

## Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

### May 2019 Supplement

Classes – Programs - Events

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#### Coming Events

**Mother's Day Tea.** Thursday, May 9, 12:00-2:00 Sign up in Drop-In Room.  
Prizes for best hats. Light sandwiches, pastries, and tea served in antique cups.  
*Catered by Vintage Tea & Cake of Belmont.*

**Senior Living Options.** Tuesday, May 15, 10:00-11:00. Mural Room. COA

**Older Americans Lunch.** Thursday, May 23. 12:00-1:30. Main Hall. Free. COA

**Legal Workshop for Seniors.** Thursday, May 30, 10:00-11:30. Homestead, Medicare/Mass Health Issues, Tax Exemptions. Mural Room. COA

**International Elder Abuse Awareness Panel Discussion.** Thursday, June 20, 11:00-1:00.  
Main Hall. COA

**Arlington Seniors Association Annual Meeting,** Friday, June 21, 1:00-2:30.  
Review of Senior Center Renovation by Jenny Raitt, Director of Planning and Community Development. Main Hall. Refreshments following.

**NEW: Parkinson's Disease Support Group** 3<sup>rd</sup> Tuesdays, 10:00-11:15. Whittemore-Robbins House. COA

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**F**or complete listings of all ongoing classes/programs, see the Senior Center Newsletter. For more information or to register for programs, contact the sponsoring organization.

**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*.

## 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.



### May 2: *Stan & Ollie*

Set in 1955, two world famous performers attempt to revive their careers in the comedy circuit with increasingly desperate appearance to drum up interest in their shows. Soon to be yesterday's news, the comedy duo try to ramp up their approach to business, causing them to reassess their partnership, their producer, and their careers.

Actors: Steve Coogan, John C. Reilly, Nina Arianda, Shirley Henderson, Danny Huston, Rufus Jones, Stephanie Hyam, Susy Kane, Ella Kenion, Harry Hepple.

Director: Jon S. Baird

Running Time: 97 minutes



**May 16:** *At Eternity's Gate* is a 2018 biographical drama film about the final years of painter Vincent van Gogh's life. The film dramatizes the controversial theory put forward by Van Gogh biographers Steven Naifeh and Gregory White Smith, in which they speculate that van Gogh's death was caused by mischief rather than it being a suicide.

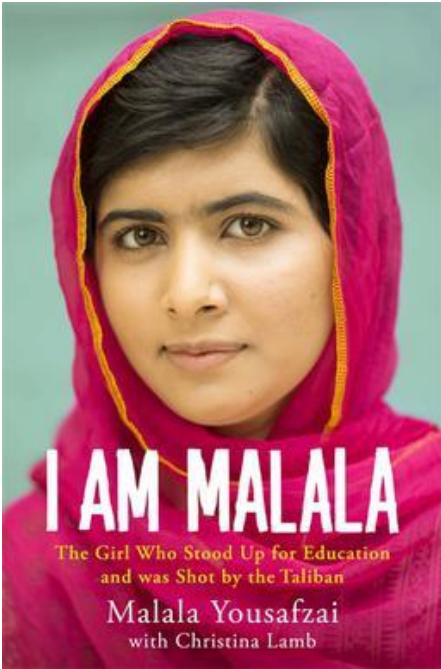
The film is directed by Julian Schnabel, from a screenplay by Schnabel, Louise Kugelberg, and Jean-Claude Carrière. It stars Willem Dafoe as van Gogh, Rupert Friend, Oscar Isaac, Mads Mikkelsen, Mathieu Amalric, Emmanuelle Seigner, and Niels Arestrup.

Running time: 110 minutes

June 6: *On the Basis of Sex*

June 20: *If Beale Street Could Talk*

## Reading and Writing



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

May 17: *I Am Malala: The Story of the Girl Who Stood Up for Education and was Shot by the Taliban* is an autobiographical book by [Malala Yousafzai](#), co-written with [Christina Lamb](#). It was published on 8 October 2013, by [Weidenfeld & Nicolson](#) in the UK and [Little, Brown and Company](#) in the US, 2013. The book details the early life of Yousafzai, her father's ownership of schools and activism, the rise and fall of the [Tehrik-i-Taliban Pakistan](#) in [Swat Valley](#) and the assassination attempt made against Yousafzai, when she was aged 15, following her activism for female education. It has received a positive critical reception and won awards, though it has been banned in many schools in Pakistan. 288 pages

## **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.

**DAILY CALENDAR IN THE SENIOR CENTER**

**May – June 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, 10:00-11:15. Parkinson’s Disease Support Group. Whittemore-Robbins House. COA
- 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

## 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, with 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 April 18 to May 23; June 6-27. 1:30-3:00. \$40; (\$10 per class drop in). Ground Floor 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) HHS 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 for location.  
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

- 1<sup>st</sup> Friday, 1:00- 3:00. ASA Board Meeting. Arts & Crafts Room. ASA  
2<sup>nd</sup> & 4<sup>th</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.

## 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, Info.& 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.