

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

Emily Kuhl, LMHC, LSW

ekuhl@newtonma.gov

<https://www.newtonma.gov/government/seniors>

