BELMONT COUNCIL ON AGING

SENIOR NOTES

BEECH STREET CENTER

266 BEECH STREET • BELMONT, MA 02478

NOVEMBER

2026 | FALL

OUR TEAM

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JOE BROWN
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GIUSEPPE D'ANDREA
ED SULLIVAN



FLOWER ARRANGING CLASS (ABOVE), PUMPKIN PAINTING (BELOW L), BOB UPTON, VETERAN'S SERVICES OFFICER (BELOW R), HALLOWEEN WITH ARLENE (BELOW)







PHONE: 617.993.2970 • **EMAIL**: COA@BELMONT-MA.GOV
WEBSITE: BEECHSTREETCENTER.ORG



COUNCIL ON AGING BOARD MEMBERS

MARK PAOLILLO
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ANDREA HASSOL
Vice Chair

LINHONG SUN
PEG CALLANAN
KAREN DONELAN
THEODORE DUKAS
JUDITH MORRISON
MARYANN SCALI
JANE SHAPIRO

CENTER HOURS

MON: 8:00 - 7:00
TUES: 8:00 - 4:00
WED: 8:00 - 4:00
THU: 8:00 - 4:00
FRI: 8:00 - 4:00

A Message from the Director

Happy November! As we head into November and the season of Thanksgiving, it's a wonderful time to reflect on all that makes the Beech Street Center such a special place. From our dedicated staff and volunteers to the many friendships formed here each day, we have so much to be thankful for! Whether you're joining us for a program, stopping by for lunch, or simply enjoying a cup of coffee with friends, it's the people who make the Beech such a welcoming community.

November is shaping up to be another exciting month! We will kick things off with our Veterans Day Breakfast on November 10, a special opportunity to recognize and thank those who have served our country. We are incredibly grateful for the service and sacrifices of our veterans and their families.

Later in the month, don't miss our Annual Beech Street Craft Fair on Saturday, November 21! With over 60 talented crafters, a bake sale, raffles, and plenty of holiday cheer, it's one of our favorite community traditions! A special thank you to the Friends of the Belmont Council on Aging for making this wonderful event possible.

We also have some fantastic programs lined up, including the return of watercolors with Lea! Flower arranging, live music, our Page Turners Book Club, and much more are in the mix as well. Whether you're looking to learn something new, stay active, or make a new friend, there's always something happening!

As the colder weather approaches, remember that the Beech Street Center is here for more than just programs and activities. Our social work team, transportation services, and dedicated staff are here to connect residents with resources and support. Also, keep an eye out for our Annual Giving Tree, a wonderful opportunity to spread some extra kindness to local children this holiday season.

On behalf of our entire team, I wish you and your families a happy, healthy, and peaceful Thanksgiving. Thank you for making our Beech Street community so special!

Life is better at the Beech!

Belmont Council on Aging Diversity Statement: The Belmont Council on Aging is committed to valuing and supporting people–all people-as they age. Diversity, Equity, and Inclusion are central to the core values of the COA. We are dedicated to fostering inclusive and equitable practices in our community space and throughout our programs. We celebrate and support the unique qualities of our employees and all individuals who we serve; as such, the Beech Street Center welcomes all seniors inclusive of differences in sexual orientation, gender identity, disability, race, ethnicity, country of origin, religion, or socioeconomic status.

Advertise Here!

Contact Joe Dapper
jdapper@4LPi.com
(800) 950-9952 x9557

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ANNOUNCEMENTS & UPDATES

BELMONT COUNCIL ON AGING

JOIN US FOR THE 2026 BEECH STREET CRAFT FAIR!

Saturday, November 21, 2026
9:00 AM – 3:00 PM
Beech Street Center, 266 Beech Street, Belmont, MA

Over 60 Crafters!

Shop unique handmade items, including:

- Jewelry
- Pottery
- Hand-designed greeting cards
- Knitted baby hats, mittens and blankets
- Knitted hats and scarves
- Quilts
- Photography
- Soaps and candles
- Holiday decorations
- And more!



Bake Sale!
Enjoy homemade breads, pies, cookies, cupcakes, brownies and more!



Vendor Raffle!
Each crafter will donate an item to be raffled off later in the day. You could be a winner!



Quilt Raffle!
A beautiful handmade quilt, created by the Beech Street Quilting Group, will be on display. Raffle tickets can be purchased.

Open to the Public!

$1.00 Donation at the door
Children under 12 are free.

Free Parking
at the Center and on the adjoining streets.

This event is sponsored by the Friends of the Belmont Council on Aging. Proceeds benefit the Center's programs and activities.

CENTER CLOSURES

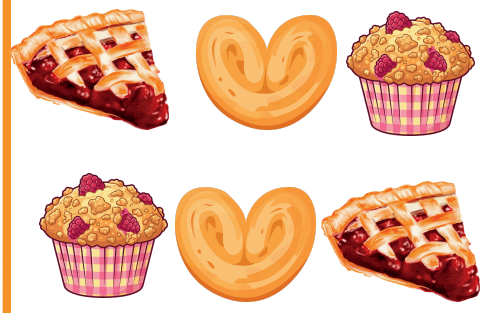
Closed Wednesday, Nov. 11
Closed Thursday, Nov. 26
Closed Friday, Nov. 27



Calling all bakers!

Seeking homemade or store-bought baked goods for the Beech St. Craft Fair!

Contact Rosemary with questions: delacr66@me.com or 617-484-7888.



findmass money.gov
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.

Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.

Search and claim at Findmassmoney.gov or call our office at 617-367-0400.
Searching for unclaimed property in your state is always free.

TRANSPORTATION : CALL 617.993.2980

TRANSPORTATION INFORMATION

The Beech Street Center provides transportation to Belmont residents 60+ from your home to businesses and services within Belmont.

Hours
Monday – Friday
8:30 AM – 3:00 PM

Scheduling
- Call at least 1 business day in advance
- Same-day rides are not available

Pick-Up Times
- Rides scheduled on the hour or half-hour (Example: 9:00, 9:30)

*A $2 donation per ride helps us maintain excellent service

Call to Book Your Ride
617-993-2980



SUPPER CLUB
TUESDAY, 11/17 • 4:30PM
Sign up at least 1 day in advance.

MARKET BASKET
THURSDAYS, 11/5 & 11/19 • 8:00AM

MEDICAL TAXI RIDES

CALL 617-993-2980 FOR MORE INFO

We offer medical taxi rides for non-escorted appointments to Boston & nearby towns.

Eligibility
- Belmont residents (ages 60+)
- Under 60 with a documented disability

Details
- Up to 3 round trips per person every 6 months
- Reserve at least 2 business days ahead
- Driver gratuity appreciated

SERVICES

SHINE COUNSELING
WEDNESDAYS • FREE • BY APPOINTMENT
Call 617-993-2970 to schedule.

STATE SENATOR WILL BROWNSBERGER
Call Senator's office for support: 617-722-1280.

SEAMSTRESS
TUESDAY, 11/20 • 2:00 - 4:00PM
Prices vary based on project needs.

COMPUTER HELP WITH TRAN
TUESDAYS • 10:00AM - 12:30PM
No appointment needed.

BELMONT FIRE DEPT. HOME SAFETY VISITS
BY REQUEST
In-Home Fire Safety Visits to check alarms and share safety tips.

PODIATRY CLINICS

DR. DAN SELIGMAN, PODIATRIST
MONDAY, 11/2 • 8:30 - 12:00PM

DR. ALISSA KUIZINAS, PODIATRIST
FRIDAY, 11/20 • 12:00 - 4:00PM
$45 for 15 minutes. Call 617-993-2970 to schedule.
Sign-up for Dr. Kuizinas starts the 1st business day of the month.

BLOOD PRESSURE CLINIC
TUESDAYS • 11:00AM - 12:00PM • FREE

STATE REP. DAVE ROGERS' OFFICE
TUESDAY, 11/10 • 9:30 - 10:30AM

LEGAL CLINIC: ATTORNEY VERA OCHEA
METROWEST LEGAL SERVICES
MONDAY, 11/9 • 2:00 - 4:00PM
Call 617-993-2970 to schedule.

WEEKLY GROUPS & ACTIVITIES

Mon	Tue	Wed	Thu	Fri
PICKLEBALL 8:30 - 11:00AM	**PICKLEBALL** 8:30 - 11:00AM	**CHINESE SINGING** 8:30- 10:30AM	**PICKLEBALL** 8:30 - 11:00AM	**PICKLEBALL** 8:30 - 10:45AM
KNITTING 9:30 - 11:30AM	**TEXAS HOLD 'EM** 9:00 - 12:00PM	**TAI CHI** 9:30 - 10:30AM	**TERRAFORMING MARS BOARD GAME** 9:00 - 12:00PM	**FRENCH FRIDAYS** 10:00 - 11:00AM
CHINESE SINGING 9:30 - 11:30AM	**INFORMAL TAI CHI** 9:00 - 11:00AM	**SHINE APPTS.** 11:00 - 4:00PM	**CHINESE DANCE** 10:00 - 11:30AM	**QUILTING** 10:00 - 12:30PM
LUNCH 11:30 - 1:00PM	**BINGO** 10:00 - 12:00PM	**LUNCH** 11:30 - 1:00PM	**LUNCH** 11:30 - 1:00PM	**CHAIR YOGA** 11:00 - 12:00PM
LINE DANCING 12:00 - 1:00PM	**LUNCH** 11:30 - 1:00PM	**SPANISH CONVERSATIONS** 12:00 - 1:30PM	**MEXICAN TRAIN DOMINOES** 12:00 - 2:00PM	**ZUMBA GOLD** 12:00 - 1:00PM
SOCIAL BRIDGE 12:30 - 4:00PM	**TECH HELP** 10:00 - 12:30PM	**SOCIAL PAINT & DRAW** 1:00 - 3:30PM	**HAND & FOOT CARD GAME** 1:00 - 3:00PM	**LUNCH** 11:30 - 1:00PM
MOVIE MATINEE 1:00 - 3:00PM	**HOT TOPICS** 10:30 - 12:00PM	**SCRABBLE** 1:00 - 3:00PM	**DOWN MEMORY LANE** 1:15 - 2:15PM	**SOCIAL BRIDGE** 1:00 - 4:00PM
STRENGTH & FLEX 1:30 - 2:30PM	**NOT SO GOLDEN YEARS** 10:00 - 11:00AM	**STRENGTH & FLEX** 1:30 - 2:30PM	**BEL AIRES SINGERS** 1:15 - 2:45PM	**BETTER BALANCE** 2:30 - 3:30PM
PICKLEBALL 4:00 - 5:15PM	**BLOOD PRESSURE CLINIC** 11:00 - 12:00PM		**STRENGTH & FLEX** 1:30 - 2:30PM	
BACKGAMMON 5:00 - 6:45PM	**CHINESE DANCE** 12:30 - 2:00PM			
BILLIARDS & PING PONG MON: 8:00 - 6:45PM TUES - FRI: 8:00 - 3:45PM	**MAH JONGG** 1:00 - 3:30PM **BETTER BALANCE THROUGH EXERCISE** 2:30 - 3:30PM			



THANK YOU TO BRUEGGER'S FOR DONATING BAGELS TO THE CENTER EACH WEEK!

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FITNESS CLASSES

CLASSES OFFERED MONTHLY—PRICING BASED ON NUMBER OF SESSIONS

BETTER BALANCE THROUGH EXERCISE

TUE, FRI • 2:30 - 3:30PM WITH KIM

Focuses on fall prevention with strength & balance exercises to improve posture, confidence, & daily movement. Seated/standing.

TUE: $30 (NO CLASS 11/3)
FRI: $30 (NO CLASS 11/27)

STRENGTH & FLEXIBILITY

MON, WED, THU • 1:30 - 2:30PM WITH SUSAN

Chair exercises, resistance bands, & light weights to improve flexibility & strengthen muscles.

MON: $30
WED: $18 (NO CLASS 11/11)
THU: $30 (NO CLASS 11/26)

TAI CHI

WED • 9:30 - 10:30AM WITH CALVIN

Learn essential Wu-style Tai Chi to help improve balance and posture to reduce stress.

WED: $30 (NO CLASS 11/11)

ZUMBA GOLD

FRI • 12:00 - 1:00PM W/VERONICA

A lower-intensity Zumba class for active adults 60+.

FRI: $12 (NO CLASS 11/6 & 11/27)

CHAIR YOGA

FRI • 11:00AM - 12:00PM WITH CARABETH

Gentle chair yoga for all abilities. One hour of meditation, breathwork, and asana (movement). Come relax and renew!

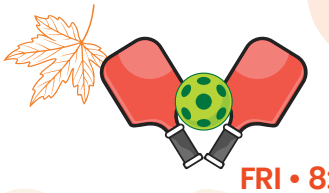
FRI: $20 (NO CLASS 11/20 & 11/27)

LINE DANCING

MON • 12:00 - 1:00PM WITH PAUL

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. No experience is necessary!

$15 FOR NOVEMBER



PICKLEBALL

MON, TUE, THU • 8:30 - 11:00AM
FRI • 8:30 - 10:45AM; MON • 4:00 - 6:30PM
NO PICKLEBALL ON TUES 11/3 & 11/10

A fun, fast-paced game that combines tennis, badminton, and ping-pong!

DROP-IN COST: $2

WE'RE CLOSED ON
WED. 11/11
THU. 11/26
& FRI. 11/27



PERSONAL TRAINING

WITH SUSAN

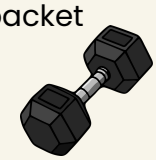
Susan offers personal training sessions for seniors. Register online or at the front desk, then she'll contact you to schedule.

COST: $70 PER SESSION



FITNESS ROOM

Belmont residents 50+/Non-residents 60+. Complete an orientation & fitness packet with sign-off from instructor.



HOURS:
M: 8:15AM - 6:45PM
T, W, TH, F: 8:15AM - 3:45PM

HOW TO JOIN

Use of the fitness room requires a one-time orientation. *Sign-up required.*

Group orientations: FREE, **Tuesdays at 10:00AM**
Private orientations: $30, **by appointment**

FITNESS ROOM FEES:
$10/month - Belmont residents
$15/month - Non-residents

SOCIAL WORK PROGRAMS

CALL 617-993-2983 FOR AN APPOINTMENT

We can provide assistance with the following

Applications	SNAP, Fuel Assistance, MassHealth, senior housing, Food Pantry
Check-Ins	Friendly Check-In phone call
Counseling	1:1 counseling (in-office/ home visits)
MBTA Charlie Card	Help with applying for MBTA Reduced Fare Senior Charlie Cards
File of Life	File of Life and Last Wishes Forms
UBER and LYFT	Learn how to download Uber and Lyft
Planning	Organize your life paperwork

SOCIAL SUPPORT SERVICES

MON & TUE 9AM-4PM Call 617-993-2983

Come by to meet with our social worker, Janet, who connects residents with information, programs, and services. Call to set up a time to talk with our social worker or a social work intern.

CAREGIVER SUPPORT

MONDAYS • 1:00 - 2:00PM • DROP-IN
11/2, 11/9, 11/16, 11/23, 11/30

Facilitated by Dr. Paul LaRaia, Retired M.D.

A compassionate, educational and supportive group for those providing care. Share your stories, offer support, learn about self-care, resources and topics related to caregiving. Sessions are open to everyone.

CHATTY MONDAYS

MONDAYS • 11:00-12:00PM • ONGOING SERIES

SIGN UP AT FRONT DESK • LIMITED SPACE

Start off the week with coffee and conversation! Share your stories, weekly topics and activities, meet new friends, set goals for the week in this interactive, engaging new group.

Apps for Older Adults

Our Social Work Intern, Ellie, is available to assist with downloading and learning how to use helpful apps for seniors. Call the Front Desk to leave Ellie a message: **617-993-2970**



AGING IN PLACE

JOIN US ON WEDNESDAYS

1:15 - 2:15PM • DROP-IN

Join us for an ongoing discussion series featuring a variety of speakers and topics!

Weds., Nov. 4
Maintaining Strong Bones with Age

Your skeletal system is the foundation for maintaining good posture, movement and independence with age. Join us for an engaging discussion on why bone health matters, the impact osteoporosis can have on mobility, and preventative steps you can take. Learn practical strategies to keep your bones strong, reduce your risk of fractures, and support an active lifestyle.

Weds., Nov. 18
How to Navigate an (Un)Planned Hospital Stay

A hospital stay can be complicated, especially if it's unplanned. Dealing with insurance plans, medical issues, and aftercare may require patients and caregivers to need additional emotional and physical support. We'll look at what paperwork, services, and support will be needed.



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• Light Housekeeping
• Medication Reminders
• Personal Care
• Dementia Care

SOCIAL WORK PROGRAMS

WOMEN'S GROUP

TUESDAYS 2:15-3:15PM
6 WEEK SERIES: NOV. 17 THROUGH JAN. 5
REGISTRATION REQUIRED

This group aims to empower women to come together to build friendships, share experiences and enjoy one another's company. Through supportive group discussions, laughter and activities, we will build community, engage in powerful reflection, connect and learn from each other. Come celebrate the strength, wisdom, and life experiences women have to offer.

Belmont Highschool Tour

Wednesday Nov. 4th
1:00PM



Join us for an exciting tour of Belmont High School!
Transportation is available, but seats are limited, so be sure to RSVP at the front desk as soon as possible to reserve your spot.

Herbs for Cognitive Health and Energy

Tuesday, Nov. 10th
1:15-2:15 PM Drop-In

Looking for a brain boost? Herbal medicine can help support healthy cognitive function, especially as we age. Join Herbalist, Alex Klein, for a presentation on how to use herbs to help aid brain function and energy as they related to aging!

PROTECT YOURSELF FROM SCAMS/FRAUD



Friday, Nov. 13
1:15-2:15 Drop-In

Join the Middlesex Sheriff's Office and Belmont Police Department for an important discussion on scam awareness and prevention. We will focus on ongoing scams and important tips for keeping yourself and your family safe.

FRESH FALL PRODUCE WITH FARMER TIM

Farmer's Market



PUBLIC MARKET AT THE BEECH STREET CENTER
Sundays, 2-6PM

October 25
November 8
November 22
December 6

Reiki Healing Sessions

MONDAY, NOV. 30, 11-2 PM,
REGISTRATION REQUIRED
$22 PER SESSION

Nicole Mead, a Certified Level III Reiki practicioner, who practices at Beth Israel Hospital, will provide your choice of hands on or off sessions. Reiki is a Japanese energy healing practice to support your body's natural healing abilities, balance energy flow, relieve anxiety, and improve overall well being.

Our 10th Annual Rainbow Dinner

A Multigenerational Community Meal!

Families! Older adults! College students! High schoolers!



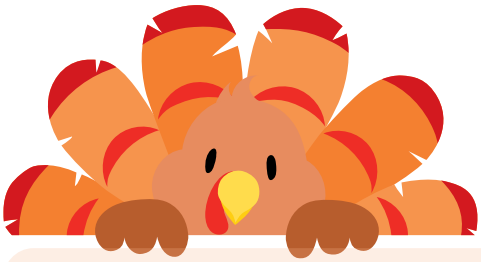
Thursday, November 12th at 6:00 pm
Arlington Community Center, 27 Maple Street

Please join us for the TENTH annual FREE meal from La Victoria Taqueria. A multigenerational gathering of the Arlington & beyond LGBTQIA+ Community.
All ages and all are welcome.

Please RSVP to 781-316-3400 to reserve your meal!

LEX PRIDE

ONGOING GROUPS & PROGRAMS



PROGRAMS ARE FREE & DROP-IN UNLESS OTHERWISE NOTED

SOCIAL BRIDGE

MONDAYS • 12:30 – 4:00PM
FRIDAYS • 1:00 – 4:00PM
Knowledge of fundamentals is recommended.

SPANISH CONVERSATIONS

WEDNESDAYS • 12:00 – 1:30PM
Join other Spanish speakers as you practice the language and connect with others.



CRIBBAGE

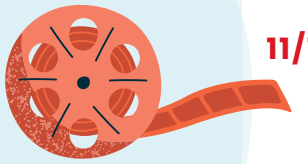
EVERY OTHER TUESDAY
11/10 & 11/24 • 4:00 – 7:00PM
New to cribbage, or want to brush up on your playing skills? **Come join us at 4:00 and learn how to play.** Regular game starts at 5:00. Beginners welcome.

HOT TOPICS DISCUSSION GROUP

TUESDAYS • 10:30AM – 12:00PM
Would you like to weigh in on the issues of the day? Lively discussions, differing perspectives, and a wealth of information from members make for an interesting gathering!

MOVIE MATINEE W/ MYRNA & LARRY

MONDAYS • 1:00 – 3:00PM
11/2: TIN MEN
11/9: WITNESS
11/16: JERRY & MARGE GO LARGE
11/23: SLEEPLESS IN SEATTLE
11/30: JULIE & JULIA



THE NOT-SO-GOLDEN YEARS

TUESDAYS • 10:00 – 11:00AM
Getting older is often marked by many age-related losses. Join your peers to discuss these challenges and the ways you cope with them. Group starts with a 15-minute meditation.

BEL AIRES SINGING GROUP

THURSDAYS • 1:15 – 2:45PM
If you like music and enjoy singing with others, stop in and join the fun! Join Ann, who brings energy and skill to the piano, as she leads the group. Large-print song books are provided. The group also performs for special events here at the Beech. Newcomers are welcome anytime.

DOWN MEMORY LANE

THURSDAYS • 1:15 – 2:15PM
Join your peers to reflect on times gone by: changes in landscape, education, technology, and more!



PUMPKIN THE POOCH

MON., 11/30 • 10:30 – 11:30AM
Join us in the lobby to visit with Beech Street Center volunteer Kathie and her sweet therapy dog Pumpkin. He might be the softest pup you've ever met.



MOSAICS WORKSHOP

FRI., 11/20 • 1:00 – 3:00PM
REGISTRATION REQUIRED • $20
Create a unique decorative mosaic using stained glass, tiles, beads and more! Perfect for beginners and experienced crafters, this workshop will cover cutting, adhesives, and grouting techniques. All materials and tools are provided, but feel free to bring old jewelry, broken dishes, or other special items to include in your design.

PARKINSON'S CAREGIVER SUPPORT GROUP

CALL HILDY DVORAK AT 617-816-2883
Are you caring for someone with Parkinson's? Join a small support group for caregivers.

We're thankful for all Beech Street Center members!

NOVEMBER PROGRAMS

PROGRAMS ARE FREE & DROP-IN UNLESS OTHERWISE NOTED

DRUMS WITH PASHA

WEDNESDAY, 11/4 • 1:30 - 2:30PM

As founder of OmDrum, Pasha Cohen brings the meditative and healing power of the drum to those who'd like to explore unconventional self-care methodology. Come join in this engaging drum circle!

BEREAVEMENT DROP-IN GROUP

THU., 11/5 • 10:00 - 11:30AM

Are you grieving the loss of a loved one? Do you dread the upcoming holidays? This Coping with Grief and Loss at the Holidays workshop offers tips and strategies for managing the "happiest time of the year." This casual session includes helpful information as well as reflection time.

REMEMBERING THE RED SOX WORLD SERIES WITH HERB



MON., 11/2 • 1:30 - 2:30PM

It's time to celebrate the 4 World Championships that the Boston Red Sox have won in the recent past! That's the most any MLB team has won in the 21st century. Our speaker, Red Sox historian Herb Crehan, has interviewed players from the 4 World Champion teams of the 21st century, and players from the 4 previous contenders. He'll share the memories—from agony to ecstasy—of players from recent Red Sox American League pennant winners.

BENEFITS OF IRREVOCABLE & REVOCABLE TRUSTS

THU., 11/12 • 1:00 - 2:30PM • REGISTRATION REQUIRED

Attorney Dale Tamburro's seminar covers many topics, including the differences between trust types; components of a trust; contingent beneficiaries; protecting assets; and more.

FLOWER ARRANGING

THURSDAY, 11/5 & 11/12 • 10:00 - 11:00AM

REGISTRATION REQUIRED • CHOOSE ONE DATE

Sign-up starts the 1st business day of the month.

Join Fatemeh, from *You Got Flowers*, and discover the joy of flower arranging! Create a beautiful bouquet, learn simple techniques, and enjoy a relaxing, creative experience. *Bring a vase!*

ARTS & CRAFTS WITH ARLENE

MON., 11/9 • 1:15 - 2:15PM

REGISTRATION REQUIRED

Join Arlene for an afternoon of crafting as we reflect on what we are thankful for. Come celebrate the season of gratitude!

DAVID KOPP PIANO RECITAL

FRIDAY, 11/13 • 1:15 - 2:15PM

We're pleased to welcome David Kopp to Beech Street! His program includes piano rags by Scott Joplin and Joseph Lamb, two works by Frédéric Chopin, and Edvard Grieg's popular suite from "Holberg's Time" in its original version for piano.



SING WITH MARIA

TUESDAY, 11/24 • 1:15 - 2:15PM

Join Maria for an afternoon of good tunes and good times! Maria is an experienced vocalist who performs all over New England and beyond!



FALL EVENTS



PAGE TURNERS BOOK CLUB

WEDNESDAY, NOV. 18 • 11:00AM to 12:00 PM

Join this lively discussion on current novels and timeless classics, fiction, and nonfiction. New members are always welcome.

November's book is *Once Upon a River* by Diane Setterfield

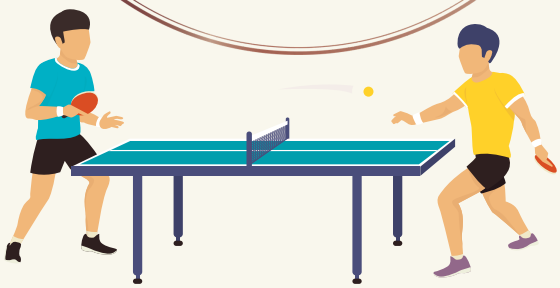


Tues., November 3 is Election Day

No fitness classes

Lunch is grab & go only

No pickleball



12TH HUAXIA THANKSGIVING CUP PING-PONG TOURNAMENT 2026

The Belmont Evergreen Ping-Pong Team from the Beech Street Center will be competing!

When: Sat., November 14, 2026
Location: Malden High School Gymnasium
77 Salem Street, Malden, MA 02148
Time: 8am-6pm

Medicare Open Enrollment

October 15 – December 7

Schedule your SHINE appointment now to review your coverage, ask questions, and make sure your plan continues to meet your needs for the year ahead.

Secure your spot at the front desk or by calling the office!

Secrets to Healthy Aging:
A 6 Part Educational Series

TUES., OCT. 6 – DEC. 15, 11:00 AM – 12:00 PM

JOIN THIS ONGOING SERIES. REGISTRATION REQUIRED FOR THE REMAINING 3 SESSIONS. CALL THE FRONT DESK; CLASSES ARE FREE

Led by our Social Worker Janet & Diana Shaginian, RN, IFNA Functional Medicine.

Living longer is good, living better is the goal. We'll explore what healthy aging really means and introduce the concept of healthspan: living longer with energy, independence and purpose. Throughout this series, you'll learn about the habits that influence healthy aging.

October 6: Staying Strong & Independent
October 20: Gut Health & Digestion
November 10: Eating for Longevity
December 1: Protecting Your Brain & Memory
December 15: Creating a Healthy Home for Healthy Aging

FALL EVENTS

VETERANS DAY BREAKFAST



REMEMBERING THOSE WHO SERVED

Today we honor the courage, dedication and sacrifice of our nation's veterans. Come celebrate at the Beech Street Center over coffee & breakfast while visiting with our Veteran's Services Officer and other local representatives.

Date	Time	Location
November 10, 2026	10:00 AM – 11:30am (Doors open 9:30)	Beech Street Center 266 Beech Street

Thank you East Cambridge Savings Bank for sponsoring this special event!

Volunteer Raking for Belmont Seniors

Belmont Helping Hands, a local non-profit, serves the community with seasonal support to elderly Belmont residents.

Work is free of charge; tools and bags are provided.

Call (617) 993-2983 to sign up.



BELMONT COUNCIL ON AGING

GIVING TREE

Join our annual holiday gift drive to help Belmont children in need.

Choose a gift request tag from our giving tree located in the Beech St. Center lobby, starting November 19.

Return your unwrapped gift, with the tag attached, to the front desk or Wellness Room by December 18.

We thank you!

UPCOMING WINTER PROGRAMS

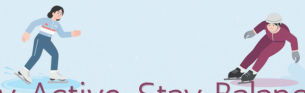
Make Your Own Festive Seasonings



FRI., DEC. 4 • 1:15-2:15PM
REGISTRATION REQUIRED
SIGN-UP STARTS ON MON., NOV. 18

Discover the herbs, spices, and flavor combinations that make holiday cooking so memorable. Mix, smell, taste, and experiment as you create your own festive seasoning blend. No cooking experience is needed. Just bring your curiosity and your taste buds! Maximum 20 people.

Senior Public Skate



Stay Active. Stay Balanced.
Stay Moving.
Glide at Your Own Pace.

For Ages 60+
Wednesdays, 11:00AM-1:20PM
Entry: $7 Skate Rentals: $5
Belmont Sports Complex
345 Concord Ave., Belmont, MA

FRIENDLY CHECK-IN PHONE CALLS

A member of our Social Work Team will provide a weekly brief check-in phone call to support your well being. Feel safe, heard, and connected. For homebound seniors who are lonely or isolated and those returning home from a medical stay.
To sign up, call 617-993 -2983.





JOIN US FOR A TRIP FOR THE GREATER BOSTON STAGE COMPANY'S PERFORMANCE OF

IT'S A WONDERFUL LIFE: LIVE RADIO PLAY
WED DEC.9 • 2-4PM

REGISTRATION REQUIRED, $30, SIGN UP STARTS NOV. 9TH

FUEL ASSISTANCE SERVICE AREA



AVAILABLE IN:

Arlington	Dracut	Tewksbury
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Burlington	Lowell	Westford
Carlisle	Pepperell	Wilmington
Chelmsford		

Fuel Assistance Programs
978-459-6161 Ph.
978-458-8594 Fax
fuelassistance@commteam.org

Energy Conservation Programs

Trouble Paying Heating Bills?

CTI Fuel Assistance may be able to help you.

Each year, Community Teamwork offers HEAP, also known as Fuel Assistance, to an average of 11,000 eligible households challenged by the high cost of heating.

Who can apply?
- Homeowners & Renters

Payments can be made for:
- Oil
- Kerosene
- Electricity
- Natural gas
- Propane
- *Heat included in the rent

*Some restrictions may apply

2024-2025 HEAP Income Eligibility

Family Size	Maximum Income
1	$49,196
2	$64,333
3	$79,470
4	$94,608
5	$109,745
6	$124,882

CTI Fuel Assistance Program
To schedule your appointment, call: **978-459-6161**

Online application: Follow Link or Scan QR Code
commteam.org/fuel

HOLIDAY PARTY



Save the date!
Tuesday Dec. 22nd
Annual Beech Street Holiday Party!

We look forward to seeing you there!

BELMONT COUNCIL ON AGING



Fall Food Word Search

BELMONT COUNCIL ON AGING

Words run across, backward, up, or down. Spaces are left out, so look for each phrase as one string of letters.

Q	S	O	A	N	A	R	N	O	H	E	P	O	R	I
A	P	U	L	D	A	T	E	I	N	I	A	O	N	N
A	O	S	C	N	A	U	C	C	M	A	E	M	T	N
E	T	Q	P	O	M	E	G	R	A	N	A	T	E	R
C	R	N	A	B	S	P	R	I	C	I	R	E	C	N
S	O	B	I	P	D	A	N	B	A	H	L	I	W	U
Q	A	R	R	K	O	L	A	N	N	T	I	O	I	B
S	S	S	N	O	P	E	H	S	D	R	H	L	P	R
E	T	S	A	C	S	M	I	C	C	T	O	U	I	H
M	P	I	N	A	H	Q	U	P	H	E	D	C	E	E
P	R	O	U	D	E	O	U	P	E	P	H	E	R	A
L	O	I	A	C	D	I	W	A	E	L	P	N	P	B
C	P	A	I	P	S	H	C	D	S	E	P	P	R	P
E	R	T	T	Q	C	I	U	R	E	H	C	P	P	A
N	D	S	E	S	P	E	B	P	O	R	S	E	A	N

WORDS TO FIND

CORNBREAD · POT ROAST · PUMPKIN · CHILI · MAC AND CHEESE · POMEGRANATE · APPLE PIE · BISCUITS · SQUASH · CORN CHOWDER



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