

## Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

### June-July 2018

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#### ► HIGHLIGHTS ◀

**Shakespeare and Friends** read *Arsenic and Old Lace* Thursdays, 1:30-3:00, June 7-28. \$30.00. Arts & Crafts Room. ASA

**Singalong All Summer Long** with Cheri Minton. 2<sup>nd</sup> Tuesdays, 12:30 – 2:00 p.m. June 12, July 10, and August 14. Free. Main Hall. ASA

#### **Senior Economic Safety Program**

Thursday, June 14, noon-2:00 p.m., Town Hall Auditorium.

Join the COA and honored guest.

**Middlesex District Attorney Marian Ryan,**

will talk about how to protect yourself and your loved ones from financial abuse. An Arlington Police Officer will give opening remarks and introduction.

*Music* by Will McMillan (Vocal) and Joe Mulholland (Piano).

*Lunch* by Neillio's of Lexington; desserts by Abilyn's Frozen Bakery.

*Honors* to be announced.

Call the COA at 781-316-3400 to register and to request a ride on the COA Van, if needed.

**Arlington Seniors Association Annual Meeting.** Friday, June 22, 1:00-2:30. Main Hall.

There will be a brief business meeting to vote in new Board members and update the Bylaws. Treasurer Pat Vieira will review the association's finances. President Malcolm Hamilton will give a quick review of the past year and a look ahead to preparations for the one-year closing during the Senior Center renovation.

Following the business meeting, attendees will be entertained by Shades of Gray, featuring music from the Civil War era. Refreshments will include ice cream and cake.

This program is not limited to ASA members, but we hope you will join.

#### **Elder Services Assessment & Strategic Planning Age-Friendly Community Forum.**

Also in June, participate in focus groups discussing Arlington as an age-friendly town, followed by a meeting in Town Hall to discuss results. Watch for flyers and further information posted throughout the Senior Center.

## 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](http://www.acarts.org)

**ACE: Arlington Community Education.** 781-316-3568. [www.ArlingtonCommunityEd.org](http://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 [free] and Dial a Ride "DART"** program at \$5 per taxi ticket. COA, 781-316-3400.

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

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### Arts and Crafts

**Drawing with the Masters.** Sue Funk. 8 Wednesdays, April 11- **June 6**, 10:00-noon. \$149  
Seniors \$135. A&C Room. ACE

**Watercolor Pencils, Charlotte Kaplan.** Mondays, April 2- **June 4**, 1:00-3:00. \$149;  
Seniors \$135. Arts & Crafts Room. ACE

### Business, Finance and Taxes [Call for appointments.]

**Financial Planner. Rick Fentin** 2<sup>nd</sup> & 4<sup>th</sup> 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**, 1<sup>st</sup> & 3<sup>rd</sup> 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** 4<sup>th</sup> Monday. 10:00-11:30. Mural Rm.

**Current Events Discussion Group** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 1:00-2:30. Free. Games Room. ASA

### Exercise, Movement, and Dance

**AquaFit** Thursdays, 1:30-2:15. Woburn YMCA pool. 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-**June 7** 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.

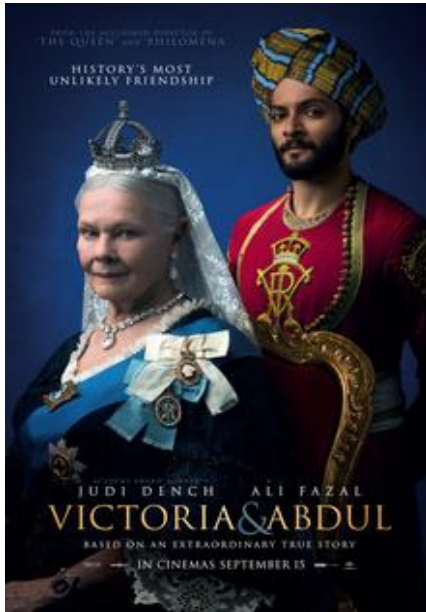
**Congregate Meals at Drake Village** in Arlington Heights. 781-221-7081. COA

## **Movies**

**Movies**, 1<sup>st</sup> & 3<sup>rd</sup> 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.**

Watch for extras added during the summer.



**Thursday, June 7: 1:00. *Victoria & Abdul***

Abdul Karim, a young prison clerk from Agra, India, is instructed to travel to England for Queen Victoria's Golden Jubilee in 1887 to present her with a mohur, a gold coin which has been minted as a token of appreciation from British-ruled India. The Queen, who is lonely and tired of her fawning courtiers, develops an interest in and later a friendship with Abdul. She spends time with him alone and promotes him to become her Munshi. She asks him to teach her Urdu and the Qur'an. When Victoria discovers that he is married, she invites his wife and mother-in-law to join him in England. They arrive wearing black Burqas, to the consternation of the household. Starring Judy Dench and Ali Fazal.

Running Time 111 minutes



**Thursday, June 21: 1:00 *Lady Bird*.**

Christine "Lady Bird" McPherson is a senior at a Catholic high school in Sacramento in 2002. She longs to attend an Ivy League college in "a city with culture". Her family is struggling financially, and her mother tells her that Lady Bird is ungrateful for what she has. Lady Bird and her best friend Julie join their school theater program, where Lady Bird meets Danny O'Neill. She and Danny develop a romantic relationship, and, to her mother's disappointment, Lady Bird joins Danny's wealthy family for Thanksgiving dinner. Their relationship ends when Lady Bird discovers Danny kissing a boy in a bathroom stall.

Starring Saoirse Ronan, Laurie Metcalk, and Tracy Letts.

Running time 93 minutes

**Music and Song**

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

**Sing-Along All Summer Long** with Cheri Minton. Second Tuesdays, 12:30-2:00. June 12, July 10, August 14, Main Hall. Free. ASA

**Personal Support, Health & Wellness**

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

**Caregivers Support Group** 2<sup>nd</sup> 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](http://www.elderjusticegbls.webpress.com). Call COA for date and time meetings.

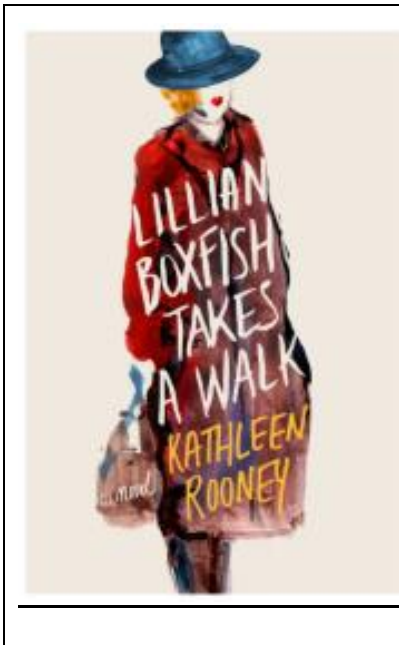
**Financial Planner Rick Fentin** 2<sup>nd</sup> & 4<sup>th</sup> Fridays, 9:30 and 11:00. Call for appt. COA  
**Grandparents Raising Grandchildren Support Group** 2<sup>nd</sup> Wednesdays, 12:00-1:30. Whittemore-Robbins House. COA

**Low Vision Support Group** 4<sup>th</sup> 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** 3<sup>rd</sup> Friday, 1:00-2:30, Drop-In Room. Free. ASA



### **June 15: *Lillian Boxfish Takes A Walk* by Kathleen Rooney**

Lillian Boxfish comes to Manhattan in 1926 to make her mark. A smart, stylish, independent young woman, she lands a job at R.H. Macy's, where she turns out witty rhymes that promote the department store; on her own, she writes light verse, eventually published in several volumes. Though a self-styled "scoffer at love," Lillian falls hard for Max Caputo, the head rug buyer at Macy's. They marry, but when she becomes pregnant with their son, Johnny, she's forced to quit her job—maternity leave being a thing of the future. The marriage eventually fractures, and Lillian suffers a mental breakdown. Intercut with this narrative is the more fanciful story of Lillian's adventures on New Year's Eve 1984. An old woman now, she roams the streets of Manhattan alone, passing landmarks public as well as private and befriending several New York characters along the way.

St. Martin's Press, 2017, 304 pages.

**July 20** selection: *In the Heart of the Sea* by Nathaniel Philbrick.

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

**Shakespeare and Friends.** Noel McCoy. Reading of *Arsenic and Old Lace*. Thursdays, 1:30-3:00. June 7-28. \$30.00; \$10 for each individual class. Arts & Crafts Room. ASA



A farcical black comedy revolving around the Brewster family, descended from the *Mayflower*, but now composed of insane homicidal maniacs. The hero, Mortimer Brewster, is a drama critic who must deal with his crazy, homicidal family and local police in Brooklyn. His family includes two spinster aunts who have taken to murdering lonely old men by poisoning them with a glass of home-made elderberry wine laced with arsenic, strychnine, and "just a pinch" of cyanide; a brother who believes he is Theodore Roosevelt and digs locks for the Panama Canal in the cellar of the Brewster home (which then serve as graves for the aunts' victims; he thinks that they died of yellow fever); and a murderous brother who has received plastic surgery performed by an alcoholic accomplice that makes him look like *Boris Karloff* — who plays the part in the movie.

**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 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 20<sup>th</sup> 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.

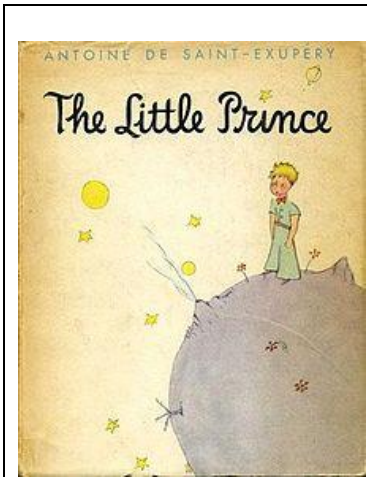
## Council on Aging

**AquaFit** Thursdays, 1:30-2:15. Woburn YMCA pool. 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. Meets at Brightview. Information and to sign up, call Christine Angell, COA Administrative Assisstant at 781-316-3400.

**Intergenerational Book Club.** Wednesday, June 20. *The Little Prince*, first published in April 1943, is a novella, the most famous work of French aristocrat, writer, poet, and pioneering aviator Antoine de Saint-Exupéry.



The narrator begins with a discussion on the nature of grown-ups and their inability to perceive, especially important things. As a test to determine if a grown-up is enlightened and like a child, he shows them a picture he drew at age 6 of a snake which has eaten an elephant. The grown-ups always reply that the picture is of a hat, and so he knows to talk of "reasonable" things to them, rather than fanciful.

Join us and high school students for reading and discussion. Arlington High School Media Center at 2:45. Snack provided.

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





## **June Events at Robbins Library and Fox Branch Library**

Contact: Andrea Nicolay, Director of Libraries, 781-316-3201 or [anicolay@minlib.net](mailto:anicolay@minlib.net)

### **Robbins Library Book Discussion Group**

Monday, June 4, 7:00 p.m. Robbins Library Community Room  
The group discusses *Plainsong* by Kent Haruf. Book will be available at the Circulation Desk after May 7.

### **“Why is a Collectible Book Collectible?” A Conversation with Librarians and Collectors Richard McElroy and David Warrington**

Wednesday, June 6, 7:00 p.m.–9:00 p.m. Robbins Library Conference Room  
Many people believe that collectors seek only rare (therefore, expensive) books, or that only "first editions" are collectible, or that any book printed before 1900 is rare, or that book collecting is always a good investment. This program will seek to dispel such misconceptions and to provide participants with a basic overview on how to form a meaningful collection of printed materials and how to determine what monetary value, if any, a particular book may have. Participants may bring to the program one of their own books for guidance on how to determine its significance and value. Also feel free to bring a laptop or other internet device. To sign up for this free program, register via this link: <https://www.eventbrite.com/e/what-makes-a-book-a-collectible-tickets-45681068305?aff=ehomecard>  
Registration is limited.

### **Cookbook Club & Potluck**

Monday, June 11, 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 June selection is *Flour, Too* by Joanne Chang. Copies are available at the circulation desk. Choose a recipe to make and register by emailing your recipe choice to Linda Dyndiuk at [ldyndiuk@minlib.net](mailto:ldyndiuk@minlib.net) by June 6.

### **Drop-In Tech Help**

Wednesday, June 12, 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. If we can't help with a specific issue you are having, we will do our best to point you to resources that can!

Bring any devices that you have questions about, or check out one of our laptops. If your question is about one of your accounts (e-mail, Facebook, etc.), bring the relevant username and password you'll need to log in. This is a drop-in session and multiple people may show up. Your patience is appreciated!



### **Reel Queer: An Intergenerational Queer Movie Series**

Tuesday, June 12, 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's *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.

### **Guys Book Group**

Thursday, June 14, 7:30 p.m. Fox Branch Library

The book is *Oblivion* by Peter Abrahams. Contact moderator Brad McKenna for details [bradley.mckenna@gmail.com](mailto:bradley.mckenna@gmail.com).

### **Reimagining Our Libraries: Designs and Next Steps**

Thursday, June 14, 7:00 p.m. Robbins Lib. Community Rm, Tuesday, June 19, Fox Library

Last year we listened and surveyed, and your input has been turned into a vision for the future of Arlington's libraries. Join Ann Beha Architects and Director of Libraries Andrea Nicolay for a presentation of proposed schematic designs for Robbins and Fox, and a look at next steps. The same content will be presented at both public meetings, and light refreshments will be provided. RSVP through eventbrite:

June 14: <https://reimagining-our-libraries-designs-1.eventbrite.com>

June 19: <https://reimagining-our-libraries-designs-2.eventbrite.com>

### **"Libraries Rock" Teen and Adult Summer Reading Kick-off Event**

Saturday, June 16, 2:00 p.m.— to 4:00 p.m. Robbins Library Community Room.

Celebrate the start of this year's "Libraries Rock" themed Summer Reading--get your jam on at an afternoon of Rockband on the PS4! All instruments will be available to rock out on. This program is open to adults and teens. Don't forget to sign up for summer reading before or after the event!

### **Not-So-Young Adult Book Group**

Monday, June 18, 7:00 p.m. Robbins Library Conference Room.

We'll be discussing *Just One Day* by Gayle Forman. 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, June 27, 7:00 p.m.—8:30 p.m. Robbins Library Conference Room

This month Queer Book Group will be discussing *Cottonmouths* by Kelly J. Ford.

College was supposed to be an escape for Emily Skinner. But after failing out of school, she's left with no choice but to return to her small hometown in the Ozarks, a place run on gossip and good Christian values. Emily's former best friend—and childhood crush—Jody Monroe is back with a baby. Emily can't resist the opportunity to reconnect... When Emily stumbles upon a meth lab on Jody's property, she realizes just how far they've both fallen. Emily will learn just how far Jody is willing to go to save her own skin—and how much Emily herself has risked for the love of someone who may never truly love her back.

Copies of the book are available at the circulation desk. New members are always welcome. Email or call Rob at [rlorino@minlib.net](mailto:rlorino@minlib.net) or 781-316-3226 with any questions.

# 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
- 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. Arts & Crafts Room. ACE
- 3:00- 4:00 Chinese Dance. Main Hall. COA

#### SPECIFIC MONDAYS

- 1<sup>st</sup> Monday 8:30-11:00 Podiatry. By appointment. \$30. Call COA
- 4<sup>th</sup> 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
- 10:00-12:00 Learn Bridge. April 24-June 12. Arts & Crafts 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

- 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 1:00-3:00. Computer Help with Frank Tadley. Computer Room. ASA
- 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 1:00-2:30 Current Events Discussion Group. Games Room. Free. ASA
- 2<sup>nd</sup> Tuesday 12:30-2:00 Sing Along with Cheri Minton. Main Hall. ASA
- 4<sup>th</sup> 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
- 10:00-12:00 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

#### SPECIFIC WEDNESDAYS

- 2<sup>nd</sup> Wednesday 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA

### THURSDAYS

- 9:45-11:00 Yoga: Strength and Balance, Main Hall. \$5 per class drop in. ASA
- 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. June 7-28. 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

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

### FRIDAYS

- 9:00-10:00 Exercise with Ami Stix. Main Hall. \$4.00, drop in. ASA
- 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

- 1<sup>st</sup> Friday 1:00-3:00. ASA Board Meeting. Arts & Crafts Room. ASA
- 2<sup>nd</sup> & 4<sup>th</sup> Fri. 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.
- 3<sup>rd</sup> Friday 1:00-2:30. Book Club; see titles under Reading & Writing. Drop-In Room. Free. ASA
- 4<sup>th</sup> Friday 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.
- June 22, Arlington Seniors Association Annual Meeting. 1:00-2:30.

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## Organizations in the Senior Center

### Arlington Seniors Association

[ArlingtonSeniors@rcn.com](mailto:ArlingtonSeniors@rcn.com)    [www.arlingtonseniorsassociation.org](http://www.arlingtonseniorsassociation.org)

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

Email: mch12938@comcast.net

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

**Location:** 27 Maple Street, Arlington, MA 02476.

Mon.-Fri.: 8:30 a.m.-4:00 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  
[vacant] Information & Referral Services  
Kristine Shah, Volunteers & Transportation 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 3<sup>rd</sup> 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](http://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/>.