

## Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

### July-August 2018

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#### ► HIGHLIGHTS ◀

##### ASA Summer Program Changes & Updates

**Thursday yoga classes** with Barbara Freedman will not meet on August 23 and 30. Tuesday and Friday classes will be taught by Debra Rosenblum on August 21, 24, 28, and 31. ASA

**The Monday, Wednesday and Friday Exercise Classes** will continue throughout the summer. During the occasional absence of an instructor, a DVD will be shown. ASA

**Cheri Minton's Singalong group** will meet all summer long on the 2nd Tuesday of each month at 12:30. ASA

**August Film Festival** Every Thursday at 1:00. A series of less-often-seen staff favorites.

**August 2 *Sleuth*** (1972) with Laurence Olivier and Michael Caine. The last film directed by Joseph L. Mankiewicz. Think of the perfect crime, then go one step further.

**August 9 *Now, Voyager*** (1942) with Bette Davis, Paul Henreid, Claude Rains.

"The untold want by life and land ne'er granted,  
Now, voyager, sail thou forth, to seek and find."

**August 16 *Moonstruck*** (1987) with Cher, Danny Aiello, Nicolas Cage. A widowed, 37-year-old, Italian-American woman falls in love with her fiancé's estranged, hot-tempered younger brother.

**August 23 *Georgy Girl*** (1966) with Lynn Redgrave, James Mason, Alan Bates. The story of a young virginal woman in 1960s Swinging London who is faced with a dilemma when pursued by both her father's older employer and the young lover of her promiscuous and pregnant flatmate.

**August 30 *The Talented Mr. Ripley*** (1999) with Matt Damon, Jude Law, Gwyneth Paltrow, Kate Blanchett. An adaptation of Patricia Highsmith's 1955 psychological thriller novel of the same name. Stunning location shots in Italy. A mesmerizing masterpiece of the unexpected.

**Frank Tadley's Computer Help and Current Events Discussion Group** will be on vacation during August. ASA

**Shakespeare and Friends** is not meeting in July or August. Resuming Sept. 20, 27, Oct. 4; and Nov. 1, 8, 15. 1:30-3:00. \$40 for all six classes. (\$10. Drop in.) Drop-In Room. ASA

## Ongoing Classes -- Events -- Services

### Contents

Arts and Crafts	Lectures
Business, Finance, and Taxes	Meals
Celebrations, Parties, Luncheons	Movies
Computers and Technology	Music and Song
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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

#### 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. Not meeting in August. Sign up in the Drop-In Room. ASA

#### Discussion Groups

**Coffee and Conversation for ASA/COA Volunteers** 4<sup>th</sup> Monday. 10-11:30. Mural Rm.

**Current Events Discussion Group** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 1:00-2:30. Free. Not meeting in August. 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.

##### **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

**Yoga: very popular traditional yoga**--a more rigorous practice. Barbara Freedman.

Tuesday and Friday classes will be taught by Debra Rosenblum on August 21, 24, 28, and 31.

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. **Thursday yoga classes with Barbara**

**Freedman will not meet on August 23 and 30.** 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, 11:30-2:30. 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

**Mah Jongg** with Judy Harris. Thursdays, 1:00-3:00. Games Room (Pool Rm). Free. ASA

## Health, Wellness, Fitness (see Personal Support)

## Language and Languages

## 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**, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, except as noted. All ASA movies are at 1:00 p.m. Free. ASA

**Showings depend upon availability of films and are subject to substitutions.**

**August Film Festival** Every Thursday at 1:00. A series of less-often-seen staff favorites.

**August 2** Malcolm's favorite: *Sleuth* (1972) with Laurence Olivier and Michael Caine.

**August 9** *Now Voyager* (1942) with Bette Davis, Paul Henreid, Claude Rains.

**August 16** *Moonstruck* (1987) with Cher, Danny Aiello, Nicolas Cage.

**August 23** *Georgy Girl* (1966) with Lynn Redgrave, James Mason, Alan Bates.

**August 30** *The Talented Mr. Ripley* (1999) with Matt Damon, Jude Law, Gwyneth Paltrow, Kate Blanchett.



**Thursday, July 12: 1:00. *Film Stars Don't Die in Liverpool***

A 2017 biographical romantic drama film directed by Paul McGuigan and starring Annette Bening and Jamie Bell. Vanessa Redgrave, Julie Walters, Kenneth Cranham, Stephen Graham, Frances Barber and Leanne Best also star. It is based on the memoir of the same name by Peter Turner, and tells his story of falling for aging Hollywood actress Gloria Grahame in 1970s Liverpool, only to face reality when she is diagnosed with breast cancer.

Running time: 106 minutes

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**Thursday, July 26: 1:00 *Finding Your Feet***

'Lady' Sandra Abbott (Imelda Staunton) discovers that her husband of forty years (John Sessions) is having an affair with her best friend (Josie Lawrence), she seeks refuge in London with her estranged, older sister Bif (Celia Imrie). Sandra is a fish out of water next to her outspoken, serial dating, free spirited sibling who lives on an inner-city council estate. But difference is just what Sandra needs and she reluctantly lets Bif drag her along to a community dance class where she meets her sister's friends, Charlie (Timothy Spall), Jackie (Joanna Lumley) and Ted (David Hayman). This colorful group of defiant and energetic third-agers start to show Sandra that retirement is a beginning, and that divorce could be her new lease of life and love.

Running time 112 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.wordpress.com](http://www.elderjusticegbls.wordpress.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** No meetings in July or August.

September starts again on 4<sup>th</sup> Tuesdays, 1:15-2:30. Ground Floor Conf. Room. COA

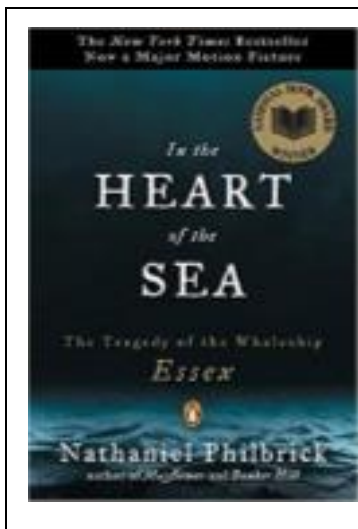
**Podiatry Clinic** at the COA on the first Monday of each month, unless a holiday. \$30.

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



### ***Book Club July 20, 1:00-2:30***

**Drop-In Room**

#### ***In the Heart of the Sea* by Nathaniel Philbrick**

A recounting of a New England whaling ship's sinking by a giant whale in 1820, an experience that later inspired the great novel *Moby Dick*. The ordeal of the whaleship Essex was an event as mythic in the nineteenth century as the sinking of the *Titanic* was in the twentieth. From the author of *Mayflower*, *Valiant Ambition*, and *In the Hurricane's Eye*.

Penguin.

**August 17** selection: *Emily Alone* by Stewart O'Nan.

**Intergenerational Book Club.** See "Outside the Center" below. On summer recess.

**Shakespeare and Friends.** Noel McCoy. No Classes in July or August.

Sept, 20, 27, Oct. 4; Nov. 1, 8, 15. 1:30-3:00. \$40 for all six classes; \$10. Drop in.

Drop-In 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, 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.

**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.**

An American Entertainment Legend who earned 34 top-forty hits, - Volare, Wild One, We Got Love, Wildwood Days, and more. Also starring Comedian Frankie Pace whose first national performance was on SNL, and recently appeared on the Jimmy Fallon Tonight Show. Luncheon includes Chicken Parmesan or Baked Schrod. Depart at 9:30 a.m. from St. Camillus parking lot and return home approx. 4:30 p.m. **Cost: ASA Members, \$94.00; Non-Members, \$102.00.**

### Future Trips: not too early to sign up

- Tuesday, October 9, **Vermont Foliage Spectacular** 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.

### OvernightTrips [No ASA discount]

### **Sunday/Monday, August 5/6, 2018 Lake George and Saratoga Springs**

Join us for a fun-filled two-day amazing adventure: Accommodations at the award winning Comfort Suites in Lake George with a heated in-door pool complex complete with Jacuzzi. A Lake George 2-hour Dinner Cruise with Entertainment aboard the *Lac Du Sacrement*, a guided tour of the National Museum of Racing and Hall of Fame, and, lastly, on to the Saratoga Race Course with Reserved Grandstand Seating and special lunch package with plenty of time to see the horses in action. A rest stop will be made on the way home with dinner on your own. Departure time from St. Camillus Parking Lot TBD

**Price: \$335pp Double, \$435 Single Occupancy** (Includes transportation, lodging, 3 meals, dinner cruise, Museum Hall of Fame, and Saratoga Race Course, tour director and driver gratuity). **A deposit of \$50 pp confirms your reservation. Final Payment was due June 29, 2018.**

**Friday/Saturday, September 14/15, 2018 New York City** The perfect trip for those truly wanting to experience NY City. Trip Includes transportation, lodging at the Luxurious Roosevelt Hotel (Madison Ave. & 45<sup>th</sup> St.) Full Buffet Breakfasts each morning, Visit to the Sept.11 Museum and Memorial, Ferry Ride Statue of Liberty & Ellis Island. Departure time from St. Camillus Parking Lot TBD.  
\$435pp Double Occupancy, \$585 Single.. A deposit of \$50 pp . Final Payment is due August 3.

## 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.** Wednesdays, No meetings in July or August.

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### **July 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)

#### **Special all-ages project: Call for Haiku**

Is there a haiku in you? Arlington's Libraries are co-sponsoring a community haiku project organized to support the 25th anniversary of the Minuteman Bikeway in Arlington, Lexington and Bedford. The three towns are joining together to invite people of all ages who use the Bikeway to write haiku about their experiences and memories of this very special place. Look for haiku writing workshops in August; in the meantime visit [www.bikewayhaiku.org](http://www.bikewayhaiku.org) for information about the project, writing tips, sample haiku, and an easy way to submit your poems. Selected haiku will be stencilled onto 10 miles of the Bikeway in September.

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

Monday, July 9, 7:00 p.m. Robbins Library Community Room

The group discusses *The Casual Vacancy* by J. K. Rowling. New members are welcome. Book will be available at the Circulation Desk after June 4.

#### **Guys Book Group**

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

The book is *The Fish that Ate the Whale* by Rich Cohen. New members are welcome. Contact moderator Brad McKenna for details ([bradley.mckenna@gmail.com](mailto:bradley.mckenna@gmail.com)).

#### **Arlington Author Salon**

Thursday, July 12, 7:30 p.m. - 9:00 p.m. Kickstand Cafe

Quarterly author salon, this time with Annie Hartnett, Mira T. Lee, and Adam Stumacher. The theme? A NOVEL TRIO: ON BEING HUMAN AND OTHER INVESTIGATIONS. 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. This program is supported in part by a grant from the Arlington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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

Monday, July 16, 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! Please 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.), please 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!

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

Monday, July 16, 7:00 p.m. Robbins Library Conference Room

We'll be discussing *Georgia Peaches and Other Forbidden Fruit* by Jaye Robin Brown. 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!

### **Camp NaNoWriMo at Robbins Library**

Monday, July 23, 6:00pm -8:45p.m. Robbins Library Conference Room

Robbins Library gives writers from Arlington and surrounding areas a physical space to whip up their writing skills for a couple of hours. According to the Camp NaNoWriMo website: "Camp NaNoWriMo is a virtual writer's retreat, designed for maximum flexibility and creativity. We have Camp sessions in both April and July, and we welcome word-count goals between 30 and 1,000,000." We'll act as a cabin, or a physical space for patrons to gather as a writing community. Writers can tackle any project they'd like, including new novel drafts, revision, poetry, scripts, and short stories. We'll also have a virtual cabin accessible through [campnanowrimo.org](http://campnanowrimo.org) where participants can register and get the process started. Will your work be the next NaNoWriMo published novel?

### **Robbins Library Queer Book Group/Social**

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

This month Queer Book Group/Social is hosting game night! Join us for a night of fun & games! (& good company!) Bring your own games or play ours!

Queer Book Group / Social reads great LGBTQ-themed books, both fiction and non-fiction, and hosts LGBTQ-themed social events. New members are welcome! Come make some new friends & expand your community. 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

## July-August 2018

### MONDAYS

- 9:00-10:00 Exercise with Shannon. Main Hall. \$4.00, drop in. ASA
- 12:00- 2:30 Cribbage. Games Room (Arts & Crafts Room in July). 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
- 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
- 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. NOT MEETING IN AUGUST. ASA
- 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 1:00-2:30 Current Events Discussion Group. Games Room. NOT MEETING IN AUGUST. 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
- 10:15-11:00 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
- 2:00-3:00 Chair Yoga. Mural Room, \$3 drop in. COA

#### SPECIFIC THURSDAYS

- 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, (subject to change), 1:00. Movies. Main Hall. Free. (See page one for August film festival of staff favorites). 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. Not Meeting in July or August. 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

#### SPECIFIC FRIDAYS

- 1<sup>st</sup> Friday, 1:00-3:00. ASA Board Meeting. Arts & Crafts Room. No meeting in July. 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.

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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. Not meeting in July or August. Ground Floor Conference Room.

### -Also offering programs in the Senior Center-

**ACA: Arlington Center for the Arts** (781) 648-6220 <https://www.acarts.org>. Soon to be located on the 3<sup>rd</sup> and 4<sup>th</sup> floors of the Central School/Senior Center building.

**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/>.