

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

February - March 2019

► HIGHLIGHTS ◀

Thursday, Feb. 14, 1:00-2:30, Valentine's Day Celebration. Main Hall. ASA



Crackers & cheese, pastries, punch, etc. Entertainment by Will McMillan, with Joe Reid at the piano. Sign up in the Drop-In Room. \$3.00 each.

Thursday, February 28, Chinese New Year 2019—the year of the pig.
Main Hall. COA. Jan. 28 is the beginning of the New Year.



In Chinese culture, pigs are the symbol of wealth. Their chubby faces and big ears are signs of fortune as well. The New Year greeting in Chinese is “xin nian kuai le” The phrase literally means “Happy New Year.”

But in Hong Kong and other Cantonese-speaking regions, it's more common to say “gong hei fat choy.” In Mandarin Chinese, it's “gong xi fa cai” (恭喜发财). It means “congratulations on the fortune.”

INCLEMENT WEATHER POLICY:

When the Arlington School District is closed because of weather, ASA programs in the Senior Center will be canceled, including all classes, games, social activities, and bus trips. The COA vans do not operate. Otherwise, the COA remains open unless the Town also closes its offices. When in doubt, call the COA at 781-316-3400 or the ASA at 781-316-3420.

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	COA Programs
Meals	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

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 Alex Moschella between 9:00 and 12:00. January 8. Board of Health Conf. Room. Call COA for appointment.

Legal Workshop: Understanding Trusts. With Alex Moschella, Esq. Thursday, Feb. 21, 10:00-11:30. Mural Room. Register at the COA.

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.*)

Singing Grandpops International Intergenerational Tea Talk, Tuesday, Feb. 26, 1:30-2:30. Main Hall. All are welcome. Register at the 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 February 28, 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, Feb. 26 with the Singing Grandpops, Upcoming: 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 Not Currently Meeting Wednesdays, 12:00-3:30. 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.



February 7: **The Bookshop**

The film, like the novel, is set mainly in 1959, and centers on Florence Green, a middle-aged widow, who decides to open a bookshop in the small fictional coastal town of Hardborough, Suffolk. The location chosen is the Old House, an abandoned, damp house said to be infested by ghosts. After many sacrifices, Florence manages to start her business, which grows for about a year after which sales slump. Mr. Brundish, the lonely and mysterious inhabitant of the house at the top of the hill, is Florence's best client. The influential and ambitious Mrs. Gamart intends to set up an [arts centre](#) in the Old House. Mrs. Gamart's nephew, a member of Parliament, sponsors a bill that empowers local councils to buy any historical building that has been left uninhabited for five years. The bill is passed, the Old House is [compulsorily](#) purchased, and Florence is evicted. The film stars [Emily Mortimer](#), [Patricia Clarkson](#), and [Bill Nighy](#)
Running time: 112 minutes



February 21: **Here and Now**

Vivienne (Sarah Jessica Parker), is an established singer/songwriter with a successful music career. On the eve of a major performance, Vivienne receives some life-altering news that causes her to reevaluate her priorities. As she crisscrosses the busy streets of New York City, she tries to balance her upcoming music tour, family, and friends. With the support of her overbearing mother, Jeanne (Jacqueline Bisset), her long-time manager, Ben (Common), and her ex-husband, Nick (Simon Baker), Vivienne strives to make peace with the decisions and sacrifices she's made along the way.
Running time: 96 minutes

Call ahead about availability of this title.

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, 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.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, 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.

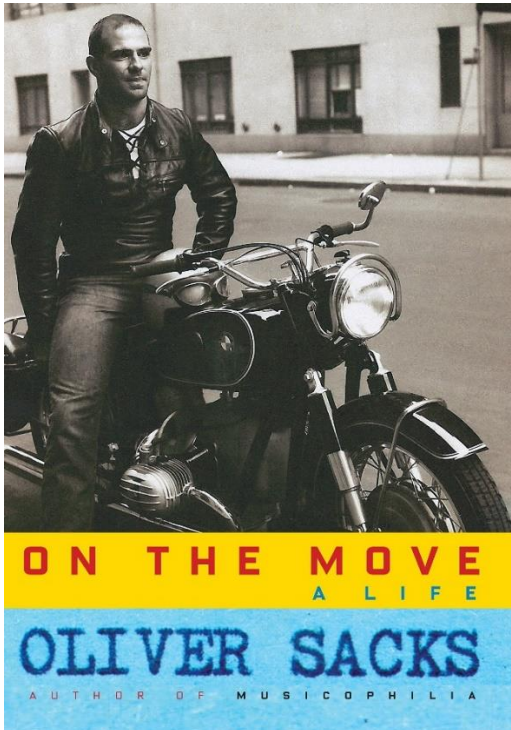
Nutrition Talks, 2nd Tuesdays, Feb. 12, March 12, 12:00-1:00. Mural Room. COA

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.

Reading and Writing

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

	<p>Feb. 15: <i>On the Move: A Life</i> [by] Oliver Sacks</p> <p>When physician and writer Oliver Sacks was twelve years old, a perceptive schoolmaster wrote in his report: "Sacks will go far, if he does not go too far". It is now abundantly clear that Sacks has never stopped going. From its opening pages on his youthful obsession with motorcycles and speed, <i>On the Move</i> is infused with his restless energy. As he recounts his experiences as a young neurologist in the early 1960s, first in California, where he struggled with drug addiction, and then in New York, where he discovered a long-forgotten illness in the back wards of a chronic hospital, we see how his engagement with patients comes to define his life.</p> <p>With unbridled honesty and humor, Sacks shows us that the same energy that drives his physical passions—weight lifting and swimming—also drives his cerebral passions. He writes about his love affairs, both romantic and intellectual; his guilt over leaving his family to come to America; his bond with his schizophrenic brother; and the writers and scientists who influenced him.</p> <p>Knopf/Random House, 2015. 397 pages</p>
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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

Shakespeare and Friends. Noel McCoy. After we finish *Julius Caesar*, we’ll start *Angels in America*, by Tony Kushner. Thursdays, Jan. 31; Feb. 7, 21, 28; March 7 & 14, 1:30-3:00. \$40; \$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.

Tuesday, March 12, 2019, 2019 –

CELTIC ANGELS OF IRELAND AT Venus de Milo, Swansea

They have performed in many musicals including the West Side Story, Joseph and the Amazing Technicolor Dreamcoat, and Grease in Ireland and the West End of London. The show also includes the Celtic Knight Dancers who have performed in Riverdance and their rhythm and artistry are astonishing. The Trinity Band Ensemble of Ireland rounds out the show with flawless interpretation of authentic Irish Trad instrumentals.

Luncheon includes Corned Beef & Cabbage or Baked Haddock. Departure is from St. Camillus parking lot in Arlington at approximately 10:15 a.m. and returns around 5:00. Cost: ASA Members \$92 and Non-Members \$97.

Upcoming:

Tuesday, May 21, 2019: The Edwards Twins, Lake Pearl, Wrentham.

Thursday, July 25, 2019: That’s Amore & Lobster Bash at the Quidnessett Country Club in North Kingstown, Rhode Island.

Wednesday, September 11, 2019: A Taste of Providence, Rhode Island.

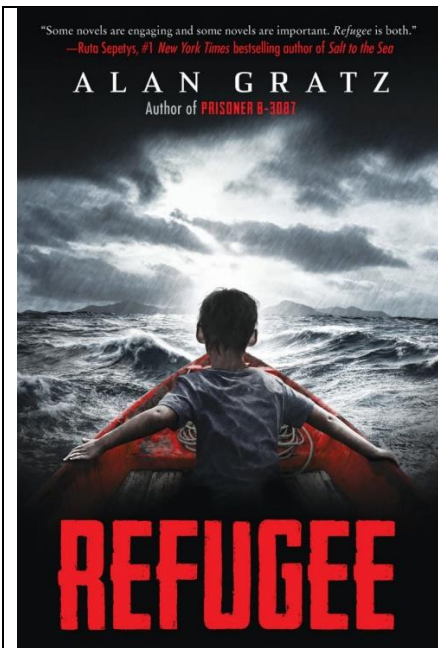
Thursday, November 14, 2019: Ricky Nelson Remembered, Live in Concert at Venus De Milo, Swansea, Ma.

Tuesday, December 3, 2019: Johnny Mathis Christmas at the Danversport Yacht Club in Danvers, Ma.

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.



February 28: *Refugee* by Alan Gratz

A tour de force from acclaimed author Alan Gratz (*Prisoner B-3087*), this timely and powerful novel tells the story of three different children seeking refuge.

Josef is a Jewish boy living in 1930s Nazi Germany. With the threat of concentration camps looming, he and his family board a ship bound for the other side of the world...

Isabel is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, hoping to find safety in America...

Mahmoud is a Syrian boy in 2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe...

All three kids go on harrowing journeys in search of refuge.

Scholastic, 2017. 352 pages.

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.

“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.



February Events at Robbins Library and Fox Branch Library

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

Holiday Closings

The Robbins Library will be closed on Monday, February 18 in observance of Presidents Day.

Robbins Library Book Discussion Group

Monday, February 4, 7:00 p.m.; Robbins Library Conference Room

The group discusses *Commonwealth* by Ann Patchett.

Beehive Poetry with Arlington's Poet Laureate

Wednesday, February 6, 7:00-8:30 p.m.; Robbins Library, Third Floor

All aspiring and experienced poets are invited to the Arlington Poet Laureate's Drop-in Hours. Come by the table overlooking the Library beehives on the third floor for a friendly, informal gathering of poets. If you can, bring 6-8 copies of a current poem to share.

Guys Book Group

Thursday, February 7, 7:30 p.m.; Fox Branch Library

The book this month is *Interpreter of Maladies* by Jhumpa Lahiri. New members always welcome. Contact Brad McKenna, bradley.mckenna@gmail.com for more information.

Science Documentary Screening: Symphony of the Soil

Friday, February 8, 2:30-4:00 p.m.; Robbins Library Community Room

Join us for a screening of the critically acclaimed documentary, *Symphony of the Soil*: a film in which experts discuss the relationships between soil, plants, and animals. Please contact Nick Glade nvglade@minlib.net with any questions. This film has a runtime of 1h 44m and is suitable for adults and older teens.

Reel Queer: An Intergenerational Queer Movie Series

Monday, February 11, 6:30 p.m.; Robbins Library Community Room

This month Reel Queer watches *The Miseducation of Cameron Post*. This film has a runtime of 1h 31m and is not rated. Common Sense Media suggests 16+.

Not-So-Young Adult Book Group

Monday, February 11, 7:00 p.m.; Robbins Library Conference Room

We'll be discussing *Eleanor & Park* by Rainbow Rowell. This is a book group for adults, but we read books written for teens. Newcomers welcome!

Author Lecture: *Dark Tide: the Great Molasses Flood of 1919* with Stephen Puleo

Wednesday, February 13, 7:00 p.m.; Robbins Library Community Room

Author Stephen Puleo will discuss his book *Dark Tide: The Great Molasses Flood of 1919*.

DAILY CALENDAR IN THE SENIOR CENTER

February - March, 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

- 9:00-12:00 Legal: Private half-hour sessions with legal advisor Anthony Moschella, Esq. Board of Health Conf. Room. Call COA for appointment.
- 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

- 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. Mural Room. COA
- 3rd Tuesdays, 1:30-2:30. International Intergenerational Tea Talk, 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
- February 26, 1:30-3:00 International Students host the Singing Grandpops. All are welcome. 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
- 12:30- 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
- 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. \$40; \$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. \$3 drop in. 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 & 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.

Feb. 21: Legal Workshop: Understanding Trusts. With Alex Moschella, Esq. Thursday, Feb. 21, 10:00- 11:30.
Mural Room. Register at the COA.
Feb. 28, 12:00-3:30.: Chinese New Year luncheon. 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-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

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