

February 2012

# SENIOR NOTES

from Arlington's Wellness, Learning, & Social Center  
27 Maple Street (behind Town Hall)

Arlington Council on Aging (781) 316-3400  
[www.arlingtonma.gov/COA](http://www.arlingtonma.gov/COA)

Arlington Seniors Association (781) 316-3420  
[www.arlingtonseniorsassociation.org](http://www.arlingtonseniorsassociation.org)

MSS "Eating Together" Meal Site (781) 316-3423



ARLINGTON  
SENIORS  
ASSOCIATION  
INC.

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## ASA Valentine Party

Saturday, February 11

12:30pm—3:30pm

MUSIC & DANCING with RUSS VARNEY

Light luncheon, beverages, and dessert served

Tickets are \$6.00 for members and \$7.50 for non-members.

Tickets may be purchased at the Arlington Senior Center, 27 Maple St

For more information, please call (781) 316-3420.

*Buy your tickets early! Hope to see you there!*



## Winter Storm Closing / Van Cancellation Policy

When the Arlington public schools are closed for the day, there will be no van transportation, activities, programs or lunches at the Arlington Senior Center. In case of a delayed start of the schools or if it is determined that the roads are not safe, some programs and van service may be delayed or cancelled.

Listen for school cancellation announcements on WBZ (channel 4, WCVB (channel 5), WHDH (channel 7), or WEEI or WBZ radio. The Council on Aging office will remain open.

Scheduled transportation for that day's medical appointment will be evaluated on a case-by-case basis; scheduled clients will be notified if vans are not running that day. Safety is always our goal and we appreciate your understanding.



## Coming in March....

Tell us what you think of *Senior Notes*—what do you like, what program/services would you like added? Your feedback is important!

# TRIPS FOR SENIORS

## Day Trips

Full payment due with reservation

**Thursday, February 16:** "From Hollywood to Broadway" at Spinelli's, Lynnfield, MA. Complete luncheon (choice of Yankee pot roast or Boston baked schrod). Entertainment features Ray Cavichio, Sharon Zee, and Frank Zarba. Live music for line and ballroom dancing. \$69 per person.

**Wednesday, March 14:** Andy Cooney's "Forever Irish" at the Venus de Milo, Swansea, MA. Complete luncheon (choice of corned beef and cabbage or baked haddock). Enjoy the lively music of vocalists Andy Cooney, "Irish America's favorite son," and the Irish Sopranos, along with accordionist Liam O'Connor. \$69 per person

**Thursday, March 29:** "Twain's Hartford Heritage" in Hartford, CT. Enjoy a guided tour of the house where Mark Twain wrote some of his most enduring works, as well as a tour of the Harriet Beecher Stowe House. Buffet luncheon at Hometown Buffet. \$69 per person

## Overnight Trips



*Transportation and some meals included; cruise and tour cancellation protection is available.*

**March 30-April 2:** Washington, D.C. Enjoy 3 nights at the Sheraton Suites Hotel in historic Alexandria, VA. Extensive sightseeing includes: World War II, Vietnam, and Korean War memorials, Arlington National Cemetery, Washington Monument, and much more, plus free time for shopping, browsing, and sightseeing on your own! 5 complete meals are included. \$670pp/twin.

**April 23-26:** Penn-Dutch Tour, including Gettysburg and Hershey. We'll be spending 3 nights at the lovely Country Inn, Lancaster, PA., in the heart of Penn-Dutch country. Our itinerary includes sightseeing throughout the area, the stage show "Jonah," and 6 complete meals. \$645pp/twin.

**May 21-24:** Niagara Falls. One hotel, three nights. Extensive sightseeing in Niagara Falls (Canadian side). Three full breakfasts, three full dinners, wine tour and tasting, ride on the "Maid of the Mist," and much more! Don't forget your passport. \$795pp/twin.

For information including room rates and reservations, contact the ASA at 781-316-3420 or call Joan Caterino at 781-646-9064. Trip information is correct at time of printing, but is subject to change without notice. Please complete the form below and send it along with your payment to the Arlington Seniors Association, 27 Maple St, Arlington, MA 02476.

*Please complete the form below. Checks are payable to: Arlington Seniors Association, Inc.,  
27 Maple St., Arlington MA 02476. You must enclose a self-addressed, stamped envelope. Thank you.*

NAME.....PHONE.....

ADDRESS ..... EMAIL.....

TRIP..... MENU CHOICE .....

## Stockings for Seniors Program — A Huge Success!

The Friends of the Arlington Council on Aging, along with many wonderful volunteers, delivered presents to 50 seniors this holiday season, many of whom would be alone for the holidays.

The presents, delivered in Santa-style stockings, consisted of supermarket gift cards, along with other treats and wintery cards made by students from the Bishop, Brackett and Peirce elementary schools. “This was our first year running the Stockings for Seniors program and it was a successful, heart-warming experience,” states Art Budnik, president of the Friends of the Arlington Council on Aging. “We look forward to running this program again next winter. The Stockings for Seniors program was made possible by generous donations to the Friends non-profit organization.”

A special thanks to Johnnie’s Foodmaster Supermarkets for their help and support with this project. For more information on the Stockings for Seniors program or what’s new with the Friends, please go to [www.FriendsArlingtonCOA.org](http://www.FriendsArlingtonCOA.org).

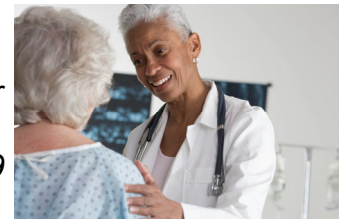


Pictured left to right: Art Budnik, Ann MacGowan, Lourie August, Christine Doherty, Russell Gallini

## Preparing For Your Doctor’s Appointment Thursday, February 9 @ 1:30pm

Have you ever walked out of the doctor’s office saying “*I should have asked them about....?*”

We all have! Get some helpful tips on how to communicate with your doctor and make your doctor’s appointment more productive. Jo-Ann Thibault and a nurse colleague from The ElderInsider will speak on *Thursday, February 9 at 1:30pm* at the Senior Center.



Please reserve your space in advance by calling the Council on Aging at (781) 316-3400.

## **Weatherize Your Home to Save Heating Costs!**

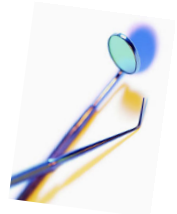
**Thursday, February 23 @ 1:30pm**

Join Lee Givens from Menotomy Weatherization on February 23 at the Senior Center to learn how to tighten up your home or apartment to lower your heating bills. Menotomy Weatherization is a Town of Arlington agency which uses federal, state and private funds to provide free energy audits and free weatherization work for eligible low- and moderate-income homeowners and renters in Arlington and other towns.

## **Dental Subsidy Screening**

**Tuesday, February 28**

There are a limited number of spaces available for the Sevoyan Dental Screening on *Tuesday, February 28 from 9:00am to 12 noon* at the Council on Aging office located on the ground floor of the Senior Center. Arlington residents 60 years or older with income below \$23,150 per year for a single household, or \$26,475 for a married couple, may be eligible for a \$300 subsidy for eligible dental costs. Please call the Council on Aging at (781) 316-3400 to reserve a spot. This program is available on a first come, first serve basis and is limited to 20 people



## **Photo Solutions**

**Tuesday, February 21**



Got photos, family movies, and memorabilia? Let's get organized! Philip Griffith of Photo Solutions will teach you how to get those photos out of the bags and boxes and gather them into a meaningful, coherent presentation. Tuesday, February 21 from 2:00pm-4:00pm. \$2.



## **Bev's Cooking Corner**

### **Lemon Sour Cream Muffins**

2 cups flour	1 lemon, zested and juiced
$\frac{2}{3}$ cup sugar	$\frac{3}{4}$ cup sour cream
2 tsp baking powder	1 tsp vanilla extract
$\frac{1}{4}$ tsp baking soda	$\frac{1}{8}$ tsp lemon extract
$\frac{1}{4}$ tsp salt	1 stick butter, melted
2 large eggs	

Whisk the dry ingredients, including the lemon zest, together in a large bowl. In another bowl, whisk the remaining ingredients, including the lemon juice. Pour the liquid ingredients over the dry. Gently, but quickly, stir everything together. Don't worry if you have a few lumps—they're better than an over-mixed batter!

Spoon batter into paper-lined muffin tins. Bake until golden brown (18-20 minutes). Let cool before taking out of the tin. Recipe makes 12 muffins.

## **Aquatics Class Free Passes Available!**

The Council on Aging is offering seniors the opportunity to participate in a low-impact aquacise class at the Arlington Boys and Girls Club, 60 Pond Lane, Arlington on *Mondays and Fridays from 1:00pm to 1:45pm*. The class is held in shallow water and includes strengthening, conditioning, and range-of-motion exercises. The Aquacise program is made possible through a generous grant from Lاهی Clinic.



Register for the class in advance at the Council on Aging and receive four free passes! Call (781) 316-3400 for more information.

## **Play Pool! Pool Players Wanted**

The Arlington Seniors Association has 2 great pool tables and we need more men & women to come and use them! Beginners are welcome! If you have never played pool or if you did play many years ago and would like to get back into playing, join us on *Monday afternoons starting February 27 from 2:00pm – 4:00pm*. Come on down to the Senior Center, meet new people and have some fun! For more information, please call the ASA at (781) 316-3420.



Monday	Tuesday	Wednesday
<div style="border: 1px dashed black; padding: 5px;"> <p><b>Reserve a lunch the day before</b> (\$2.00 donation requested):</p> <p>Arlington Sr. Ctr: 781-316-3423 Arlington Heights: 781-648-7500 (menu subject to change without notice)</p> </div>		<p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:00 <b>Stitch &amp; Share</b></p> <p>1:00 <b>Bingo; Bridge</b></p> <p>1:00 <b>Internet Searching</b></p> <p style="text-align: right;"><i>Hamburg and ziti bake</i></p>
<p>8:30 <b>Podiatry clinic</b> (\$25, by appt.) <b>6</b></p> <p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:00 <b>Art class</b></p> <p>12:30 <b>Progressive Bridge</b> (drop-in)</p> <p>1:00 <b>Cribbage</b></p> <p style="text-align: center;"><i>Hot dog, baked beans, carrots</i></p>	<p>10:15 <b>Yoga</b> (\$5.00 drop-in) <b>7</b></p> <p>11:00 <b>What's on your mind?</b></p> <p>1:00 <b>Line dancing</b></p> <p style="text-align: center;"><i>Baked chicken w/apricot glaze, lentil spinach soup, brown rice</i></p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:00 <b>Stitch &amp; Share</b></p> <p>1:00 <b>Bingo; Bridge</b></p> <p>1:00 <b>Internet Searching</b></p> <p style="text-align: right;"><i>2 stuffed shells w/ ricotta green beans</i></p>
<p>9:00 <b>Exercise</b> (\$2.50 drop-in) <b>13</b></p> <p>10:00 <b>Art class</b></p> <p>12:30 <b>Progressive Bridge</b> (drop-in)</p> <p>1:00 <b>Cribbage</b></p> <p style="text-align: center;"><i>Roast chicken w/tarragon sauce, mashed potatoes, vegetable soup</i></p>	<p>10:00 <b>Noreen Murphy, Atty - by appt</b> <b>14</b></p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>11:00 <b>What's on your mind?</b></p> <p>12:00 <b>Grandparent Support Group</b> (COA)</p> <p>12:30 <b>Blood pressure @ COA</b></p> <p>1:00 <b>Sing-along; 1:00 Digital Photo</b> (1of 2)</p> <p style="text-align: center;"><i>Cheese ravioli w/ newburg sauce, Italian green beans, beets</i></p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>9:30-10:30 <b>Senator Ken D</b></p> <p>10:00 <b>Stitch &amp; Share</b></p> <p>1:00 <b>Bingo; Bridge</b></p> <p>1:00 <b>Internet Searching</b></p> <p style="text-align: right;"><i>Beef chili w/ cheddar cheese</i></p>
<p style="text-align: center;"><b>** HOLIDAY **</b></p> <p style="text-align: right;"><b>20</b></p>	<p>10:15 <b>Yoga</b> (\$5.00 drop-in) <b>21</b></p> <p>11:00 <b>What's on your mind?</b></p> <p>12:30 <b>Blood pressure @ COA</b></p> <p>1:00 <b>Line Dancing</b></p> <p>1:00 <b>Digital Photo</b> (2of 2)</p> <p>2:00 <b>Photo Solutions</b></p> <p>2:00 <b>Immigrant Support Group</b> (COA)</p> <p style="text-align: center;"><i>Chicken breast cacciatore, ziti, spinach</i></p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:00 <b>Stitch &amp; Share</b></p> <p>1:00 <b>Bingo; Bridge</b></p> <p>1:00 <b>Internet Searching</b></p> <p style="text-align: right;"><i>Broccoli bake, stewed tomatoes</i></p>
<p>9:00 <b>Exercise</b> (\$2.50 drop-in) <b>27</b></p> <p>10:00 <b>Art class</b></p> <p>12:30 <b>Progressive Bridge</b> (drop-in)</p> <p>1:00 <b>Cribbage</b></p> <p>2:00 - 4:00 <b>Play Pool</b> (new program)</p> <p style="text-align: center;"><i>Minestrone soup, chicken w/ coq au vin sauce, couscous</i></p>	<p>9:00 <b>Dental Program Screening</b> <b>28</b></p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>11:00 <b>What's on your mind?</b></p> <p>12:30 <b>Blood pressure @ COA</b></p> <p>1:00 <b>Line dancing</b></p> <p>1:15 <b>Low-vision group</b></p> <p style="text-align: center;"><i>Sheppard's Pie, mashed potato, carrots</i></p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:00 <b>Stitch &amp; Share</b></p> <p>1:00 <b>Bingo; Bridge</b></p> <p style="text-align: right;"><i>Marinated diced chicken, coleslaw</i></p>

Wednesday	Thursday	Friday
<p>drop-in) <b>1</b></p> <p>(1 of 4)</p> <p>ke with cheese,</p>	<p>9:15 <b>Blood pressure @ Fox Library</b> <b>2</b></p> <p>10:00 <b>Gentle Yoga</b> (\$5 drop-in)</p> <p>1:00 <b>Intro to Microsoft Word</b> (1of 4)</p> <p>1:00 <b>Movie "Midnight in Paris"</b></p> <p><i>Breaded chicken cutlet, scalloped potatoes, gypsy soup</i></p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in) <b>3</b></p> <p>9:00 <b>S.H.I.N.E. Counselor</b> - by appt</p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>1:00 <b>Bridge</b></p> <p>1:00 <b>Seniors Association Board Mtg</b>(1st flr )</p> <p>1:30 <b>Tai Chi</b></p> <p><i>Beef stew, broiled potatoes, green beans</i></p>
<p>drop-in) <b>8</b></p> <p>(2 of 4)</p> <p>meat sauce, beans</p>	<p>9:15 <b>Blood pressure @ Fox Library</b> <b>9</b></p> <p>10:00 <b>Gentle Yoga</b> (\$5 drop-in)</p> <p>1:00 <b>Intro to Microsoft Word</b> (2of 4)</p> <p>1:30 <b>"Preparing for your Doctor's Appt"</b></p> <p><i>Tomato rice soup, turkey w/ gravy, mashed potatoes</i></p>	<p>9:00 <b>State Rep Sean Garballey</b> <b>10</b></p> <p>9:00 <b>Financial Planner, Rick Fentin</b> - by appt</p> <p>9:00 <b>S.H.I.N.E. Counselor</b> - by appt</p> <p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>1:00 <b>Bridge; 1:30 Tai Chi</b></p> <p><i>Roast Pork w/ rosemary gravy sweet potatoes, vegetable medley</i></p>
<p>drop-in) <b>15</b></p> <p>Donnelly @ COA</p> <p>(3 of 4)</p> <p>ese, corn, carrots</p>	<p>9:15 <b>Blood pressure @ Fox Library</b> <b>16</b></p> <p>10:00 <b>Gentle Yoga</b> (\$5 drop-in)</p> <p>1:00 <b>Movie "The Help"</b></p> <p>1:00 <b>Intro to Microsoft Word</b> (3of 4)</p> <p><i>Teriyaki chicken w/ brown rice, vegetable medley</i></p> <p>4:00pm COA meeting (COA conf rm)</p>	<p>9:00 <b>Exercise</b> (\$2.50 drop-in) <b>17</b></p> <p>9:00 <b>S.H.I.N.E. Counselor</b> - by appt</p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>1:00 <b>Bridge; 1:00 Book Club</b></p> <p>1:30 <b>Tai Chi</b></p> <p><i>Meatballs with swedish sauce, egg noodles, green beans/red peppers</i></p>
<p>drop-in) <b>22</b></p> <p>(4 of 4)</p> <p>atoes, green peas</p>	<p>9:15 <b>Blood pressure @ Fox Library</b> <b>23</b></p> <p>10:00 <b>Gentle Yoga</b> (\$5 drop-in)</p> <p>1:00 <b>Intro to Microsoft Word</b> (4of 4)</p> <p>1:30 <b>"Weatherizing your Home"</b></p> <p><i>Salisbury steak w/ mushroom gravy, mashed potatoes, green beans</i></p>	<p>9:00 <b>S.H.I.N.E. Counselor</b> - by appt <b>24</b></p> <p>9:00 <b>Financial Planner, Rick Fentin</b> - by appt</p> <p>9:00 <b>Exercise</b> (\$2.50 drop-in)</p> <p>10:15 <b>Yoga</b> (\$5.00 drop-in)</p> <p>1:00 <b>Bridge</b></p> <p>1:30 <b>Tai Chi</b></p> <p><i>Pea soup, tuna salad, marinated winter salad</i></p>
<p>drop-in) <b>29</b></p> <p>orn and black beans</p>		

*Senior Center agencies do not endorse any seminar or presentation. Presentations are for informational use only.*

## Classes and Things To Do

### Sing-along with Anne and Larry

Tuesday, February 14 at 1:00pm. It's Valentine's Day! Let's sing our hearts out!

### Adult Education Computer Classes

Internet Searching	Wednesdays	February 1	1:00pm-3:00pm	\$40/4 weeks
Microsoft Word (Intro)	Thursdays	February 2	1:00pm-3:00pm	\$40/4 weeks
Digital Photo	Tuesdays	February 14 & 21	1:00pm-3:00pm	\$20/2 weeks

### Computer Room

The Senior Center has 8 computers available to the public. Check your email or surf the internet! Computers are available Monday and Friday from 10:00am to 2:00pm and Tuesday through Thursday from 10:00am to 12:30pm. There is no fee to use the computers, Sign in at the desk at the back lobby.

### Save the Date!

ASA will be hosting a St Patrick's Day Party on Saturday, March 10 from 12:30pm to 3:30pm.

## Thursday Movies at 1:00pm

**Thursday, February 2:** "Midnight in Paris" with Owen Wilson, Rachel McAdams, and Kathy Bates. A romantic comedy about a family traveling to the French capital on business.

**Thursday, February 16:** "The Help" with Emma Stone, Viola Davis, and Octavia Spencer. In 1960s Jackson, Mississippi, a young white woman decides to write a book showing the African-American maids' point of view on the white families they work for and the hardships they endure.



## The Full Monty Stoneham Theatre Wednesday, April 25

The ASA will be going to the 2:00pm showing of the "Full Monty" at the Stoneham Theatre. SCM Door-to-Door transportation will leave the Senior Center at 1:00pm and return at approximately 4:30pm. The cost for transportation and theatre tickets is \$45 per person. The trip is limited to 14 people. All reservations must be received and paid by March 2. Come and join us for a great afternoon and a lot of laughs! Call (781) 316-3420 to sign up.

### **AARP Tax Preparation Assistance for Seniors**

From February 8 through April 12, 2012 AARP volunteers will provide free state and federal income tax preparation, counseling and electronic filing services to low- and middle- income people with special attention to seniors ages 60 and older. Tax service is available by appointment only.



The AARP tax service is for simple tax returns and does not include tax returns with rental property, Schedule D investments or self-employed businesses with expenses greater than \$10,000.

For income eligibility guidelines or to make an appointment please call Joyce Killingsworth, Information and Referral Specialist, at the COA at (781) 316-3404.

### **Line Dancing**

All levels are welcome! You don't have to know how to dance. Our instructor, Katrina Rotondi, will get you moving! The class is fun and provides lots of laughs. It's also a great way to get some exercise. Classes are held every *Tuesday from 1:00pm to 2:00pm*, except for the second Tuesday of each month. The cost is only \$3. Drop in and join us!

### **Bargain Corner News**

Open in the Pool Room. Hours are Monday, Wednesday, & Friday from 10:00am to 1:00pm. New items received regularly. Come check it out! We're accepting donations of small items, such as knick-knacks, jewelry, glassware, blouses, etc. Call June Mackey (781-646-3263) or Peg Pellegrino (781-643-1885) for more information.

### **February has an extra day this year.....**

2012 is a leap year, which means February has 29 days this year. Famous leap day birthdays: Pope Paul III (1468) Dinah Shore (1916) and Al Rosen (1924).

### **Tai Chi Session begins February 10**

Tai Chi, originally developed for self-defense, has evolved into a graceful form of exercise that is now used for stress reduction and to help with a variety of other health conditions.



Tai Chi runs for 8 weeks on Fridays from February 10 to April 20 (no class on Good Friday, April 6) from 1:30pm to 2:30pm. This program is offered at no cost through a grant provided by Lahey Clinic. Register in person at the Council on Aging or call (781) 316-3400. All participants must complete a Release Form.

### **Muscle-Strengthening Class begins March 7**

A new 8-week muscle-strengthening class will begin *Wednesday, March 7*. The cost is \$28 and is payable at the first class. *Please be aware there will be no muscle-strengthening classes in February.* Muscle Strengthening classes are designed to improve muscle tone, balance and resiliency. Call the Council on Aging at (781) 316-3400 to reserve your spot.

### **Gentle Yoga**

Yoga for gentle and safe stretching and muscle strengthening is offered *Thursdays from 10:00am to 11:15am*. No floor work required. Instructor specializes in modifications for those with chronic conditions or limitations. \$5 drop-in fee.

### **Yoga**

For those who like a more rigorous practice, we offer a very popular traditional yoga class on *Tuesdays and Fridays from 10:15am to 11:30am*. \$5 drop-in fee.

### **Stitch & Share**

Starts *Wednesday, February 8*. This is a chance for people to get together on Wednesday mornings from 10:00am to 12:00pm in the Arts & Crafts Room. Bring your quilting, knitting, crocheting, craft project, etc. Share your skills with others. There are lots of tables to spread your projects. Call (781) 316-3420 for more information.

### **Bridge**

All bridge players welcome!! Please join us at the Senior Center to play bridge every *Monday, Wednesday and Friday from 12 noon to 4:00pm*. We especially need players on Wednesdays. Coffee and cookies are available.

## A NEW YEARS CHEER

Special thanks to HOME INSTEAD Senior Care of Lexington, who made the holiday season a little brighter for Arlington seniors with their Santa Gift Program. HOME INSTEAD provided gifts for 10 Arlington seniors, which were delivered to the seniors by the Council on Aging. Thanks HOME INSTEAD for your generosity for the fifth year in a row!

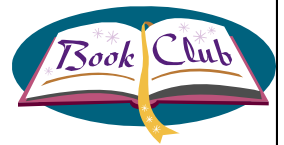
## A WARM WELCOME

Welcome to Eden McDonough, the new Minuteman Senior Services Meal Site Coordinator at the Arlington Senior Center. Eden is in charge of the noontime meal at the Senior Center as well as the Meals on Wheels program. Eden can be reached mornings at (781) 316-3423, Monday through Friday.

## Book Club News

Friday, February 17 @ 1:00pm

We'll be discussing *One Good Turn* by Kate Atkinson. Jackson Brodie, the wealthy, retired (he thinks) detective we met in *Case Histories*, follows his actress girlfriend Julia to the Edinburgh Fringe Festival, where he immediately finds himself on the job again.



## New Watercolor Class

Tuesdays, March 27—May 16

Arlington Community Education will be holding an eight-week watercolor class in the Arts & Crafts Room at the Senior Center on *Tuesdays from 2:00pm to 4:30pm*. In this class, the teacher will address fundamentals and techniques of watercolor painting. You will paint from still life and from other source materials. Class size is limited to 10 people and is open to beginners and those with previous drawing and painting experience. The cost is \$125 per person. Arlington Senior Association members will receive a 20% discount. Please call Arlington Community Education at 781-316-3568 to register by phone. The Code Number for this class is APO18. Pre-registration is required. After registering, email [lgrimald@gmail.com](mailto:lgrimald@gmail.com) for a materials list. If you need assistance getting the materials list, please call the ASA at (781) 316-3420

ARLINGTON SENIORS ASSOCIATION  
27 MAPLE STREET  
ARLINGTON, MA 02476

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Return service requested

COUNCIL ON AGING

Karen Nichols  
*Chair*

Lourie August, LICSW  
Marcy Shapiro-Ide, LICSW  
*Social Services*

Patricia Falwell, RN  
*Health & Wellness*

Joyce Killingsworth  
*Information & Referral*

Bill Murphy  
*Transportation Coordinator;  
Supervisor of Volunteers*

Peg Allen  
*Dial-a-Ride*

Donald Boudreau  
Jocko Ryan  
*Van Drivers*

Laura Munsey  
*Administration*

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Art Budnik  
*President*

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ASSOCIATION

Maureen Jackson  
*President*

Joan Pippin  
*MCOA-Certified  
Program Coordinator*

Richard Townsend  
*Office Clerk*

"EATING TOGETHER"  
MEAL SITE

Eden McDonough  
*Coordinator*

**Wellness/Informational Programs**

**Day/Date**

**Time**

Blood Pressure Clinics:

at *Council on Aging, 27 Maple St.*

Tuesdays

12:30pm-1:45pm

at *Fox Community Ctr., 175 Mass Ave.*

Thursdays

9:15am-10:15am

Podiatry Clinic\* **cost \$25**

2/1, 6 3/5

8:30am-11:30am, by appt

Elderlaw Attorney, Noreen Murphy\*

2nd Tues each month

10:00am-11:30am, *by appt.*

Financial Planner, Rick Fentin\*

2nd & 4th Fridays

9:00am-10:30am, *by appt*

S.H.I.N.E. Counselor\*

Fridays

9:00am -11:00am, *by appt*

State Senator Ken Donnelly

2nd Wednesday each month

9:30am-10:30am (*drop in*)

State Representative Sean Garballey

2nd Friday each month

9:00am-11:00am (*drop in*)

\**call 781-316-3400 for appointments*

**Exercise/Recreation Programs**

**Day**

**Time**

**Cost**

Exercise Class

Mon, Wed, Fri

9:00am

\$2.50 drop-in

Yoga

Tues, Fri

10:15am

\$5 drop-in

Art Class

Mondays

10:00am

\$40/6 wks

Gentle Yoga

Thursdays

10:00am

\$5 drop-in

Book Club

3rd Friday

1:00pm

free

Line Dancing

Tuesdays

1:00pm

\$3 drop-in

Tai Chi

Fridays

1:30pm

free

NEWSLETTER SUBMISSION DEADLINE IS THE 7<sup>TH</sup> OF THE PREVIOUS MONTH