

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

February 2022

FRONT DESK

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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!

The New Year has begun with some weariness and disappointment that we are dealing with yet another fast-moving variant of the virus in our community. Yet, I also hear many signs of hope that this latest surge will be behind us soon. We are also in a much better public health position than we were a year ago. The vaccines and other tools have made it possible, among other things, for us to remain open five days a week! As long as this surge is with us, we encourage you, as much as possible, to use kn95 masks while at the center. Staff and volunteers are encouraged to do the same. Of course, we urge you to remain masked, regardless, while at the center and to be sure that your mask covers your nose and chin properly. The variant has been known to spread by people not properly masked. We are putting our optimism for the future to work by ramping up our programming. Our goal is to bring back as much of our pre-pandemic programming and services by February. In the meantime, I hope you can explore the option of using our online registration and payment service for your next round of classes and events. To do so, call Dana at 617 993 2977 or Diane at 617 993 2973. If you cannot reach them, leave a voicemail message, and your call will be returned within two business days.



We are pleased to report that the Select Board has approved the Parking Permit Program for 2022 and beyond, at the rate of \$5 a permit. If you did not apply for a parking permit in 2021, please call 617 993 2978 and leave a voicemail message. Your call will be returned within one or two business days to arrange for an appointment.

The Select Board also approved special covid related funds to pay for an additional six months of the breakfast program. Thanks to Cambridge Savings Bank and their generous donation of \$2,500, that program can be extended by an additional two weeks after that.

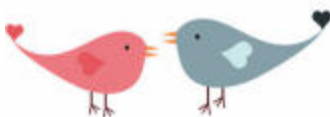
We also received a nice "gift" for the holidays. Our new state grant-funded BelderBus arrived a few days after Christmas. The new bus is most welcome, as our old one was often out of service due to the need for all kinds of repairs.

Please take note of the following if you participated in, or expect to participate in, our lunch program. In the past several months, there have been issues with people not reserving lunch ahead of time and then expecting a lunch on any given day. This is not feasible for our lunch registration workers. Please be sure to call, email, or come in person at least a full business day ahead of time to reserve lunch.

We have also been informed that Springwell will no longer provide plastic bags for the grab n' go lunches. We encourage you to bring a reusable bag to transport your lunch. We have a limited supply of reusable bags that we can provide you should you not have one. We graciously accept donations for those who have extra reusable bags so that other grab n' go diners can benefit from them. I want to take this opportunity to thank our Friends for their hard work and amazing fund-raising efforts in 2021. The pandemic did not stop them from working on our behalf and offering the usual fund-raisers coupled with delightful community events. They sent out a newsletter in the spring to all households with members 50 years and older in the Town showcasing the many special programs and services that we offered. This was especially important since the COA work remained invisible to the public while the center was closed. They moved forward with putting on the Tom Nutile concert in September. It was so good for us to hear wonderful, live music again. The event was also successful in raising money for the center. The same can be said of the annual crafts fair in November. It was a highly successful event both in terms of attendance, satisfaction by the vendors who sold their goods there, and the amount of money raised. Special thanks goes to Karen Nichols, organizer of the fair, and her team, as well as the knitters and quilters who used their talents to donate lovely items to sell at the fair and for the raffle. The Friends have been very generous to the COA. It recently voted to fund our taxi voucher program for a few months until, hopefully, the agency that paid for the taxi program in the past will renew funding in April. We thank the Friends' president, Joel Semuels, and the entire board for their unwavering support of our efforts.

Please stay safe, healthy, and warm this month, and we look forward to seeing and/or hearing from you.

Nava



BEECH STREET CENTER REMINDERS

Masking at the Beech Street Center

Per the Town of Belmont, masks are required to be worn at all times while you're in the building unless you are actively eating or drinking. Please help us stop the spread!



BEECH STREET CENTER BREAKFAST

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 sweet potato hash. 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. So as to avoid waste call us if you need to cancel a meal.



Parking Permits for Belmont Seniors



Registration and RENEWALS for parking permits continue to be available to all seniors over 65. For \$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. To apply, please call 617-993-2978. Appointments for parking permits are required.

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 social work intern Rachel Garrity, at 857-702-9839 or 617-993-2986.



AARP TAX PREPARATION APPOINTMENTS

AARP Tax Preparation appointments will be offered this year from February 7th until April 12th barring further COVID restrictions. We will follow all CDC, Belmont Board of Health, and Beech St Center guidelines. Please contact our main line at 617-993-2970 if you're interested or for further information.



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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 Tuesday, February 8. 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, February 3 2:00 pm at the Beech Street Center. Call to register at 617 993 2970.



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. Please call our main desk at 617-993-2970 for more information and how to join.



ONLINE Caregiver Support Group

Caregiving for an elder loved one can be stressful, whether the loved one lives at home or far away from the caregiver. The COA is happy to announce that we will be offering a monthly caregiver support group. The next meeting will be online on Tuesday, February 8 at 2 p.m. at Led by our social work intern, Ms. Rachel Garrity; this group will provide caregivers with an opportunity to share their personal experiences with others who have similar responsibilities. Participants will benefit from mutual support and by sharing helpful tips. Call Rachel's Google voice number at 857-702-9839 to sign up and receive the link.



In-person and Virtual Fitness Classes



In-door Strength and Flexibility with Susan Barbato Mondays from 1:30-3PM. Jan. 24-Mar.7 Cost:\$27

CHAIR YOGA with CAROL Monday via Zoom 12:30 PM Dec. 20-Jan.31 Cost: \$36

ZUMBA GOLD TUESDAY 12:00 noon Jan. 4-Mar. 1 Cost: \$40

TAI CHI Wednesday 9:30 AM Feb. 23-Mar.30 Cost: \$60

Strength & Flexibility on Zoom Wednesday 11 AM – 12:30 PM Feb.16-Mar.23 Cost: \$27

CORE WORKOUT and STRENGTHENING on Zoom Thursday 10:00 AM Jan.13-Feb.17 Cost: \$50

Power of Posture with Kim Clements is back!! Tuesdays from 2-3 p.m. Jan.4-Feb. 8 Cost: \$55. Please call our main desk at 617-993-2970 or stop by for more information on registering for these fitness classes.

SUPPORT OUR ADVERTISERS!



Professional Services

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State Rep. Dave Rogers' Office. Tuesday, Feb.8 at 9 a.m. at the center

State Senator Will Brownsberger's Office. No meeting in January. 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. Tuesday, Feb.8 from 1-3PM. Please contact 617-993-2977 if you would like to register.

Veterans' Coffee Hour. Friday, Feb.18 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

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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

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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, Feb. 3 and 17 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.



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.

IN PERSON PROGRAMS AND EVENTS

"Let me tell thee how wholly I am thine": The Turbulent Courtship of Henry and Fanny Longfellow
Presentation By: The Longfellow House
Tuesday, Feb. 1 at 1:15 p.m.

The marriage between preeminent 19th century poet Henry Longfellow and the well-traveled, educated Frances Appleton was a remarkable partnership. Their courtship, though, spanned seven turbulent years. As a seventeen-year-old, Fanny wrote to a friend: "I have often felt a sort of presentiment that I should marry somebody, disapproved of by all my friends." Instead, the independent-minded Fanny ended up with the universally liked Henry Wadsworth Longfellow after much back and forth.




Both were recovering from personal tragedy during their first meeting abroad in 1836, but Henry was smitten. Fanny? Not so much...until a happy change of heart in 1843. Join staff from Longfellow House-Washington's Headquarters National Historic Site on a journey through their meeting, dramatic courtship, a failed grand romantic gesture, and ultimate reconciliation - resulting in 18 years of romance and mutual support. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.

Valentine's Concert with the A&W Ukulele Players
Friday, Feb.4 at 1:15 p.m.

Get into the Valentine's spirit and be with the ones you love for a wonderful performance by the A&W Ukulele Players. The A&W Ukulele Players are singers who enjoy accompanying themselves on the ukulele while performing for an audience. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Watercolor Valentine Card Workshop with Audrey Childs
Tuesday, February 8, from 1 PM -3 PM

 Make a watercolor Valentine Card for yourself or give it to a loved one. No previous experience is necessary. Supplies will be available. If you have watercolor brushes, bring them. Even if you have never painted before, the steps are easy. Come prepared to have fun—supply fee: \$1.00 per card & envelope. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec!

SUPPER CLUB: Take Out Edition

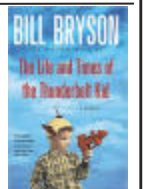
Tuesday, Feb.8 at the Beech Street Center at 4:30 p.m.

This month, we're hosting our supper club a little differently. If you'd like, order dinner and have a meal here at the center with friends and neighbors from "Joyful Garden", located in Watertown. Joyful Garden serves fresh steamed dim sum, authentic Chinese cuisine, and fresh seafood. Start your meal with scallion pancakes (\$5.95), crab Rangoon (\$6.95), or egg drop soup (\$3.50). For your, entrees enjoy a plate of General Gau's chicken (\$13.95) beef with broccoli (\$14.95), lo mein (\$10.95), or fried rice (\$9.50). An evening not to miss! Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: This will vary depending on what you order and the delivery fee.



The Page Turners Book Club: The Life and Times of the Thunderbolt Kid: A Memoir by Bill Bryson
Friday, Feb. 11 at 11 a.m.

Bill Bryson was born in the middle of the American century—1951—in the middle of the United States—Des Moines, Iowa—in the middle of the largest generation in American history—the baby boomers. As one of the best and funniest writers alive, he is perfectly positioned to mine his memories of an all-American childhood for 24-carat memoir gold. Like millions of his generational peers, Bill Bryson grew up with a rich fantasy life as a superhero. In his case, he ran around his house and neighborhood with an old football jersey with a thunderbolt on it and a towel about his neck that served as his cape, leaping tall buildings in a single bound and vanquishing awful evildoers (and morons)—in his head—as "The Thunderbolt Kid." Join this popular group for a book discussion! Call our admin assistant Kim Sliney at 617-993-2976.



Recurring Events at the Beech Street Center

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>10:10 Beginner Chinese</p> <p>12 Lunch</p> <p>12:30 Chair Yoga (VIA ZOOM)</p> <p>1 Social Bridge</p> <p>1:30 Strength and Flexibility</p>	<p>8:30 Star Market</p> <p>9 Informal Tai Chi</p> <p>9 Texas Hold 'em Poker</p> <p>10 Computer Help with Tran Luu</p> <p>10:30 Hot Topics</p> <p>12 Lunch</p> <p>12 Zumba</p> <p>12:30 Chinese Dance</p> <p>1 Mah Jongg</p> <p>2 Power of Posture</p> <p><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public 	<p>9 Chinese Culture Class</p> <p>9:30 Tai Chi</p> <p>9:30 Duplicate Bridge</p> <p>11 Strength and Flexibility (VIA ZOOM)</p> <p>12 Lunch</p> <p>1 Scrabble</p> <p>1 Social Painting/ Drawing</p>	<p>9:30 Chinese Dance</p> <p>10 Intermediate Spanish Conversation (VIA ZOOM)</p> <p>10 ESL New Students: \$55, returning students \$35)</p> <p>10 Core Workout (VIA ZOOM)</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><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public 	<p>8:30 Star Market</p> <p>9:30 International Phonetics</p> <p>9:30 Quilting</p> <p>10 Intermediate and Advanced French Fridays</p> <p>12 Lunch</p>

February 2022 Calendar of Events, Activities, and Special Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:15PM "Let me tell thee how wholly I am thine": The Turbulent Courtship of Henry and Fanny Long-fellow (p.5)	2	3 8:30AM Market Basket (p.4) 11AM Therapeutic Arts Group (p.3) 2PM Parkinson's Caregiver Support Group (p.3)	4 1:15 Valentine's Concert with the A&W Ukulele Players (p.5)
7	8 9AM State Rep. Dave Rogers Office (p.4) 1PM Drop-In Bereavement Group (p.3) 1PM Legal Clinic (over the phone by apt.) (p.4) 2PM ONLINE Caregiver Support Group (p.3) 1PM Watercolor Valentine Card Workshop with Audrey Childs (p.5) 4:30PM Supper Club: Take Out Edition (p.5)	9	10 11AM Therapeutic Arts Group (p.3)	11 11AM The Page Turners Book Club: The Life and Times of the Thunderbolt Kid: A Memoir by Bill Bryson (p.5)
14	15 11AM Introduction to Cold Process Soap Making (p.9) 1:15PM Harp and Soul with Susan Wright Regan (p.8)	16	17 8:30AM Market Basket (p.4) 11AM Therapeutic Arts Group (p.3) 1:30PM Diabetic Shoe Clinic with Pro East Medical (p.8)	18 10:30AM Veterans' Coffee Hour (p.4) 1PM Celebrate Black History Month (p.8)
21 CLOSED FOR PRESIDENTS' DAY	22 1:15PM Introduction to the Gardner Museum: Virtual Program with the Isabella Stewart Gardner Museum (p.8)	23	24 11AM Therapeutic Arts Group (p.3)	25 1:15Special Valentine's Day Cooks Corner (virtual): Fire and Ice (p.8)
28				



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IN PERSON PROGRAMS AND EVENTS

Harp and Soul with Susan Wright Regan
Tuesday, Feb. 15 at 1:15 p.m.

This month, we're in for a real treat with a special harp performance by Susan Wright Regan. Listeners will have a chance to experience and share music that could have physiological effects such as relaxation. They will also be given a short history of the harp and its different roles in history. A program not to miss! Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free., but donations towards the program are appreciated.



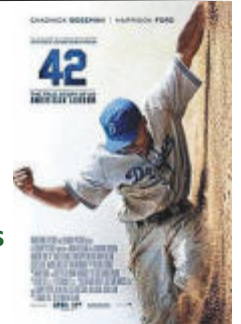
Diabetic Shoe Clinic with Pro East Medical
Thursday, Feb. 17 at 1:30 p.m.



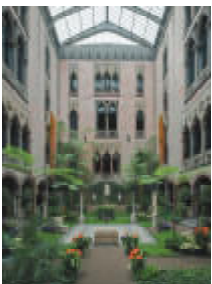
Attention, Adults with foot problems and Diabetes! Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts FREE to you if you are Diabetic! Also, other insurances cover this as well! Please bring your Medicare card and any other supplemental insurance cards and the completed doctor's order and required paperwork (pick up from Dana). Call her to make your 10-minute fitting appointment at 617-993-2977. If you have any additional questions, call Amy from Pro Medical East: 603-944-1311. Straight Mass Health/Medicaid does not cover this. www.drcomfort.com or www.Anodyneshoes.com.

Celebrate Black History Month
Friday, Feb. 18 at 1 p.m.

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. The Beech Street Center is proud to celebrate and honor Black History Month with a special viewing of the movie 42. 42 is an American biographical sports film about baseball player Jackie Robinson and a history-making signing with the Brooklyn Dodgers. A movie not to miss! Approx. running time: 2 hrs and 8 minutes. Poster © Warner Bros. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Introduction to the Gardner Museum: Virtual Program with the Isabella Stewart Gardner Museum
Tuesday, Feb. 22 at 1:15 p.m.



The Beech Street Center is excited to offer a special virtual program with the Isabella Stewart Gardner Museum in Boston, Massachusetts. Explore masterpieces of the Gardner Museum, learn about the history of the Museum's founder, and find out why this is one of America's great private art collections. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Special Valentine's Day Cooks Corner (virtual): Fire and Ice
Friday, Feb. 25 at 1:15 p.m.

This month, we're in for a real treat with a special edition of our program, Cooks Corner. To celebrate Valentine's Day, we'll be joined by Firefighter EMT Ross Vona and Belmont Police Department Lieutenant Kristin Daley. Ross will be making something to heat up the kitchen, and Kristin will be helping us cool things down. The menu will include a shrimp scampi and key lime pie. A fun program we don't want you to miss! Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



NEW WINTER CLASSES AND EXHIBITS

Drawing With Audrey Childs

6 Week Session Ends Feb. 25

Travel around the world through drawing. If desired, it could be a great way to share your ethnicity with others and learn to draw simultaneously. For beginners as well as intermediate/advanced students.

Emphasis on learning to draw what you see rather than what you think you see. Concentration on exercises to strengthen understanding & use of composition, light value, line, and texture. The class will help you develop a foundation for adding color on your own or leaving it as a rendered drawing.

Supply list – *please let the instructor know if you need supplies. She will have a package ready at base price for you.*

Quality drawing pencils sizes: 6B, 4B, 2B, HB, 2H (preferably Staedtler Mars graphite pencils)

Kneaded eraser, Strathmore (or another quality brand) 300 or 400 Series Sketch Pad 9"x12" sketchbook (wire bound or booklet).

Audrey is a well-known watercolor artist whose landscape paintings hang in homes across the country. She is also known for her house and pet portraits. Upon graduating from the Art Institute of Boston/Lesley College, she worked for a Boston art company reproducing historical wallpaper, commissioned sculpture reliefs, and detailed signage. Her art teaching experience includes drawing classes at the Middlesex Community College Extension, The Belmont Council on Aging, community youth and adult classes, and private lessons.



Introduction to Cold Process Soap Making

Tuesday, Feb. 15 at 11 a.m.

This class will introduce you to the basics of making cold process soap. Cold process soaps are created by blending oils (or fat) with a lye mixture. In turn the soap saponifies over the next twenty-four hours turning the lye-oil mixture into a solid bar of soap! The class will cover the following:

- Brief history and basic chemistry of soap making
- Necessary materials, supplies and equipment
- Safety considerations when working with sodium hydroxide
- Taking accurate measurements & proper mixing temperatures
- Coloring your soap (micas, herbs, spices & clays)
- Scenting your soap (fragrance oils versus essential oils)
- Preparing your molds and molding options
- Insulating, cutting, curing and storing your finished soap



Each student will make their own 1lb batch of soap that they will get to take home with them (the mold will be theirs to keep as well so they can make future batches of soap). Students will also leave with very thorough handouts and enough information to make awesome vegetable-based natural soap from scratch on their own as well as a full-sized bar of soap to enjoy. This class uses only vegetable based ingredients. Minimum of 8 students needed for the class to run. Cost: \$30. Please call Dana Bickelman at 617-993-2977 or e-mail Dbickelman@belmont-ma.gov to register.

The Artist - Russ Badessa Exhibit

Russ was born Rosario Concetto Badessa in 1922 is a lifelong resident of Belmont and a World War II Veteran. . Russ graduated from Belmont high school in 1940 and joined the US Army in 1943, where he served in the Pacific till January 1946. Fortunately for him and his family, his service was on the island of Oahu, well after Pearl Harbor, where he did not need to face combat.

Upon returning to Belmont, Russ, utilizing the G.I. Bill benefits, attended the Boston School of Practical Art, graduating from a 2 ½ year program in 1949.

Russ put his passion for art and skills honed at the art school to work in his spare time while working several vocations and ending the last ten years of his work life as a custodian for the Belmont Public Schools.

When Russ wasn't painting during his free time, he was an active participant in the men's softball league sponsored by the Cozy Corner Café in Cambridge. Also, with his late, beloved wife Anne, both were long time active members of a local bowling league, and Gardening, both vegetables, and flowers,

We hope you enjoy these artworks done by Russ over the years. Some of his painting's frames are handmade by Russ himself, and all are either done in a watercolor or acrylic medium.



BEECH STREET CENTER NEWS AND UPDATES

Become a volunteer SHINE counselor

Like to help people? Do you like technical information? Have some spare time? If so you may be the perfect SHINE volunteer. It's also a plus if you speak multiple languages.

SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience.

To volunteer, you must participate in a 10-day training and pass a state certification test. There are also monthly meetings where you can connect with your fellow SHINE counselors. If you are interested in training this year, please contact us at metrowestshine@needhamma.gov or 781-453-8076 by the end of February.

Volunteers and Leaders Needed!

We are looking for your help to continue running some of our favorite groups and activities! We are looking for new members and leaders for our French Friday group, our opera group, and a seamstress! If you're interested or know anyone, please speak with Nava Niv-Vogel at 617-993-2975 or Dana Bickelman at 617-993-2977.



The Giving Tree Holiday Gift Drive, 2021

Thank you to all who participated in this year's Giving Tree Holiday Gift Drive. Your thoughtfulness and generosity are inspiring!

We had 34 gift requests ranging in age from 1 year to 17 years old, and all received beautiful gifts. Thanks again for helping to make this holiday special for so many Belmont children and teens.

Use the internet at home and everywhere else on the go with a hotspot from the library! A hotspot is a small, portable device that allows your computer or mobile device (iPhone, Ipad, Kindle) to connect to the internet wirelessly for free! No library card is required! Call Dana Bickelman at 617-993-2977.



You can order free COVID tests! Everyone is eligible! Visit their website <https://www.covidtests.gov/>, or you can call via CDC call center: 1-800-232-0233

Looking Forward: Catch up with what's coming at the Beech Street Center

Let's create this awesome, fun group!

Readers Theater

Readers Theater is a fun activity which involves reading a script aloud in a small group. It can also lead to performances, if the group decides to have any.

The scripts (radio, TV, stage, or skits) are read while seated, without costumes, props, scenery, or special lighting. Readers use only vocal expression to enact the story. The scripts are printed out for each person – so there's no need to memorize parts. **Let the actor inside come alive!**

We can meet in person or in a hybrid meeting via Zoom. **If interested, please talk to or email Rich Berger at rberger@belmont-ma.gov.**

Stay tuned! Coming in 2022 – a meet-and-greet with members of the Belmont Media Center's readers theater group, *Radio Daze*. The members will answer any questions you have about forming a Readers Theater group and tips they learned during the group's many productions.



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