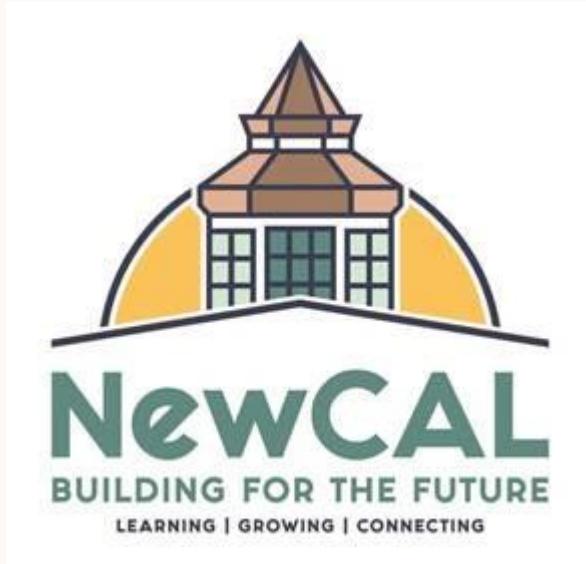


# NEWTON SENIOR SERVICES

Emily Kuhl, LMHC, LSW



# WHAT'S IN A BUILDING?



- Community
- Friendships
- Support
- Warmth
- A Safe Place to Sit
- Coffee, tea, lunch



# **WHAT WE DO! (AT A GLANCE)**

**Affinity Groups:** Current affairs, dementia friendly Memory Cafes, men's club, LGBTQ, knitting, Spanish, Mandarin, and French conversation

**Arts and Music:** ceramics, concerts, movies, orchestra, painting, swing band, theater

**Educational:** book clubs, brain health, tech tutors, creative writing, language, Dementia Friend

**Fitness:** aerobics, chair exercise, meditation, Nia (dance), yoga, Zumba, Tai Chi

**Health:** health maintenance clinics and screenings, lectures, seminars, shredding day, providing daily lunch, SHINE, Tax Assistance

**Recreation:** billiards, bridge, canasta, cards, chess, mah jong, parties

**Support Groups:** bereavement, caregiver, clutter support, low vision, Parkinson's

**Transportation Services:** NewMo (rideshare), parking stickers, learning to use Uber/Lyft

**Social Services:** assistance in understanding and assessing services, financial assistance, home care referrals, housing resources, and more

# WHAT'S NEW IN PROGRAMS?

Ping Pong workshop

Improv Workshop

Afro-Latin  
drumming workshop

Magic show

Line dancing classes

Travel adventure  
talks (ZOOM)

Performers acting as  
Queen Elizabeth,  
Amelia Earhart, Julia  
Child, etc

Animal programs- i.e.  
mini horses/donkeys

# WHAT'S NEW IN SOCIAL SERVICES?

Connections to more resources

Contractor Resource List

Caregiver Support

NewMo (ride share for seniors in Newton)

Providing workshops (Dementia Friends, Housing)

Friendly Visiting with assistance

Social Work Support

Partnering with Local Resources (Springwell, Food pantries, Parks & Rec, etc)

# THANK YOU

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