

Arlington Senior Center Programs

27 Maple Street

Arlington, Massachusetts 02476

July-August 2019

Classes – Programs - Events

Legal Workshop on Reverse Mortgages, Alex Moschella, Esq. Thursday, July 25,
10:00-11:30. Mural Room. COA

No Bingo July 3 or 10

SENIOR CENTER CLOSES FOR RENOVATION: January 2020

Contents Program Listing

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, July 11-Aug. 15- \$139/\$125. Arts & Crafts Room. ACE

Watercolor Pencils. Charlotte Kaplan. Mondays. 1:00-3:00, Mondays, July 8-Aug. 12. \$139/\$125. 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 on Reverse Mortgages, Alex Moschella, Esq Thurs., July 25, 10:00-11:30. Mural Room. COA

Celebrations, Parties, Luncheons (None in the Summer)

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. No summer classes. 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, July 11- Aug. 15. \$95/\$85. Ground floor Conf. Room. ACE

French: Level 2, 4:00-5:30 Thursdays July 11- Aug. 15, \$95/ \$85 Arlington seniors. 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, 2nd Tuesdays, 4, 12:00-1:00. No summer classes. Ground Fl. Conf. Room. COA

Movies

1st & 3rd 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.



Thursday, July 18

Second Act is a comedy in the vein of *Working Girl* and *Maid in Manhattan*. Jennifer Lopez stars as Maya, a 40-year-old woman struggling with frustrations from unfulfilled dreams. Until, that is, she gets the chance to prove to Madison Avenue that street smarts are as valuable as book smarts, and that it is never too late for a “Second Act”.

Running time 104 minutes/

Coming:

August 1: *The Bookshop*

August 15: *The Front Runner*

August 29: *Isn't it Romantic?*

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 Lourie August Ground Fl. Conf. Room. 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

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 Call COA for dates/times.

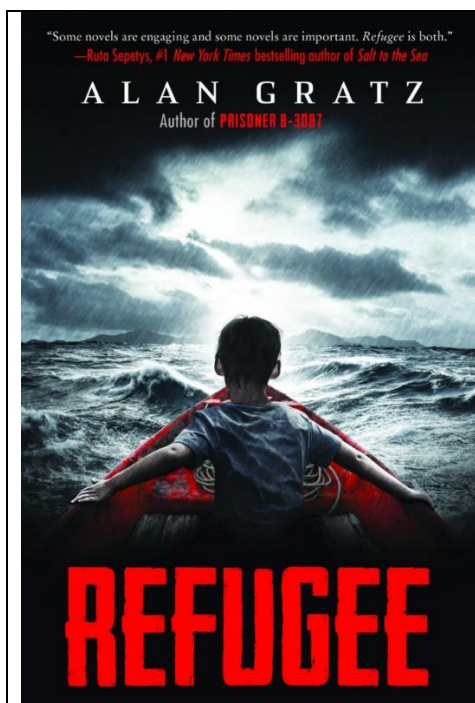
Parkinson's Disease Support Group 3rd Tuesday, 10:00-11:15. Whittemore-Robbins House. COA

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



Book Club July 19, 1:00-2:30, Drop-In Room

***Refugee* by Alan Gratz**

Josef is a Jewish boy in 1930s Nazi Germany. With the threat of concentration camps looming, he and his family board a ship bound for the other side of the world...

Isabel is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, hoping to find safety and freedom in America...

Mahmoud is a Syrian boy in 2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe...

All three young people will go on harrowing journeys in search of refuge. All will face unimaginable dangers—from drownings to bombings to betrayals. But for each of them, there is always the hope of *tomorrow*. And although Josef, Isabel, and Mahmoud are separated by continents and decades, surprising connections will tie their stories together in the end. Scholastic, 2017. 338 pages.

Upcoming

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

September 20: *The Other Einstein* by Marie Benedict

Intergenerational Book Club. Thursdays, Not meeting in the Summer. COA

Shakespeare and Friends. Noel McCoy. No summer classes; starts again in 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.

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. 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. Cost: 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.

Not meeting in the summer

DAILY CALENDAR IN THE SENIOR CENTER

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. July 8-Aug. 12. 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 Alex Moschella, Esq. Board of Health Conf. Room. Call COA for appointment.
10:00-11:15 Yoga. Barbara Freedman. Main Hall. (drop in) ASA
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. July 11-Aug. 15. 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. July 11-August 15. Ground Floor Conf. Room. ACE
4:00-5:30 French, Level 2. July 11- Aug. 15. Ground 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, 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. No summer classes. 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.

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.

--Also offering programs in the Community 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.