

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

October-November 2018

► HIGHLIGHTS ◀

Tuesdays in November are Arlington Seniors Association days at Not Your

Average Joe's at 645 Mass. Ave. in Arlington Center. Just tell the waitperson that you are dining to support the ASA, and we will receive a donation equal to 15% of the tab—not including alcohol. Cannot be combined with personal discounts on your ASA Benefits discount card. This offer is good for dining in and for takeout.

Restaurant manager Lauren Dexter encourages your participation in this program.

October 8, Monday, the Senior Center will be closed for Columbus Day.

October 23, Tuesday, 1:30-

International Intergenerational Tea Talk Main Hall. COA

October 25, Thursday 1:00-3:00.

A New England Witch Trial of 1692, Main Hall. ASA

Wilmott Redd was the only woman from Marblehead, Mass. accused, tried, and executed for witchcraft during the hysteria that swept through New England in 1692. Based on the authentic trial records, this story unweaves the strands that created a fabric of suspicion resulting in the death of one old woman, age 54, from a fishing village called Marblehead on Sept. 22, 1692 in Salem Towne. Presented by world-renowned storyteller, actress, historic interpreter Judith Black. Halloween refreshments to follow.

Cost: \$5.00. Register and pay in Drop-In Room starting in mid-Sept. ASA

November 1, Thursday, 11:00-noon.

Is Your Medicare Plan Still Right for You? Mark Heumann, SHINE counselor. Mural Room. Register in COA.

November 8, Thursday, 12:00-2:00.

Diwali Celebration and Luncheon. Main Hall COA

November 22 & 23, Thursday & Friday.

The Senior Center will be closed for Thanksgiving.

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 [\$1.50 one way] 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*.

Arts and Crafts

Creating Landscapes...with Feeling. Sue Funk. Wednesdays, 10:00-noon, Oct. 3-Nov. 28 (no class 11/21). \$159; seniors \$145. Arts & Crafts Room. ACE

Drawing Textures. Anastasia Semash. Tuesdays, 10:00-noon, Oct. 16-Dec. 4, \$159/seniors \$145. Arts & Crafts Room. ACE

Learn to Knit. Valerie Wray. Mondays, 10:00-11:30, Oct. 15-Dec. 10 (no class 11/12). \$119; seniors \$107. Arts & Crafts Room, ACE

Mixed Media Collage. Anne Black. Fridays, 1:00-3:00, Nov. 9-Dec. 7 (no class (11/23) Arts & Crafts Rm. \$95; seniors \$84. ACE

Photographing Outdoors. Erik Gehrig. Fridays, 10:00-1:00, Oct. 26 & Nov. 2. \$65; seniors \$59. Mural Room. ACE

Plein Air. Anastasia Semash. Fridays, 10:00-noon, Oct. 5-Nov. 30 (no class 11/23). \$159; seniors \$145. Arts & Crafts Room. ACE

Watercolor Pencils. Charlotte Kaplan. Mondays. 1:00-3:00, Sept.17-Dec. 3 (no class 10/11/8, 11/12) \$189; seniors \$145. 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 extended listings.]

The New England Witch Trials of 1692. October 25, 1:00-2:30 *Judith Black, Storyteller, Actress, Historic Interpreter.* **\$5.00. Register and Pay in Drop-In Room.** ASA

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? Boys and Girls Club students return once a month to help us figure out our phones, tablets, email, etc. Thursday October 18th 4-5 p.m., in the Drop in Room. Limit 6 individuals. Call the COA desk at 781-316-3400 to register.

Discussion Groups

Coffee and Conversation for ASA/COA Volunteers 4th Monday. 10-11:30. Mural Room.

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

International Intergenerational Tea Talk on Tuesday, October 23 at 1:30 in the Main Hall. Register at the COA front desk. International students from Arlington High school.

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. Fridays, Sept. 28-December 7 (no class 11/23). 11:45-12:45. \$139;seniors \$126. Main Hall. ACE

Exercise Classes

Mondays. Shannon Lee Jones. 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

NEW 2nd Class: Thursdays, 8:30-9:30. Main Hall. \$25. 8-week sessions. 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: 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

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

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

Mah Jongg with Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA

Health, Wellness, Fitness (see Personal Support)

Language and Languages

French Café. Yvon Gachette. Thursdays, 2:30-4:00, Oct. 4-Dec. 6 (no class 11/22). \$135/seniors \$122. Ground Floor Conf. Room. ACE

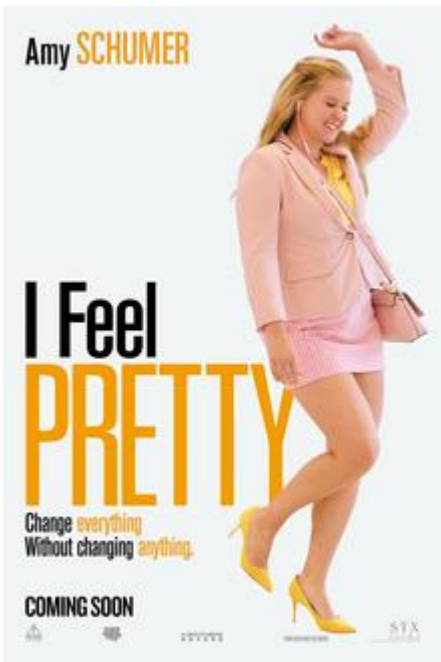
Meals and Food

Chateau Café on Maple Street at the Senior Center Suggested donation \$2. 48-hour advance notice. Minuteman Meals Office. 781-316-3423. COA

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

Movies

October schedule, 1st & 3rd 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.



October 4: *I Feel Pretty*

Renee Bennett is a young woman of average physical attractiveness and fitness, who struggles with insecurity over her appearance. Out of a Chinatown basement office, she manages the website for cosmetics firm Lily LeClaire while aspiring to work in their Fifth Avenue headquarters. But she declines to apply for a receptionist position there after reading the job description's emphasis on being the beautiful "face" of LeClaire. One night, inspired by the movie, *Big*, Renee wishes at a fountain to be beautiful, but nothing happens. The next day, Renee falls off her SoulCycle bike, hitting her head, and losing consciousness. When she wakes, she has not changed physically, but she believes herself to be astonishingly beautiful.

The film stars Amy Schumer, Michelle Williams, Emily Ratajkowski, Rory Scovel, Aidy Bryant, Busy Philipps, Tom Hopper, Naomi Campbell, and Lauren Hutton.

Running time 110 Minutes



October 18: *Molly's Game*

Molly Bloom is a world-class mogul skier with Olympic aspirations, the result of years of enforced training from her overbearing father. In a qualifying event for the 2002 Winter Olympics, she is severely injured, ending her career.

Instead of following her original plan of attending law school, Molly decides to take a year off and move to Los Angeles. Once she arrives, she becomes a bottle-service waitress at a club, where she meets Dean, an ostentatious but unsuccessful real estate developer. She becomes his office manager, and he soon involves her in running his underground poker games. Many famous and wealthy individuals, such as movie stars, investment bankers, and sports players, are involved in Dean's game. Molly earns large sums of money on tips alone.

The film stars Jessica Chastain, Idris Elba, Kevin Costner, Michael Cera, Jeremy Strong, Chris O'Dowd, Bill Camp.

Running Time 140 minutes

Music and Song

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

Sing-Along with Cheri Minton. Frank Spitzer on the piano. Second Tuesdays, 12:30-2:00.

Oct. 9, Nov. 8, Dec. 13. Main Hall. Free. ASA

Personal Support, Health & Wellness

Blood Pressure Tuesdays, 12:30-1:30. Main floor Reception Area 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.elderjusticegbpls.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

First Aid for Grandparents. Juanita Kingsley. Tuesdays, 10:00-11:30. Oct. 16 & 23. \$89. Mural Room. ACE

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

Whittemore-Robbins House. COA

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

Medicare Open Enrollment program, TBA mid-November. COA

Mindfulness and Stress Management. Leah Gilbert. Fridays. Sept-28-Nov. 16, 10:00-11:30 Mural Room. \$30. Register at COA from desk.

Podiatry Clinic at the COA on the first Monday of each month, except holidays. \$30. Appointment required. Call 781-316-3400.

SHINE Counselor: Serving the Health Insurance Needs of Everyone. By appt. Free. Call COA

Reading and Writing

Book Club 3rd Friday, 1:00-2:30, Drop-In Room. Free. ASA

	<p><i>ASA Book Club October 19, 1:00-2:30</i> Drop-In Room</p> <p><i>State of Wonder</i> by Ann Patchett</p> <p>A riveting variation on that tightly plotted journey from darkness to light. The novel traces the steps of 42-year-old Marina Singh, pharmacologist at the Vogel Pharmaceutical Company in Eden Prairie, Minnesota. Marina makes her way to a place deep in the bowels of the jungle, "somewhere on a tributary off the Rio Negro" in Brazil, and then must fight her way back home to the bright, frozen landscape of Eden Prairie. The book was nominated for the Wellcome Trust Book Prize and the Orange Prize for Fiction, among other nominations.</p> <p>New York: Harper, 2011. 368 pages.</p>
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November 16 Book Club Selection : *A Gentleman In Moscow* by Amor Towles.

December 21, Annual luncheon at Not Your Average Joe's.

Intergenerational Book Club. See “COA Outside the Center” below.

Memoir Writing. Lissa Franz. Tuesdays, Sept. 25-Nov. 13, 10:00-noon. Mural Room. ACE

Reading Novels for Greater Pleasure. Jennie Rathbun. Thursdays, Nov. 1-Dec. 13 (no class 11/22). 11:00-12:30. \$89/seniors \$79. Mural Room. ACE

Shakespeare and Friends. Noel McCoy. Sept. 20, 27; Oct. 4; Nov. 1, 8, 15. 1:30-3:00. \$40 for all six classes; \$10 per class. Drop in. 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, 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.

- Friday, December 7, **Boston Ballet’s The Nutcracker** ASA Members: \$94; Nonmembers \$102.
- Tuesday, December 18, **A Salem Cross Inn Christmas** ASA Members: \$80; Nonmembers \$82.

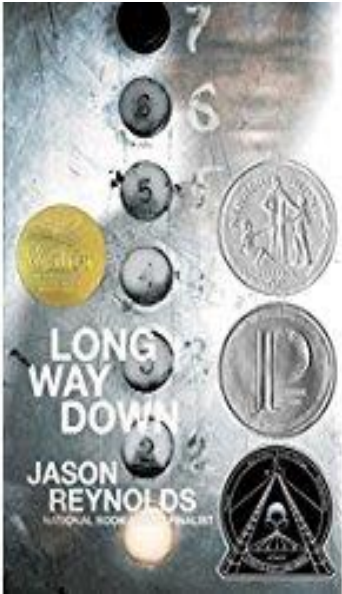
Council on Aging Events Outside the Senior Center

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. Find links on the COA website at <http://www.arlingtonma.gov/departments/health-human-services/council-on-aging>.

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. Arlington High School Media Center.

	<p>Thursday, October 27th at 2:45PM, Arlington High School Media Center <i>Long Way Down</i> by Jason Reynolds</p> <p>Or, you can call it a gun. That's what fifteen-year-old Will has shoved in the back waistband of his jeans. See, his brother Shawn was just murdered. And Will knows the rules. No crying. No snitching. Revenge. That's where Will's now heading, with that gun shoved in the back waistband of his jeans, the gun that was his brother's gun. He gets on the elevator, seventh floor, stoked. He knows who he's after. Or does he?</p> <p>Books are on reserve at the Robbins Library. Snacks provided.</p> <p>For more information, contact Marci at COA, 781-316-3419.</p>
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October Events of interest to seniors at Robbins Library and Fox Branch Library

Contact Anna Litten, Assistant Director of Libraries, 781-316-3202, alitten@minlib.net

See separate listing in Drop-In Room of programs of interest to adults.

Minuteman Bikeway 25th Anniversary

Saturday, September 29, 11:00 a.m. - 3:00 p.m. Whittemore Park

We're proud to co-sponsor the 25th anniversary of the Minuteman Bikeway when Arlington, Lexington, and Bedford host a tri-town celebration of the popular rail-trail. Community receptions will be held simultaneously from 11:00 a.m.–3:00 p.m. along the Minuteman Bikeway in all three towns and visitors are invited to visit as receptions in Arlington Center (Whittemore Park), Lexington Center (Visitors Center lawn) and Bedford (near Bikeway Source). Each location will feature connections with local bikeway representatives, information about current and future bikeway initiatives, and light refreshments. Along the bikeway, live music performances will be staged at Whittemore Park, Magnolia Field, Linwood Circle (Spy Pond), behind Trader Joe's (at bikeway level), and inside the Old Schwamb Mill during the afternoon. In addition, to help celebrate the bikeway's anniversary, 10 miles of "Bikeway Haiku" poetry will be stenciled on the bikeway pavement in all three towns, organized by Arlington Public Art. Of course, the best way to celebrate the bikeway's success is to get out and enjoy it by foot, bike, skates, or wheelchair!

DAILY CALENDAR IN THE SENIOR CENTER

September -- November 2018

MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. (drop in). ASA
- 10:00-11:30 Learning to Knit. Valerie Wey. Oct. 15-Dec. 10 (no class 11/12). 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 with Bill Barron. 8-week Sessions. Main Hall. COA
- 1:00- 3:00 Watercolor Pencils. Charlotte Kaplan. Mondays. Sept.17-Dec. 3 (no class 10/11/8, 11/12) 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
- 4th Monday, 10:00-11:30 Coffee & Conversation for ASA & COA volunteers. Mural Room.

TUESDAYS

- 10:00-11:15 Yoga. Main Hall. (drop in) ASA
- 10:00-11:30 First Aid for Grandparents. Juanita Kingsley. Oct. 16 & 23. Mural Room. ACE
- 10:00-noon Memoir Writing. Lissa Franz. Tuesdays, Sept. 25-Nov. 13, Mural Room. ACE
- 10:00-noon Drawing Textures. Anastasia Semash. Oct. 16-Dec. 4. 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

- 1st & 3rd Tuesdays, 1:00-3:00. Computer Help. Frank Tadley. Games Room. ASA
- 2nd & 4th Tuesdays, 1:00-2:30 Current Events Discussion Group. Frank Tadley. Games Room. ASA
- 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
- October 23. 1:30- International Intergenerational Tea Talk Main Hall. COA

WEDNESDAYS

- 9:00-10:00 Exercise with Joanna Grubel. (drop-in). Main Hall. ASA
- 10:00-noon Creating Landscapes...with feeling. Sue Funk. Oct. 3-Nov. 28 (no class 11/21). Art & Crafts. ACE
- 10:15-11:00 Muscle Strengthening. 8 week sessions. Main Hall. COA
- 12:00- 3:30 Contract Bridge. (drop in). Games Room. ASA
- 12:30- 2:30 Bingo. (drop in). Main Hall. ASA

SPECIFIC WEDNESDAYS

- 2nd Wednesday, 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA

THURSDAYS

- 8:30- 9:30 Tai Chi with Bill Barron. Main Hall. COA
- 9:45-11:00 Yoga: Strength and Balance, Barbara Freedman. Main Hall. (drop in). ASA
- 11:00-12:30 Reading Novels... Jennie Rathbun. Nov. 1-Dec. 13 (no class 11/22). Mural Room. ACE
- 1:00- 3:00 Mah Jongg, Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA
- 1:30- 3:00 Shakespeare and Friends. Noel McCoy. Oct. 4; Nov. 1, 8, 15. \$10 per class. Drop in. Arts & Crafts Room. ASA
- 1:30- 2:15 AquaFit. Woburn YMCA. COA
- 2:00- 3:00 Chair Yoga. (drop in). Mural Room. COA
- 2:30-4:00 French Café. Yvon Gachette. Oct. 4-Dec. 6 (no class 11/22). Ground Floor Conf. Room. ACE

SPECIFIC THURSDAYS

- 1st & 3rd Thursdays, 1:00. Movies. (subject to change), 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.
- Oct. 18, 4:00-5:00 p.m.** How do I use this Digital Thing? in the Drop in Room. COA
- Oct. 25, 12:30-3:00** Witch Trials talk, Main Hall; Arts & Crafts Room Reserved for costume changes..ASA
- Nov. 1, 11:00** Is Your Medicare Plan Still Right for You? Mark Heumann, SHINE counselor. Mural Rm. COA
- Nov. 8, 12:00-2:00** Diwali celebrations and luncheon. Main Hall. COA

FRIDAYS

- 9:00-10:00 Exercise with Ami Stix. Main Hall. (drop in). ASA
10:15-11:30 Yoga, Main Hall. \$5 per class, drop in. ASA
10:00-11:30 Mindfulness and Stress Management. Leah Gilbert. Sept. 28-Nov. 16. Mural Room. COA
10:00- 1:00 Photographing Outdoors. Erik Gehrig. Oct. 26 & Nov. 2. Mural Room. ACE
10:00-noon Plein Air (painting) Anastasia Semash. Oct. 5- Nov 30. (no class 11/23).Arts & Crafts Rm. ACE
11:45-12:45 Essentrics: Gentle Stretching. Severina Gates. Sept. 28-Dec. 7 (no class 11/23). Main Hall. ACE
1:00- 3:00 Mixed Media Collage. Anne Black. Nov. 9-Dec. 7 (no class11/23). Arts & Crafts Room. ACE

SPECIFIC FRIDAYS

- 1st Friday, 1:00- 3:00. ASA Board Meeting. Arts & Crafts Room. (except Oct. 12 & Dec. 14). 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. ASA
4th Friday, 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.

Organizations in the Senior Center

Arlington Seniors Association

ArlingtonSeniors@rcn.com www.arlingtonseniorsassociation.org

Malcolm Hamilton, President: 781-316-3420 -or- home 781-641-2942. mch12938@comcast.net
Reception Desk/ Drop-In Room: 781-316-3420.

Location: Main Floor, 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
Urvi Agarwalla, Nurse
Christine Angell, Administrative Assistant
Lourie August, Social Worker
Shanon Murphy, 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 3rd Thursdays. 6:00-7:00 p.m. Ground Fl. Conf. Room.

LGBTQ Elder Connections: Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders. Call Marci Shapiro-Ide, LICSW, at 781-316-3400.

--Also offering programs in the Senior Center--

ACA: Arlington Center for the Arts (781) 648-6220 <https://www.acarts.org>. Central School, 3rd and 4th Floors.

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