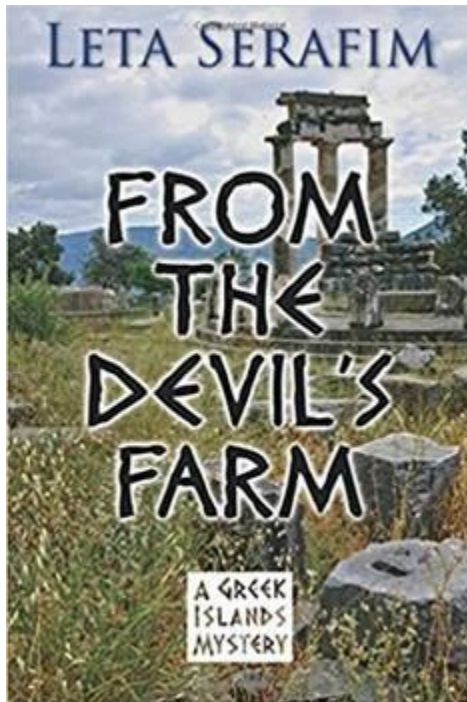


Arlington Senior Center Programs

27 Maple Street
Arlington, Massachusetts 02476

April-May 2018

► HIGHLIGHTS ◀



April 12, Thursday, 1:00-3:00 An afternoon with: Leta Serafim, Greek mystery writer, discussing her latest mystery novel, *From the Devils Farm*. Sponsored by the Arlington Seniors Association and the Harvard University Retirees Association.

A Greek American tourist, Lydia Pappas, stumbles upon a child's body in the ruins of an ancient temple, well-hidden on the top of a cliff. The boy has been bled dry, though no blood is in evidence, leading the Greek police investigator, Yiannis Patronas, to believe the killer must have collected it. Greece's financial crisis has reduced the police force on Sifnos to one officer, Petros Nikolaidis, so Patronas has been summoned from his home base of Chios to aid in the case.

The program concludes with Greek pastries and conversation with the author.

Sign up in Drop-In Room. ASA

April 25, Wednesday --NEW DATE-- 12:00-2:00. Senior Center Volunteers Appreciation Lunch. If you volunteer for ASA or COA, hold the date. Individual invitations will be mailed.

COMING IN MAY

May 17, Thursday, Mother's Day Tea, in memory of Joan Caterino (sponsored by Dr. George & Susan Kehler). Catered by Vintage Tea and Cake. Entertainment by Will McMillan, with Joe Reid, pianist. Sign up in Drop-In Room, starting mid-April.

Thursday, May 24, Older Americans Month Lunch. Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Ongoing Classes -- Events -- Services

Contents

Arts and Crafts	Lectures
Business, Finance, and Taxes	Meals
Celebrations, Parties, Luncheons	Movies
Computers and Technology	Music and Song
Discussion Groups	Personal Support
Exercise, Movement, and Dance	Reading and Writing
Games	Volunteering
Health, Wellness, Fitness	Outside the Senior Center
Language and Languages	Trips and Outings
	Robbins Library Programs

For more information or to register for programs, call the sponsoring organization.

ACA: Arlington Center for the Arts (781) 648-6220. www.acarts.org

ACE: Arlington Community Education. 781-316-3568. www.ArlingtonCommunityEd.org

ASA: Arlington Seniors Association. 781-316-3420. <http://ArlingtonSeniorsAssociation.org/>

ASA Trips: Lorraine Accardi at 781-643-8158.

COA: Arlington Council on Aging. 781-316-3400.

COA LGBT Programs. Marci Shapiro-Ide at 781-316-3419.

COA Van and Dial a Ride "DART" program at \$5 per taxi ticket. Call COA, 781-316-3400.

Also see issues of the Arlington Senior Center newsletter and the *Arlington Advocate*.

Arts and Crafts

Chinese Painting Elena Neva. 5 Wednesdays, May 2-May 30, 2:00-4:00 p.m. \$95;
Seniors \$86. Arts & Crafts Room. ACE

Drawing with the Masters. Sue Funk. 8 Wednesdays, April 11- June 6 (no class 4/18)
10:00-noon. \$149 Seniors \$135. A&C Room. ACE

Intermediate Drawing. Anastasia Semash. 8 Fridays, April 6- June 1 (no class 4/20) \$149;
Seniors \$135. A&C Room. ACE

Learn to Knit, Valerie Wey. April 9-May 21 (no class 4/16) 10:00-11:30. \$89;
Seniors, \$81. Arts & Crafts Room. ACE

Photographing Outdoors. Erik Gehring. 2 Fridays, May 4 & 11, 10:00 a.m.to 1:00 p.m. \$65;
Seniors \$59. Meet at Senior Center, Mural Room. ACE

Watercolor Pencils, Charlotte Kaplan. Mondays, April 2- June 4 (no class 4/16 and 5/28),
1:00-3:00. \$149; Seniors \$135. Arts & Crafts Room. ACE

Business, Finance and Taxes [Call for appointments.]

Financial Planner. Rick Fentin 2nd & 4th Fri., 9:30 and 11:00. Call COA

Long-Term Care Insurance Counselor. Sean Condon. Call COA for date and time.

Celebrations, Parties, Luncheons [See Page one for listings; also Trips below.]

Computers and Technology

Computer Help Day, 1st & 3rd Tuesdays 1:00-3:00. Games room. with Frank
Tadley. Bring your hand-held devices or laptops or use our desktop machines to learn new
skills or solve your problems. Free. Sign up in the Drop-In Room. ASA

How do I use this Digital Thing? Thursday, April 12, 4:00-5:00. Our teen friends from the
Boys and Girls Club return to help us figure out our phones, tablets, email, etc. Free. Drop-
In Room. Call COA, 781-316-3400 to register.

Discussion Groups

Coffee and Conversation for ASA/COA Volunteers 4th Monday. Mural Room
Current Events Discussion Group 2nd & 4th Tuesdays, 1:00-2:30. Free. Games Room. ASA
International Intergenerational Tea Talk. Join us for thoughtful conversation with Arlington High School international students. Light refreshments served. 1st Tuesdays, April 3, 12:30. Free. Main Hall. Call COA to register.

Exercise, Movement, and Dance

AquaFit Thursdays, 1:30-2:15. Woburn YMCA. Register with COA.
Chinese Dance Mondays, 3:00-4:00. Main Hall. Call COA for details.
Essentrics; Gentle Stretching Severina Gates. 9 Fridays April 6-June 8 (no class 4/20) \$129; Seniors \$117. 11:45-12:45. Main Hall. ACE

Exercise Classes

Mondays. Shannon or videos. 9:00-10:00. Main Hall. \$4. Drop in. ASA
Wednesdays. Joanna Grubel. 9:00-10:00. Main Hall. \$4. Drop in. ASA
Fridays. Ami Stix. 9:00-10:00. Main Hall. \$4. Drop in. ASA
Muscle Strengthening Wednesdays, 10:15-11:00. 8 week sessions, \$28. Main Hall. COA.
Tai Chi Reduces stress and anxiety, increases flexibility and balance—meditation in motion. Bill Barron. Mondays, 1:00-2:00. Main Hall, \$25. 8-week sessions. COA
Walk the Rink, Tues. & Thurs., May 8 for 6 weeks. 9:15-11:00. Ed Burns Rink. COA
Yoga: very popular traditional yoga--a more rigorous practice. Barbara Freedman. Tuesdays, 10:00-11:15. Main Hall, \$5 per class. Drop in. ASA
Fridays, 10:15-11:30. Main Hall, \$5 per class. Drop in. ASA
Yoga: Chair Yoga A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Thursdays, 2:00-3:00. Mural Room, \$3 drop in. COA
Yoga: Strength & Balance Barbara Freedman. For gentle and safe stretching and muscle strengthening. No floor work required. Instructor specializes in modifications for those with chronic conditions/limitations. Thursdays, 9:45-11:00. Main Hall. \$5. Drop in. ASA

Games

Bingo Wednesdays, 12:30-2:30. Main Hall. 3 games, \$1.50. Drop in. ASA
Bridge: Contract Bridge Wednesdays, 12:00-3:30. Games Room, \$1. Drop in. ASA
Bridge: Progressive Bridge Mondays, 12:30-3:00. Main Hall (west end) \$1. Drop in. ASA
Cribbage Mondays, 12:00-2:30. Games Room. Free. ASA
Learn Bridge. Elizabeth Gompels. 8 Tuesdays, April 24-June 12, 10:00-noon. \$159; Seniors \$145. Arts & Crafts Room. ACE
Mah Jongg with Judy Harris. Thursdays, 1:00-3:00. Games Room (Pool Room). Free. ASA

Health, Wellness, Fitness (see Personal Support)

Language and Languages

French Café: Conversation and Culture Patrice Massicotte. 9 Thursdays, April 5-June 7 (no class 4/19). 2:30-4:00 p.m. \$135; Seniors \$122. Ground Floor Conf. Room. ACE

Meals and Food

Chateau Café on Maple Street at the Senior Center Suggested donation \$2. 48 hour advance notice. Minuteman Meals Office. 781-316-3423.
Congregate Meals at Drake Village in Arlington Heights. 781-221-7081. COA

Movies

Movies, 1st & 3rd Thursdays, except as noted. All ASA movies are at 1:00 p.m. ASA Showings depend upon availability of films and are subject to substitutions.



Thursday April 5. *Murder on the Orient Express*

A 2017 mystery drama film, directed by Kenneth Branagh, based on the 1934 novel of the same name by Agatha Christie. The film stars Branagh as Hercule Poirot, with Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Derek Jacobi, Leslie Odom Jr., Michelle Pfeiffer, and Daisy Ridley in supporting roles.

Famous Belgian detective Hercule Poirot solves a theft at the Church of the Holy Sepulchre in Jerusalem. The obsessive-compulsive must return to London for another case. His friend Bouc, director of the Orient Express, offers a room aboard the train. Businessman Edward Ratchett offers to hire Poirot as his bodyguard during the three-day journey, as Ratchett has received threatening letters from an unknown party, but Poirot refuses. The next morning, Poirot discovers Ratchett was murdered during the night after having been stabbed a dozen times.

Running time, 115 minutes



Thursday, April 19. *Darkest Hour*

During the early days of World War II, with the fall of France imminent, Britain faces its darkest hour as the threat of invasion looms. As the seemingly unstoppable Nazi forces advance, and with the Allied army cornered on the beaches of Dunkirk, the fate of Western Europe hangs on the leadership of the newly-appointed British Prime Minister Winston Churchill (Academy Award best actor winner Gary Oldman). While maneuvering his political rivals, he must confront the ultimate choice: negotiate with Hitler and save the British people at a terrible cost or rally the nation and fight on against incredible odds. Directed by Joe Wright, *Darkest Hour* is the dramatic and inspiring story of four weeks in 1940 during which Churchill's courage to lead changed the course of world history.

Running time, 125 minutes

Music and Song

Chinese Seniors Congregate for Song Tuesdays, 2:00-4:00. Main Hall. Free.
COA

Sing-Along Second Tuesdays, 12:30-2:00, with Cheri Minton. Main Hall. Free. ASA

Personal Support, Health & Wellness

Blood Pressure Tuesdays, 12:30-1:30. 1st floor Reception Room Nurse's Office. Free. COA

Caregivers Support Group 2nd Thursdays, 10:15-11:30. Call COA

Elder Abuse Task Force urges seniors to stay informed with resources about elder abuse and neglect, such as Greater Boston Legal Services' Elder Justice news blog,

www.elderjusticegbls.wordpress.com. Call COA for date and time meetings.

Financial Planner Rick Fentin 2nd & 4th Fridays, 9:30 and 11:00. Call for appt. COA

Grandparents Raising Grandchildren Support Group 2nd Tuesdays, 12:00-1:30.

Whittemore-Robbins House. COA

Health and Wellness Group. Tuesday, April 17. Urvi Agarwalla and Beth Childs. Mural Room. COA

Low Vision Support Group 4th Tuesdays, 1:15-2:30. Ground Floor Conf. Room. COA

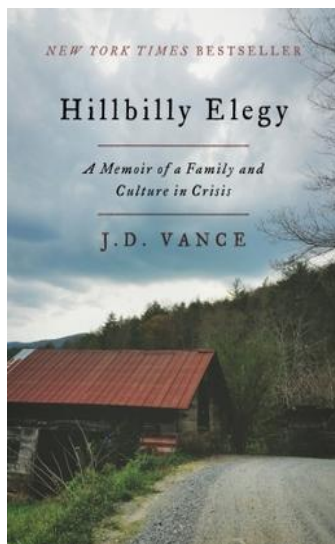
Podiatry Clinic at the COA on the first Monday of each month, unless a holiday. \$30.

Appointment required. Call 781-316-3400.

SHINE Counselor Senior Health Information Needs. By appointment. Free. Call COA

Reading and Writing

Book Club 3rd Friday, 1:00-2:30, Drop-In Room. ASA **April 20: *Hillbilly Elegy***



Hillbilly Elegy; A Memoir of a Family and Culture in Crisis

by J.D. Vance

Vance describes his up-bringing and family background. He writes about a family history of poverty and low-paying, physical jobs that have since disappeared or worsened in their guarantees, and compares this life with his perspective after leaving that area and life. Vance was raised in Middletown, Ohio, though his ancestors were from Breathitt County, Kentucky. Their Appalachian values include traits like loyalty, love of country, and tendency towards violence and verbal abuse. He recounts his grandparents' alcoholism and abuse, and his unstable mother's history of drug addictions and failed relationships. Vance's grandparents eventually reconcile and become his de facto guardians, particularly spurred by his tough but loving grandmother, such that Vance was able to leave his town and ascend social ladders to attend Ohio State University and Yale Law School.

Harper Press, 2016. 264 pp.

May selection: *My Name is Lucy Barton* by Elizabeth Strout

Intergenerational Book Club. See "Outside the Center" below.

Memoir Writing, Lissa Franz. 8 Tuesdays, April 3-May 29 (no class 4/17). 10:30-noon. Mural Room. \$125; seniors \$112. ACE

Reading Novels for Greater Pleasure, Jennie Rathbun. 6 Thursdays, April 12-May 17, \$89; Seniors \$70. 11:00-12:30. Mural Room. ACE

Shakespeare: Noel McCoy. Thursdays, 1:30-3:00. April 5 to May 10. \$40.00; \$10 for each individual class. Arts & Crafts Room. ASA

Book Swap (or just take one) The shelves in the Drop-In Room have books arranged by fiction and nonfiction. These are freely available. If you have one to swap or donate, bring it along.

Volunteering

Volunteering at the Senior Center Call the volunteer coordinator, at the Council on Aging or Kathy Gilligan at the ASA. [See contact information in Directory below.]

OUTSIDE THE SENIOR CENTER

ASA Trips and Outings (showing the ASA member discount)

Checks for ASA trips are made out to the Arlington Seniors Association and mailed to Lorraine Accardi at 14 Grandview Road, Arlington, MA 02476. Tel. 781-643-8158 for more information. Make sure you indicate which trip(s) you are registering for.

Thursday, April 12, 2018 – Nashville, Country Legends at Lake Pearl, Wrentham, MA
Live from Nashville, TN is a song and dance spectacular, fully costumed and choreographed in the tradition that gave Music City its name. Hear songs of the greats like Johnny Cash, Brenda Lee, Tammy Wynette, Hank Williams, Glen Campbell, Garth Brooks and more.
Luncheon includes Stuffed Breast of Chicken or Baked Schrod. Depart from St. Camillus parking lot at 10:15 a.m., return approx.. 4:30 p.m. **ASA members:\$86.00; all others: \$95.**

Tuesday, June 12, 2018 – Norman Rockwell Museum & Red Lion Inn, Stockbridge, MA
Travel to the quaint village of Stockbridge where the authentic shops and historic sights help bring the famous Norman Rockwell's paintings to life. Enjoy lunch at the Red Lion Inn featuring entrees of either Yankee Pot Roast or Broiled Salmon. After lunch, you'll visit the renown Norman Rockwell Museum and view the legacy of images that helped define American identity throughout the 20th century as portrayed on the Saturday Evening Post. Departure at 8:00 a.m. from St. Camillus parking lot, return home approx. 6:00 p.m. **ASA members: \$84; all others: \$92.**

Thursday, July 26, 2018 – **Maine's Famous "Bull and Claw" Lobster Bake**, Wells, ME –
ASA members: \$85; nonmembers: \$87.

Tuesday, August 14, 2018 – **Bobby Rydell LIVE IN CONCERT at Venus De Milo**,
Swansea. ASA members: \$94; nonmembers: \$102.

Tuesday, October 9, 2018 – **Vermont Foliage Spectacular, The Green Mountain State.**
ASA members: \$80; nonmembers: \$82.

Friday, December 7, 2018 – **Boston Ballet's The Nutcracker** –
ASA members: \$94; nonmembers: \$102.

Tuesday, December 18, 2018 – **A Salem Cross Christmas** –
ASA members: \$80; nonmembers: \$82.

OVERNIGHT TRIPS

Sunday/Monday, August 5/6, 2018 – **Lake George and Saratoga Springs**
Cost for all: \$335pp double occupancy; \$435, single occupancy

Friday/Saturday, September 14/15, 2018 - **New York City**
Cost for all: \$435pp double occupancy; \$585, single occupancy.

Council on Aging

AquaFit Thursdays, 1:30-2:15. Woburn YMCA. Register with COA.

“Living Out Loud,” COA TV talk show for seniors on Arlington Community Media, Inc. (ACMI): Susan Carp, Executive Director of the COA, hosts this show about issues of interest to seniors. Weekly programming for ACMI television is posted in the *Arlington Advocate*, and shows air approximately four times a week on ACMI public channels, Channel 8 on Comcast, Channel 3 on RCN, and Channel 31 on Verizon.

Memory Café; a COA/Brightview Arlington collaboration. Monthly program for individuals with memory loss and their caregivers to get together in a safe, supportive, engaging environment. Starting Monday, December 5, 10:00-noon at Brightview. Information and to sign up, call Christine Angell, COA Administrative Asst. at 781-316-3400.

Intergenerational Book Club. Wednesday, April 4: *The Hate U Give* by Angie Thomas. May 16: *Strangers in Their Own Land* by Arlie Russell Hochschild.

Join us and high school students for book reading and discussions. Arlington High School Media Center at 2:45. Snacks and good conversation with youth provided.

Call Marci at COA, 781-316-3419 for more information.



April Events at Robbins Library and Fox Branch Library

Contact: Maura Deedy, Assistant Director. 781-316-3202 or mdeedy@minlib.net

WRAP-UP EVENT: “Wonder”: The Challenge of Difference - presented in partnership with Facing History and Ourselves

Thursday, March 29, 7:00 - 9:00 p.m. Robbins Library Community Room

“Wonder” is a novel that explores friendship, belonging, standing up to injustice, and learning to understand individuals who may be different from us—all with the possibility of viewing events from multiple perspectives. How do we as a community react to difference? How can we build understanding and empathy for those who are different from us? We’ll ground our discussion in themes of empathy, identity, perspective, and the range of human behavior and use poetry, video, and multimodal discussion strategies to push our thinking. This program is suitable for middle school age youth and adults. Made possible by a partnership of the Friends of the Robbins Library and the Friends of Fox Library. Co-sponsored by the Vision 2020 Diversity Task Group and the Arlington Human Rights Commission.

The Friends of Robbins Library present a Silent Film Afternoon

Saturday March 31, 2:00 p.m. Robbins Library Community Room

The classic silent movie *It* will be shown, starring Clara Bow and featuring live original piano accompaniment by Richard Hughes. *It* stars Clara Bow, the quintessential flapper girl from the roaring twenties. Don’t miss this romantic-action-adventure-comedy with an adorable storyline! Mood music supports the film and adds a third dimension to these two dimensional black and white movies. Come enjoy the classic with your friends and fellow library supporters. Popcorn will be served.

Arlington Author Salon presents "Just Kidding: A Humorous Take on Raising Humans"

Thursday, April 5, 7:00-9:00 p.m. Kickstand Cafe

Quarterly author salon, this time with Arlington's own Christopher Monks (editor of the most excellent [McSweeney's Internet Tendency](#)), [Jane Roper](#), and [Amy Yelin](#). The theme? Just Kidding: A Humorous Take on Raising Humans. Join us for some good laughs at this popular free community event, and experience the sensory treats that these local authors will bring along to enhance their words. Supported in part by the Arlington Cultural Council.

Reel Queer: An Intergenerational Queer Movie Series

Tuesday, April 10, 6:30 p.m. Robbins Library Community Room

The Robbins Library & Arlington Council on Aging are proud to present a screening of the film that’s been called “the female *Moonlight*”, director Dee Rees’ *Pariah*.

“A lesbian teenager unsuccessfully juggles multiple identities to avoid rejection from her friends and family. Mounting pressure from home, school, and within wears the line between her personas thin with explosive consequences.”

This film is rated R & has a runtime of 1 hour & 26 minutes.

PLUG iN TO THE ABCD's of MEDiCARE!

Thursday, April 12, Doors open at 6:30 p.m., program begins at 7 p.m.

Robbins Library Community Room

Health insurance, no matter what your age is undergoing dramatic changes. For those of you who will become eligible for Medicare in the next year, wouldn't it help to have someone who can explain those changes and answer your questions? Ben Thornton, an independent broker for health and life insurance and annuities, with vast experience about Medicare, will bring us up to date you and answer your questions in the *ABCDs of Medicare*.

At the end of the evening you will know:

The program will begin at 7:00 p.m.

Guys Book Group

Thursday, April 12, 7:30 p.m. Fox Branch Library

The book is *For One More Day* by Mitch Albom. New members are welcome. Contact moderator Brad McKenna for details (bradley.mckenna@gmail.com).

Magazine Give Away

Saturday, April 14, 9:00 a.m.-3:00 p.m. Robbins Library Community Room

Join us in the Community Room of the Robbins Library and peruse back issues of the library's National Geographic (dating back to 1908) and Life magazines (dating back to 1936). Take one (or more!) home with you.

Drop In Tech Help

Wednesday, April 17, 2:00 p.m. Robbins Library Conference Room

Stop by and ask a librarian your technology-related questions. Please note this program is meant to provide basic technology help. We are unable to assist with in-depth technology issues or specialized software instruction.

Please bring any devices that you have questions about, or check out one of our laptops.

Not-So-Young Adult Book Group

Wednesday, April 18, 7:00 p.m. Robbins Library Conference Room

We'll be discussing *Alexander Hamilton: Revolutionary* by Martha Brockenbrough. Copies of the book are available for checkout at the circulation desk. This is a book group for adults, but we read books written for teens. Newcomers welcome!

Robbins Library Queer Book Group/Social

Wednesday, April 25, 7:00-8:30 p.m. Robbins Library Conference Room

This month Queer Book Group will be discussing *Dreadnought* by April Daniels.

Cookbook Club & Potluck

Monday, April 30, 6:30-8:00 p.m. Robbins Library Community Room

The cookbook club meets every other month for a potluck, where we all bring dishes we've made from one cookbook. Our April selection is *Jerusalem* by Yotam Ottolenghi.

Copies are available at the circulation desk. Choose a recipe to make and register by emailing Linda Dyndiuk at ldyndiuk@minlib.net.

Robbins Library will be closed on Monday April 16.

Robbins Library will be closed on Friday April 27 for Staff Development Day.

DAILY ASA & COA CALENDAR IN THE SENIOR CENTER

April/May 2018

MONDAYS

- 9:00-10:00 Exercise with Shannon. Main Hall. \$4.00, drop in. ASA
- 10:00-11:30 Learning to Knit. \$89; seniors \$ 81. April 9-May 21. Arts & Crafts Room. ACE
- 12:00- 2:30 Cribbage. Games Room. ASA
- 12:30- 3:00 Progressive Bridge. Main Hall (west end), \$1:00, drop in. ASA
- 1:00- 2:00 Tai Chi. \$25. 8-week Sessions. Main Hall. COA
- 1:00- 3:00 Watercolor Pencils. April 2-June 4 (no class 4/16, 5/28). Arts & Crafts Room. ACE
- 3:00- 4:00 Chinese Dance. Main Hall. COA

SPECIFIC MONDAYS

- 1st Monday 8:30-11:00 Podiatry. By appointment. \$30. Call COA
- 4nd Monday 10:00-11:30 Coffee & Conversation for ASA & COA volunteers. Mural Room.

TUESDAYS

- 10:00-11:15 Yoga. Main Hall. \$5, drop in. ASA
- 10:00-11:30 Health and Wellness Group. Tuesdays, March 13-April 17. Urvi Agarwalla and Beth Childs. Mural Room or Ground Floor Conf. Room. COA
- 10:00-noon Learn Bridge. April 24-June 12. Arts & Crafts Room. ACE
- 10:30-noon Memoir Writing. Lisa Franz. 8 Tuesdays., April 3-May 29 (no class 4/17). Mural Room or Ground Floor Conf. Room. ACE
- 12:30- 1:30 Blood Pressure. Main Floor, Reception Room area, Nurse's office. COA
- 2:00- 4:00 Chinese seniors congregate for song. Main Hall. COA

SPECIFIC TUESDAYS

- 1st Tuesdays 12:30- 1:30 International Intergenerational Tea Talk. (April 3). Main Hall. COA
- 1st & 3rd Tuesdays 1:00-3:00. Computer Help with Frank Tadley. Computer Room. ASA
- 2nd & 4th Tuesdays 1:00-2:30 Current Events Discussion Group. Games Room. Free. ASA
- 2nd Tuesday 12:00- 1:30. Grandparents Raising Grandchildren Support Grp. Whittemore-Robbins House. COA
- 2nd Tuesday 12:30- 2:00 Sing Along with Cheri Minton. Main Hall. ASA
- 4th Tuesday 1:15- 2:30 Low Vision Support Group. Ground Floor Conference Room. COA

WEDNESDAYS

- 9:00-10:00 Exercise with Joanna Grubel. \$4.00, drop-in. Main Hall. ASA
- 10:00-noon Drawing with the Masters. Sue Funk. April 11-June 6 (no class 4/18) Arts & Crafts Room. ACE.
- 10:15-11:00 Muscle Strengthening. 8 week sessions. \$28. Main Hall. COA
- 12:00- 3:30 Contract Bridge. \$1.00, drop in. Games Room. ASA
- 12:30- 2:30 Bingo. \$1.50, 3 games, drop in. Main Hall (except April 25). ASA
- 2:00- 4:00. Chinese Painting. May 2-May 30; Arts & Crafts Room, ACE

SPECIFIC WEDNESDAYS

- April 25, 12:00-2:00 Volunteers Appreciation Lunch. Main Hall. COA/ASA

THURSDAYS

- 9:45-11:00 Yoga: Strength and Balance, Main Hall. \$5 per class drop in. ASA
- 11:00-12:30 Reading Novels for Greater Pleasure, Jennie Rathbun. April 12-May 17. Mural Room. ACE
- 1:00-3:00 Mah Jongg, Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA
- 1:30-2:15 AquaFit. Woburn YMCA. COA
- 1:30-3:00 Shakespeare, Noel McCoy. April 5-May 10. Arts & Crafts Room. ASA
- 2:00-3:00 Chair Yoga. Mural Room, \$3 drop in. COA
- 2:30-4:00 French Café: Conversation and Culture. April 5-June 7 (no class 4/19) Ground Fl Conf. Rm. ACE

SPECIFIC THURSDAYS

- 1st & 3rd Thursdays (subject to change) 1:00. Movies. Main Hall. Free. ASA
- 2nd Thursday 10:15-11:30. Caregiver Support Group. Location varies. COA
- 3rd Thursday 6:00-7:00 p.m. COA Board of Directors. Ground Floor Conference Room.

- April 12 1:00-2:30 Author: Leta Serafim. Main Hall. ASA/HURA
- April 12. 4:00-5:00. How do I use this Digital Thing? Drop-In Room. COA
- May 17 12:00-2:30 Mother's Day Tea. ASA

FRIDAYS

- 9:00-10:00 Exercise with Ami Stix. Main Hall. \$4.00, drop in. ASA
10:00-noon Intermediate Drawing. Anastasia Semash. 8 Fridays, April 6-June 1 (no class 4/20). Arts & Crafts Room. ACE
10:00-1:00 Photographing Outdoors. Erik Gehring. May 4 & 11. Meet in Mural Room. ACE
10:15-11:30 Yoga, Main Hall. \$5 per class, drop in. ASA
11:45-12:45 Essentrics; Gentle Stretching, Severina Gates. 9 Fridays, April 6-June 8 (no class 4/20). Main Hall. ACE

SPECIFIC FRIDAYS

- 1st Friday 1:00-3:00. ASA Board Meeting. Arts & Crafts Room. ASA
2nd & 4th Fri. 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.
3rd Friday 1:00-2:30. Book Club; see titles under Reading & Writing. Drop-In Room. Free. ASA
4th Friday 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.

Senior Center Organizations

Arlington Seniors Association

ArlingtonSeniors@rcn.com

Malcolm Hamilton, President: 781-316-3420 -or- home 781-641-2942.

mch12938@comcast.net

Reception Desk/ Drop-In Room: 781-316-3420.

Location: 27 Maple Street, Arlington, MA 02476.

Mon.-Fri.: 8:30 a.m.-3:45 p.m.

Council on Aging <http://www.arlingtonma.gov/departments/health-human-services/council-on-aging>

Susan Carp, Executive Director

Christine Angell, Administrative Assistant

Urvi Agarwalla, Nurse

Lourie August, Social Worker

Joyce Killingsworth, Information &

Referral Services

Volunteers and Transportation

Coordinator, TBA

Marci Shapiro-Ide, Social Worker

Location: 27 Maple Street,
Arlington, 02476.

Telephone: 781-316-3400.

Hours:

Mon.-Weds. 8:00 a.m.-4:00 p.m.

Thursdays 8:00 a.m.-7:00 p.m.

Fridays 8:00 a.m.- noon.

Council on Aging Board of Directors meets 3rd Thursdays. 6:00-7:00 p.m.

Ground Floor Conference Room.

-Also offering programs in the Senior Center---

ACA: Arlington Center for the Arts (781) 648-6220 <https://www.acarts.org>

ACE: Arlington Community Education. 781-316-3568. www.ArlingtonCommunityEd.org.

LGBTQ Elder Connections: Services and Advocacy for gay, lesbian, bisexual and transgender Elders. Call Marci Shapiro-Ide, LICSW at 781-316-3400.

Other resources: LGBT Aging Project at Fenway Health <http://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/> and <http://www.therainbowtimesmass.com/>.