebrating this milestone during the summer, and as part of this celebration, we will be interviewing people who have first-hand memories of this historic event. If you would like to be interviewed please contact nmccolm@minlib.net or jtzouvelis@wickedlocal.com. This event and others are a partnership between the Belmont Public Library, Belmont Media Center, Belmont Council on Aging, Wicked Local.com, Belmont-Citizen Herald, and Belmont Historical Society.



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