

# Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

## March-April 2019

Classes—Programs—Events

**Secure shredding bins available: Monday-Wednesday, April 22-24 in Ground Floor Lobby and Main Floor Reception Area. Sponsored by COA and ASA.**

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**For more information or to register for programs, call the sponsoring organization.**

**ACA: Arlington Center for the Arts** 781 648-6220. [www.acarts.org](http://www.acarts.org)

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

**Anyone can draw** Charlotte Kaplan, Thursdays, 1:00-3:00, Apr. 25-June 13 \$189/\$170. 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

**Bring still lifes to life.** Sue Funk Wednesdays, 10:00-noon. April 3-May 4 (no class 4/17) \$159/\$145. 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. Mondays, April 22-May 20. 10:00-11:30. \$75/\$66. Arts & Crafts Room, ACE

**Mixed Media Collage.** Anne Black. Fridays, 1:00-3:00, April 26-May 31 Arts & Crafts Rm. \$155/\$140. ACE

**Photographing outdoors.** Erik Gehring. Tuesdays, May 21 & 28. 10:00-1:00 \$69/\$62. Mural Room ACE

**Pop-Up Cards.** Susanne Agerbok. Wednesday, 1:00-3:00. April 24. \$35. Arts & Crafts Room. ACE.

**Watercolor Pencils.** Charlotte Kaplan. Mondays. 1:00-3:00, Jan 28-Mar 11 (no class 2/18), \$189; seniors \$145. Mondays, April 22-June 17 (no class 5/27) \$189/\$170. Arts & Crafts Room. ACE

### **Business, Finance, and Taxes** [*Call for appointments.*]

**Financial Planner. Rick Fentin.** 2<sup>nd</sup> & 4<sup>th</sup> 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.*)

**Senior Center folks are invited to tour the Arlington Center for the Arts** on the 3<sup>rd</sup> and 4<sup>th</sup> floors of the Senior Center building. mid-March \_TBA

### **Computers and Technology**

**Computer Help Day,** 1<sup>st</sup> & 3<sup>rd</sup> 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. Friday, March 7, 4-5:00 p.m., in the Drop in Room. Limit 6 individuals. Call COA to register. April date TBA.

### **Discussion Groups**

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

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

**International Intergenerational Tea Talk.** International students from Arlington High school. Tuesdays, 1:30-2:30, 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). April 5-June 7 (no class 4/19) 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/\$122;

April 4-June 6 (no class 4/18) \$139/\$125. Ground Floor Conf. Room. ACE

## Meals and Food

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

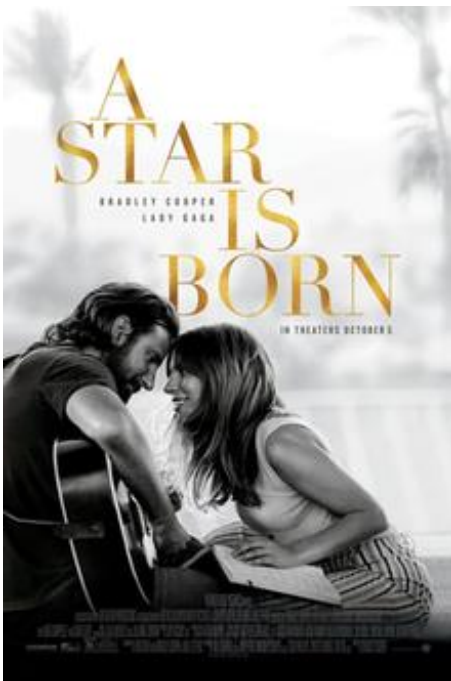
48-hour advance notice. Minuteman Meals Office. 781-316-3423. COA

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

## Movies

**1st & 3<sup>rd</sup> Thursdays. All ASA movies are at 1:00 p.m. Free. ASA**

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




### **March 7: A Star is Born**

Jackson "Jack" Maine, a famous country music singer privately battling an alcohol and drug addiction, plays a concert in California. His main support is Bobby, his manager and older half-brother. After the show, Jack visits a drag bar where he witnesses a performance by Ally, a waitress and singer-songwriter. Jack is amazed by her performance, and they spend the night talking to each other, where Ally discloses to him the troubles she has faced in pursuing a professional music career.

Jack invites Ally to his next show. Despite her initial refusal she attends and, with Jack's encouragement, sings on stage with him. Jack invites Ally to go on tour with him, and they form a romantic relationship. In Arizona, Ally and Jack visit the ranch where Jack grew up and where his father is buried, only to discover that Bobby sold the land. Angered at his betrayal, Jack punches Bobby, who subsequently quits as his manager.

From director Bradley Cooper and starring Lady Gaga.

Running Time: 135 minutes

	<p>March 21: <b>The Old Man &amp; a Gun</b></p> <p>At the age of 61, career criminal Forrest Tucker (Robert Redford) is a wanted man, having broken out of San Quentin. In 1981, after escaping from a police chase, Tucker sees a woman with a broken down truck on the side of a Texas highway and pulls over to assist. Jewel (Sissy Spacek), who is grateful for his help, buys Tucker food at a diner. Despite introducing himself with a fake name, Tucker becomes drawn to Jewel to the point of revealing that he is a bank robber. The two spend further time together on Jewel's farm. Tucker makes a plan to pay off the rest of Jewel's mortgage as a surprise but becomes frustrated after the bank tells him that this type of gift would require Jewel's signature.</p> <p>Tucker goes on to conduct a string of heists, often without having to draw the weapon under his coat. Detective John Hunt (Casey Affleck) compiles police sketches from witnesses, and the FBI is called in.</p> <p>Running Time: 93 minutes</p>
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## **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** 2<sup>nd</sup> 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](http://www.elderjusticegbls.wordpress.com). Call COA for date and time meetings.

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

**First Aid for Grandparents.** Juanita Kingsley. Tuesdays, May 7 & 14. 10:00-11:30. \$95. Whittemore/Robbins. ACE

**Grandparents Raising Grandchildren Support Group** 2<sup>nd</sup> Wednesdays, 12:00-1:30. Whittemore-Robbins House. COA

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

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

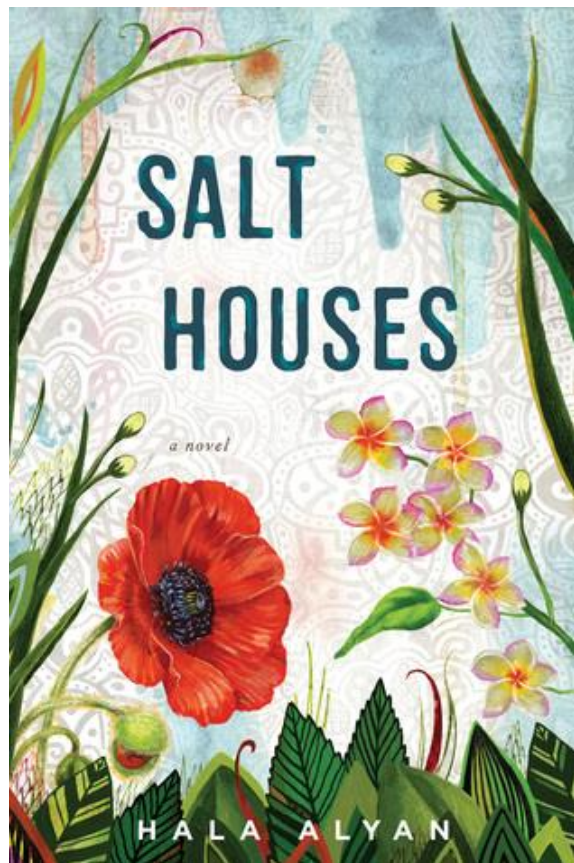
**Nutrition Talks, 2<sup>nd</sup>** Tuesdays, Feb. 12, March 12, 12:00-1:00. Mural Room. COA

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



### **March 15: Salt Houses** by Hala Alyan

On the eve of her daughter Alia's wedding, Salma reads the girl's future in a cup of coffee dregs. She sees an unsettled life for Alia and her children; she also sees travel, and luck. While she chooses to keep her predictions to herself that day, they will all soon come to pass when the family is uprooted in the wake of the Six-Day War of 1967.

Salma is forced to leave her home in Nablus; Alia's brother gets pulled into a politically militarized world he can't escape; and Alia and her gentle-spirited husband move to Kuwait City, where they reluctantly build a life with their three children. When Saddam Hussein invades Kuwait in 1990, Alia and her family once again lose their home, their land, and their story as they know it, scattering to Beirut, Paris, Boston, and beyond. Soon Alia's children begin families of their own, once again navigating the burdens (and blessings) of assimilation in foreign cities.

Lyrical and heartbreaking, *Salt Houses* is a remarkable debut novel that challenges and humanizes an age-old conflict we might think we understand—one that asks us to confront that most devastating of all truths: You can't go home again.

Houghton Mifflin, 2017. 320 pp.

**April 12: *Raven Black* by Ann Cleaves**

**May 17: *I Am Malala* by Malala Yousafzal**

**Intergenerational Book Club.** Thursday, March 28, 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). Tuesdays, 10:00-noon, April 2-May 28 (no class 4/16). Arts & Crafts Room, ACE

**Reading novels for greater pleasure.** Jennie Rathbun. Thursdays, April 4-May 16 (no class 4/18) \$89/\$79. Ground Floor Conf. Room/Mural Room. ACE

**Shakespeare and Friends.** Noel McCoy. *Angels in America*, by Tony Kushner. Thursdays, 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 at end.]

## **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.

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

The World Famous Impersonators direct from Las Vegas. NBC says it's one of the most extraordinary shows ever seen. Songs from. "Sonny & Cher, Neil Diamond, Bette Midler, Barbra Streisand, Andrea Bocelli", and many more. USA Today and the Boston Globe also raves "A Must see show" as each super star sings some of their best hits.

Luncheon includes Stuffed Breast of Chicken or Baked Scrod.

Departure is from St. Camillus parking lot in Arlington at approx. 10:15 a.m., returning around 5 p.m. Cost: ASA Members \$92, Non-Members \$97.

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

Starring International Singing Sensation Vinnie Talarico.direct from the Super Star Theatre at Resorts Casino in Atlantic City. He sings, dances, tells jokes, does impersonations and even plays the drums. **That's Amore** is a fun Italian Show featuring songs from Luciano Pararotti, Mario Lanza, Louis Prima, Dean Martin, i.e., Mambo Italiano, Mama, Eh Compari, and more.

Luncheon includes Fresh Lobster or Petite Filet Mignon.

Departure from St. Camillus parking lot in Arlington at approx.. 9:15 a.m., returning around 5:45 p.m. Cost: ASA Members \$96, Nn-Members \$100.

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

ASA members \$80, non-members \$85.

#### **Thursday, November 14, 2019: Ricky Nelson Remembered, Live in Concert at Venus De Milo, Swansea, Ma.** ASA members \$95, non-members \$99.

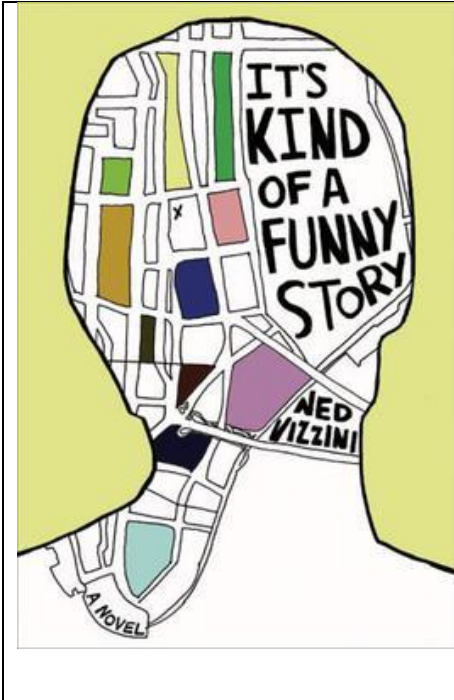
#### **Tuesday, December 3, 2019: Johnny Mathis Christmas** at the Danversport Yacht Club in Danvers, Ma. ASA members \$94, non-members \$98.



## Council on Aging Events Outside the Senior Center

**AquaFit** Thursdays, 1:30-2:15. Woburn YMCA pool. Register with COA.

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



### **March 28: It's Kind of a Funny Story**

by Ned Vizzini.

Like many ambitious New York City teenagers, 15-year-old Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

He returns home at the novel's end, with a new energy to live life. He begins to appreciate the little things that make him happy.

New York: Miramax Books/Hyperion, ©2006.

**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.



## **March Events at Robbins Library and Fox Branch Library**

Contact: Anna Litten, Assistant Director of Libraries. 781-316-3202 or [alitten@minlib.net](mailto:alitten@minlib.net)

### **The Roots of the Central American Refugee Crisis**

Saturday, March 2, 2:00 p.m. Robbins Library Community Room

A screening of the the award-winning documentary “Harvest of Empire” followed by a discussion with Patricia Montes. This Arlington Reads Together event is co-sponsored by The Arlington-Teosinte Sister City Project, ArCS, Centro Presente, and the International Institute of New England. Appropriate for older teens and adults. This film is unrated and has a runtime of 1h 30m.

### **The Friends of Robbins Present: Reading Room Concert Series: Albino Mbie--Celebrating Love and Life**

Sunday, March 3, 3:00 p.m. Robbins Library Reading Room

Albino Mbie brings his musical heritage from his homeland of Mozambique to his jazz, blending sounds from around the world. An Arlington Reads Together Event.

### **Robbins Library Book Discussion Group**

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

The group discusses *The Boston Girl* by Anita Diamant. New members are welcome. Books will be available at the Circulation Desk.

### **Displaced: Finding Support at Home and Abroad**

Wednesday, March 6, 7:00 p.m. Robbins Library Community Room

In this Arlington Reads Together panel session we will hear how community organizations in Massachusetts support displaced people locally and globally. Panelists Sarah Trilling and Elizabeth Dray will share information and stories from their work with The Arlington-Teosinte Sister City Project and the ArCS Cluster.

### **Beehive Poetry with Arlington's Poet Laureate**

Wednesday, March 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.

### **Drop In Tech Help**

Tuesday, March 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. If your question is about one of your accounts (e-mail, Facebook,



etc.), please bring the relevant username and password you'll need to log in. This is a drop-in session and multiple people may show up. Your patience is appreciated!

### **LGBT Asylum Task Force**

Wednesday, March 13, 7:00 - 8:30 p.m. Robbins Library Community Room

The Lesbian, Gay, Bisexual, and Transgender (LGBT) Asylum Task Force is a ministry of Hadwen Park Church and a community-based organization dedicated to supporting and empowering LGBTQI individuals who are seeking asylum in the United States. Hear from a volunteer working with the organization, as well as client receiving support from the Task Force. An Arlington Reads Together event.

### **Guys Book Group**

Thursday, March 14, 7:30 p.m. Fox Branch Library

The book this month is *What Should We Be Worried About* by John Brockman. New members always welcome. Please contact Brad McKenna, [bradley.mckenna@gmail.com](mailto:bradley.mckenna@gmail.com) for more information.

### **PLUG iN TO FiRE AT SEA, A DOCUMENTARY**

Monday, March 18, 6:30-8:45 p.m. (Note earlier start time). Robbins Library Community Room

Once again, PLUGGED iN is participating in Arlington Reads Together. PLUG iN to a viewing of the award-winning documentary, *Fire at Sea*. While *Refugee* tells the stories of three young children on their journeys to seek refuge, the documentary introduces us to a 12-year-old boy who, as the producers describe, is a witness to thousands of men, women, and children who risk their lives to make the brutal crossing from Africa to Lampedusa, a remote Mediterranean island that has become a major entry point for refugees into Europe. Doors open at 6 pm and the film begins at 6:30 p.m. (Note earlier start time for this event.) This film is unrated and has a runtime of 1h 54m.

### **Not-So-Young Adult Book Group**

Monday, March 18, 7:00 - 8:00 p.m. Robbins Library Conference Room

We'll be discussing the Arlington Reads Together community read, *Refugee* by Alan Gratz. 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!

### **Brown Bag Lunch Book Discussion: *Refugee***

Friday, March 22, 12:30-1:30 p.m. Robbins Library Conference Room

Feel free to bring your lunch. Cookies (gluten-free and non) will be served.

### **A Conversation About Refugee Services in New England Today with Jeffrey Thielman**

Tuesday, March 26, 7:00 p.m. Robbins Library Community Room

The International Institute of New England works to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship. In this conversation, we will hear from a refugee client of IINE, as well as learn about the global, national, and local political issues impacting refugees today. This Arlington Reads Together wrap-up event is the last major event of the program.

# DAILY CALENDAR IN THE SENIOR CENTER

## March - April, 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). April 22-May 20. 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); April 22-June 17 (no class 5/27) 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

- 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. May 7 & 14. Whittemore/Robins. ACE  
10:00-noon Memoir Writing. Lissa Franz. Tuesdays, Jan. 15-Mar. 12 (no class 2/19); April 2-May 28 (no class 4/16). Gr. Fl. Conf. Rm. ACE  
10:00-1:00 Photographing outdoors. Erik Gehrig. Mural Room. 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. Mural Room. COA  
3<sup>rd</sup> Tuesdays, 1:30-2:30. International Intergenerational Tea Talk,, March 19, April 23, Main Hall. 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 Room. ACE  
10:00-noon Bring still life to life. Sue Funk. April 3-May 29 (no class 4/17). Arts & Crafts Room. 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

- 2<sup>nd</sup> Wednesday, 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA  
April 24. 1:00-3:00. Pop-Up Cards. Susanne Agerbok. \$35. Arts & Crafts Room. ACE.

### 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. April 4-May 16 (no class 4/18) Ground Fl. Conf. Rm./Mural Room 4/11 & 5/9. ACE  
1:00- 3:00 Mah Jongg, Judy Harris. Thursdays, 1:00-3:00. Games Room. Free. ASA  
1:00- 3:00 Anyone can draw. Charlotte Kaplan. April 25-June 13. Arts & Crafts Room. ACE  
1:30- 3:00 Shakespeare and Friends. Noel McCoy. 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). April 4-June 6 (no class 4/18)  
Ground Floor Conf. Room. ACE

#### **SPECIFIC THURSDAYS**

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

#### **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); April 5-June 7 (no class 4/19). Main Hall. ACE  
1:00- 3:00 Mixed Media Collage. Anne Black. April 26-May 31. 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

**Location:** 27 Maple Street,  
Arlington, 02476.

**Telephone:** 781-316-3400.

Shanon Murphy, Information & Referral  
Services  
Kristine Shah, Volunteers & Transportation  
Coordinator

**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.

Marci Shapiro-Ide, Social Worker

**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).