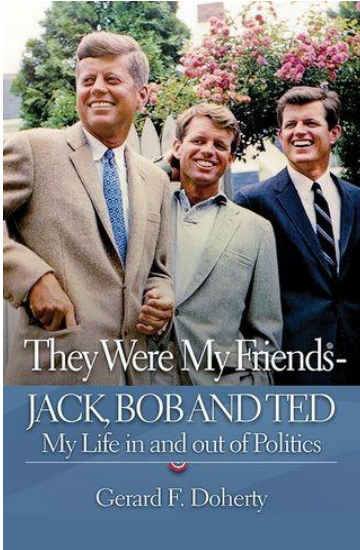


## Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

### January 2019 SUPPLEMENT



January 10, 1:00-2:30, lecture in the Main Hall



# Canceled

*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.



### MOVIE: January 3: *Catcher was a Spy*

*The Catcher Was a Spy* is a 2018 American biographical spy film directed by Ben Lewin and written by Robert Rodat, based on the book of the same name by Nicholas Dawidoff. It stars Paul Rudd as Moe Berg, a former baseball player who joined the war effort during World War II and partook in espionage for the U.S. Government. Mark Strong, Sienna Miller, Jeff Daniels, Tom Wilkinson, Giancarlo Giannini, Hiroyuki Sanada, Guy Pearce, and Paul Giamatti also star.

It premiered at the 2018 Sundance Film Festival.<sup>[</sup>

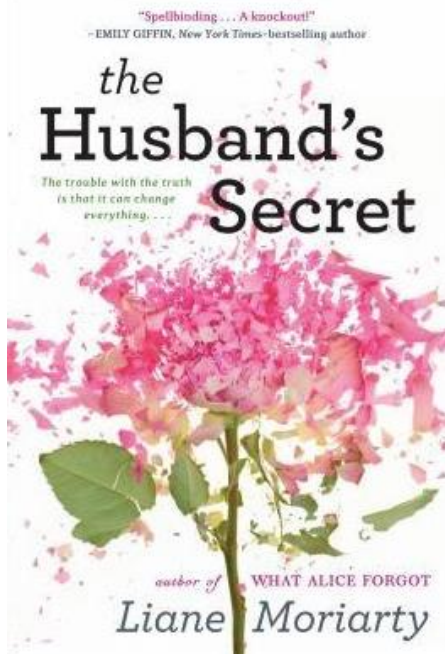
Running time: 98 minutes



**MOVIE: January 17: *Bel Canto***

Roxane Coss (Moore), a famous American soprano, travels to South America to give a private concert at the birthday party of rich Japanese industrialist Katsumi Hosokawa (Watanabe). Just as a handsome gathering of local dignitaries convenes at Vice-President Ruben Ochoa's mansion, including French Ambassador Thibault (Lambert) and his wife (Zylberstein), Hosokawa's faithful translator Gen (Kase), and Russian trade delegate Fyorodov (Krupa), the house is taken over by guerrillas led by Comandante Benjamin (Huerta) demanding the release of their imprisoned comrades. Their only contact with the outside world is through Red Cross negotiator Messner (Koch). A month-long standoff ensues in which hostages and captors must overcome their differences and find their shared humanity and hope in the face of impending disaster.

Running time: 102 minutes/



**Book Club 3<sup>rd</sup> Friday, 1:00-2:30, Drop-In Room. Free.**

**January 18 1:00 p.m.**

***The Husband's Secret* by Liane Moriarty.**

The novel is set in Sydney, Australia, where Cecilia Fitzpatrick is a happily married mother of three who leads a seemingly perfect life. Meanwhile, Tess O'Leary is a career woman who returns to Sydney with her son after her husband, Will, confesses that he is in love with her cousin and best friend, Felicity. Tess's son and Cecilia's children are enrolled in the same school, where Tess's ex-boyfriend, Connor Whitby, is a PE teacher. Rachel Crowley, the school secretary, suspects that Connor is the man responsible for the unsolved murder of her daughter that still haunts her almost three decades later.

Then one day, when Cecilia's husband John-Paul is away, she finds a letter from her husband to be opened only in the event of his death. Cecilia opens the letter anyway, and the devastating secret she discovers has massive consequences for her and the other women.

396 pages

**February 15: *On the Move: A Life* by Oliver Sacks.**

**Intergenerational Book Club. 2:45 Arlington High School Media Center. COA**

**January 24, 2019: *Born a Crime* by Trevor Noah.**

**February 28: *Refugee* by Alan Gratz.**

**March 28: *It's a Kind of Funny Story* by Ned Vizzini.**

**April 25: *The Guernsey Literary and Potato Peel Pie Society* by Annie Barrows and Mary Ann Shaffer.**

# DAILY CALENDAR IN THE SENIOR CENTER

## January Supplement, 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

- 1<sup>st</sup> Monday, 8:30-11:00 Podiatry. By appointment. \$30. Call COA  
4<sup>nd</sup> 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  
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

- 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, 1:00-3:00. Computer Help. Frank Tadley. Games Room. ASA  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 1:00-2:30 Current Events Discussion Group. Frank Tadley. Games Room. ASA  
2<sup>nd</sup> Tuesdays, 12:30-2:00 Sing Along with Cheri Minton. Main Hall.. ASA  
2<sup>nd</sup> Tuesdays, 12:00-1:00. Nutrition Talks, Jan 8. Mural 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.  
3<sup>rd</sup> Tuesdays, 1:30-2:30, International Intergenerational Tea Talk, Feb. 26, March 19, April 23,  
Main Hall. Register at COA.  
January 15, 1:00-2:30. Wellness: Reduce Pain & Stress. Perfectly Balanced Mural Room. Register at COA  
4<sup>th</sup> Tuesdays, 1:15-2:30 Low Vision Support Group. Ground Floor Conference Room. 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

- 2<sup>nd</sup> Wednesday, 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA  
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  
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. 31; Feb. 7, 21, 28; March 7 & 14-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**

1<sup>st</sup> Thursday January 3. Jay Higgins, who represents Congresswoman Katharine Clark, 12:15 to 1:15 in the BOH Conference Room. COA

1<sup>st</sup> & 3<sup>rd</sup> Thursday, 1:00. Movies. (subject to change), Main Hall. Free. ASA

2<sup>nd</sup> Thursday, 10:15-11:30. Caregiver Support Group. Lourie August. Location varies. Call the COA.

3<sup>rd</sup> Thursday, 6:00-7:00 p.m. COA Board of Directors. Ground Floor Conference Room.

Jan. 10, Author Series: Gerard Doherty—**CANCELED** 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. Jan. 18-Feb. 22. Arts & Crafts Room. ACE

### **SPECIFIC FRIDAYS**

1<sup>st</sup> Friday, 1:00- 3:00. ASA Board Meeting. Arts & Crafts Room. ASA

2<sup>nd</sup> Friday, 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. 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. 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 3<sup>rd</sup> 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., 3<sup>rd</sup> and 4<sup>th</sup> Floors.

**ACE: Arlington Community Education.** 781-316-3568. [www.ArlingtonCommunityEd.org](http://www.ArlingtonCommunityEd.org).