

# SENIOR NOTES

Belmont Council on Aging

266 Beech Street, Belmont, MA 02478

Monday-Friday 8 a.m.-4 p.m.

(617) 993-2970

[www.BeechStreetCenter.org](http://www.BeechStreetCenter.org)

**Nov. 2021**

## FRONT DESK

617-993-2970

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### **Dorothy Boyle**

Administrative Assistant

### **Richard Berger**

Tech Sharing Facilitator

### **Roy Elliott**

Lead Custodian

## NEW!! PROGRAM AND EVENT LINE

617-993-2976

## HOME DELIVERED MEALS

617-926-4100

Please do not send confidential information in e-mails.

E-mails to and from the Council on Aging and its staff become public records!

## **WE'RE NOW OPEN ON FRIDAYS!! 8AM-4PM**

We are pleased to report that the center has successfully been bringing in more and more people and programs this past month. It seems that our senior community has been feeling more comfortable with gatherings and are also eager to come back for beloved programs. It is reassuring that over 98% of seniors in the state have been vaccinated and therefore can feel safe around one another. Since we have seen this uptick in attendance, and most of our volunteers have offered to return to work, we will be open all five days of the week starting the first week of November. As a reminder, our ability to gather "like normal" is also made possible by everyone adhering to the mask-wearing mandate.

It has been so special to offer large events again. The Tom Nutile fund-raiser concert of the Friends of the COA on September 30 was wonderful. You can catch the concert online through the Belmont Media Center website for those who could not attend in person. It is also being played periodically on local cable T.V. Check the Belmont Media calendar to find out when. We also have a short photo slideshow of the event on the left-most panel of our electronic bulletin board in the lobby. We also held a special Memorial Gathering, beautifully organized by the Belmont Religious Council, on October 14. Over 30 people who lost loved ones attended. It was a moving event and an opportunity to publicly acknowledge the losses that were not possible during this past year of isolation. It also reminded me that many in our community might want and need further support in their grief. Please take note that we have an in-person and online bereavement group hosted through the center. The details can be found on page 2 in this newsletter. Our social work team is available for individual counseling as well. Feel free to call our main line if you wish to speak to a social worker.

On an entirely different note, the Town has launched the budget preparation season. The Town has a new financial committee that is charged with making recommendations regarding the long-term financial health of the Town. This committee, the Structural Financial Impact Group, seeks to answer questions community members have about the purpose of different Town services, whether they are needed and what opportunities are there to lower their costs. The Group has focused on the transportation services of the COA. The service is the most costly of our services to operate, but it is also very much needed. We want to show the Town how much the service means to you. If you would like to write a small note to us to share how much the service has meant to you, you can bring in your note, send it by postal mail or email me at: [nnivvogel@belmont-ma.gov](mailto:nnivvogel@belmont-ma.gov).

A recent addition to our transportation service, namely, the taxi ride program, has been very popular. It was made possible by a special state grant. However, those funds have been exhausted. We will need to suspend the program until funds are replenished. If our next grant is awarded, the program will resume in April. Stay tuned!

Another important notice that I will be repeating periodically in these pages is the Town's tax deferral and exemption programs. We are well aware that many of you are feeling the burden of high local taxes. There are a number of tax relief programs that you may qualify for that would lower this burden. You can access information about them through the Town's website and click on: <https://www.belmont-ma.gov/assessors-office/pages/real-estate-and-cpa-exemptions>. Otherwise, you can call the Assessors office, 617 993 2630, to receive that information by postal mail or in-person by appointment. If your personal income is \$65,000 or less or you are a couple earning \$86,000 or less and would like to consider the tax work-off program, you can call Marie Poore at our office at 617 993 2979. She can determine if you qualify for the program and match you with a job you can do at the COA or other offices in the Town.

We hope to share the holiday season with you in various ways, including our Thanksgiving luncheon. There are other holiday-related events you can participate in if you still feel uncomfortable gathering in person over food. Please check out these pages and the December newsletter for information about the luncheon and other holiday-related programs.

This Thanksgiving season, I am so grateful that we have broken through the isolation of last year and that we can connect so much more in person.

I hope this holiday feels more joyful to you, too.

*Nava*



## BEECH STREET CENTER UPDATES

### Masking at the Beech Street Center

Welcome to the Center! As you know, masks are mandatory in all indoor spaces in the Town, including our Center.

Mask wearing during these times is a kind, considerate act that has been proven to prevent illness that can lead to hospitalizations and death.

Therefore, we kindly ask that you keep masks on during your visit to the Center. We recognize that wearing a mask for any period can feel uncomfortable. If that is the case, we have various masks on hand that might fit better for you.

We have bowls of tie-up masks on both floors of the building for your convenience.

Stepping outside for a few minutes, where masks are not required, might be a good idea for people needing a break from wearing a mask.

As staff members, we wear masks for the full workday. It's not burdensome because we understand its importance.

We do not want to be in the business of patrolling the building to check that people are wearing masks. This is because we want to trust that you do the right thing.

Thank you in advance for being a good community neighbor and for complying with the mask-wearing mandate here, in this building, and everywhere else in the Town of Belmont. ~COA Staff



### BREAKFAST IS BACK!!

We're so thankful to The Diner at 11 North Beacon in Watertown for helping us continue this successful program. Breakfast includes a one-egg bagel and cheese breakfast sandwich along with fresh-cut fruit salad. Breakfast is offered as PICK-UP ONLY and is between 8:45 AM and 10 AM. Advanced registration is required. For more information or to start receiving breakfast, please call 617-993-2976 as well.



### EXERCISE, FITNESS, AND WELLBEING

#### Drop-In Bereavement Group

The pandemic has put an added strain on all of us. We are experiencing more loss and grief with seemingly nowhere to turn. Consider meeting with others who have experienced a recent or distant death or loss in a casual and supportive environment. Our Bereavement Drop-In will meet on November 9 and December 14. The in-person gathering will take place at the Beech St. Center from 1:00 to 2:00 pm. The virtual zoom gathering will take place from 5:00 to 6:00 pm. For the zoom session, please submit your e-mail address to Dana to receive the zoom connection.



#### Parkinson's Caregiver Support Group

If you have a partner with Parkinson's, they may have many sources of support, including you!.... But where is the support for you? A small group of us who are family caregivers of people living with Parkinson's would like to plan ways to support one another and invite you to an initial meeting at the Beech Street Center. We will discuss forming a peer-led group where partners can share ideas, support, and experiences in dealing with this illness and see whether such a group might be helpful. Please join us on Thursday, Nov. 4, 2:30 pm at the Beech Street Center. Call to register at 617 993 2970.



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## EXERCISE, FITNESS, AND WELLBEING

We're excited to offer our fitness classes virtually and in person. This will be a transition as we begin to offer more classes. We appreciate your patience and cooperation. If you have any questions about classes, dates, cost, or registrations, please call 617-993-2976.



**NEW!** In-door Strength and Flexibility with Susan Barbato Mondays from 1:30-3PM. Oct.18-Nov. 22. Cost:\$27

CHAIR YOGA with CAROL Monday via Zoom 12:30 PM Nov. 1-Dec. 6. Cost: \$36

ZUMBA GOLD TUESDAY 12:00 noon Nov. 2-Dec. 7. Cost: \$40

TAI CHI Wednesday 9:30 AM Oct. 20-Nov. 24. Cost: \$60

Strength & Flexibility on Zoom Wednesday 11 AM – 12:30 PM Nov. 17- Dec. 22. Cost: \$27

CORE WORKOUT and STRENGTHENING on Zoom Thursday 10:00 AM Oct. 7– Nov. 18. Cost: \$50

**NEW!** Power of Posture with Kim Clements is back!! Tuesdays from 2-3 p.m. Nov. 2-Dec. 7.

Good Posture equals Good Balance! This class is for anyone who wants to improve their balance and control. Learn how to strengthen and lengthen postural muscles while correcting imbalances in your Posture that can lead to pain, lack of mobility, and confidence. Cost: \$55.

**Therapeutic Arts Group: Thursdays @ 11 am**

Looking for a form of stress relief? Eager to get creative and connect with others? Join us in the art studio as we create and play with various art materials such as; collaging, watercolors, acrylics, pastels, and more. We will experiment with various techniques and styles to explore the many themes of the self, community, and our connection to the natural world. All materials will be provided, and there is absolutely no need for any previous experience with the arts. As instructor of this class, let me introduce myself. My name is Shannon McGorrill, and I am currently a graduate student at Lesley University. I am pursuing my M.A in Clinical Mental Health Counseling with a specialization in Art Therapy. I grew up in Portland, Maine, where the beautiful natural world surrounded me that Maine had to offer from the coast to the mountains; I have always found myself most comfortable when connecting with nature in some way.



I look forward to exploring the possibilities of art with you all. Please call our main desk at 617-993-2970 for more information and how to join.

**Walking Group: Tuesdays @ 10**

Spread the word- the walking group is back! Join us to get out of the house, breathe in some fresh air and connect with others. We will be exploring the many walking paths and making our way around the neighborhoods of Belmont. Clear your mind, improve your mood and boost your energy with us. Our instructor is Shannon McGorrill, and she is a current graduate student at Lesley University; she looks forward to walking and talking with anyone interested! Please call our main desk at 617-993-2970 for more information and how to join.



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## Professional Services

=====  
 State Rep. Dave Rogers' Office. Tuesday, Nov.9 at 9 a.m. at the center

State Senator Will Brownsberger's Office. No meeting in November. If you any questions, please contact Senator Brownsberger's office at (617) 722-1280.

Over the Phone Legal Clinic. New! We're excited to resume our legal clinic with attorney Stephanie Ozahowski from Metrowest Legal Services. Please contact 617-993-2977 if you would like to register.

Outdoor Veterans' Coffee Hour. Friday, Nov. 19 at 10:30 a.m.

Notary Public. By Appointment. Please call 617-993-2978.

SHINE Health Insurance Counseling. This service is via telephone. To arrange a call from the SHINE Counselor, please call 617-993-2970 for pre-screening. SHINE is a free service with highly trained, impartial counselors for Medicare beneficiaries and caregivers. Cost: Free.

## Computer Topics

### Computer Help



Drop in with questions! Free. Tuesdays, from 10 a.m. to 1:30 p.m. with volunteer Tran Luu



Are you on Facebook? If so, make sure to give the Beech Street Center a like!

## OTHER SERVICES

=====  
 Fitness Room-Open Monday through Friday. Please call 617-993-2970 or 617-993-2973 for more information about how to join or to schedule appointments. Cost: \$10 per month.



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



- Market Basket: Thursdays, Nov. 4 and 18 8:30 a.m. with 90 minutes to shop.
- Star Market: Tuesdays and Fridays at 8:30 a.m. with 1 hour to shop.



### APPLE PIE FRIDAYS!!

Between 1 and 2 PM indoors  
 Grab a slice of apple pie and enjoy the company of others—Call 617-993-2977 to reserve your spot.

### 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.

## Recurring Events at the Beech Street Center

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9 Chinese Singing Group 9:30 International Phonetics 9:30 Knitting 10:10 Beginner Chinese 11:30 Conversational ESL 12 Lunch 1 Social Bridge	8:30 Star Market 9 Informal Tai Chi 9 Texas Hold 'em Poker 10 Computer Help with Tran Luu 10:30 Hot Topics 12 Lunch 12:30 Chinese Dance 1 Mah Jongg <u>By Appointment</u> <ul style="list-style-type: none"> <li>Notary Public</li> </ul>	9 Chinese Culture Class 9:30 Duplicate Bridge 12 Lunch 1 Scrabble 1 Social Painting/ Drawing	9:30 Chinese Dance 10 Intermediate Spanish Conversation (via Zoom) 12 Lunch 12:30 Chinese Dance 1 Hand & Foot Card Game 1 Open Art Studio 1:15 Bel Aires (singing) <u>By Appointment</u> <ul style="list-style-type: none"> <li>Notary Public</li> </ul>	8:30 Star Market 9:30 International Phonetics 9:30 Quilting 10 Intermediate and Advanced French Fridays 12 Lunch



## IN PERSON PROGRAMS AND EVENTS

### At Home with the Gibson Family

Tuesday, Nov. 9 at 1:15 p.m.

The Gibson House Museum in Boston's Back Bay neighborhood served as residence to three generations of Gibson family members and their household staff between 1859 and 1954. The house and objects are a time capsule of domestic life in the nineteenth and early twentieth centuries. Join museum curator Meghan Gelardi Holmes to explore this Back Bay row house, and discuss class and culture in 1880s Boston. To register for this event, please call our programs and events line at 617-993-2976. Cost: Free.



### 7th Annual Veterans Breakfast

Wednesday, November 10th at 10 a.m.

As a thank you to our local Veterans, the Belmont Council on Aging will host its seventh annual Veterans' Breakfast, free for Veterans, spouses, and families, on Wednesday, November 10th at 10 a.m. Enjoy a hot breakfast of pancakes, eggs, bacon, sausage, and hash browns provided by our friend from the Diner at 11 North Beacon in Watertown. While you're enjoying breakfast, Belmont Hill School's B-Flats will be back to provide us with entertainment. A special thank you to East Cambridge Savings for once again sponsoring this special event. Cost: Free. Please call 617-993-2976 to register for this event.



### The Page Turners Book Club

Wednesday, Nov. 10 at 11:30 a.m.

Join our very popular Page Turners Book club for a wonderful book this month. The group is reading The Lions of Fifth Avenue by Fiona Davis. It's 1913, and on the surface, Laura Lyons couldn't ask for more out of life—her husband is the superintendent of the New York Public Library, allowing their family to live in an apartment within the grand building, and they are blessed with two children. But headstrong, passionate Laura wants more, and when she takes a leap of faith and applies to the Columbia Journalism School, her world is cracked wide open. As her studies take her all over the city, she is drawn to Greenwich Village's new bohemia, where she discovers the Heterodoxy Club—a radical, all-female group in which women are encouraged to loudly share their opinions on suffrage, birth control, and women's rights. Soon, Laura finds herself questioning her traditional role as wife and mother. And when valuable books are stolen back at the library, threatening the home and institution she loves, she's forced to confront her shifting priorities head on . . . and may just lose everything in the process.



Eighty years later, in 1993, Sadie Donovan struggles with the legacy of her grandmother, the famous essayist Laura Lyons, especially after she's wrangled her dream job as a curator at the New York Public Library. But the job quickly becomes a nightmare when rare manuscripts, notes, and books for the exhibit Sadie's running begin disappearing from the library's famous Berg Collection. Determined to save both the exhibit and her career, the typically risk-averse Sadie teams up with a private security expert to uncover the culprit. However, things unexpectedly become personal when the investigation leads Sadie to some unwelcome truths about her own family heritage—truths that shed new light on the biggest tragedy in the library's history. Please call our programs and events line at 617-993-2976 to register for this event.

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## IN PERSON PROGRAMS AND EVENTS

**Fall Fashion Show & Tell**  
**Friday, Nov. 12 at 1:15 p.m.**

The Beech Street Center is excited to welcome back Karen Antonowicz from "Spirits of Fashion." Karen is helping us lead our fashion show and tell program with items from our very own homes! Do you have a special piece of clothing that was passed down in your family, prom dresses, hats, or special suits? They all have special meaning to you and come with some unique history! This is sure to be a treat! Please call 617-993-2976 to register—cost: **Free.**



## SUPPER CLUB

**Tuesday, Nov. 16 departing from Beech Street Center at 4:30 p.m.** *BelderBus trips are limited to 14 passengers, all of whom must be registered members of the Beech Street Center with emergency contacts on file. Please consider driving yourself and friends to the restaurants nearby to meet other folks who took the bus.*

Supper Club members are off to the Concord Colonial Inn this month! One of our favorites, especially during the holiday season. Start your meal off with roasted garlic hummus (\$10), a cup of New England clam chowder (\$7), or a farmer's salad (\$9). For your entrée, try the "Inn" burger (\$15), chicken pot pie (\$20), or Yankee pot roast (\$22). Save room for dessert and try their seasonal cheesecake (\$8) or Indian pudding (\$8). Please call our programs and events line at 617-993-2976 to register—cost: \$5 donation to BelderBus. Meal, drink, tax, and tip are on your own.



## Thanksgiving Dinner Supper Club

Due to COVID-19 restrictions last year, we could not schedule our Thanksgiving meal out for those looking to celebrate with some new friends and neighbors. We are planning to schedule a meal out for those who are interested. Please call Dana Bickelman at 617-993-2977 to discuss restaurant options. We'd love your suggestions! Transportation is on your own, but we encourage people to carpool together.



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## IN PERSON PROGRAMS AND EVENTS

**The Life and Work of Caroline Osgood Emmerton**  
**Presented by the Salem Historical Society**  
**Tuesday, Nov. 16 at 1:15 p.m.**

Please join us in welcoming Irene Axelrod from the Salem Historical Society, who will be here to present Caroline Osgood Emmerton, the founder of the House of the Seven Gables Historic Site and Settlement Association. The Salem Historical Society, founded in 2015 and is dedicated to sharing Salem's diverse and varied history. You won't want to miss this wonderful event! To register, please call our programs and events line at 617-993-2976—cost: Free.



### COOKS CORNER IS BACK! TWO DATES!

**Thursday, Nov. 18 at 10 a.m. and Tuesday, Nov. 23 at 1 p.m.**

Please join us as we bring back our special program, Cooks Corner, live and in-person.

Joining us for a special Thanksgiving

edition is Beech Street Center director Nava Niv-Vogel, making a special pumpkin chiffon pie perfect for your

Thanksgiving table. Returning once again is Vice Select Board

Chair Roy Epstein. Roy will prepare his world-famous mac and cheese! A perfect dish as the weather gets colder. Don't miss the fun in the kitchen. To register, please call 617-993-2976.



### Springwell Thanksgiving Luncheon

**Thursday, November 18 at 12 p.m.**

We are so thankful to resume our in-person special holiday meals once again. Lunches will be provided as a grab&go option for those who may not feel comfortable gathering indoors. Enjoy a delicious meal of roast turkey with cornbread stuffing, whipped mashed potatoes with chives, vegetable medley, cranberry sauce, soft dinner roll, and pumpkin pie. Please stop by and say hello to staff and enjoy the sounds of music provided by jazz artist Jim Porcella. Jim has been entertaining for over forty years and has appeared nationally with the Arty Shaw Orchestra, performed on Cruise ships, and traveled across the US with the popular vocal group "The Three Swingin Tenors." His local appearances include the Ritz Carton Hotel-Boston, The Bay Tower Room-Boston, Regatta Bar- Cambridge, and Scullers Jazz Club-Boston. Jim's recordings have gained him national attention and airplay across the US. And Canada. You must call to reserve your spot for lunch in advance. Please call 617-993-2976. Cost: Free.



## HELPFUL RESOURCES

### COMMUNITY TEAMWORK FUEL ASSISTANCE

FAMILY SIZE	MAXIMUM ANNUAL GROSS INCOME
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951

Fuel Assistance can pay part of your winter heating bills. You can rent or own your home. If your heat is included in your rent, you may also qualify. If eligible, please call our front desk at 617-993-2970 for more information.



### Medicare Open Enrollment

SHINE can help! Call soon to schedule your appointment for any time from October 15 through December 7. It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2022. Premiums, deductibles, copays, and the drugs covered by your plan can change significantly! Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) Volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call our social work intern, Rachel Garrity, at 857-702-9839. Please leave a detailed voicemail, and she will get back to you as soon as possible.



### Parking Permits for Belmont Seniors

Registration for parking permits continues to be available to all seniors over 65. For the price of \$5, seniors will be able to park for free at any of the metered spots and municipal parking lots of the Town for 2 hours each trip. The permit will be in effect through the end of 2021. Continuation of the program in 2022 will be evaluated at that time. Please bring your car registration and driver's license to your appointment. To apply, call 617-993-2978, and leave a voicemail message after the prompt. Do not forget to provide a call-back number. Appointments for parking permits are required.



### Buried in Treasures Support Group on Zoom Help for Difficulty with Acquiring, Saving and Discarding Weekly, Thursdays, 1-2:30 PM

Buried in Treasures is a judgement free educational and support group for those with cluttering tendencies. If clutter is affecting you at home, at work or in your relationships, this group can help! BIT is a 16 week program to help you discover the reasons for your difficulties with acquiring, saving and discarding. Learn new behaviors to put you on the path to change. Offers self- assessments, tools and tips for organizing and filing, strategies for changing unhelpful beliefs and group support for motivation. Requirements: Commitment to attend the full program and work on your decluttering journey

A copy of the Buried in Treasures book Facilitator: Sandy Cambra, LICSW, PhD, New Bedford, MA. Sandy has been facilitating Buried in Treasures Support Groups for the town of New Bedford, MA, where she maintains a private practice. For further information or to sign up:(617) 993-2983 Sponsored by the Belmont Safe Housing Planning Committee and MA Housing.



## BEECH STREET CENTER NEWS

### 2021 Giving Tree Holiday Gift Drive

Spread some cheer this holiday season by filling a gift request for a Belmont child or teen in need! Our holiday tree will be in the lobby of the Beech Street Center from November through December. You can pick a gift request and return the unwrapped gift with the gift code by December 17th. Gifts will be distributed during the week of December 20th. Questions? (617) 993-2983



### OPEN REHEARSALS EXPERIENCE A BSO CONCERT IN THE MAKING

The Beech Street is once again excited to return to the Boston Symphony Orchestra for their open rehearsals. We have two rehearsals planned for this year; as of the publishing of this newsletter, ticket prices have not yet been determined. If you are interested in attending, please call Dana Bickelman at 617-993-2977. Cost: \$82 per rehearsal.



Thursday, November 11, 10:30am (open rehearsal) Roderick Cox, conductor William R. Hudgins, clarinet MOZART Clarinet Concerto BEETHOVEN Symphony No. 2 .Thursday, March 3, 10:30am (open rehearsal) Andris Nelsons, conductor Leonidas Kavakos, violin

IVES The Unanswered Question Unsuk CHIN Violin Concerto No. 2, Scherben der Stille (Shards of Silence) (American premiere; BSO co-commission) BERLIOZ Symphonie fantastique.

## BEECH STREET CENTER CRAFT FAIR



Mark your calendars for the 2021 Beech Street Center Craft Fair which will be held on Saturday, November 20 from 9:00 AM to 3:00 PM! Vendors will display and sell their crafts, including a wide variety of jewelry, greeting cards, knit items such as scarves and sweaters, photography, pottery, soaps and candles, holiday ornaments and decorations, and other handmade items. Please join us and do some early holiday shopping and support local craftspeople. We are seeking additional Vendors, so if you know of a talented crafter, please contact Karen Nichols at [graystreet@aol.com](mailto:graystreet@aol.com) or 781-646-8287. Also, Volunteers are needed to help plan and run this event, so if you have some free time, please contact Judy Tesnow at [Tesnowja@aol.com](mailto:Tesnowja@aol.com). The Craft Fair is open to the public. Donation at the door is \$1.00; children under 12 are free. For the health and safety of everyone, and to comply with Belmont's indoor mask mandate, all vendors and attendees are asked to wear a mask into the Center and during the Craft Fair. *This event is sponsored by the Friends of the Belmont Council on Aging, and the proceeds will help with programs at the Beech Street Center.*



Medicare Open Enrollment ends December 7th! Don't miss your chance to change plans SHINE can help! It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it. Call your Senior Center and ask for a SHINE appointment. At the time of your appointment you should have your: Medicare account Username and Password (if you have an account) Medicare card # and other drug/health insurance cards and benefit information Prescription drug list (dosage, quantity, frequency). Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

## *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.

People love to travel, but, as we all know, travel has suffered enormously in the Age of Covid. And, consequently, so has a favorite vicarious way of traveling for seniors at the Beech Street Center — the Travelogue! So, let's *Look Back* to our last (albeit on Zoom) May 26, 2021 travelogue presentation, "Mystery of Morocco" by Ron Rosenstock.



Ron's incredible photographic skills capture so many of the Moroccan people's interesting places and life activities. He takes us to mosques, synagogues, and King's palaces. There are photos showing the "delivery donkeys" that are as common in Morocco as Door Dashers are here today. Ron finishes his presentation with a tribute to the many people he's met and befriended over the years in his trips to Morocco. Don't miss this amazing Travelogue — you'll be truly transported!

You can find this and many more great Beech Street Center videos at <https://belmontmedia.org/watch/beech-street-center-special-events-series>.



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Caring for Loved Ones



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