

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

November- December 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, tax, or gratuity. 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.

November 1, Thursday, 10:30-12:30.

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 13, Tuesday, 10:00-11:30.

Legal Checkup for Seniors with COA Legal Advisor, Anthony Moschella, Esq. Town Hall, Lyons Hearing room, 2nd floor. COA

December 13, Thursday, 12:00-2:00.

Senior Center Holiday Luncheon, with entertainment led by Cheri Minton and the Sing-Along singers. This event is sponsored by Susan and Dr. George Kehler in memory of Susan's mother, Joan Caterino. ASA

UPCOMING SENIOR CENTER CLOSINGS

November 12, Monday, closed for Veterans Day

November 22 & 23, Thursday & Friday, closed for Thanksgiving.

December 24, 25, and 31, Monday, Tuesday, Monday, Holidays

January 1, Tuesday, New Year's Day.

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.

Legal Checkup for Seniors. November 13, 10:00-11:30. Town Hall, Lyons Room. COA

Legal: Private half-hour sessions with legal advisor Anthony Moschella between 9:00 & 12:00.

November 27 and December 27 Board of Health Conf. Room. Call COA for appointment.

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

Celebrations, Parties, Luncheons [See Page one for extended 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

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 November 15, 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 Tues. Nov. 13, 12:30-1:30 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

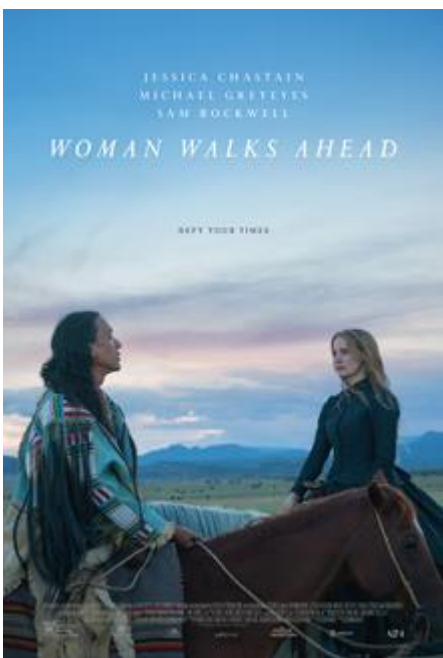
Chateau Café on Maple Street at the Senior Center Suggested donation \$2.

48-hour advance notice. Minuteman Meals Office. 781-316-3423. COA

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

Movies

November 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.



Thursday, November 1, 1:00

Woman Walks Ahead is a 2017 American biographical drama film directed by Susanna White and written by Steven Knight. The film is the story of Catherine Weldon (Jessica Chastain), a portrait painter who travels from New York to Dakota to paint a portrait of Sitting Bull (Michael Greyeyes) in 1890. Chaske Spencer and Sam Rockwell also star.

Running time: 101 minutes



Thursday, Nov. 15, 1:00

Mamma Mia, Here We Go Again is a 2018 jukebox musical romantic comedy film written and directed by Ol Parker, from a story by Parker, Catherine Johnson, and Richard Curtis. It is a follow-up to the 2008 film *Mamma Mia!*, which in turn is based on the musical of the same name using the music of ABBA. The film features an ensemble cast, including Lily James, Amanda Seyfried, Christine Baranski, Julie Walters, Pierce Brosnan, Andy García, Dominic Cooper, Colin Firth, Stellan Skarsgård, Jessica Keenan Wynn, Alexa Davies, Jeremy Irvine, Josh Dylan, Hugh Skinner, Cher, and Meryl Streep. Both a prequel and a sequel, the plot is set after the events of the first film, and also features flashbacks to 1979, telling the story of Donna Sheridan's arrival on the island of Kalokairi and her first meetings with her daughter Sophie's three possible fathers.

Running time: 114 minutes

Dec. 6: *Crazy Rich Asians*;

Dec. 20: *The Man Who Invented Christmas*

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.

Nov.13 (Mural Room), Dec. 11. (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.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

First Aid for Grandparents. J. Kingsley. Tues., 10:00-11:30. Oct. 16 & 23. \$89. Mural Rm 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, November 1, Thursday, 11:00-noon. COA

Mindfulness and Stress Management. Leah Gilbert. Fridays. Sept-28-Nov. 16, 10:00-11:30

Mural Room. \$30. Register at COA from desk.

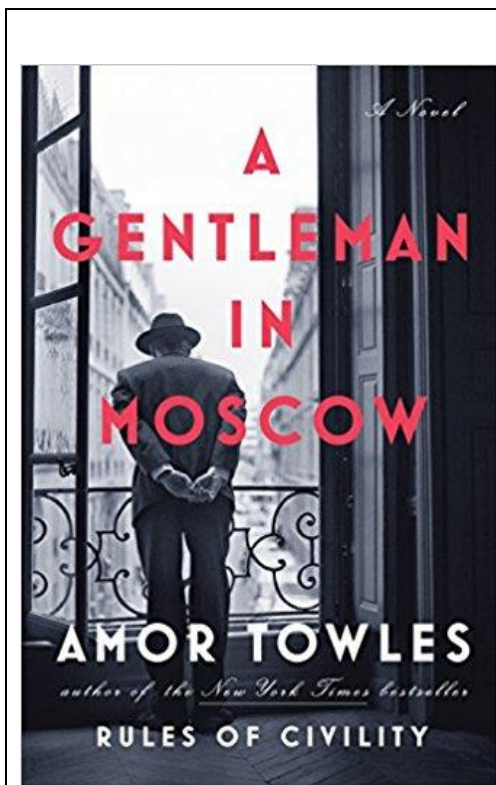
Nutrition Talks, Tuesdays, Nov. 13, Dec. 11. 12:00-1:00. Mural Room. COA

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. COA

Reading and Writing

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



ASA Book Club November 16

1:00-2:30
Drop-In Room

A Gentleman in Moscow: a Novel **by Amor Towles**

When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery.

Viking, 2016. 462 pages

December 21, Annual luncheon and book swap at Not Your Average Joe's, 1:00-2:30.

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. Ground Floor Conference Room.. ACE

Shakespeare and Friends. Noel McCoy. Nov. 1, 8, 15. 1:30-3:00. \$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. Orchestra seating at the Opera House for an evening performance of this holiday standard.
- Tuesday, December 18. **A Salem Cross Inn Christmas** ASA Members: \$80; Nonmembers \$82. Travel to Spencer MA to visit St. Joseph’s Abbey Gift Shop. Then on to Salem Cross Inn for full course luncheon. Finally to Bright Nights Lights to view New England’s most elaborate display of Christmas lights.
- Monday, December 31. **An American Bandstand New Year’s Eve Day at Lake Pearl,** Music from the 50’s to the 80’s. Includes champagne toast and luncheon of sirloin steak, chicken breast, or baked scrod.

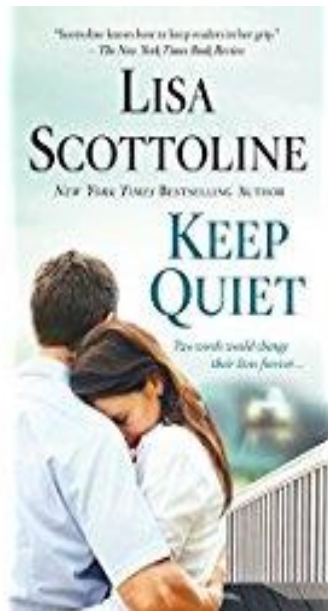
Council on Aging Events Outside the Senior Center

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.



***Keep Quiet* by Lisa Scottoline.**

Thursday, November 29: Arlington High School Media Center. 2:45

An emotionally gripping and morally complex story about one father's decision to protect his son — and the devastating consequences that follow. Jake Buckman's relationship with his sixteen-year-old son Ryan is not an easy one, so at the urging of his loving wife, Pam, Jake goes alone to pick up Ryan at their suburban movie theater. On the way home, Ryan asks to drive on a deserted road, and Jake sees it as a chance to make a connection. However, what starts as a father-son bonding opportunity instantly turns into a nightmare. Powerful and dramatic, *Keep Quiet* will have readers and book clubs debating what it means to be a parent and how far you can, and should, go to protect those you love.

St. Martin's, 2014. 352 pages

Thursday, December 20th, *Between the World and Me* by Ta-Nehisi Coates.



November 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

Robbins Library Book Discussion Group, Monday, November 5, 7:00 p.m. Robbins Library Community Room.

The group discusses *The Nightingale* by Kristin Hannah. New members are welcome.

Isabella at the Robbins Library, Presented by the Delvena Theatre Company

Thursday, November 8. 7:00 p.m. Robbins Library Community Room

Step back in time and meet Isabella Stewart Gardner, the famed founder of our own Gardner Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste

and unconventional behavior. An informative, yet entertaining presentation! The cast will open up to the audience for discussion regarding Isabella after the performance. An edutainment production, written by Fran Baron, the show will feature Fran Baron as Isabella Stewart Gardner and Lynne Moulton as her maid, Lottie.

Guys Book Group, Thursday, November 8, 7:30 p.m. Fox Branch Library

The book this month is *Citizens of London* by Lynna Olson. New members always welcome. Please contact Brad McKenna, bradley.mckenna@gmail.com for more information.

Meet the Author: Anjali Mitter Duva, Saturday, November 10, 2:30 p.m. - 4:00 p.m.

Robbins Library Community Room

Robbins Library is celebrating National Novel Writing Month by inviting a fellow Arlingtonian to talk about her life as a published author. Anjali Mitter Duva, Indian American author of the bestselling historical novel *Faint Promise of Rain*, will be sharing her experiences in the literary world, discussing her bestselling book, and offering advice to aspiring novelists. Anjali will also be selling and signing copies of her book. Mark your calendars!

Using DNA as a Research Tool with Seema-Jayne Kenney, Tuesday, November 13, 7:00 p.m.

Robbins Library Community Room

Come and learn more about this cutting edge science which can help access the world's largest online family history! Whether you've taken or are considering taking a DNA test to determine your kinship with someone or trace your lineage, knowing how to work with the results you receive is crucial. Receiving the results is one thing, understanding them and using them as a research tool are totally different things! This program is sponsored by the Friends of the Robbins Library.

Not-So-Young Adult Book Group. Monday, November 19, 7:00 p.m.

Robbins Library Conference Room

We'll be discussing *Midnight at the Electric* by Jodi Lynn Anderson. 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!

PLUG iN To Home Sweet Home...or not. Monday, November 19, 7:00 p.m. - 9:00 p.m.

Robbins Library Community Room

Though many retirees love their homes, maintenance costs are in a tug-of-war with retirement assets. Have you ever wondered if you can you keep your home and your lifestyle or if you will outlive your money? Should you age in place or move? Penelope Tzougros, Boston area financial planner and author of *Your Home Sweet Home: How to Decide Whether You Should Stay or Move in Retirement* will answer these questions, and your own questions, too.

Robbins Library Queer Book Group/Social

Wednesday, November 28, 7:00 p.m. - 8:30 p.m., Robbins Library Conference Room

Join us for our annual "I'm Feeling Pot-lucky" Potluck! Bring a dish to share with the group (if you can) & or just come enjoy the labor of others! Email or call Rob at rlorino@minlib.net or 781-316-3226 with any questions.

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DAILY CALENDAR IN THE SENIOR CENTER

November--December 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. [Mural Room, Nov. 13] Main Hall.. ASA
- 4th Tuesday, 1:15-2:30 Low Vision Support Group. Ground Floor Conference Room. COA
- November 13**, 10:00-11:30. Legal Checkup for Seniors. Town Hall, Lyons Room. COA
- November 13** 12:30-1:30- International Intergenerational Tea Talk. Main Hall. COA
- November 13** 12:00-1:00 Nutrition Talk: Diabetes. Ground Fl. Conf. Room. COA
- November 13** 12:30-2:00 Sing Along, Mural Room. ASA
- November 27** Private sessions with legal advisor between 9:00 & 12:00. BOH Conf. Room. Call COA for appointment
- December 11** 12:00-1:00 Nutrition Talk: TBA. Mural Room. 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).Gr. Fl Conf. Rm. 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.
Nov. 1, 10:30-12:30 Is Your Medicare Plan Still Right for You? Mark Heumann. Mural Room. COA
Nov. 8, 12:00- 2:00 Diwali celebrations and luncheon. Main Hall. COA
Nov. 15, 4:00-5:00 This Digital Thing. Drop-in Room. COA
Nov. 29, 2:00-4:00 BOH program. Main Hall. COA
Dec. 27. Private sessions with legal advisor between 9:00 & 12:00. BOH Conf. Room. Call COA for appt.

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
10:45-noon Bereavement Group Nov. COA
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 class 11/23). Arts & Crafts Room. ACE

SPECIFIC FRIDAYS

1st Friday, 1:00- 3:00. ASA Board Meeting. Arts & Crafts Room. (except Dec. 14). ASA
2nd Friday, 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.

WiFi password: **ASAWireless**

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>. 20 Academy St., 3rd and 4th Floors.

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