

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

June 2019

[see Supplements for July & August]

Classes – Programs – Events

Coming Events

Review of Senior Center Renovation Thursday, June 13, 2:00-3:00. Jenny Raitt, Director of Planning and Community Development and Christine Bongiorno, Director of Health & Human Services. Followed by ice cream social. Main Hall.

Elder Abuse Awareness Month Panel Discussion and lunch. Thursday, June 20, 11:00-12:30. With a panel of prominent speakers. Light sandwiches. Main Hall. COA

Arlington Seniors Association Annual Meeting, Friday, June 21. 1:00-2:30. Business meeting, with a review of Senior Center Renovation by Jenny Raitt, Director of Planning and Community Development. Main Hall. Pizza following.

Legal Workshop on Reverse Mortgages. Thurs., July 25, 10:00-11:30. Mural Room COA

Program Listing Contents

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|----------------------------------|------------------------------------|
| 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

Anyone can draw Charlotte Kaplan, Thursdays, 1:00-3:00, Apr. 25-June 13 \$189/\$170. 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. 2nd & 4th 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. July 25, 10:00-11:30. Mural Room. Register at the COA.

Celebrations, Parties, Luncheons (*See Page one for extended listings.*)

International Elder Abuse Awareness Day. June 20.

Arlington Seniors Association Annual Meeting, June 21

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? will resume in the fall Boys and Girls Club students. COA

Discussion Groups

Coffee and Conversation for ASA/COA Volunteers 4th Monday. 10-11:00. Mural Room.

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

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 11:45-12:45. \$139; seniors \$126. Summer Schedule will be posted soon. 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 (not meeting during summer
\$139/\$125. HHS 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, 2nd Tuesdays, 4, 12:00-1:00. June 11, last talk of the season; Mind Diet Ground Fl
Conf. Room. 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.

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|  | <p>June 6: <i>On the Basis of Sex</i></p> <p>The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.</p> <p>Directed by Mimi Leder and written by Daniel Stiepleman, it stars Felicity Jones as Ginsburg, with Armie Hammer, Justin Theroux, Jack Reynor, Cailee Spaeny, Sam Waterston, and Kathy Bates in supporting roles.</p> <p>Running time 120 minutes</p> |
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June 20: *If Beale Street Could Talk* from the novel by James Baldwin

The book was adapted as a [film of the same name](#), written and directed by [Barry Jenkins](#). It garnered an [Academy Award](#) for Best Supporting Actress for [Regina King](#). The film was released on December 14, 2018.

The book follows a relationship between a 19-year-old girl named Tish, whose given name is Clementine, and a 22-year-old sculptor named Fonny, whose given name is Alonzo. They become engaged, and she subsequently becomes pregnant. The novel explores the differing reactions by the parents and siblings of the two young adults.

Fonny is falsely accused of raping a Puerto Rican woman, Victoria Rogers, and arrested and jailed before trial.

Running time 117 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

Summer Schedule:

2nd Tuesday: June 11, 12:30 - 2:00

Mid Summer Sing: July 30, 12:30 - 2:00

Fall Sings Resume: September 10, 12:30 - 2:00

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.

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, May 7 & 14. 10:00-11:30. \$95. 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, June 11, last talk of the season; Mind Diet. 10:30-11:30. Ground Fl Conf. Room. COA

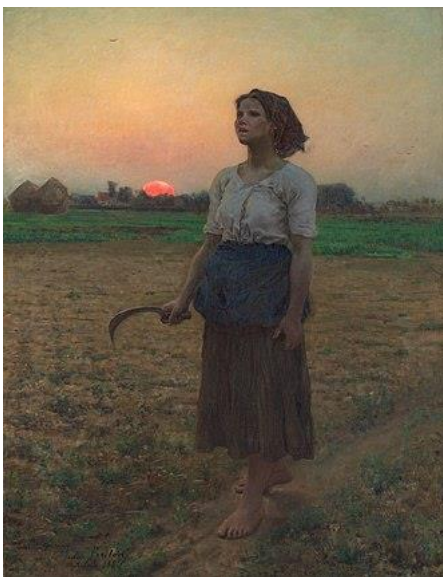
Parkinson's Disease Support Group 3rd Tuesday, 10:00-11:15. Whittemore-Robbins House. COA

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, 12:00-1:00 (just this month), Drop-In Room. Free. ASA



"Song of the Lark" by Jules Breton, the painting that inspired the title of the book.

June 21, 12:00-1:00: *Song of the Lark* by Willa Cather

Set in the 1890s in Moonstone, a fictional town in Colorado, *The Song of the Lark* is the self-portrait of an artist in the making. The ambitious young heroine, Thea Kronborg leaves her hometown to go to Chicago to fulfill her dream of becoming a well-trained pianist, a better piano teacher. When her instructor hears her voice, he realizes that this is her true artistic gift. He encourages her to pursue her vocal training instead of piano saying "your voice is worth all that you can put into it. I have not come to this decision rashly." In that pursuit she travels to Dresden, then to New York City, singing operas. Her reference for life is always her hometown and the people she encountered there. Published in 1915.

Upcoming

July 19: *Refugee* by Alan Gratz

August 16: *Mennonite in a Little Black Dress* by Rhoda Janzen

September 20: *The Other Einstein* by Marie Benedict

Intergenerational Book Club. Thursday, April 25, 2:45 Thursday, June 6th from 2:45-3:45, discussing *Feed* by MT Anderson.

Arlington High School Media Center.

See COA Outside the Senior Center, below.

Shakespeare and Friends. Noel McCoy. Thursdays, June 6-27, 1:30-3:00.

\$40; \$10 per class. Drop in. Ground Floor Conference 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.

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

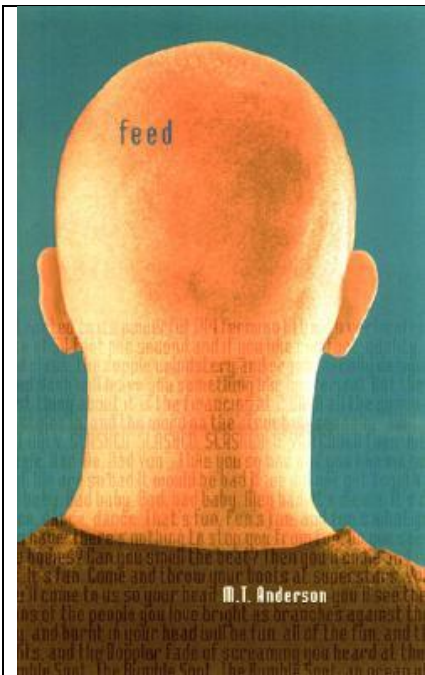
Performance by Ricky’s identical twin sons, Matthew & Gunner Nelson. Ricky was an American actor, musician and singer-songwriter and starred in his family TV series The Adventures of Ozzie and Harriet. His hit songs include “Hello Mary Lou”, Travellin’ Man”, and his song “Poor Little Fool” holds the 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.



June 6: *Feed* by M.T. Anderson

The novel portrays a near-future in which the *feednet*, a huge [computer network](#) is directly connected to the brains of about 73% of American citizens by means of an implanted device called a *feed*. The feed allows people: to mentally access vast digital databases; to experience shareable [virtual-reality](#) phenomena (including entertainment programs, music, and even others' memories); to continually interact with intrusive [corporations](#) in a personal [preference-based](#) way; and to communicate [telepathically](#) on closed channels with others who also have feeds (a feature called *m-chatting*).

The setting of the novel is depicted as ecologically devastated. Natural [clouds](#) have been replaced by [trademarked](#) Clouds™, implying artificialization, and many have their children custom-designed.

The corporations responsible for the feed have immense power and even run the school system, which is now known as School™. Throughout the book, corporations appear to hold the true power in the United States, leaving the president virtually helpless as the Global Alliance, a coalition of other countries, begins contemplating war with the U.S., due to the worsening worldwide effects of American mismanagement of the environment.

Candlewick Press, 2002. 320 pages

“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.

DAILY CALENDAR IN THE SENIOR CENTER

June, [see Supplements for July & August 2019]

MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. (drop in). ASA
- 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

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

- 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, 10:30-11:30. Nutrition Talks. Mural Room. COA
- 2nd Tuesdays, 12:30-2:00. Sing Along with Cheri Minton. Main Hall See summer schedule under Music. ASA
- 3rd Tuesdays, 10:00-11:15. Parkinson's Disease Support Group. Whittemore-Robbins House. COA
- 4th 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
- 10:15-11:00 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, 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 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. HHS 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.

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;. Main Hall. ACE

SPECIFIC FRIDAYS

1st Friday, 1:00- 3:00. ASA Board Meeting. Various locations. 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 & 4th Floors.

ACE: Arlington Community Education. 781-316-3568. www.ArlingtonCommunityEd.org.