

# Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

## April-May 2019

### Classes – Programs - Events

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- ✓ **Secure shredding bins available: Monday-Wednesday, April 22-24 in Ground Floor Lobby and Main Floor Reception Area.**
    - Sponsored by COA and ASA.
  - ✓ **Paving the Senior Center driveway to begin April 8. Parking will be impacted**
  - ✓ **The Senior Center is closed Monday, April 15, Patriots Day**
    - and Friday, April 19, Good Friday.

### Coming Events

- **Senior Center Volunteers Appreciation Lunch (by invitation) April 11**
- **Mother's Day Tea May 9**
- **Older Americans Lunch May 23.**
- **International Elder Abuse Awareness Day. June 20. Brown Bag Lunch**
- **Arlington Seniors Association Annual Meeting, June 27**

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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

- Anyone can draw** Charlotte Kaplan, Thursdays, 1:00-3:00, Apr. 25-June 13 \$189/\$170. 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.
- Learn to Knit.** Valerie Wray. Mondays, 10:00-11:30, 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, 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 Tuesdays. between 9:00 and 12:00. Board of Health Conf. Room. Call COA for appointment.
- Legal Workshop:** Discussion of financial topics with Alex Moschella, Esq. Usually 3<sup>rd</sup> Thursdays, 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 Volunteers Appreciation Lunch (by invitation) April 11**
- Mother's Day Tea May 9**
- Older Americans Lunch May 23.**
- Arlington Seniors Association Annual Meeting, June 27**

## 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. First Friday of the month, 4-5:00 p.m. in the Drop in Room. Limit 6 individuals. Call COA to register.

## Discussion Groups

- Coffee and Conversation for ASA/COA Volunteers** 4<sup>th</sup> Monday. 10-11:00. 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, 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, 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 with 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, 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

**Nutrition Talks, 2<sup>nd</sup> Tuesdays, April 9; May 14, 12:00-1:00.** Ground Fl Conf. Room. COA

## Movies

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

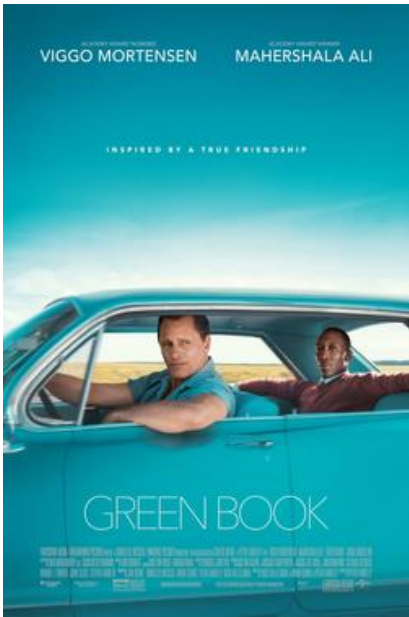
Showings depend upon availability of films and are subject to substitutions.



**April 4: *Can You Ever Forgive Me?*** is a 2018 American biographical film directed by Marielle Heller and with a screenplay by Nicole Holofcener and Jeff Whitty, based on the confessional memoir of the same name by Lee Israel. Melissa McCarthy stars as Israel, and the story follows her attempts to revitalize her failing writing career by forging letters from deceased authors and playwrights. The film also features Richard E. Grant, Dolly Wells, Jane Curtin, Anna Deavere Smith, Stephen Spinella, and Ben Falcone in supporting roles.

Israel took the title from an apologetic line in a letter in which she posed as Dorothy Parker.

Running time: 107 minutes



**April 18:** *Green Book* is a 2018 American biographical comedy-drama film directed by Peter Farrelly. Set in 1962, the film is inspired by the true story of a tour of the Deep South by Jamaican–American classical and jazz pianist Don Shirley (Mahershala Ali) and Italian-American bouncer Tony Vallelonga (Viggo Mortensen) who served as Shirley's driver and bodyguard.

The film was written by Farrelly, Brian Hayes Currie and Vallelonga's son, Nick Vallelonga, based on interviews with his father and Shirley, as well as letters his father wrote to his mother. The film is named after *The Negro Motorist Green Book*, a mid-20th century guidebook for African-American travelers written by Victor Hugo Green, to help them find motels and restaurants that would accept them at a time of widespread racial segregation and sunset towns.

Running time: 130 minutes

## **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.

**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](http://www.elderjusticegbls.webpress.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.

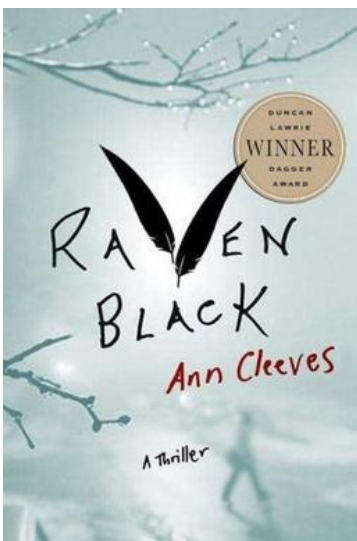
**Nutrition Talks,** 2<sup>nd</sup> Tuesdays, April 9; May 14, 10:30-11:30. Ground Fl Conf. Room. COA

**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



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

It is a cold January morning and Shetland lies buried beneath a deep layer of snow. Trudging home, Fran Hunter notices a vivid splash of color on the white ground, ravens circling above. It is the strangled body of her teenage neighbor Catherine Ross. As Fran opens her mouth to scream, the ravens continue their deadly dance...

Pan, St. Martin's, 2007. 375 pages

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

**Intergenerational Book Club.** Thursday, April 25, 2:45. Arlington High School Media Center.  
See COA Outside the Senior Center, below.

**Memoir Writing.** Lissa Franz. 10:00-noon, Tuesdays, April 2-May 28 (no class 4/16). Arts & Crafts Room, ACE

**Reading novels for greater pleasure.** Jennie Rathbun. Thursdays, April 4-May16 (no class 4/18)  
\$89/\$79. Ground Floor Conf. Room/Mural Room. ACE

**Shakespeare and Friends.** Noel McCoy. Thursdays, April 18 to May 23 1:15-2:45. \$40; \$10 per class. Drop in. Ground Floor Conference Room. Check with instructor for room assignment. 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, 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. ASA Members \$96, Non-Members \$100.

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.

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

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

USA Today named it "One of the Top Ten Little Italys in America". We'll visit Scialo Brothers Italian Bakery and take a mini tour where the smell of fresh baked bread permeates the air. Luncheon will be at Andino's Restaurant in Federal Hill and includes Chicken Marsala, Baked Scrod or Linguini with Clam Sauce. Following luncheon, a Professional Guide will step aboard our coach for a 90-minute tour. We'll travel through the Federal Hill section, downtown and the Historic East Side. Before returning home, we'll shop at Venda Ravioli's Italian Food Emporium where you'll find gourmet pasta, cheeses, and gift baskets. Depart St. Camillus parking lot in Arlington at 8:45 a.m., returning approx.. 5:15 p.m. Cost:

### **Thursday, November 14, 2019 – Ricky Nelson Remembered, Live in Concert at Venus de Milo, Swansea, Mass.** ASA Members \$95, Non-Members \$99

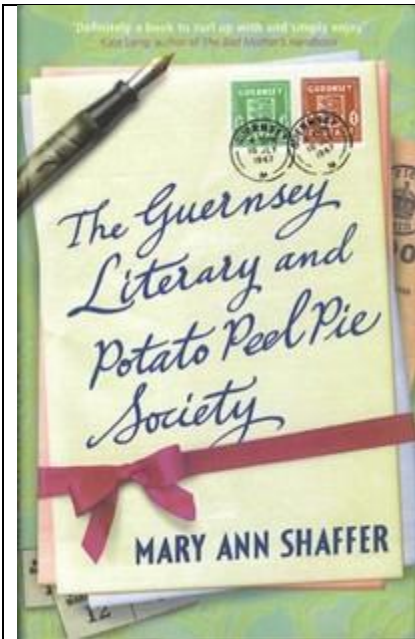
Performance by Ricky's identical twin sons, Matthew & Gunner Nelson. Ricky was an American actor, musician and singer-songwriter and starred in his family TV series The Adventures of Ozzie and Harriet. His hit songs include "Hello Mary Lou", Travellin' Man", and his song "Poor Little Fool" holds the distinction of being the first #1 song on the Billboard. The Nelson family is the ONLY family in entertainment history with THREE generations of #1 Hitmakers in the Guinness Book of Worlds. Luncheon includes Chicken Parmesan or Baked Scrod. Estimated departure time from St. Camillus parking lot is 9:20 a.m., returning around 6:30 p.m.

### **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.



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

January 1946: writer Juliet Ashton receives a letter from a stranger, a founding member of the Guernsey Literary and Potato Peel Pie Society. And so begins a remarkable tale of the island of Guernsey during the German occupation, and of a society as extraordinary as its name.

After learning that the society began as a cover for residents breaking curfew during the German occupation of Guernsey, Juliet begins a correspondence with several members of the Society, hoping to work them into an article she is writing on the benefits of literature for *The Times Literary Supplement*.

Juliet also learns that Elizabeth McKenna, the Society's beloved founder, was arrested and sent to a prison in France by the Germans and has yet to return home. The members of the Society are raising her child, Kit, among themselves until Elizabeth returns.

Dial Press, 2008. 274 pp.

Upcoming dates: May 23 and June 13. Books TBA

**“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.



## **April 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)

### **Library Knit-A-Long**

Saturday, April 6, 1:30-2:30 p.m., Fox Library

Wednesday, April 10, 7:00-8:00 p.m., Fox Library

Wednesday, April 17, 7:00-8:00 p.m., Robbins Library Conference Room

Thursday, April 25, 7:00-8:00 p.m., Robbins Library Conference Room

Tuesday, April 30, 7:00-8:00 p.m., Robbins Library Conference Room

Back by popular demand, the library Knit-a-long! Have fun meeting other knitters and make something beautiful. Come to as many or few meet-ups as you like. We will all knit “Calorimetry,” a free headband pattern available on Ravelry. Please bring your own knitting supplies.

### **Friends of Fox Present: What’s Up in Arlington--Greening Arlington**

Wednesday, April 3, 6:30 p.m. Fox Branch Library

Representatives from the Arlington Tree Committee will be available to discuss the committee's work in the adult fiction area of the library.

### **Reel Queer: An Intergenerational Queer Movie Series**

Thursday, April 4, 6:30 p.m. Robbins Library Community Room

This month Reel Queer watches *Frida*, a “biopic of the bold and controversial life of artist Frida Kahlo. This film is rated R and has a runtime of 2h 3m.

### **The Friends of Robbins Present: Reading Room Concert Series featuring Will McMillan and Jazz Pianist Joe Reid**

Sunday, April 7, 3:00 p.m. Robbins Library Reading Room

An hour of song with lyrics by Oscar Hammerstein-- “A Few of My Favorite Things.”

### **Friends of the Robbins Library Present: Keepers of the (3rd Floor) Bees**

Thursday, April 11, 7:00 - 9:00 p.m. Robbins Library Community Room

The Friends of Robbins' brief Annual Meeting will be followed by a presentation by beekeepers from Best Bees. Current Friends, Friends-to-be, and the general public are invited to come learn about the Friends, and then delve into the care, keeping, and science of bees.

### **Guys Book Group**

Thursday, April 11, 7:30 p.m. Fox Branch Library

The book this month is *Prisoners of Geography* by Tim Marshall. New members always welcome. Please contact Brad McKenna, [bradley.mckenna@gmail.com](mailto:bradley.mckenna@gmail.com) for more information.



### **Drop-in Tech Help**

Wednesday, April 17, 2-3 p.m. Robbins Library Conference Room

Can't figure out how to set up an email account? Having a hard time downloading eBooks?  
Confused by Facebook, Twitter, & other social media?

### **Science Book Club**

Thursday, April 18, 7:00 p.m. Robbins Library Conference Room

April's book will be *The Sixth Extinction* by Elizabeth Kolbert. Robbins's newest book group is dedicated to reading and discussing books about science and the many different disciplines and topics it encompasses. Join us every other month to make friends and acquire new knowledge!

### **Friends of Fox Present: What's Up in Arlington--Reimagining our Waste Stream**

Wednesday, April 24, 6:30-7:30 p.m. Fox Library

Town Recycling Coordinator Charlotte Milan will discuss local waste streams and increased opportunities for waste diversion. Find out what we can do as individuals as well as what kind of infrastructure and/or policy support may help us dispose (recycle, reuse, repurpose, repair, etc.) things we don't need anymore.

### **Democracy after Dark: Gerrymandering and Redistricting in Massachusetts**

Thursday, April 25, 7:00 p.m. Robbins Library Community Room

Aidan Kastigian, Program Manager for the Metric Geometry & Gerrymandering Group and the Science, Technology, and Society Program at Tufts University, will discuss the process through which the State of Massachusetts redraws its congressional districts, and what one local team of mathematicians is doing to combat gerrymandering in all its forms through geometry and computing. This event is co-sponsored with the League of Women Voters of Arlington.

### **Cookbook Club**

Monday, April 29, 6:30-8:00 p.m.

The cookbook club meets every other month for a potluck, where we all bring dishes we've made from one cookbook. We have two cookbooks for April: *Dinner* by Melissa Clark and *Sweet* by Yotam Ottolenghi. Copies are available at the circulation desk. Choose a recipe from one of the books to make, and register by emailing your recipe choice to Linda Dyndiuk at [ldyndiuk@minlib.net](mailto:ldyndiuk@minlib.net) by April 24.

# DAILY CALENDAR IN THE SENIOR CENTER

## April - May 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. 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. 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, 10:00-11:00 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, April 2-May 28 (no class 4/16). Gr. Fl. Conf. Rm. ACE
- 10:00-1:00 Photographing outdoors. Erik Gehrig. May 21 & 28. Mural 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

- 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, 10:30-11:30. Nutrition Talks. Mural Room. COA
- 2<sup>nd</sup> Tuesdays, 12:30-2:00. Sing Along with Cheri Minton. Main Hall. ASA
- 3<sup>rd</sup> Tuesdays, 1:30-2:30. International Intergenerational Tea Talk. 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 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
- 1:00- 2:30 Shakespeare and Friends. Noel McCoy April 18 to May 23 1:15-2:45. \$40; (\$10 per class drop in). Ground Fl. Conf. 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. 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  
10:45-noon Bereavement Group. Call COA  
11:45-12:45 Essentrics: Gentle Stretching. Severina Gates. 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

- 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.

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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).