

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

May – June 2018

► HIGHLIGHTS ◄

May 3, Thursday --NEW DATE-- 12:00-2:00. Senior Center Volunteers Appreciation Lunch. If you volunteer for ASA or COA, hold the date. Individual invitations have been mailed.

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. Funny hats recommended. Sign up in Drop-In Room, limit of 48.

Thursday, May 24, Older Americans Month Lunch. 12:00-2:00 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. Cost: \$3.00. Sign up in the COA.

New Medicare Card Project Updates

The Centers for Medicare and Medicaid Services (CMS) has started mailing newly-designed Medicare cards with the new Medicare Beneficiary Identifier (MBI), or Medicare Number. People enrolling in Medicare for the first time will be among the first to get the new cards, no matter where they live. Current Medicare beneficiaries will get their new cards on a rolling basis over the coming months. Providers will continue to accept the Health Insurance Claim Number (HICN) through the transition period.

During the planning for this change, CMS has continuously adjusted and improved its mailing strategy to make sure they are the following:

- Mailing the new cards to accurate addresses,
- Protecting current Medicare beneficiaries and their personal information in every way possible,
- Using the highest levels of fraud protection when new cards are mailed to current Medicare beneficiaries.

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, 10:00-noon. \$149
Seniors \$135. A&C Room. ACE

Intermediate Drawing. Anastasia Semash. 8 Fridays, April 6- June 1. \$149; Seniors \$135.
A&C Room. ACE

Learn to Knit, Valerie Wey. Mondays, April 9-May 21, 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 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 Fridays, 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.]

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

Discussion Groups

Coffee and Conversation for ASA/COA Volunteers 4th Monday. 10:00-11:30. Mural Rm.
Current Events Discussion Group 2nd & 4th Tuesdays, 1:00-2:30. Free. Games Room. ASA

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. 11:45-12:45. 9 Fridays April 6-June 8. \$129;
Seniors \$117. Main Hall. ACE

Exercise Classes

Mondays. Shannon. 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, 2:30-4:00 p.m. \$135; Seniors \$122. Ground Floor Conference 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, May 10: *The Greatest Showman*

The movie begins with [P. T. Barnum](#) and his troupe performing a show at the circus ("The Greatest Show"). As the song continues, the background turns to black, with Barnum singing alone, leading to a flashback to Barnum's childhood where he and his father Philo, a tailor, work for the Hallett family, and he becomes infatuated with their daughter, Charity. Though Charity is being sent to [finishing school](#), Barnum reassures her they will not be separated. The two keep in touch through letters until they meet again in adulthood ("A Million Dreams"), eventually marrying and raising two daughters, Caroline and Helen, in New York City ("A Million Dreams" reprise). They live a humble life; though Charity is happy, Barnum dreams of more.

Starring Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, and Zendaya.
105 minutes.

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Friday, May 18: *Phantom Thread*

In 1954 London, renowned fashion designer Reynolds Woodcock creates dresses for members of high society. His charisma and genius are matched by his obsessive, controlling and sometimes abusive personality. Cyril, his sister, manages the day-to-day operations of his fashion house and has significant influence over his life. Reynolds is haunted by the death of their mother, and stitches hidden messages into the linings of the dresses he makes.

After designing a new gown for a revered client, Reynolds visits a restaurant in the countryside and becomes interested in a waitress, Alma. He asks her on a date, and she accepts. Their relationship develops, and she moves in with him, becoming his assistant, muse and lover. Cyril initially distrusts Alma but comes to respect her willfulness and determination.

Starring Daniel Day-Lewis and Vicky Krieps.
130 minutes

Music and Song

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

Sing-Along with Cheri Minton. Second Tuesdays, 12:30-2:00. 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.webpress.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

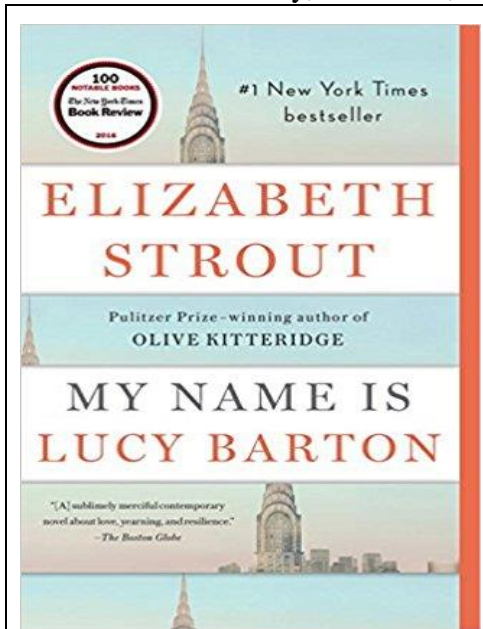
Low Vision Support Group 4th Tuesdays, 1:15-2:30. Ground Floor Conf. Room. COA

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



May 18 *My Name is Lucy Barton* by Elizabeth Strout

Lucy Barton is recovering slowly from what should have been a simple operation. Her mother, to whom she hasn't spoken for many years, comes to see her. Gentle gossip about people from Lucy's childhood in Amgash, Illinois, seems to reconnect them, but just below the surface lie the tension and longing that have informed every aspect of Lucy's life: her escape from her troubled family, her desire to become a writer, her marriage, her love for her two daughters.

Knitting this powerful narrative together is the brilliant storytelling voice of Lucy herself: keenly observant, deeply human, and truly unforgettable.

Random House, 2016. 193 pages.

June 15 selection: *Little Boxfish Takes a Walk* by Kathleen Rooney.

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

Memoir Writing. Lissa Franz. 8 Tuesdays, April 3-May 29. 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 and Friends. 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 Kristine Shah, 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.

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
Arriving in Maine, "The Pine Tree State", we'll travel along the scenic coast to Wells to the Bull and Claw Restaurant. Be ready for a Lobster Feast with Clam Chowder, Mussels, Clams, and a choice of Lobster, Prime Rib or Cranberry Stuffed Chicken Breast. After departing, we'll continue along the Atlantic Seacoast to Ogunquit and then a visit to the 'When Pigs Fly Bakery' in Kittery. Departure at 9:00 a.m. from St. Camillus parking lot; arrival home approx. 6:30 p.m. **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, May 16: *Strangers in Their Own Land; Anger and Mourning on the American Right* 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.



May Events at Robbins Library and Fox Branch Library

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

Robbins Library Book Discussion Group

Monday, May 7, 7:00 p.m. Robbins Library Community Room

The group discusses *In the Garden of Beasts* by Erik Larson. New members are welcome. Book will be available at the Circulation Desk after April 2.

Guys Book Group

Thursday, May 10, 7:30 p.m. Fox Branch Library

The book is *The New Jim Crow* by Michelle Alexander. New members are welcome. Contact moderator Brad McKenna for details (bradley.mckenna@gmail.com).

PLUG iN TO USiNG PASSiON TO LiVE YOUR BEST LiFE!

Monday, May 21, Doors open at 6:30 p.m., program begins at 7 p.m.

Robbins Library Community Room

Would you like to use your passion to live your life in balance and gratitude? Join Lisa Sasso, coach, speaker, and author of *Motivation Now!*, who will take you on a journey to help you do just that. In this workshop, Lisa will help you define your vision and set goals to empower you to live your best life with confidence, accountability, balance and gratitude.

Not-So-Young Adult Book Group

Wednesday, May 16, 7:00 p.m., Robbins Library Conference Room

We'll be discussing *The Girl is Murder* by Kathryn Miller Haines. 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, May 30, 7:00 p.m. - 8:30 p.m.

Robbins Library Community Room

Come join us for a mystery QBG social event! What will we be doing? Who knows?! We can guarantee it'll be a good, queer time!

New members are always welcome! Come make some new friends & expand your community!

Closings: Robbins Library and Fox Branch Library will be closed Saturday May 26. Robbins Library will be closed on Sunday May 27 and Monday May 28 in observation of Memorial Day.

DAILY ASA & COA CALENDAR IN THE SENIOR CENTER

May/June 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 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-noon Learn Bridge. April 24-June 12. Arts & Crafts Room. ACE
10:30-noon Memoir Writing. Lisa Franz. 8 Tuesdays., April 3-May 29. 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 & 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. 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. ASA
2:00- 4:00. Chinese Painting. May 2-May 30; Arts & Crafts Room. ACE

SPECIFIC WEDNESDAYS

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. 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.

- May 3, 12:00-2:00 Senior Center Volunteers Appreciation Lunch. COA/ASA
May 17, 12:00-2:30 Mother's Day Tea. ASA
May 24, 12:00-2:00 Older Americans' Month Luncheon. COA

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. 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. 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

Kristine Shah, Volunteers & Trans-
portation Coordinator

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/>.