

Arlington Senior Center Programs

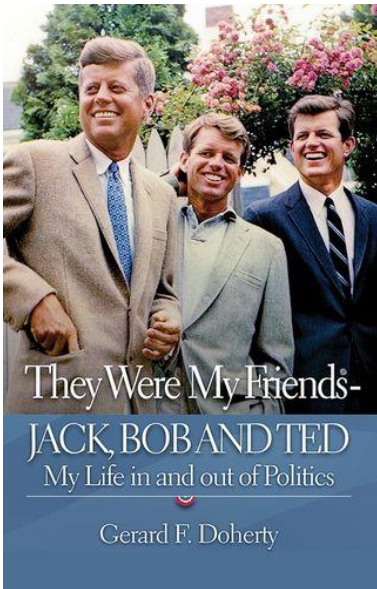
27 Maple Street

Arlington, Massachusetts 02476

December 2018 - January 2019

► HIGHLIGHTS ◀

December 13, Thursday, 12:00-2:00. Senior Center Holiday Luncheon, with entertainment led by Cheri Minton and the Maple Street Singers. This event is sponsored by Susan and Dr. George Kehler in memory of Susan's mother, Joan Caterino. Lunch by Beaujolais Catering. ASA



January 10, 1:00-2:30, lecture in the Main Hall, followed by refreshments with the author. Sign up in the Drop-In Room.

They Were My Friends is the long-awaited autobiography of Gerard F. Doherty, trusted political adviser to President John Kennedy, Senator Robert Kennedy, Senator Edward Kennedy, President Lyndon Johnson and President Jimmy Carter.

Gerry Doherty was a member of the Massachusetts House of Representatives from 1957 to 1965 and Chairman of the Massachusetts Democratic Party from 1962 to 1967.

“This is a piece of American political history from behind the curtain. Lots of political stories never made public.”

Henry M. Quinlan, Publisher

Sign up for your Senior MBTA CharlieCard Event Thursday, December 13; 10:00-noon and 5:00-7:00 p.m. in the mural room. This is for new applications only. If you need to replace your current CharlieCard, call 617-222-3200. To attend the CharlieCard Event, call 781-316-3400. Bring a copy of your valid RMV issued ID or **Passport** when you arrive.

Congresswoman Katherine Clark Office Hours Jay Higgins, who represents Congresswoman Clark, will have office hours from 12:15 to 1:15 in the Board of Health Conference Room, Thursdays, December 6 and January 3. Open to the public and appointments are not necessary. People can come to talk about issues they want Jay to pass along to the Congresswoman or to ask for help with a federal agency.

UPCOMING SENIOR CENTER CLOSINGS

Monday & Tuesday, Dec. 24 & 25 and Monday & Tuesday, Dec. 31 & Jan. 1.

Ongoing Classes -- Events -- Services

Contents

Arts and Crafts	Movies
Business, Finance, and Taxes	Music and Song
Celebrations, Parties, Luncheons	Personal Support, Health, Wellness
Computers and Technology	Reading and Writing
Discussion Groups	Volunteering
Exercise, Movement, and Dance	Outside the Senior Center
Games	Trips and Outings
Language and Languages	Robbins Library Programs
Meals	

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

Art of Drawing. Sue Funk. Wednesdays, 10:00-noon, Jan. 16-March 13 (no class 2/20). Arts & Crafts Room. ACE

Beginning Acrylic Painting. Anastasia Semash. Tuesdays, Jan. 15-March 12 (no class 2/19), 1:00-3:00. Arts & Crafts Room. ACE

Drawing Nature. Anastasia Semash. Fridays, 10:00-noon, Jan 18-March 15 (no class 2/22), \$159/seniors \$145. Arts & Crafts Room. ACE

Learn to Knit. Valerie Wray. Mondays, 10:00-11:30, Jan. 28-Mar 11 (no class 2/18). \$119; seniors \$107. Arts & Crafts Room, ACE

Mixed Media Collage. Anne Black. Fridays, 1:00-3:00, Jan 18-Feb 22. Arts & Crafts Rm. \$95; seniors \$84. ACE

Watercolor Pencils. Charlotte Kaplan. Mondays. 1:00-3:00, Jan 28-Mar 11 (no class 2/18), \$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 for appt.

Legal Assistance: Private half-hour sessions with legal advisor Anthony Moschella between 9:00 and 12:00. January 8. Board of Health Conf. Room. Call COA for appointment.

AARP/COA Tax Preparation. Feb. 5-April 13, Fridays 8:30-5:00; Saturdays 8:30-1:00. Call COA for appointment.

Celebrations, Parties, Luncheons (*See Page one for extended listings.*)

Holiday Luncheon Thursday, Dec. 13. ASA

Singing Grandpops Tuesday, Feb. 26 (new date) 12:30 [?]. Main Hall COA

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 December 13, 4-5 p.m., in the Drop in Room. Limit 6 individuals. Call the COA 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. International students from Arlington High school. Tuesdays, 1:30-2:30, Dec. 18, Feb. 26, March 19, April 23, Main Hall. Register at COA.

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, Jan 18-March 15 (no class 2/22). 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

Thursdays, 8:30-9:30. Main Hall. \$25. 8-week sessions. COA

Yoga: 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

Language and Languages

French Café. Yvon Gachette. Thursdays, 2:30-4:00, Jan. 17-March 14 (no class 2/21). \$135; seniors \$122. Ground Floor Conf. Room. ACE

Meals and Food

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

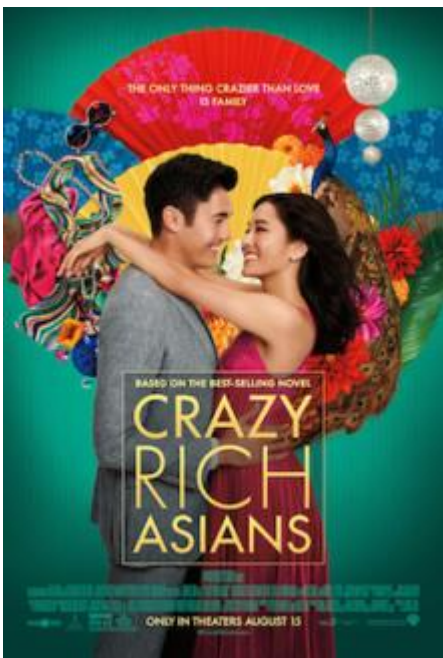
48-hour advance notice. Minuteman Meals Office. 781-316-3423. COA

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

Movies

1st & 3rd Thursdays. All ASA movies are at 1:00 p.m. Free. ASA

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



December 6: *Crazy Rich Asians*

In 1995, Eleanor Young, her son, sister in law, and niece arrive at a London hotel with a reservation, only to be told condescendingly by the receptionist the room she booked is not available. Eleanor and family are turned away, and she is forced to call her husband using a public telephone. When she returns to the hotel, the owner warmly greets her and introduces her to the staff as the new owner of the hotel.

In the present, Rachel Chu, an economics professor at New York University (NYU) in New York City, plays poker with a teaching assistant to demonstrate to her game theory class that, in games involving both psychology and choice, "the key is playing to win, instead of trying not to lose."

Running Time: 121 minutes



December 20: *The Man Who Invented Christmas*

Two years after the success of *Oliver Twist*, Charles Dickens (Dan Stevens) is suffering financial hardship from the failure of his last three books. Rejected by his publishers, he sets out to write a new book to restore his finances. Seeing inspiration around London, most notably a rich man's funeral that is largely unattended, he begins writing *A Christmas Carol*. As Charles begins to develop his story, he interacts with the characters he is writing about, most notably Ebenezer Scrooge (Christopher Plummer). Helping Dickens is one of his servants, Tara, an Irish immigrant who is literate and able to provide advice.

Charles is greeted by the arrival of his father, John Dickens (Jonathan Pryce). Charles' relationship with his family is increasingly strained as he struggles to finish the book in time. Hearing that Charles intends to let Tiny Tim die, Tara suggests a resolution for Scrooge by having him save Tiny Tim instead.

Running time: 104 minutes

January 3: *Catcher was a Spy*

January 17: *Bel Canto*

Music and Song

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

Sing-Along with Cheri Minton & Maple Street Singers. Second Tuesdays, 12:30-2:00. Main Hall. Free. ASA

Personal Support, Health, and 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.

Diabetic Shoes Eligibility Screening. Tuesday, Feb. 5, 9:00-12:00, ten-minutes appointments. COA

Elder Abuse Task Force urges seniors to stay informed with resources about elder abuse and neglect, such as Greater Boston Legal Services' Elder Justice news blog, www.elderjusticegbls.webpress.com. Call COA for date and time meetings.

Falls Prevention: January 23, 11:00-12:30. By Bay State Physical Therapy. Mural Room. COA

Financial Planner Rick Fentin 2nd & 4th Fridays, 9:30 and 11:00. Call for appt. COA

First Aid for Grandparents. Juanita Kingsley. Tuesdays, Feb. 5 & 12. 10:00-11:30.

Whittemore/Robbins. 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

Long-Term Care Insurance Counselor. Sean Condon. Call COA for appointments.

Nutrition Talks, 2nd Tuesdays, Dec. 11; Jan 8. 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.

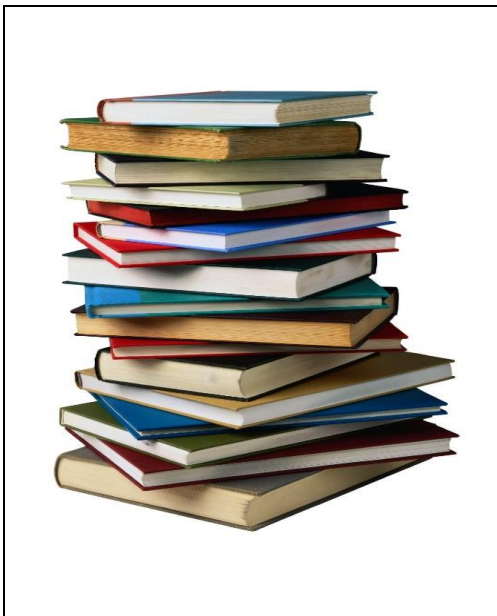
SHINE Counselor: Serving the Health Insurance Needs of Everyone. Free. By appt. call COA.

Wellness: Reduce Pain & Stress. By Perfectly Balanced: January 15, 1:00-2:30. Mural Room.

Register at COA

Reading and Writing

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



***ASA Book Club, Friday
December 21***

1:00 p.m.

meet at

Not Your Average Joe's

Annual Book Swap

and Luncheon

January 18 Book Club selection *The Husband's Secret* by Liane Moriarty.

Intergenerational Book Club. 2:45 Arlington High School Media Center. See "COA Outside the Senior Center" below.

Memoir Writing. Lissa Franz. 10:00-noon, Tuesdays, Jan. 15-March 12 (no class 2/19). Arts & Crafts Room, ACE

Reading Novels for Greater Pleasure. Jennie Rathbun. Thursdays, Dec. 13. 11:00-12:30. Last call in Mural Room.. ACE

Shakespeare and Friends. Noel McCoy. Jan. 3-Feb. 7, 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.]

SPECIAL: Congresswoman Katherine Clark Office Hours

Jay Higgins, who represents Congresswoman Clark, office hours from 12:15 to 1:15 in the Board of Health Conference Room at the Arlington Senior Center Thursdays, December 6 and January 3. Open to the public and appointments are not necessary, drop ins are welcome. People can come to talk about issues they want Jay to pass along to the Congresswoman or to ask for help with a federal agency.

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.

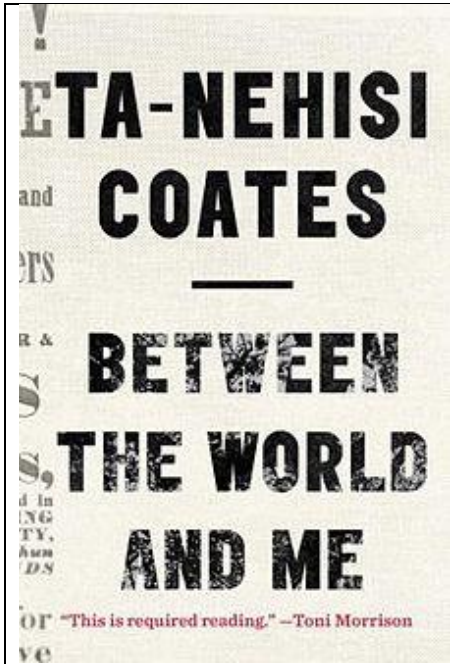
- Friday, December 7. **Boston Ballet's The Nutcracker** ASA Members: \$94; Nonmembers \$102. Orchestra seating at the Opera House for an evening performance of this holiday standard.
- Tuesday, December 18. **A Salem Cross Inn Christmas** ASA Members: \$80; Nonmembers \$82. Travel to Spencer MA to visit 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.

Intergenerational Book Club. Arlington High School Media Center.

Thursday, December 20. 2:45 p.m. Not meeting in January.



Between the World and Me by Ta-Nehisi Coates is written as a letter to the author's teenage son about the feelings, symbolism, and realities associated with being Black in the United States. Coates recapitulates American history and explains to his son the "racist violence that has been woven into American culture." Coates draws from an abridged, autobiographical account of his youth in Baltimore, detailing the ways in which institutions like the school, the police, and even "the streets" discipline, endanger, and threaten to disembody Black men and women. The work takes inspiration from James Baldwin's 1963 *The Fire Next Time*. Unlike Baldwin, Coates sees white supremacy as an indestructible force, one that Black Americans will never evade or erase, but will always struggle against. Spiegel & Grau (Random House), 2015. 176 pages.

“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 Assistant at 781-316-3400.



December 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, December 3, 7:00 p.m. Robbins Library Community Room

The group discusses *Underground Railroad* by Colson Whitehead. Books will be available at the Circulation Desk.

Romance at Stonegate: Coming out in 1910 Wednesday, December 5, 7:00 p.m. Robbins Library Community Room

Author Ellen Levy discusses her book, *Romance at Stonegate*, that features two young Jewish girls, Deborah and Miriam, who meet while vacationing in western Massachusetts in the summer of 1910. Deborah and Miriam are immediately attracted to one another and explore ways to fit into an unforgiving culture.

PLUG IN TO MINDFULNESS AND COMPASSION Thursday, December 6, 7:00 p.m.-9:00 p.m. Robbins Library Community Room

Secular mindfulness and compassion practices can help a variety of mental and physical disorders, but there is no one-size-fits-all approach. Richa Gawande, research and programs manager at the Cambridge Health Alliance Center for Mindfulness and Compassion, will introduce us to mindfulness and touch on compassion. She will share a combination of scientific research and mindfulness practices.

Drop In Tech Help Wednesday, December 12, 2:00 - 3:00 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. Please bring any devices that you have questions about, or check out one of our laptops.

Robbins Library Queer Book Group/Social Wednesday, December 12, 7:00 - 8:30 p.m. Robbins Library Conference Room

Discussing the short story collection, *Her Body and Other Parties*, by Carmen Maria Machado. Copies of the book are available at the circulation desk. Email or call Rob at rlorino@minlib.net or 781-316-3226.

Guys Book Group Thursday, December 13, 7:30 p.m. Fox Branch Library

The book this month is *Freakonomics* by Steven Levitt and Stephen Dubner. Contact Brad McKenna, bradley.mckenna@gmail.com for more information.

Not-So-Young Adult Book Group Monday, December 17, 7:00 p.m. Robbins Library Conference Room

Discussing *The Truth about Forever* by Sarah Dessen. Copies are available for checkout at the circulation desk. This is a book group for adults, but we read books written for teens. Newcomers welcome!

Reel Queer: An Intergenerational Queer Movie Series Tuesday, December 18, 6:30 p.m. Robbins Library Community Room

The Robbins Library & Arlington Council on Aging present a screening of the Oscar-nominated documentary *I Am Not Your Negro*. Rated PG-13. Runtime: 93min.

DAILY CALENDAR IN THE SENIOR CENTER

December 2018-January 2019

MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. (drop in). ASA
10:00-11:30 Learn to Knit. Valerie Wey. Jan. 28-Mar.11 (no class 2/18). 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. Jan. 28-Mar. 11 (no class 2/18). Arts & Crafts Room. ACE
3:00- 4:00 Chinese Dance. Main Hall. COA

SPECIFIC MONDAYS

- 1st Monday, 8:30-11:00 Podiatry. By appointment. \$30. Call COA
4nd Monday, 10:00-11:30 Coffee & Conversation for ASA & COA volunteers. Mural Room.

TUESDAYS

- 10:00-11:15 Yoga. Barbara Freedman. Main Hall. (drop in) ASA
10:00-11:30 First Aid for Grandparents. Juanita Kingsley. Feb. 5 & 12. Whittemore/Robins. ACE
10:00-noon Memoir Writing. Lissa Franz. Tuesdays, Jan. 15-Mar. 12 (no class 2/19). Gr. Fl. Conf. Rm. ACE
12:30- 1:30 Blood Pressure. Main Floor, Reception Room area, Nurse's office. COA
12:30- 1:30 International Intergenerational Tea Talk. International students from Arlington High school. Dec. 18, Feb. 26, March 19, April 23. Main Hall. COA
1:00-3:00 Beginning Acrylic Painting. Anastasia Semash. Jan. 15-Mar. 12 (no class 2/19) Arts & Crafts Room. ACE
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 Tuesdays, 12:30-2:00 Sing Along with Cheri Minton. Main Hall.. ASA
2nd Tuesdays, 12:00-1:00. Nutrition Talks, Dec. 11; Jan 8. Mural Room. COA
3rd Tuesdays, 1:30-2:30, **International Intergenerational Tea Talk** Dec. 18, Feb. 26, March 19, April 23, Main Hall. Register at COA.
4th Tuesdays, 1:15-2:30 Low Vision Support Group. Ground Floor Conference Room. COA
January 8. Legal: Private half-hour sessions with legal advisor Anthony Moschella between 9:00 & 12:00. Board of Health Conf. Room. Call COA for appointment. .
January 15, 1:00-2:30. Wellness: Reduce Pain & Stress. Perfectly Balanced Mural Room. Register at COA

WEDNESDAYS

- 9:00-10:00 Exercise with Joanna Grubel. (drop-in). Main Hall. ASA
10:00-noon Art of Drawing. Sue Funk. Jan. 16-Mar. 13 (no class 2/20). 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
Falls Prevention: January 23, 11:00-12:30. Falls Prevention: By Bay State Physical Therapy. Mural Room. 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. Dec. 13. Mural 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. Jan. 3-Feb. 7 \$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. Jan 17-Mar. 14 (no class 2/21) Ground Floor Conf. Room. ACE

SPECIFIC THURSDAYS

1st Thursday December 6 and January 3. Jay Higgins, who represents Congresswoman Katharine Clark, 12:15 to 1:15 in the BOH Conference Room. COA
1st & 3rd Thursday, 1:00. Movies. (subject to change), Main Hall. Free. ASA
2nd Thursday, 10:15-11:30. Caregiver Support Group. Lourie August. Location varies. COA
3rd Thursday, 6:00-7:00 p.m. COA Board of Directors. Ground Floor Conference Room.
Dec. 13, Senior Center Holiday Luncheon. 12:00-2:00, Main Hall. ASA
Dec. 13, How do I use this Digital Thing? Thursday, December 13, 4:00-5:00. Drop in Room. Register at. COA
Dec. 20, Thursday, 2:45- Intergenerational Book Club at High school Media Center. COA
Dec. 27, Private sessions with legal advisor between 9:00 & 12:00. BOH Conf. Room. Call COA for appt.
Jan. 10, Author Series: Gerard Doherty—book about the Kennedys. 1:00-2:30. Main Hall. ASA

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-noon Drawing Nature. Anastasia Semash. Jan. 18-Mar. 15(no class 2/22) Arts & Crafts Rm. ACE
10:45-noon Bereavement Group. Call COA
11:45-12:45 Essentrics: Gentle Stretching. Severina Gates. Jan. 18-Mar. 15 (no class 2/22) Main Hall. ACE
1:00- 3:00 Mixed Media Collage. Anne Black. Nov. 9-Dec. 7. & Jan. 18-Feb. 22. 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.