

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

February – March, 20

Classes – Programs - 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 <https://www.acarts.org>. 20 Academy St.

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

Arts and Crafts

Acrylics Magic. Anne Black. Fridays, January 17-February 28 (no class 2/21). 10:00 a.m. – noon.
\$145; Seniors \$128. Arts & Crafts Room. ACE

Anyone can draw Charlotte Kaplan, Thursdays, 1:00-3:00, Thursdays, January 23-March 12 (no class 2/20). \$189; Arlington Seniors \$176. ACE

Botanical Drawing. Anastasia Semash. Tuesdays, January 21-March 10, 10:00-noon. (no class 2/18)
Arts & Crafts Room. ACE.

Learning to Knit. Valerie Wey. Mondays, \$89; Arlington Seniors \$80. January 13-March 2 (no class 2/17). ACE

Mixed Media Collage. Anne Black. Fridays, January 17-February 28 (no class 2/21) 1:00 - 3:00.
\$185; Arlington Seniors \$170. Arts & Crafts Room. ACE

Painting with Pastels. Anastasia Semash. Wednesdays. 1:00-3:00. January 22-March 11 (no class 2/19). ACE

Watercolor Pencils. Charlotte Kaplan. Mondays. 1:00-3:00, January 27-March 16 (no class 2/17).
\$189; Seniors \$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 appointment

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., day/time TBA. COA

Celebrations, Parties, Luncheons

See flyers posted in the Senior Center.

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? Boys and Girls Club students. Usually 4th Thursday, 4:15-5:15. Drop-In Room. 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. Fridays, January 18-March 13 (no class 2/21) 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. No instructor; with DVDs. 9:00-10:00. Main Hall. \$1. 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. (No class 2/17) 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 or 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

Food and Nutrition

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

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

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

Nutrition Discussion: Monday February 10, 10:00-11:00. Cooking for one or two. Mural Room. Sign up COA

Games

- Bingo** Wednesdays, 12:30-2:30. Main Hall. 3 games, \$1.50. Drop in. ASA
Bridge: Progressive Bridge Not Currently meeting. Mondays, 12:30-3:00. Main Hall. ASA
Cribbage Mondays, 12:00-2:30. Games Room. Free. ASA
Mah Jongg with Judy Harris. Usually Thursdays, 1:00-3:00. Games Room. Free. ASA
Poker: Texas Hold'em 101. India Hobel. Tuesdays, 3:00-5:00. January 22-March 4 (no class 2/18). Arts & Crafts Room. ACE

Language and Languages

- English as a Second Language fundamentals.** Andrea O'Leary and Mary Egan. 8 Wednesdays, January 15-March 4 (no class 2/19) 12:30 - 2:00. \$105; Arlington Seniors \$95. Arts & Crafts Room. ACE
French Café. Yvon Gachette. Thursdays, Ground floor Conf. Room.; January 16-March 12. [Barry Bridgedal in BOH Conf. Rm.] 2:30 – 4:00 p.m. \$125; Arlington Seniors \$112. ACE
French Level I. Barry Bridgedal. Thursdays, 1:00-2:30. January 16-March 12 (no class 2/20) BOH Conf. Rm. ACE
Spanish: Level II. Guillermina Dumas. Tuesdays, January 14-March 10 (no class 2/18) BOH Conf. Rm. ACE

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.




February 6: *HARRIET*

The story of Harriet Tubman.

In 1840s Maryland, a slave state, Araminta "Minty" Ross is newly married to a freedman, John Tubman, but still a slave herself on the Brodess farm. Her father, also a freedman, approaches Mr. Brodess about her freedom, as Brodess's own great-grandfather had agreed to free Minty's mother, Harriet "Rit" Ross, and her family when she turned 45. Mr. Brodess insists they will always be slaves and tears up the letter from a lawyer John had hired. Brodess's adult son Gideon mocks Minty for praying for God to take Mr. Brodess, saying God does not care about the prayers of slaves. Mr. Brodess dies shortly afterward. Minty, who suffers "spells" since being struck in the head as a girl, has a vision of herself escaping to freedom, and she decides to run.

Starring Cynthia Erivo, Leslie Odom Jr., Joe Alwyn, & Janelle Monáe

Running time: 125 minutes

	<p>February 20 <i>The Good Liar</i></p> <p>Roy Courtney is a British con artist who, along with his business partner Vincent, manipulates people into giving him access to their finances through a string of deception and false identities. In 2009, his latest target is Betty McLeish - a former history professor at Oxford who lost her husband a year ago and has savings in excess of two million pounds.</p> <p>The film is a crime thriller film directed and produced by Bill Condon and written by Jeffrey Hatcher, based on the novel of the same name by Nicholas Searle. It stars Ian McKellen as a career con artist who meets a wealthy widow (Helen Mirren) online, and then discovers that his plan to steal her fortune has unexpected roadblocks.</p> <p>Running time: 109 minutes</p>
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Music and Song

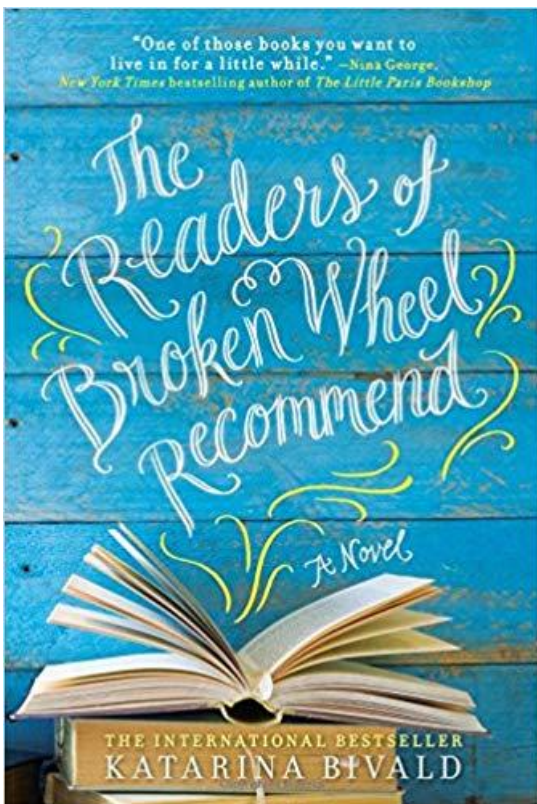
Chinese Seniors Congregate for Song Tuesdays, 2:00-4:00. Main Hall. Free. COA
Sing-Along with Cheri Minton & Maple Street Singers. Second Tuesdays, Feb. 11, etc.,
 12:30-2:00. Main Hall. Free. ASA .

Personal Support, Health, and Wellness

Blood Pressure Tuesdays, 12:30-1:30. Main floor Reception Area Nurse's Office. Free. COA
Caregivers Support Group 2nd Thursdays, 10:15-11:30. Ground Fl. Conf. Room. Call Lourie August, 781-316-3410. 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. Call COA for date and time meetings.
Financial Planner Rick Fentin 2nd & 4th Fridays, 9:30 and 11:00. Call for appt. COA
Grandparents Raising Grandchildren Support Group with Lourie August. 2nd Wednesdays, 12:00-1:30. Whittemore-Robbins House. COA
LGBTQ Elder Connections: Services. Call Marci Shapiro-Ide, LICSW, at 781-316-3419.
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 Monday, February 10: Cooking for one. 10:00-11:00. Mural Room. Call COA
Parkinson's Disease Support Group 3rd Tuesdays, 10:00-11:15. Whittemore-Robbins House. COA
Podiatry Clinic at the COA on the first Monday of each month, except holidays. \$35. Appointment required. Call 781-316-3400.
SHINE Counselor: Serving the Health Insurance Needs of Everyone. By appointment, call COA.

Reading and Writing

Book Club 3rd Friday, 1:00-2:30, Drop-In Room. Free. ASA



February 22: *The Readers of Broken Wheel Recommend; a Novel* by Katarina Bivald.

Broken Wheel, Iowa, has never seen anyone like Sara, who traveled all the way from Sweden just to meet her pen pal, Amy. When she arrives, however, she finds that Amy's funeral has just ended. Luckily, the townspeople are happy to look after their bewildered tourist—even if they don't understand her peculiar need for books. Marooned in a farm town that's almost beyond repair, Sara starts a bookstore in honor of her friend's memory.

All she wants is to share the books she loves with the citizens of Broken Wheel and to convince them that reading is one of the great joys of life. But she makes some unconventional choices that could force a lot of secrets into the open and change things for everyone in town.

Reminiscent of *The Guernsey Literary and Potato Peel Pie Society*, this is a warm, witty book about friendship, stories, and love.

394 pages

March 20: **The Library Book**
by Susan Orlean

Intergenerational Book Club. See *Outside the Senior Center* below.

Memoir Writing. Lissa Franz. Wednesdays, January 15-March 11 (no class 2/19) Arts & Crafts Rm. ACE

Shakespeare and Friends. Noel McCoy. Thursdays, Jan. 9-?. (except holidays) 1:15-2:45. \$40; \$10 per class. Second Floor Conference Room. Call ASA for schedule.

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 at the Council on Aging or Kathy Gilligan at the ASA. [See contact information in Directory following.]

OUTSIDE THE SENIOR CENTER

ASA Trips and Outings: No Trips in January or February.

Council on Aging Events Outside the Senior Center

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

Intergenerational Book Club. Thursdays, 2:45 p.m. Arlington High School Media Center.

February 13 -*When I Was Puerto Rican* by Esmeralda Santiago.

March 19 - *The Things They Carried* by Tim O'Brien (will be confirmed soon)

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

February-March 2020

MONDAYS

- 9:00-10:00 Exercise with Shannon Lee Jones. Main Hall. (drop in). ASA
- 10:00-11:30 Learning to Knit. Valerie Wey. Jan. 13-March 2 (no class 2/17). 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. NOT CURRENTLY MEETING. ASA
- 1:00- 2:00 Tai Chi with Bill Barron. 8-week Sessions. Main Hall. COA
- 1:00- 3:00 Watercolor Pencils. Charlotte Kaplan. Jan. 27-March 16 (no class 2/17). Arts & Crafts Rm. 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 ASA & COA volunteers: Coffee & Conversation. Mural Room.
- Nutrition Talks 2nd Mondays, February 10: Cooking for one or two. 10:00-11:00. Mural Room. COA

TUESDAYS

- 9:00-12:00 Legal: Private half-hour sessions with Alex Moschella, Esq. BOH Conf. Room. Call COA for appointment.
- 10:00-11:15 Yoga. Barbara Freedman. Main Hall. (drop in) ASA
- 10:00- noon Botanical Drawing. Anastasia Semash. Jan. 21-March 10 (no class 2/18) Arts & Crafts Rm. ACE
- 12:00- 1:00 Nutrition talks. Ground Fl. Conf. Room. COA
- 12:30- 1:30 Blood Pressure. Main Floor, Reception Room area, Nurse's office. COA
- 1:00- 2:30 Spanish: Level II. Guillermina Dumas. Jan. 14-March 10 (no class 2/18). BOH Conf. Room. ACE
- 2:00- 4:00 Chinese seniors congregate for song. Main Hall. COA
- 3:00- 5:00 Poker: Texas Hold 'Em 101. India Hobel. Jan 21-March 3 (no class 2/18) Arts & Crafts Room. ACE

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. September 10. 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
- 10:00-noon Memoir Writing Group. Lissa Franz. Jan. 15-March 11 (no class 2/19). 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. 8 Wednesdays, January 15-March 4 (no class 2/19) 12:30 - 2:00. \$105; Arlington Seniors \$95. Arts & Crafts Room. ACE
- 1:00- 3:00 Painting with Pastels. Anastasia Semash. Jan. 22-March 11 (no class 2/19). Arts & Crafts Rm. ACE

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- 2:30 French: Level I. Jan. 16-March 12 (no class 2/20). BOH Conf. Room. 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. 1:00-3:00, Jan 23-March 12 (no class 2/20). Arts & Crafts Room. ACE
- 1:15- 2:45 Shakespeare, Jan. 9-. (except holidays) 2nd 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. Jan. 16-March 12 (no class 2/20). BOH Floor Conf. Room. ACE

SPECIFIC THURSDAYS

- 1st & 3rd Thursday, 1:00. Movies. (subject to substitutions), Main Hall. Free. ASA
2nd Thursday, 10:15-11:30. Caregiver Support Group. Lourie August. Location varies. COA
3rd Thursday, 2:45-Intergenerational Book Club. Thursdays. Kidd. February 13 -*When I Was Puerto Rican* by Esmeralda Santiago. COA
3rd Thursday, 6:00-7:00 p.m. COA Board of Directors. Ground Floor Conference Room.
4th Thursday, 4:15-5:15. How do I use this Digital Thing? Boys and Girls Club students. Drop-In Room. COA

FRIDAYS

- 9:00-10:00 Exercise with DVD program. Main Hall. (drop in). \$1.00. ASA
10:00-noon Acrylics Magic. 10:00-noon; Jan. 17-Feb. 28 (no class 2/21) 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. Jan. 18-March 13 (no class 2/21). Main Hall. ACE
1:00 - 3:00 Mixed Media Collage. Anne Black. 6 Fridays, Jan. 17-Feb 28 (no class 2/21); Arts & Crafts Room. ACE.

SPECIFIC FRIDAYS

- 1st Friday, 1:00- 3:00. ASA Board Meeting. (Feb 7) Various locations. ASA
2nd & 4th Fri., 9:30-11:00. Financial Planner, Rick Fentin. Call COA for appointment.
3rd Friday, 1:00- 2:30. ASA Book Club; see titles under Reading & Writing. Drop-In Room.

Organizations in the Senior Center

Arlington Seniors Association

Email: ArlingtonSeniors@rcn.com URL: www.arlingtonseniorsassociation.org
Malcolm Hamilton, President: Home 781-641-2942. Email: mch12938@comcast.net
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>

Kristine Shah, Interim Executive Director
781-316-3401
Joanne Sliney, Nurse 781-316-3405
Christine Angell, Admin. Asst. 781-316-3400
Lourie August, Social Worker 781-316-3410
Shanon Murphy, Information & Referral
Services. 781-316-3404
Marci Shapiro-Ide, Social Worker
781-316-3419
Volunteers & Transportation Coordinator.
781-316-3403

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 meets 3rd Thursdays,
6:00-7:00 p.m. Ground Floor Conf. Room.