COOPER CENTER IS OPEN!

COOPER CENTER
FOR ACTIVE LIVING
CITY OF NEWTON

345 Walnut Street,
Newton, MA 02460

(617) 796-1660

oasprograms@
newtonma.gov

oasnewtonma.org

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COOPER CENTER
FOR ACTIVE LIVING
CITY OF NEWTON

WHAT'S INSIDE THIS ISSUE

***Parks, Recreation, & Culture**

DIRECTOR MIGNONNE MURRAY REFLECTS ON OUR GRAND OPENING

I'm still smiling about the tremendous success of the Coooper Center Grand Opening. More than 1,000 people attended the three-day celebration, which began with the Ribbon Cutting at 10 a.m. on December 5, 2025. As Mayor Fuller said in her remarks, "Today we are celebrating what all of us can do when we come together and invest in a dedicated, supportive, permanent home for our older Newtonians."

The new 33,000 square-foot facility serves as the City's new senior center as well as a place for people of all ages to learn, to move, to enjoy music and art, to play games, enjoy, meet new friends, and find support and advice. As Mayor Fuller emphasized, the Cooper Center is a place that will help people age with dignity and joy — and discover new possibilities.

After eight years, more than 530 public meetings, and the contributions of thousands of residents, architects, engineers, the project manager, and contractors, "We have created something truly special," said Josh Morse, who was Newton's Public Buildings Commissioner during the Cooper Center project. "The beauty of the robust community engagement process we committed to is that a piece of all of us will live within these walls."

Throughout our Opening Weekend, attendees raved about the beautiful design of the building; our first art show that features original works by Newton residents on each floor; multiple places to sit and talk or relax; a reading room with sofas and an electric fireplace; a full-size gym with pickleball and basketball courts; an indoor track suspended above the gym; an art and ceramics room, a game room with two pool tables; a large outdoor deck; and a commercial kitchen for an in-house café, to open in early 2026.

If you couldn't attend our Grand Opening, we hope you will come to the Cooper Center often in 2026. The new building represents a wonderful new beginning for us individually and as a community.

See our Facebook page for photos and videos:
www.facebook.com/NewtonSeniorCenter

SPECIAL PROGRAMS: HEALTH AND WELLNESS

NEW Marathon Sports and Walk and Talk Health

Wednesday, January 7, 9:30-10:30 a.m.
in Activity Room #1 followed by walking

Staff from Marathon Sports will be onsite for a fit clinic offering gait analysis, using a foot scanner for size and orthopedic analysis. They will have orthopedic inserts for sale. MGB - Newton-Wellesley Hospital staff also will be here to kick off the New Walk and Health program at the indoor track. This program is brought to you by MGB - Newton-Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. The Walk & Talk Health program begins Wednesdays at 10:30 a.m. on the Walking Track.

NEW New England Barn Dance!

Monday, January 12,
6:00 to 7:00 p.m.
in the Multipurpose Room
Led by Caller Sue Rosen

Join us for easy, energetic, and joyous traditional American dances done in squares, circles, and long sets, all to wonderful live music. No experience or partner necessary; we will learn as we go with teaching and calling by Sue Rosen. Wear casual clothes and a pair of comfortable shoes!

To register for either of these free programs, contact our Concierge Desk at 617-796-1675 or oasprograms@newtonma.gov

Chair Massage

2nd and 4th Mondays of every month (excluding holidays)
Mondays: March 9, March 23, April 13, April 27
5 appointment times: 2:00, 2:25, 2:50, 3:15, and 3:40 p.m.
Led by Aaron Crawford

Enjoy a 20-minute, fully clothed back, neck, and shoulder massage on a massage chair.
Fee: $40 per massage.

Tong Ren Energy Healing Series

10 Tuesdays:
March 3, March 10, March 17, March 24, March 31, April 7, April 14, April 21, April 28, May 5
3:00 to 4:00 p.m.
Led by Aaron Crawford

In Tong Ren no physical contact or touching is required to transmit healing energy. The Tong Ren practitioner rhythmically taps a lightweight magnetic hammer on an acupuncture model, selecting points where the patient has bioelectrical blockages. These points correspond to blockages common to specific ailments. The use of the model focuses the practitioner's attention and intention, creating a link between the subconscious mind of the practitioner and the blockage points on the person's body. This connection then enables the diseased cells and organs to heal by restoring the original flow of chi energy.

Class Fee: $75. Minimum: 10 students. Maximum: 15.

Ageless Grace® Brain Health Fitness Series

10 Thursdays:
March 5, March 12, March 19, March 26, April 2, April 9, April 16, April 23, April 30, May 7
12:30 to 1:30 p.m.
Instructor: Amy Podolsky

Ageless Grace® is a revolutionary brain fitness program taught in 50 states and more than 30 countries. The program consists of 21 simple exercise tools designed for all ages and abilities, and is set to upbeat, lively music. These tools, based on everyday movements that are natural and organic, focus on the health and longevity of the body and brain. And ... they're downright fun to do! Nourishing the brain-body connection can help improve overall health and well-being, reduce stress, and keep the brain agile and the body responsive. Stay active, sharp, and have a great time in the process!

Amy Podolsky has been an Ageless Grace® Trainer and Facilitator since 2015, and a Nia® Technique instructor since 2010. Amy loves connecting and moving with people of all ages, and creating communities in which everyone is welcome to come as they are. Amy's enthusiasm is contagious, and her classes are described as "fun and uplifting!"

Class fee: $100.
Minimum: 15 students. Maximum: 32 students.

To register for these wellness programs, pay in-person at the Cooper Center with a check, exact cash (we can't make change), or credit card. You can also mail a check, payable to City of Newton, 345 Walnut Street.

SPECIAL PROGRAMS: POOL, WRITING, LIFE TRANSITION BINDER

HOW TO REGISTER FOR THE PROGRAMS ON THIS PAGE

Registration opens **at noon on Monday, February 2**. You can register for free programs at **oasprograms@newtonma.gov or 617-796-1675.** For paid programs, registration is first-come, first-served by date and time of payment. Pay in-person at the Cooper Center with a credit card, check, or exact cash. You can also mail us a check, payable to City of Newton, 345 Walnut Street.

Basics of 8-Ball Series

10 weeks
10 Tuesdays: March 3, March 10, March 17, March 24, March 31, April 7, April 14, April 21, April 28, May 5
11:00 a.m. to 12:00 p.m.
Instructor: John Oliver
We will go over the basics of 8 ball pool, including the following topics and skill sets:

- Fundamentals: Bridge hand, grip, stance, and stroke. These are essential and must be learned to make progress.
- Shooting techniques: Follow, stop shots, stun, and draw
- Aiming techniques: Ghost ball, fractional aiming
- Aiming adjustments: throw
- Cue ball control
- How to spot double hits, which are illegal!
- Break shots
- 8-ball strategy

Minimum: 4 students. Maximum: 8 students.
Class is free; registration is required.

Create a Life-Transition Binder Series

5 weeks
Mondays: March 2, March 9, March 16, March 23, March 30
9:00 to 10:00 a.m.
Instructor: Sandra Batra
Could your family easily step in and help you manage your affairs if you need assistance? Are all your important details organized in one place so it's easily accessible for your family if you were incapacitated? In this five-class series, Sandra Batra will guide you in creating your customized "Life Transition Binder," incorporating all your important life details, including personal data, property, financial, retirement/investment, insurance, medical and service provider information. In addition to the information listed in the binder, Sandra will also introduce many other important topics that impact older adults. This *Life Transition Binder* will serve as an incredible resource, allowing you to remain in control and independent as you age, while also providing your family with the details they will need to assist you in the event of an emergency. Your *Life Transition Binder* will give you and your loved ones peace of mind and provide them with direction and guidance.

As part of this class you will receive the physical binder and all the worksheets.
Minimum: 20 students. Maximum: 30 students.
Class fee: $65 (includes the binder)

Lifetime Learning Literature Series

5 weeks
Fridays: March 6, March 13, March 20, March 27, April 3
12:30 to 2:00 p.m.
Instructor: Marcia Karp
We will look at poems, and perhaps short stories, in a variety of ways, concentrating on artistry and meaning. Copies of all readings will be provided.
Minimum: 4 students. Maximum: 16 students.
Class is free, but registration for the series is required.

Words to Leave Behind: Writing Series

5 weeks
Mondays: March 2, March 9, March 16, March 23, April 6 (no class March 30)
11:00 am. to 12:00 p.m.
Instructor: Ellen Glazer
Words to Leave Behind will bring grandparents together to record memories, thoughts, advice, personal history and more for their grandchildren to read in years to come. The five weeks we spend together will be lively, creative, supportive, and fun. One need not be a skilled writer – we will be writing for our families and ourselves, not for a larger audience. We will write together, sharing as much or as little as you wish. Participants should come with open hearts and minds, notebooks, and pens.

Ellen S. Glazer, LICSW, is a mostly retired clinical social worker who has written extensively in the field of infertility. Ellen has also written essays and feature stories that were published in *The Tab*, *Newton* and *Brookline* magazines (all of blessed memory).

Class is free, but registration is required.
Minimum: 6 students. Maximum: 12 students.

DEBUT ARTS PROGRAMS

HOW TO REGISTER FOR THE PAID PROGRAMS ON THIS PAGE

Registration for these special programs opens at **noon on Monday, February 2.** Registration is first-come, first-served by date and time of payment. Pay in-person at the Cooper Center with a credit card, check, or cash (exact cash only). You can also mail us a check, payable to City of Newton, 345 Walnut Street.

Arts and Crafts Event: Acrylics Paint Party!

Friday, March 13, 1:30 to 3:30 p.m.
Instructor: Karen Kelley
We will create a bright, cheerful cherry blossom tree! This is a super-easy painting where we'll use a 16x20" canvas, a few fun hacks, and simple techniques to bring your tree to life.

This is a guided, step-by-step class, so whether you enjoy painting on your own or have never picked up a brush before, you'll feel comfortable and supported throughout the class. We'll use acrylic paints, which can stain clothing, so please wear something old – creating can get a little messy.

Minimum: 5 students. Maximum: 20 students.
Class fee: $20 (includes all materials)

Introduction to Hand Embroidery Series

10 weeks
Thursdays: March 5, March 12, March 19, March 26, April 2, April 9, April 16, April 30, May 7, May 14 (no class April 23)
12:30 to 2:30 p.m.
Instructor: Cate Stabile
Students will learn the basics of hand embroidery, including: how to select fabric, needles, and hoops; ways to transfer a pattern onto fabric; a variety of stitches; and how to finish a piece. We will complete a sampler, simple potted plant hoop, and a landscape hoop to practice some of the many stitches used in embroidery.
Class fee: $155 + supplies. List will be provided to students.
Minimum: 10 students. Maximum: 16 students.

Introduction to Japanese Ink Painting Series

Offered in collaboration with the New Art Center
10 weeks
Thursdays: March 5, March 12, March 19, March 26, April 2, April 9, April 16, April 23, April 30, May 7
9:30 to 11:30 a.m.
Instructor: Cory Buckwalter

Students will learn several basic techniques of painting with Sumi ink and brushes to create expressive and meditative paintings of nature. Subjects will include the plum blossom tree, orchid, chrysanthemum, and bamboo, which are referred to as the "Four Gentlemen" in classical painting. We'll focus on the inspirations from the beautiful master paintings of the Edo Period in Japanese Art. Beginners are welcome.

Minimum: 10 students. Maximum: 15 students.
Cost: $150 + specialty supplies; list will be provided and supplies purchased by students.

Spring Theatre Readers Workshop Series

10 weeks
Wednesdays: March 4, March 11, March 18, March 25, April 1, April 8, April 15, April 22, April 29, May 6
4:30 to 5:30 p.m.
Instructor: Debra Block

Jam-packed with opportunities to learn, this fun class will include character analysis, scene interpretation, theatre games, a bit of acting, singing, and the chance to get to know great new people in the community. We will start by reading character plays by some of the great playwrights of our decade, and end with a themed "reader's theatre" party!

Debra choreographed and directed children's and young adult theatre for over 28 years before she transitioned into the role of Activities Director in age 55+ living communities, where she worked for 15 years. During that time, she produced and directed theatre productions that featured residents in the cast. Debra now entertains communities throughout New England by presenting interactive film and theatre programs that are educational, entertaining, and thought provoking.

Minimum: 10 students. Maximum: 20 students.
Class fee: $75

SPECIAL ARTS PROGRAMS

Introduction to Clay Series

10 weeks

Mondays: March 2, March 9, March 16, March 23, March 30, April 6, April 13, April 27, May 4, June 1 (no class April 20, due to Patriot's Day, no class on May 11, May 18, or May 25)
10:30 a.m. to 12:30 p.m.
Instructor: Bet Lee

Has exploring clay been on your bucket list? Come join us to create, relax, and have fun learning to work with clay. Plates, bowls, sculptures, and tiles are just some of the things that you can make.

What to bring: towel, apron, buckets/plastic containers with lids, and plastic bags (to wrap pieces in).

Minimum: 10 students.
Maximum: 10 students.
Class Fee: $250 (includes 25 pounds of clay) You must purchase all of your own glazes. Recommendations will be provided to registered students; estimated cost is $15 per glaze.

Intermediate Clay Series

10 weeks

Tuesdays: March 3, March 10, March 17, March 24, March 31, April 7, April 14, April 21, April 28, May 5
1:30 to 3:30 p.m.
Instructor: Bet Lee

This class is for those who have some experience working with clay. Come with creative ideas and dig into clay. We can brainstorm together.

What to bring: towel, apron, plastic buckets with lids, plastic bags (to wrap your work in), small textured objects, brushes, and any clay tools that you have.

Minimum: 10 students. Maximum: 15 students.
Class fee: $250 (includes 25 pounds of clay)
You must purchase all of your own glazes. Recommendations will be provided to registered students; estimated cost is $15 per glaze.

Both clay classes include two 1-hour facilitated Open Studios per week: **12:00 to 1:00 p.m. on Wednesday and Friday.**

REGISTERING FOR THE PROGRAMS ON THIS PAGE

Registration for these special programs opens at **noon on Monday, February 2.** Registration is first-come, first-served by date and time of payment. Pay in-person at the Cooper Center with a credit card, check, or cash (exact change only). You can also mail us a check, payable to City of Newton, 345 Walnut Street.

Introduction to Mosaics Series

10 weeks

Mondays: March 2, March 9, March 16, March 23, March 30, April 6, April 13, April 27, May 4, May 11 (no class April 20, due to Patriot's Day)
10:30 a.m. to 12:30 p.m.
Instructor: Rita Foglia

This course is for both beginners and those with some experience. You will make a beautiful mosaic using stained glass, tiles, beads, and anything else you would like to incorporate into the design. The possibilities are endless. You will be introduced to the materials and techniques — cutting, adhesives, and grouting — necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as old jewelry or broken dishes, feel free to bring them along.

Minimum: 10 students. Maximum: 15 students.
Class fee: $190 (includes all supplies)

Introduction to Watercolor Painting Series

10 weeks

Tuesdays: March 3, March 10, March 17, March 24, March 31, April 7, April 14, April 21, April 28, May 5
9:30 to 11:30 a.m.
Instructor: Catherine Min

In this still-life painting class, beginners will learn basic sketching and foundational coloring techniques, while intermediate students will practice color control and realistic expression. Beginner and intermediate students both welcome.
Minimum: 10 students. Maximum: 16 students.
Class fee: $210 (includes all supplies)

SPECIAL MUSIC PROGRAMS

REGISTERING FOR THE PROGRAMS ON THIS PAGE

All of these programs are free, but registration is requested. Call **617-796-1675** or email **oasprograms@newtonma.gov**

Beatles and Beyond Concert

Thursday, January 8, 1:30 p.m.
Led by singer, yodeler, and multi-instrumentalist Roger Tincknell

Enjoy an upbeat musical program that includes pop, rock, and folk-rock songs primarily from the 1960s and early 70s. Featuring many Beatle songs, the program begins with *She Loves You* and the other early Beatle classics from their debut American performance on the Ed Sullivan show in 1964. (Do you remember the other five songs?!)

In addition, the program also includes hits from other "British Invasion" groups such as The Rolling Stones, Jerry and the Pacemakers (*Don't Let the Sun Catch You Crying*) and more.

Songs by popular American groups and singer-songwriters such as Skeeter Davis (*End of the World*), The Beach Boys, Mamas and the Papas, The Byrds, The Animals (*House of the Rising Sun*), and many others are also included. Requests welcome!

Classical Piano Concert

Thursday, January 22, 1:30 p.m.
Led by Archie Richards

Archie began playing the piano as a child but didn't find a good teacher until he was 32. This was Kyriena Siloti, the daughter of Alexander Siloti, who was considered the best of the students of Franz Liszt and was world renown in the early-20th Century. While Archie was with her, his recording of Beethoven's *Waldstein* Sonata was played on WCRB-AM Radio in Boston. Now, at 89 years young, he continues to delight audiences.

The opening work in this concert will be the 1st movement of Beethoven's *Waldstein* Sonata. For some 20 years, this remained Beethoven's favorite sonata, even though he wrote many others in the meantime. The concert will also include two love songs by Franz Liszt. One of them is the famous *Liebestraum* (*Dream of Love*). The other, *Song of Love*, has a different meaning altogether. The finale will be Chopin's beloved G Minor Ballade.

Swing Music Concert

Friday, January 30, 1:30 p.m.
Led by The Steve Rudolph Trio

Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best of American popular music from '40s, '50s and '60s - from Big Band tunes to Frank Sinatra to Elvis and the Beatles. Pianist/vocalist Steve Rudolph, founder of the trio, has performed extensively for over 50 years both in the U.S. and in Europe in venues ranging from jazz clubs to churches.

Piano Concert

Thursday, February 5, 1:30 p.m.
Led by Santon

This will be an enchanting afternoon with Santon, a blind and autistic pianist and Berklee College of Music graduate, summa cum laude. Experience a diverse repertoire that spans jazz, classical, tango, waltz, and beloved melodies from musicals and movies.

A Violinist's Journey: Masterworks from Bach to Today

Thursday, February 12, 1:30 p.m.
Led by Ilana Zaks

Enjoy an inspiring afternoon of solo violin music spanning three centuries with Ilana. The program features the radiant E-major Partita by J.S. Bach; Schulhoff's bold and modern Solo Sonata; Kreisler's sparkling Recitative and Scherzo; the fiery virtuosity of Wieniawski's Caprice; the soulful Suite No. 2 by Ernest Bloch; and Lera Auerbach's heartfelt T'filah (Prayer). Together, these works illuminate the violin's expressive power — from Baroque elegance to contemporary reflection — offering an uplifting and memorable musical experience.

TECH INSTRUCTION AND TUTORING PROGRAMS

Introduction to Digital Technology Series

10 weeks
Fridays: March 6, March 13, March 27, April 3, April 10, April 24, May 1, May 8, May 22, June 5 (no class March 20, April 17, May 15, or May 29)
12:30 to 1:30 p.m.
Instructor: Patrick Carey

In each class, students will learn a different type of technology. Topics include:

- a practical overview of digital technology
- iPhone and iPad fundamentals
- digital workspaces
- staying safe online
- communication toolkit
- digital tools: transportation
- digital tools: banking & health
- streaming services
- digital learning tools
- contemporary topics & AI

Minimum: 20 students. Maximum: 40 students.
Class fee: $75
You can pay in person at the Cooper Center with a check, exact cash, or credit card. You can also send a check, made out to City of Newton, 345 Walnut Street.

Low Vision Technology Tutoring with MABVI

2nd and 4th Mondays, 11:00 a.m. to 3:30 p.m.
Appointment times: 11:00, 12:00, 1:30, and 2:30

Facilitators from MABVI (Massachusetts Association for the Blind and Visually Impaired) will be on-site, providing technology tutoring for individuals with blindness or low vision, of any age.

Appointments are 1 hour long and will take place in Activity Room #1.

Participants must sign up at the Concierge Desk, by telephone, email, or in-person. **You must sign up for an appointment at least 48 hours in advance. Same-day appointments are not possible.**

Please tell the Concierge Desk what skills you'd like to learn. Facilitators can provide instruction in using:

- iPhone and iPad with VoiceOver

Includes instruction on commonly used apps such as Safari, Mail, Phone, Uber/Lyft, banking apps, Podcasts, Audible, BARD, and more.

- Meta AI Glasses
- Windows computers using JAWS or Narrator

Ideally, clients should bring their own laptop. If a client does not have a computer, we can add them to our waitlist for a laptop grant program for visually impaired individuals. Training can include File Explorer, Word, Excel, PowerPoint, Edge, Chrome, Adobe Reader, and other applications.

- Braille devices (requires 1 week notice)
- Mac computers (requires 1 week notice)
- Android phones (required 1 week notice)
- EnVision or Echo smart glasses (requires 1 week notice)

Technology Tutoring Program

We provide basic technology tutoring with a team of Tech Tutor volunteers. Appointments are 30 minutes long and take place in Activity Room #1, on the second floor. Participants must sign up at the Concierge Desk, by telephone, email, or in-person. Same-day appointments are available as space allows.

Volunteer Technology Tutors are available to teach any of the following basic skills:

- turning on and off your device
- making telephone calls
- creating an email address and reading/sending email
- using your calendar
- watching movies, podcasts, books, and news
- basic online shopping
- accessing Newton Free Library resources
- creating documents
- using social media
- organizing photos

When you request your appointment, please tell the Concierge Desk what type of device you'll be bringing in. Acceptable devices are:

- Mac laptop — iPad, iPhone, or Apple watch
- Windows laptop
- Android tablet or phone
- Jitterbug phone

For either tutoring program, contact the Concierge Desk for an appointment at 617-796-1675 or oasprograms@newtonma.gov

WELLNESS/LIFESTYLE PROGRAMS

Adapting and Transitioning as We Age

Tuesday, January 6, 10:30 a.m.
Led by Theresa Chaklos from AARP MA Volunteer Speakers Bureau

This presentation explores how we can best navigate constant change so that we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system that may make you feel more secure and comfortable and, therefore, have more time and energy to deal with the numerous aspects of rapid change in your life.

Falls Prevention 101

Tuesday, January 20, 10:30 a.m.
Led by Kelly Borg, Public Health Nurse from the Newton Department of Health & Human Services

Nationally and in Massachusetts, falls continue to be the leading cause of unintentional nonfatal and fatal injuries among older adults. Join Kelly, from Health & Human Services, to learn about falls prevention in your own life and the lives of your loved ones. We will dive deep into common causes of falls and proactive ways to prevent them from a comprehensive approach. The program will also include a fun activity with winnable prizes for participants.

Six Pillars of Brain Health

Tuesday, February 3, 10:30 a.m.
Led by Annette Reynolds from AARP MA Volunteer Speakers Bureau
A lifestyle that supports brain health can make a difference to your well-being throughout your life. This session is a good overview for anyone interested in improving their brain health and will provide actionable steps you can take along with resources to learn more.

Scams and Fraud 101

Tuesday, February 24, 10:30 a.m.
Led by Stephanie Cabral, Community Engagement Coordinator from the Better Business Bureau

As scams continue to grow this season, make sure you're prepared! Join Stephanie Cabral, from the Better Business Bureau, for a timely discussion on the most common scams circulating in our community, key red flags to watch for, and the steps you can take to stay safe.

REGISTERING FOR THE PROGRAMS ON THIS PAGE

All of these programs are free; registration is required. Call **617-796-1675** or email **oasprograms@newtonma.gov**

Downsizing and Decluttering: You Can't Take it With You!

Tuesday, March 3, 10:30 a.m.
Led by Annette Reynolds, AARP MA Volunteer Speakers Bureau

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches 10 easy-to-follow tips on downsizing and decluttering. Learn how to get started, stay organized, and have some fun doing it!

Optimizing Your Retirement Finances: *Evening Series*

5 weeks
Thursdays: March 5, March 12, March 19, March 26, April 2, 6:00 to 7:00 p.m.
Instructor: Gayle Buff

This class will provide individuals nearing retirement with essential financial education to confidently plan and secure their financial future. Through a series of interactive classes, participants will learn strategies for managing retirement funds, maximizing income, protecting assets, and making informed decisions about healthcare and estate planning. We will foster a supportive environment where attendees can address their concerns and build a robust plan to achieve their retirement goals with peace of mind.

Gayle Buff is the Founder and President of Buff Capital Management firm, a Newton-based investment advisory. A Certified Financial Planner (CFP) and Chartered Financial Analyst (CFA), she has more than 30 years of experience teaching finance at adult education centers, universities, and conferences worldwide for finance professionals. She holds an MBA and an MS in psychiatric nursing, working previously as a licensed clinical specialist.

Minimum: 4 students. Maximum: 16 students..
Class is free; registration is required.

OAS CLASS PASS FITNESS CLASSES

How to Pay for Fitness Classes

Starting January 2, an OAS Fitness Class Pass will be required to attend fitness classes. The OAS Fitness Class Pass costs $50 and entitles you to attend 10 fitness classes. Every time you attend a class, a volunteer will stamp one of the boxes on your pass. When all of your boxes have been stamped, you will need to purchase a new card. This system allows flexibility. You can attend fitness classes as your schedule allows. There is no need to register for fitness classes. Passes can be purchased at the Cooper Center. You can also pay for a fitness class with $5 cash (exact change required).

Ballet
Mondays, 9:30-10:30 a.m.
Instructor: Kathy Hassinger
In this ballet class for older adults, we will enjoy learning and dancing in a classical form. We will start with a ballet barre and proceed to combinations in the center and across the floor. The goals are to develop strong, elastic muscles, good posture, and balance. Join us to integrate mind and body, and feel the joy of moving to music. Wear ballet flats, exercise shoes, or socks. **$5 a class.**

Chair One Seated Dance
Tuesdays, 9:30-10:30 a.m.
Instructor: Karen Karten
Chair One Fitness is a fully seated, music-driven workout that incorporates fun dance and fitness moves. This class is a great way to maintain fitness and function for all, including those with mobility or balance challenges. Take a seat and let's dance! **$5 a class.**

Chair Pilates
Fridays,12:00-1:00 p.m.
Instructor: Maddie Irwin
This is a modified version of the Mat Pilates class, designed for people with more mobility challenges or those who prefer seated exercise. **$5 a class**.

Dance Aerobics
Wednesdays, 11:00 a.m.-12:00 p.m.
Instructor: Louise Carbone
Dance through your workout. In this low-impact, full-body workout for all ages, we'll use weights when performing functional movements. We'll also focus on strength and cardio intervals. **$5 a class.**

Evening Yoga with Ed
Thursdays, 7:00-8:00 p.m.
Instructor: Ed Stern
We'll use various breathing techniques, slow movements, and balancing postures. The style and tone of this class will promote mindfulness, stress reduction, and foster social engagement. **$5 a class.**

LaBlast Dance Fitness
Tuesdays, 10:30-11:30 a.m.
Fridays, 1:30-2:30 p.m.
Instructor: Karen Karten
LaBlast is a dance fitness class inspired by "Dancing with the Stars," incorporating easy-to-follow patterns from ballroom and social dances like Disco, Waltz, Foxtrot, Swing, Salsa, and more. Light weights are used, and music from various eras and genres will take you on an emotional journey. **$5 a class.**

Line Dancing
Mondays,1:30-2:30 p.m.
Instructor: Paul Hughes
Dance for fun, exercise, balance, coordination, and to learn a new skill. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! No experience necessary! **$5 a class**.

Mat Pilates
Fridays, 3:00-4:00 p.m.
Instructor: Maddie Irwin
This is a full-body exercise class focused on strength, movement control, and mobility for improved posture and better everyday movement. Suitable for all levels, with modifications and progressions provided. **$5 a class.**

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OAS CLASS PASS FITNESS CLASSES CONTINUED

Mat Yoga with Barbara
Mondays, Thursdays, and Fridays
11:00 a.m.-12:00 p.m.
Instructor: Barbara Perlo
Find time for YOU on your mat as we stretch, strengthen, lengthen our muscles, and smile inside and out together. Whether you are brand new to yoga or have a regular practice, join us to meditate, learn, explore, breathe, play, relax, rejoice, and renew**. $5 a class.**

Mindful Meditation
Thursdays, 9:30-10:30 a.m.
Instructor: Betsy Simmons
Practice paying compassionate attention to all that moves through and around us. As we witness and accept our thoughts, emotions, and conditions, we can find a peaceful place inside. The group is a supportive space to begin or continue a meditative practice. **$5 a class.**

Muscle, Movement, & Balance
Mondays, 9:00-10:00 a.m.
Tuesdays, 9:00-10:00 a.m.
Thursdays, 10:30-11:30 a.m.
Instructor: Nicole von Rekowsky
This is a complete exercise class that develops all the essentials for safe and healthy movement in everyday life. The class improves strength, stability, coordination, functionality, and overall mobility. All fitness levels are welcome, and modifications are offered for both seated and standing positions. **$5 a class.**

Nia Dance
Wednesdays, 10:30-11:30 am.
Instructor: Ana Ayvazian
Nia stands for non-impact aerobics. This fun class, for all levels, combines dance, gentle movements and yoga stretches. **$5 a class**.

Seated Strength & Balance
Mondays, 12:30-1:30 p.m.
Wednesdays,12:00-1:00 p.m.
Instructor: Pearl Pressman
This seated class is designed for people of various fitness levels and abilities and can be adapted to meet the needs of participants. The class begins with a thorough warm-up for the joints and muscles, followed by strength-training exercises for all the major muscle groups. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension, lowering the risk of falls. **$5 a class.**

Seated Zumba
Thursdays, 2:00-3:00pm
Instructor: Carole Rodenstein
This is a low-to-medium intensity class that adapts the traditional energetic Zumba dance party for participants who are seated. Latin-inspired choreography and core movements provide a full-body workout while improving cardio health, muscular conditioning, and flexibility. **$5 a class.**

Tai Chi – Beginner
Mondays, 12:00-1:00 p.m.
Fridays, 10:30-11:30 a.m.
Instructor: Aaron Crawford
This healing art helps with flexibility and balance. Tai Chi strengthens the body and works on both your digestive and respiratory systems, as well as improving circulation in the mind and body.
$5 a class.

Tai Chi – Intermediate
Tuesdays, 2:00-3:00 p.m.
Fridays, 12:30-1:30 p.m.
Instructor: Aaron Crawford
This class is for those with some experience.
$5 a class.

Tai Chi – Advanced
Tuesdays, 12:30-1:30 p.m.
Fridays, 9:30-10:30 a.m.
Instructor: Aaron Crawford
While all are welcome to this Tai Chi class, be mindful that it's designed for advanced students.
$5 a class.

Tai Chi – Practice (free)
Wednesdays, 9:30-10:30 a.m.
Facilitator: Joan Belle Isle
This practice provides an opportunity for people to work on the form, whether they're intermediates or pros who would like a refresher.

Continued on next page

OAS CLASS PASS CLASSES, AND FITNESS FROM PARKS, REC & CULTURE

Yoga (Chair)

Tuesdays, 12:00-1:00 p.m.
Thursdays, 9:00-10:00 a.m.
Instructor: Diane Shufro
Chair yoga classes offer the benefits of yoga to those who choose not to participate in a more traditional practice on a mat on the floor. The practice offers a multitude of benefits including greater fitness and relaxation. **$5 a class.**

Zumba Gold

Mondays,10:30-11:30 a.m.
Fridays, 9:00-10:00 a.m.
Instructor: Cecilia Plotkin

Thursdays, 12:00-1:00 p.m.
Instructor: Carole Rodenstein

Zumba Gold is a lower-intensity Zumba class designed for all levels and experiences. The class features easy-to-follow Latin and international dance rhythms, focusing on low-impact moves that improve balance, range of motion, coordination, and cardiovascular health. **$5 a class.**

If you need financial assistance to pay for fitness classes, contact our Resource Navigators at 617-796-1672.

Parks, Recreation, & Culture Fitness Classes at the Cooper Center

The following classes are available from Parks, Recreation & Culture (PRC). Please visit **newtonma.myrec.com** for the specific class dates and prices, and to register.

Body Rolling: Mondays, 3:00-4:00 p.m.
Instructor: Leah Becker
Fascia supports everything in our body, and if maintained, allows us to feel great and move easily, doing what we love. Body Rolling tools and techniques can improve energy, strength, flexibility, balance, relieve muscle pain, and relax your body. Wear fitted (not loose) stretchy clothes and bring a water bottle. **Equipment will be provided.**

Boxing Fitness: Tuesdays, 7:00-8:00 a.m.
This workout, using boxing moves, helps participants increase heart health, burn calories, and may aid with weight loss.

Corn Hole: Mondays, 3:00-4:15 p.m.
This popular game involves tossing bean bags. Points are determined based on where the bag lands. A fun, low-impact activity.

Eccentrics: Saturdays, 12:30-1:30 p.m.
Instructor: Leah Becker
Eccentric Lengthen and Strengthen classes are based on the Eccentrics fitness method, which aims to gently condition and balance every muscle and joint in the body in every class.

Indoor Adult Soccer: Wednesdays, 8:45-10:15 p.m.
Saturdays, 7:00-9:00 a.m.

Men's Basketball: Saturdays, 9:15-11:45 a.m.

Pickleball Open Play: Tuesdays,1:30-4:00 p.m.
Thursdays, 1:30-4:00 p.m.

Pickleball Lessons: Wednesdays, 1:30-4:00 p.m.

To register for any of these programs or other (PRC) offerings, call Nancy Scammon at 617-796-1506. You can also register online at **https://newtonma.myrec.com/info/default.aspx**
You must register in advance. No drop-ins allowed.

PRC now offers scholarships. Call Nancy Scammon at **617-796-1506** for information.

OAS ONGOING PROGRAMS

Author Talk
Begins March 2026
1st Wednesdays, 12:30 to 1:30 p.m.
The Cooper Center is pleased to announce the inauguration of an exciting program that supports and offers a platform for our local authors. Writers will offer background for and read excerpts from their books. They will also take questions and comments from the moderator and audience members.

Bereavement Support Group
3rd Thursdays, 11:00 a.m.-12:00 p.m.
If you're struggling with the death of a loved one, please join us for a healing support group. Come and connect, give, and receive support. We'll reflect, read poetry, share, and grow through our grief together.

Billiards Organized Play
Mondays, Wednesdays, Fridays,
9:30 a.m.-12:30 p.m.
Come for a friendly game of pool! All are welcome.

Book Club
3rd Fridays,11:00 a.m.-12:00 p.m.
Members take turns picking a book title for each month. We read fiction as well as biographies, memoirs, poetry, and other genres. We look forward to having you join us. The book for January is *We All Want Impossible Things*, by Catherine Newman. The February selection is *This American Woman: A One-in-a-Billion Memoir*, by Zarna Garg.

Bridge Organized Play
Tuesdays, 2:00-4:00 p.m.
Come and play bridge with other like-minded players, whether you are just beginning or advanced. SAYC rules apply. This is not a class; this is just for people to come and play. All levels welcome.

Caregiver Support Group
4th Tuesdays, 2:00-3:00 p.m.
For caregivers of a parent or spouse, but open to all caregivers. The group helps people come together and get through the hardships of being a caregiver.

Chess Organized Play
Mondays, 2:00-4:00 p.m.
Chess players of all levels are welcome! We will try to match you with opponents at your level.

Drawing Open Studio
Wednesdays, 9:00-11:30 a.m.
Saturdays, 9:00 a.m. to 1 p.m.
You'll need something to draw with – a pencil – something to draw on – paper – and something to hold the paper – a sketchbook or drawing board. What to draw? Your choice: people (portrait), places (landscape), things (still life). Bring your own favorite artist kit. Some limited supplies will be available. Optional instruction. On Saturdays you will have the option to paint as well.

Fiber Arts
1st and 3rd Fridays,1:30-4:00 p.m.
The Fiber Arts Club offers endless possibilities for you to tap into your creativity, producing works of art including embroidered pieces, hand-knitted or crocheted items, and more! Needlepoint, macramé, whatever suits you. We make charity projects as well as gifts. All levels are welcome!

Folk Sing-Along
4th Wednesdays, 2:00-3:00 p.m.
Join us for a casual, friendly song swap featuring folk classics and some old favorites. Feel free to sing, play along on your own instrument, or just listen and tap your foot. All music fans are welcome! Just show up!

French Conversation
Thursdays, 12:30-1:30 p.m.
This group welcomes all level of French speakers who want to practice or improve their French social conversation skills. We speak only in French.

German Conversation
Tuesdays, 12:30-1:30 p.m.
Come join a German conversation club! Bring a Spiegel magazine or newsletter, or any conversation starter. You don't have to be a fluent speaker, just open to making new friends and maybe speaking some "De-English" along the way!

Greek Intergenerational Conversation Group
1st Tuesdays, 11:00 a.m.-12:00 p.m.
This group is for anyone who enjoys Hellenic culture and wants an opportunity to converse in modern Greek. Participants should have some basic facility with the language. Whether you are a native speaker, a student enrolled in a modern Greek language class, or you have come to the language some other way, join us as we evolve our cultural and language-knowledge together.

OAS ONGOING PROGRAMS CONTINUED

Health Maintenance and Blood Pressure Clinics

3rd Thursdays, 11:00 a.m.-12:00 p.m.

This clinic, sponsored by Newton's Health & Human Services Department, gives participants a chance to have their blood pressure checked and to ask our Public Health nurse about associated medications and health concerns. You're welcome to bring your home blood pressure machine for calibration checks. **Appointments available (617-796-1660.); walk-ins welcome as space allows.**

Hearing Screenings

1st Tuesdays, 12:30-1:30 p.m.

Participants can have a standard hearing test as well as a hearing-aid check and cleaning. **By appointment. Call 617-796-1660.**

Intergenerational Music Group with All Newton Music School

3rd Tuesdays, 11:00 a.m.-12:00 p.m.

This intergenerational music group invites older adults, young children, and families to connect through singing, movement, and instrument play.

Intergenerational Music & Movement

Mondays, 10:30-11:30 a.m.

Join Little Beats for music and movement in the Multipurpose Room! This event is designed for children ages 0-5 and their grandparents or other caregivers. **$5 per child.**

Legal Clinic

2nd Thursdays, 9:30 a.m.-12:00 p.m.

An attorney from Metrowest Legal Services will provide free legal consultation to older adults on housing, public benefits and Social Security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy matters. **By appointment only. Call 617-796-1660.**

LGBTQIA+

2nd Mondays, 6:00-7:30 p.m.
3rd Wednesdays, 1:00-2:30 p.m.

Let's meet and socialize together! At each meeting, we will discuss a different theme or have a different activity: games, travel, poetry reading, crafts, etc. Bring your lunch/dinner, invite a friend. We welcome 18+, intergenerational, plus allies.

Loneliness & Isolation Group

2nd Wednesdays, 12:30-1:30 p.m.

Each meeting will begin with a brief talk on an aspect of social isolation or loneliness. We'll then open the floor for participants to share their own experiences and challenges. Together, we'll explore the barriers that contribute to isolation and consider practical steps we can take to strengthen connections.

Mahjong Organized Play

Wednesdays, 9:30 a.m.-12:00 p.m.
Fridays, 9:30 a.m.-12:00 p.m.

Join our friendly Mahjong group to learn and enjoy this classic Chinese tile game that combines strategy, skill, and a touch of luck. Whether you are a beginner or an experienced player, this class offers a welcoming environment to sharpen your mind, connect with others, and have fun together.

Mandarin Conversation

2nd and 4th Wednesdays, 9:30 a.m.-12:00 p.m.

Enjoy casual conversations about topics of interest. The group is conducted entirely in Mandarin.

歡迎加入我們普通話聊天群 一起來分享，共享有興趣話題的交談與社交. 此小組以普通話進行， 由志願者Fannie (趙芳珍）在必要時以英文，普通話，或台語提供協助。無需註冊 - 歡迎親愛的長輩們自己過來或拉著朋友一起來更好！

Men's Club

4th Thursdays, 9:30-10:30 a.m.

We will touch on many subjects, such as issues of the day and the frustrations of life, in addition to lighthearted subjects like sports, books, and movies. As we learn about each other's histories, careers, and interests, we will invite guest speakers to further our conversations. Join us for topical conversations and open discussion.

Movie Screening

Wednesdays, 1:30-4:00 p.m.

The upcoming movies will be:
Wednesday, January 7: *F1: The Movie* (2025, PG-13)
Wednesday, January 14 : *After the Hunt (2025, R)*
Wednesday, January 21: *Past Lives (2023, PG-13)*
Wednesday, January 28: *Elton John: Never Too Late (2024, PG-13)*
Wednesday, February 4: *Nickel Boys (2024, PG-13)*
Wednesday, February 11: *Sally (2025, TV-14)*
Wednesday, February 18: *Freakier Friday (2025, PG)*
Wednesday, February 25: *West Side Story (2021, PG-13)*

Continued on next page

OAS ONGOING PROGRAMS CONTINUED

Music Makers
Tuesdays, 1:30-3:00 p.m.
Join us to have fun making music together! The band, formerly known as the Newton Swing Band, plays music from the Great American Songbook and gives several concerts in the area each year.

Older Adult Non-Fiction Book Group
2nd Mondays, 4:30-5:30 p.m.
We will explore how culture, history, and society shape our shared world and us. The January book is *Eichmann in Jerusalem: A Report on the Banality of Evil,* by Hannah Arendt.

Parlor Games Organized Play
1st Wednesdays, 2:00-3:00 p.m.
Using only pencils and paper, or our voices and words, we'll play a variety of games and remind ourselves that we don't need electronic toys to amuse ourselves and enjoy friendships.

Poker Open Play
2nd Thursdays, 11:00 a.m.-12:00 p.m.
Come and play poker for fun! All levels welcome. Opportunity to learn or review strategies for Texas Hold 'Em, Omaha, and 7 Card Stud. No money will be involved.

Rummikub & Canasta Open Play
Thursdays,12:30-3:30 p.m.
Drop in to play Rummikub or Canasta. Further along, we may add other games to our list, depending on what everybody wants to play. Come on in and light up your synapses! We play, we laugh, we have a great deal of fun.

Russian Conversation
1st Tuesdays, 9:30-10:30 a.m.
This group invites Russian-speaking people to communicate and make friendships. We will discuss the history of our families and important issues of our lives. We will also explore places of interest in other countries and travel experiences. People from all countries welcome.

Saturday Scrabble
Saturdays, 12:30-1:30 p.m.
Come for a friendly game of Scrabble.

Short Story Discussion Group
Begins February 2026
1st Wednesdays, 9:30 to 10:30 a.m.
Each month, we will read aloud and discuss at least one short story. Whether you're an avid reader or simply enjoy good company and thoughtful discussion, this is a welcoming space to connect, share ideas, and discover new perspectives. Copies of the stories will be provided.

Solo Agers
4th Tuesdays ,12:30-1:30 p.m.
For those who are living on their own, whether they never had children, are widowed, or whose family lives far away. Our goal is to feel supported, make new connections, and learn from each other.

Spanish Conversation
Tuesdays, 9:30 a.m.-12:00 p.m.
This a casual conversational group. We have a mixture of Spanish speakers at varying levels, and all are welcome.

Sunday Streaming
Sundays, 12:30 p.m.-2:30 p.m.
Watch the latest streaming TV shows, starting with two episodes of *The Gilded Age.*

Table Tennis Organized Play
Fridays, 2:00-4:00 p.m.
Whether you're an experienced player or want to learn to play, you are welcome. Come on your own or with a friend.

Welcome to Retirement Discussion Group
4th Thursdays,11:00 a.m.-12:00 p.m.
Together we'll explore options and plan for what we are moved to do in retirement. Topics may include traveling, exercising, learning, finding new friends, mentoring, or any combination of interests.

Widows and Widowers
1st and 3rd Mondays, 4:30-5:30 p.m.
A support group for anyone who's been widowed; all ages are welcome. Meet others in a supportive environment and share strategies on how to get through the holidays, life, and next steps.

TAX APPOINTMENTS, RESOURCE NAVIGATION, AND MEDICARE

IT'S TAX TIME AGAIN — AND AARP CAN HELP

The Cooper Center and AARP Volunteer Tax Counselors will provide tax assistance again in 2026, at the Cooper Center.

If you need help doing your taxes, please call the Cooper Center, at **617-796-1676,** to make an appointment with the AARP Volunteer Tax team.

We will begin scheduling tax appointments on Monday, February 3. Appointments will run from mid-February through mid-April.

Please note that the AARP Tax Program is intended to help low-to-mid-income older adults**.** This program is meant for people who have simple returns. If you have foreign pensions, more than $25,000 in schedule C expenses, you sold a house last year, and/or you have rental income other than land, we cannot do your taxes. If you have a K-1, please let us know when you make your appointment, because many K-1s are out of scope for the AARP tax program.

Once you make an appointment, you will receive a confirmation letter that lists all the documents you will need and other criteria to ensure that your tax return is within the scope of this program.

On the day of your appointment, please arrive 15 minutes early, with your paperwork in order. Documents should be removed from the envelopes they arrived in and organized into piles.

Resource Navigation

Our Resource Navigators, Henry Moche and Rebecca Au (see photos), assist older adults and their families by providing information, referrals, and case management on these issues:

- Alzheimer's/dementia resources
- Caregiver Support resources and groups
- Food security support
- Financial planning referrals and assistance
- FriendshipWorks referrals for Friendly Visiting, Friendly Helping, and Medical Escorts
- Homecare resources
- Housing resources and consultation
- Home safety resources
- Information & referrals for mental health
- Legal assistance referrals
- Loneliness and isolation group assistance
- Long-term care planning
- Public benefits consultations
- Transportation resources

Need assistance? Call our OAS Navigator line at 617-796-1672.

Medicare Update

Can I Still Change My Medicare Plan?

Medicare's Open Enrollment Period has ended, but you **may** still be able to change plans during 2026. Here are some opportunities to change plans at this time of year:

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan, a change can be made from January 1 through the end of March.

For **Prescription Advantage** members or those on the **Medicare Savings Program**: You **may** be able to change your Medicare or Advantage plan or drug plan during the year.

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Call **617-796-1662** to make an appointment with a trained SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone…on Medicare) volunteer counselor. SHINE counselors are available all year, to help with all aspects of Medicare.

THANK YOU TO OUR SPONSORS AND VOLUNTEERS

We're grateful to the following organizations and individuals for supporting our programs:

Village Bank, for sponsoring our December Musical Memory Café at the All Newton Music School.

To Sunrise Senior Living of Newton, for sponsoring our Thanksgiving Meal giveaway

To the dozens of volunteers who served as greeters, ushers, or tour leaders during our Grand Opening Weekend, you helped make history happen, and you made hundreds of visitors feel welcome.

We also want to thank the volunteers who continue to serve in various capacities at the Cooper Center. You make it possible for us to offer 100 programs a week — double the number of programs we provided previously.

If you'd like to volunteer, we are looking for Program Facilitators for our Men's Club, Basketball Open Play, and Table Tennis Organized Play.

We also need Greeters and Tour Guides, and Kitchen Helpers for our café, which will open sometime in the coming weeks. Interested? Contact **oasvolunteers@newtonma.gov**

COOPER CENTER FOR ACTIVE LIVING
CITY OF NEWTON

OLDER ADULT SERVICES

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Newtonville, MA 02460

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CONNECTING WITH THE OAS DEPARTMENT

345 Walnut Street,
Newtonville, MA 02460
617-796-1660

OLDER ADULT SERVICES HOURS OF OPERATION:
9:00 a.m. to 4:00 p.m. weekdays

Cooper Center hours of operation:
Monday through Friday: 7:00 a.m. to 8:00 p.m.
Saturday: 9:00 a.m. to 4:00 p.m.
Sunday: 12:00 p.m. to 4:00 p.m.

Inclement weather:
If there's a winter storm, check **617-796-1660** after 7:30 a.m. and press 1. The pre-recorded message will indicate if we are closed due to weather. You can also check our website.

Program cancellations:
Instructors occasionally need to cancel drop-in classes. Visit our website the night before, or the morning of a class, to view the daily schedule. *If a class is cancelled for any reason, it will not be listed.*

You can also call 617-796-1660 and press 1 for the program line recording.

Weekly e-newsletter: The best way to know about Cooper Center happenings and updates is to sign up for our weekly e-newsletter. Go to our website – **www.oasnewtonma.org** – and look for "Sign Up Here," or email **oasprograms@newtonma.gov**.

Upcoming Holidays

The Cooper Center will be closed on Thursday, January 1, for New Year's Day. We will also be closed on Monday, January 19, in honor of Martin Luther King Jr. Day, and Monday, February 16, in observance of Presidents Day.