

# Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

## September - October 2019

Classes – Programs - Events

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**SENIOR CENTER CLOSURES FOR RENOVATION: January 2020**  
**Watch for announcements about external locations of classes & events**

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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

**Acrylics Magic.** 6 Fridays, October 11 - November 22 (no class 10/25) 10:00 am - noon \$145; Arlington Seniors \$128 ACE

**Anyone can draw** Charlotte Kaplan, Thursdays, 1:00-3:00, 8 Thursdays, September 26 - November 21 \$189; Arlington Seniors \$176. ACE

**Learning to Knit.** Valerie Wey. 6 Mondays, October 7 - November 25 (no class 10/14, 11/11) 10:00 -11:30 am \$89; Arlington Seniors \$80. ACE

**Mixed Media Explore and Monoprints.** Anne Black 6 Fridays, October 11 - November 22 (no class 10/25) 12:30 - 3:00 pm \$185; Arlington Seniors \$170. ACE

**Watercolor Pencils.** Charlotte Kaplan. Mondays. 1:00-3:00, 8 Mondays, October 7 - December 9 (no class 10/14, 11/11) 1:00 - 3:00 pm \$189; Arlington Seniors \$170 Arts & Crafts Room. ACE

**Visual Journalism.** Debra Rosenblum. 6 Tuesdays, October 1 - November 5 10:00 am - noon \$125; Arlington Seniors \$112. 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,** Alex Moschella, Esq., October. day/time TBA. COA

## Celebrations, Parties, Luncheons

**National Senior Center Month Luncheon,** Thursday, Sept. 12. Sign up for \$3. at COA Cosponsored by TheGables at Winchester and the ASA. Special guests: Arlington Fire Department.

## 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. Thursday, September 26, 4:00-5:00, Drop-In Room. COA

**Technology for Seniors.** Howard Loewinger. 2 Wednesdays, October 23 and 30. 3:00 - 5:00 p.m. \$49; Arlington Seniors \$44. ACE

## 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

## 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.**

Fridays, September 20 - December 6 (no class 10/11, 11/15, 11/29) 11:45-12:45. \$129; Seniors \$117. 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: 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

**English as a Second Language fundamentals.** Andrea O'Leary and Mary Egan. 8 Wednesdays, October 2 - December 4 (no class 10/9, 11/27) 1:00 - 2:00 p.m. \$85; Arlington Seniors \$77  
ACE

**French Café.** Yvon Gachette. Thursdays, 8 Thursdays, October 3 - November 21 2:30 - 4:00 p.m.  
\$125; Arlington Seniors \$112 Ground floor Conf. ACE  
Room. ACE

**Spanish: Level 1.** Roxana Figueroa/Guillermina Dumas. 8 Tuesdays, October 15 - December 3  
1:00 - 2:30 p.m. \$125; Arlington Seniors \$112. 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, 4, 12:00-1:00.** No summer classes. Ground Fl. Conf. Room. COA

## Movies

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

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



### **September 5: Poms**

Martha (Diane Keaton), a woman who is slowly dying of cancer, decides to move to a retirement community to die. Martha checks in and meets the supervisor of the community, who gives Martha a tour and explains that every resident must participate in an extracurricular activity. That night, Martha tries to sleep but is unable due to the loud noise coming from her neighbor, Sheryl's house. Martha calls the community deputy to stop the noise. Sheryl and her party sneak into Martha's house to evade the deputy. After a brief conversation, Sheryl convinces a very annoyed Martha to let her party there. From that night on, Sheryl becomes very interested in becoming Martha's friend, inviting her to various meet and greets, which Martha ignores. After a little while, Martha gives in and she and Sheryl get to know each other better. Sheryl learns that when Martha was young she was a cheerleader but quit before her first game to take care of her ill mother. Sheryl convinces Martha to start a cheerleading squad with her fellow residents, as the supervisor said that it was ok to start a club.

*Running time 90 minutes*



### September 19: *The Hustle*

Two con artists, sophisticated Josephine and abrasive Penny (Anne Hathaway and Rebel Wilson), meet on their way to the French Riviera to find rich men to swindle. They initially work against each other until Penny asks Josephine to take her under her wing, and teach her how to con the way she does. It works at first, but the two then compete to trick a rich tech wiz, Thomas Westerburg.

Penny begins to fall for Thomas when she sees that he is a nice guy who wants to create a new app. In the end Thomas tricks both women into giving him money for his app, revealing himself to be the grandson of a notorious con artist named Medusa.

Thomas meets the ladies again sometime later and proposes that they become a team. They agree.

Running time: 94 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 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** 2<sup>nd</sup> Thursdays, 10:15-11:30. Ground Fl. Conf. Room. Call Lourie August 781-316-3410. COA.

**Coping with loss of a loved one.** 8 weeks, starting Friday, October 18, 9:45-11:15. Register with Lourie August at 781-316-3410. COA

**Declutter Group.** 16 weeks, starting Monday, September 9, 10:30-12:00. Call Marci Shapiro-Ide to register, 781-316-3419. 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. 2 Wednesdays, October 16 and 23, 10:00 - 11:30 \$95. 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** Call COA for dates/times.

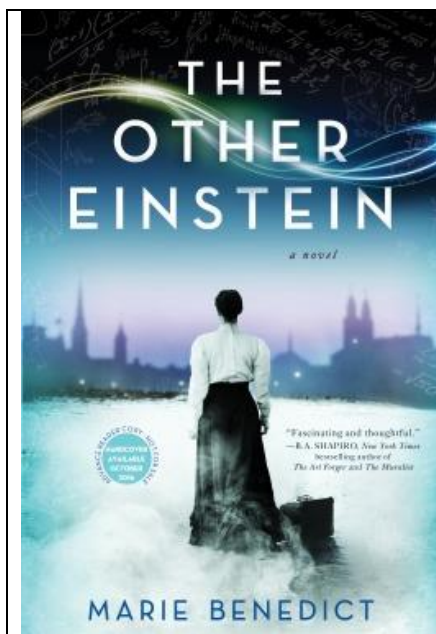
**Parkinson's Disease Support Group** 3<sup>rd</sup> Tuesday, 10:00-11:15. Whittemore-Robbins House. COA

**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. **Open Enrollment Presentation,** Wednesday, October 30, 10:00-11:00, Mural Room. By appointment, call COA.

## **Reading and Writing**

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



### **Book Club. Drop-In Room** September 20: 1:00-2:30

***The Other Einstein*** by Marie Benedict

In the tradition of *The Paris Wife* and *Mrs. Poe*, *The Other Einstein* offers us a window into a brilliant, fascinating woman whose light was lost in Einstein's enormous shadow. It is the story of Einstein's wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated and may have been inspired by her own profound and very personal insight.

Mitza Maric has always been a little different from other girls. Most twenty-year-olds are wives by now, not studying physics at an elite Zurich university with only male students trying to outdo her clever calculations. But Mitza is smart enough to know that, for her, math is an easier path than marriage. And then fellow student Albert Einstein takes an interest in her, and the world turns sideways. Theirs becomes a partnership of the mind and the heart, but there might not be room for more than one genius in a marriage.

2016; 296 pages.

## **Upcoming**

October 18: *Eleanor Oliphant is Completely Fine* by Gail Honeyman.

November 15: *The Gatekeeper* by Kathryn Smith.

**Intergenerational Book Club.** Thursday September 19, 2:45 p.m. Arlington High School Media Center. Reading *The Boston Girl* by Anita Diamant. COA

**Reading Novels for Greater Pleasure.** Jennie Rathbun. 6 Thursdays, October 17 - November 21, 11:00 a.m.- 12:30. \$89; Arlington Seniors \$79. ACE

**Shakespeare and Friends.** Noel McCoy. Sept. 26-Nov. 21. \$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.

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

ASA members \$80, nonmembers \$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 Vanda 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.

**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. Cost: ASA Members \$94, Non-Members \$98.

Enjoy some of Johnny's biggest hits such as "Misty", "Chances Are", "Gina" ...and all of our Christmas Favorites. Experience a "Mirror of Mathis" starring David Robbins. You'll be in complete awe as soon as he hits the stage. His remarkable resemblance and vocal abilities will leave you speechless. Luncheon includes Stuffed Breast of Chicken or Baked Scrod. Estimated Departure time from St. Camillus parking lot in Arlington 10:20 a.m., returning approx. 5:00 p.m.

### **Council on Aging Events Outside the Senior Center**

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

**Intergenerational Book Club.** Thursday September 19, 2:45 p.m. Arlington High School Media Center. Reading *The Boston Girl* by Anita Diamant. COA

**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 sign up, call COA.

# DAILY CALENDAR IN THE SENIOR CENTER

## September-October 2019

### MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. (drop in). ASA  
10:00-11:30 Learning to Knit. Valerie Wey. Oct. 7–Nov. 25 (no class 10/14, 11/11). Arts & Crafts room. ACE  
10:30-12:00 Declutter Group. 16 weeks, starting Monday, September 9<sup>th</sup> Time Call Marci Shapiro-Ide to register, 781-316-3419. COA  
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. Oct. 7-Dec. 9 (no class 10/14, 11/11). Arts & C. Rm. 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 Alex 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- noon Visual Journalism. Debra Rosenblum. Oct. 1–Nov. 5. Arts & Crafts Rm. ACE  
12:30- 1:30 Blood Pressure. Main Floor, Reception Room area, Nurse's office. COA  
1:00 - 2:30 Spanish: Level 1. Roxana Figueroa/Guillermina Dumas. Oct. 15 – Dec. 3. BOH Conf. Rm. 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, 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. September 10. ASA  
3<sup>rd</sup> Tuesdays, 10:00-11:15. Parkinson's Disease Support Group. Whittemore-Robbins House. 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 Memoir Writing Group. Lissa Franz. Sept. 25-Nov. 20 (no class 10/9) Arts & Crafts Rm. ACE  
10:15-11:00 Muscle Strengthening. 8-week sessions. Main Hall. COA  
12:30- 2:30 Bingo. (drop in). Main Hall. ASA  
1:00 - 2:00 English as a Second Language fundamentals. Andrea O'Leary and Mary Egan. Oct. 2-Dec. 4 (no class 10/9, 11/27). Arts & Crafts Room. ACE  
3:00 - 5:00 Technology for Seniors. Howard Loewinger. October 23 and 30. Ground Floor Conf. Rm. ACE

#### SPECIFIC WEDNESDAYS

- 2<sup>nd</sup> Wednesday, 12:00-1:30. Grandparents Raising Grandchildren. Whittemore-Robbins House. COA  
5<sup>TH</sup> Wednesday. October 30, 10:00-11:00. SHINE Counselor: Open Enrollment Presentation, Mural Room. Call 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 for Pleasure. Jennie Rathbun. Oct. 17-Nov. 21. Ground Fl. Conf. Rm. 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. Sept. 26-Nov. 21. Arts & Crafts Room. ACE  
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. Oct. 3-Nov. 21. Ground Floor Conf. Room. ACE

### **SPECIFIC THURSDAYS**

- 1<sup>st</sup> & 3<sup>rd</sup> Thursday, 1:00. Movies. (subject to substitutions), 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, 2:45-Intergenerational Book Club. Thursday, Sept. 19, Arlington High School Media Center.  
Reading *The Boston Girl* by Anita Diamant. COA  
3<sup>rd</sup> Thursday, 6:00-7:00 p.m. COA Board of Directors. Ground Floor Conference Room.  
4<sup>th</sup> Thursday, Sept. 26, 10:00-11:00. Heat Smart. Mural Room. COA  
4<sup>th</sup> Thursday, Sept. 26, 4:00-5:00. How do I use this Digital Thing? Boys and Girls Club students. Drop-In Room. COA

### **FRIDAYS**

- 9:00-10:00 Exercise by DVD program. Main Hall. (drop in). ASA  
9:45-11:15 Coping with loss of a loved one. 8 weeks, starting Friday, October 18, Register with Lourie August at 781-316-4310. COA  
10:00-noon Acrylics Magic. Oct. 11-Nov. 22 (no class 10/25) Arts & Crafts Rm. ACE  
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. September 20 - December 6 (no class 10/11, 11/15, 11/29) Main Hall. ACE  
12:30 - 3:00 Mixed Media Collage. Anne Black 6 Fridays, October 11 - November 22 (no class 10/25) ACE.

### **SPECIFIC FRIDAYS**

- 1st Friday, 1:00- 3:00. ASA Board Meeting. Various locations. ASA  
2<sup>nd</sup> & 4<sup>th</sup> Fri., 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.  
3<sup>rd</sup> Friday, 1:00- 2:30. ASA Book Club; see titles under Reading & Writing. Drop-In Room.

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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  
Joanne Sliney, Nurse  
Christine Angell, Administrative Assistant  
Lourie August, Social Worker 316-3410  
Shanon Murphy, Information & Referral Services  
Kristine Shah, Volunteers & Transportation Coordinator  
Marci Shapiro-Ide, Social Worker 316-3419

**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 781-316-3410.

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**--Also offering programs in the Senior Community Center--**

**ACA: Arlington Center for the Arts** (781) 648-6220 <https://www.acarts.org>. 20 Academy St., 3<sup>rd</sup> & 4<sup>th</sup> Floors.

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