



Arlington Senior Center Programs

27 Maple Street
Arlington, Massachusetts 02476

October 2015

For more information or to register, call the sponsoring organization.

Council on Aging (COA): 781-316-3400;

Arlington Seniors Association (ASA): 781-316-3421 or 781-316-3420.

ASA Trips: Lorraine Accardi at 781-643-8158.

Arlington Community Education (ACE): 781-316-3568

Also see issues of the Arlington Senior Center newsletter and the *Arlington Advocate*.

October Highlights

- Oct. 1, Harvey the Golden-Doodle and Rayna,** Dog B.O.N.E.S. dog therapy team return, 9:30-10 am. Free. Mural Room, after a walk around the Senior Center.
- Oct. 6 Healthier Habits for a Healthier You** Alzheimer's Assn., Mass/NH Chapter, speaker Robin Bromberg. Latest research-based recommendations for aging well with Alzheimers. Tues., Oct. 6, 12:30-2:00, Mural Room. Free. COA
- Oct. 6 Day Trip: New Hampshire's Turkey Train.** Enjoy a train ride around Lake Winnepesaukee while you savor a traditional turkey dinner provided by Hart's Turkey Farm. The glorious fall foliage will be a special bonus. Tues., Oct. 6: \$92. ASA
- Oct. 15 LGBT Seniors, Lifelong Learning for Healthy Aging.** 6 p.m., free. Join representatives from U.Mass. Boston's Osher Lifelong Learning Institute (OLLI) and Arlington's UU Church Rainbow Lifelong Learning Institute for a discussion on how you can join in. Light refreshments provided. Call Marci to register at 781-316-3418.
- Oct. 19, When the Hearse Backs Up to the Door:** Strategies for Preparing for a "Good Death." 11:00-noon, free 5-week workshop, meeting October 19, 26, November 2, 16, and 23. Location: Arts and Crafts Room. Talks will be lead by professionals, including End-of-Life Comfort and Advance Directives, Medical Treatment Decisions, Obituary Writing, and Coping with Spousal Loss. Call 781-316-3400 to register. Maximum participants: 15.
- Oct 20 Lecture by Doreen Stevens, Arlington Historical Society. The Robbins Sisters.** The three sisters were important figures in town life for decades; devoted to their family and to their community. Tues., Oct. 20: 1:00-2:00. Main Hall, Free. ASA
- Oct. 21 Poetry Reading with Arlington's Poet Laureate Miriam Levine.** Bring one of your own poems to read. Weds., Oct. 21, 1:30. Mural Room. Free. COA
- Oct. 22 Get It, Give It** Options for free or low-cost assistive devices. Mass. Rehabilitation Commission, REquipment Program accepts donated equipment for distribution to other seniors. Thurs., Oct. 22, 12:30, Main Hall. Free. COA.
- Oct. 23 Golden Tones** Retirement Age Chorus. Fri., Oct. 23, 2:30 p.m. Main Hall. Free. COA

- Oct. 27 Lahey Hospital Panel of Physicians: How to talk to your doctor.** Tues., Oct. 27, 11:30-1:00, Main Hall. COA
- Oct. 27 Scott Kenyon, PhD.** Pluto is the solar system's only binary planet—or is it? Four additional small moons are packed into orbits very close to the binary. This past summer, NASA's New Horizons mission flew through the system. Tues., Oct. 27, 2:00-3:00, Main hall, free. ASA
- Oct. 29 Medicare and Changes in 2016.** 6:00 p.m.. Turning 65? Getting married? It's time to learn About Medicare and your options. Our resident SHINE (serving the health insurance needs of everyone) expert will be on hand to give us the run down. All are welcome! COA
- Oct. 29, Massachusetts Senior Medicare Patrol (SMP)** in partnership with the COA, monthly meeting, Ground Floor Conference Room. 1-2:30 p.m., Call Lucilia Prates at 978-946-1326 or email at lprates@esmv.org [mailto:lprates@esmv.org] for more information.
- Oct. 30 Halloween Party** Wear a costume! Includes the movie: *Nosferatu*. Refreshments. Fri., Oct. 30. 1:00 p.m. Main Hall. Free. ASA

Save the dates

- Nov. 12: Medicare Changes & Open Enrollment Program** (Oct. 15 – Dec. 7), 1:30 p.m., Free. COA
- Nov. 19: Diwali Celebration: Hindu Festival of Lights Luncheon.** COA
- Dec. 3: Senior Center Holiday Party.** ASA
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Business and Finance

- Elder Law Attorney Noreen Murphy** 2nd Tues., 10:00-12:00 noon. COA
- Financial Planner Rick Fentin** 2nd/4th Fri., 9:30-11:00 a.m. COA.
- Long Term Care Insurance Counseling: Sean Condon.** Call COA for date and time.

Celebrations, Parties, Luncheons

- Halloween Party** Wear a costume! Fri., Oct. 30. 1:00 p.m. Main Hall. Free. ASA/COA
- Diwali Celebration: Hindu Festival of Lights Luncheon** Thurs., Nov. 19. 11:30 a.m., Main Hall. With Indian traditional dance performance. \$5.00. COA
- Holiday Party** Thurs., Dec. 3. 12:00 to 2:30. Co-sponsored by Home Instead. ASA/COA
- Chateau Café on Maple Street** at the Senior Center. \$2. Suggested donation. 48 hour advance notice. Minuteman Meals Office. 781-316-3423. Congregate Meals at Arlington Heights. 781-221-7081.

Computers and Technology

- Computer Basics** Thurs., Oct. 1., 2:00-4:00. 6 weeks. \$60. ASA
- Computer Intermediate** Tues., Oct. 6. 2:00-4:00. 6 weeks. \$60. ASA
- Email** Thurs., Nov. 12, 2:00 p.m.. one-day class. \$20.00 ASA.
- Internet Searching** Thurs., Nov. 19, 2:00 p.m. One-day class. \$20.00 ASA.
- iPad.** Get the most from your iPad tablet. Weds., Oct 21 & 28. 1:00-3:00. Ground Floor Conf. Room. Seniors, \$45. COA/ACE
- Microsoft Excel** Wed., Oct 7th, 4 weeks, \$40. ASA
- Microsoft Word** Wed., Nov. 4, 2:00 p.m. 4 weeks \$40.00. ASA.
- Photo/Computer** Tues., Nov. 17 & 24, 2:00 p.m. 2 weeks. \$40.00. ASA

Creative Arts

- Acrylics.** Addressing composition, shaping the page, color, layering, brushstrokes, creating the effects you want. Weds., Sept. 30-Dec. 2., 10:00-noon. Seniors, \$120. Arts & Crafts Room. COA/ACE

Anyone Can Draw Learning to draw is about learning to see; learn basic techniques.
6 weeks, starting Mon., Oct 19, 10:00-noon. Ground Floor Conf. Room. Seniors, \$85.
COA/ACE

Watercolor Pencils. New materials make the process of watercolor painting easier. Fri.,
Sept. 25-Dec. 4, 10:00-noon. Seniors \$128. Arts & Crafts Room. COA/ACE

Exercise and Movement

Morning Exercises

Mon., Shannon. 9:00-10:00. Main Hall. \$3. Drop in. ASA

Wed., Joanna. 9:00-10:00. Main Hall. \$3. Drop in. ASA

Fri., Henry. 9:00-10:00. Main Hall Floor. \$3. Drop in. ASA

Line Dancing, a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. Classes start again Nov. 3. 8 weeks, \$25; drop in, \$4.00. Main hall. Minimum of ten required. ASA

Muscle Strengthening, Weds., Call for start of next 8-week session, \$28. COA.

Tai Chi, reduces stress and anxiety, increases flexibility and balance—meditation in motion.

Mon., Oct. 12, 1:00-2:00. 1st Floor, \$25. 8-week session with Bill Barron. COA

Thurs., 8:30-9:30. 1st Floor, Call for start date of next 8-week session with Bill Barron.
\$25. COA

Yoga: Strength & Balance for gentle and safe stretching and muscle strengthening. No floor work required. Instructor specializes in modifications for those with chronic conditions or limitations. Thurs., 10:00-11:15. Main Hall, \$5. Drop in. ASA

Yoga, a more rigorous practice, a very popular traditional yoga class Tues. 10:00-11:15.
1st Floor, \$5 per class. Drop in. ASA

Yoga, a more rigorous practice, a very popular traditional yoga class Fri., 10:15-11:30.
1st Floor, \$5 per class. Drop in. ASA

Chair Yoga, a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Thurs., 2:00-3:00. Mural Room, \$3 drop in. COA

Fun and Games

Bingo Weds., 12:30-2:30. Main Hall. 3 games, \$1.50. Drop in. ASA

Bridge Fri., 1:00, Arts & Crafts Room. \$5. Drop in. ASA

Chess Any interest in starting a club, call Frank. 781-316-3421. ASA

Contract Bridge Weds. & Fri. 12:00-3:30. 1st Floor, \$1.50. Drop in. ASA

Cribbage Mon., 11:30-2:00. Arts & Crafts Room. Free. ASA

Game Day 3rd Tues. (except Oct.), 1:00-2:30, Main Hall, Board games galore, Wii for bowling. Free. ASA

Progressive Bridge Mon., 11:30. 1st Floor, \$2. Drop in. ASA

Health, Wellness, Fitness

Blood Pressure Tues., 12:30-1:30. 1st floor Reception Room. Free. COA

Get It, Give It Options for free or low-cost Assistive Devices. Presented by Mass.

Rehabilitation Commission, REquipment Program that accepts donated equipment for distribution to other seniors. November, free. Call COA for date and time.

Healthier Habits for a Healthier You Alzheimer's Assn. Mass/NH Chapter, speaker Robin Bromberg. Latest research-based recommendations for aging well. Tues., Oct. 6, 12:30-2:00, Mural Room. Free. COA

Lahey Hospital Panel of Physicians: How to talk to your doctor. Tues., Oct. 27, 11:30-1:30, Main Hall. Free. COA

Massachusetts Senior Medicare Patrol (SMP) in partnership with the COA, monthly meeting, Ground Floor Conference Room. Oct. 29, 1-2:30 p.m., Call Lucilia Prates at 978-946-1326 or email at lprates@esmv.org [mailto:lprates@esmv.org] for more information.

Perfectly Balanced Massage and Reflexology with licensed massage therapists. 4th Weds., 10:00-1:30. \$30. Call COA to make a 30-minute appointment.

Podiatry 1st Mon., 8:30-11:00. By appointment. COA

SHINE Counselor: Senior Health Information Needs, by appointment. Free. COA

Language and Languages

French Café: Conversation and culture taught by a native speaker. Thurs., Sept. 17-Oct. 22, 2:30-4:00 p.m. Ground Floor Conf. Rm. Seniors, \$85. COA/ACE

French for Beginners 1: Oui, c'est facile! Weds., Sept 30- Dec. 2, 1:00-2:30 p.m. Ground Floor Conf. Rm. Seniors, \$111. COA/ACE

French for Beginners II: Alons plus loin! Tues., Sept. 29-Nov. 27, 10:30-noon. Ground Floor Conf. Rm. Seniors, \$111. COA/ACE

Lectures and Discussions

Current Events 3rd Tues. 2:00 p.m. Pool Room Lounge. Free. ASA

Lecture by Doreen Stevens, Arlington Historical Society. The three Robbins Sisters-- Ida, Eliza, and Caira-- were important figures in Arlington town life for decades. Devoted to their family and to their community, Tues., Oct. 20. 1:00-2:00 Main Hall free Time, Location, free ASA

Pluto (the planet) Scott Kenyon, PhD, Smithsonian Astrophysical Observatory at Harvard University. Despite its demotion to a dwarf planet in 2006, Pluto is the solar system's only binary planet, with four additional small moons packed into orbits. This past summer, NASA's New Horizons mission flew through the system. Kenyon will describe some of the latest results and discuss how understanding the Pluto system helps us learn about the origins of planetary systems. Tues., Oct. 27, 2:00-3:00, Main hall, free. ASA

Movies

Movies 1st & 3rd Thurs. (sometimes Friday), 1:00 p.m. Main Hall, free. ASA

Oct. 1 *The Imitation Game* with Benedict Cumberbatch, Keira Knightley, Matthew Good

Oct. 15 *Far from the Madding Crowd* with Carey Mulligan, Matthias Schoenhaerts, Michael Sheen

Oct 30th Halloween Party and spooky movie *Nosferatu*. 1:00 p.m. Free and refreshments

Music

Golden Tones Retirement Age Chorus. Fri., Oct. 23, 2:30 p.m. Main Hall. Free. COA

Sing-Along with Anne and Larry 2nd Tues., 1:00 p.m., Main Hall, free. ASA

Personal Support

Caregiver Support Group 2nd Thurs., 10:15-11:30 a.m. COA.

Elder Abuse Task Force. Monthly meetings open to all. Call COA for dates and times.

Grandparents Raising Grandchildren Support Group 2nd Tues., 12:00-1:30 p.m. COA.

Low Vision Support Group, 4th Tues., 1:15-2:30 p.m. Ground Floor Conf. Rm. COA

Reading and Writing

Book Club *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. Fri., Oct. 16, 1:00 1st floor. Free. ASA.

Creative Writing with Lynette Benton. Starts in Nov. (call for date) 1:00-2:30. 6 weeks, \$55. ASA

Fiction, Why We Like It: Looking Closely at Fiction Thurs., Oct. 1-Nov. 5, , 11:00-2:30. Mural Room. Call Arl. Community Ed. to register at 781-316-3568. COA/ACE

Intergenerational Book Club with Arlington High School Students. Mon., 2:45-4:00 p.m. AHS Media Center. Call Marci at 781-316-2319. COA

Invitation to Poetry with Jessie Brown. Mon., Oct. 5. 1:00-3:00. 4 weeks, \$50. Mural Room. ASA

Poetry Reading with Miriam Levine. Bring one of your own poems to read. Weds., Oct. 21. 1:30. Mural Room. Free. COA

Poetry Workshops with Miriam Levine Weds., Oct. 28-Nov. 25. (Except Nov. 11) 1:30. Mural Room. Free. COA

Shakespeare, Thurs., Began Sept 17, 6 weeks \$40; \$10 drop in. *Twelfth Night*. ASA

Trips and Outings

Day Trip: New Hampshire's Turkey Train. Enjoy a train ride around Lake Winnepesaukee while you savor a traditional turkey dinner provided by Hart's Turkey Farm. The glorious fall foliage will be a special bonus. Tues., Oct. 6: \$92. Bus leaves Hurd Field at 10:00. ASA

Day Trip: Holiday Pops matinee concert at historic Boston Symphony Hall. Capture the magic of the holiday season. Reserved seating. The Pops' holiday classics, a guest appearance by Santa Claus, and the traditional holiday sing-along. Luncheon at the Venezia Waterfront Restaurant (meal choices: Chicken Parmesan w/pasta or Baked Schrod w/potato and vegetable). Sat., Dec. 5. \$132. ASA

Day Trip: New Year's Boat Trip and Luncheon. Two-hour cruise on Boston Harbor aboard the *Odyssey*. Includes a delicious luncheon, DJ entertainment, champagne toast, party favors. On the way home, sightseeing on Boston Common. Thurs., Dec. 31. \$92. ASA

Meet Your Representatives

Rep. Sean Garballey. 2nd Fri., 9:00-10:00 a.m. Ground floor. COA

Sen. Kenneth Donnelly 2nd Tues., 9:30-10:30 a.m. Ground floor. COA

CONTACT US

Arlington Seniors Association

Malcolm Hamilton, President: 781-316-3420 -or- 781-641-2942

Frank Tadley, ASA Administrator: 781-316-3421

Richard Townsend, Assistant: 781-316-3420

Location: 27 Maple Street, Arlington, MA 02476

Mon.-Fri.: 8:45 a.m.-3:45 p.m.

Council on Aging

Susan Carp, Executive Director

Lourie August, Social Worker

Marci Shapiro-Ide, Social Worker

Mark Waksmonski, Nurse

Joyce Killingsworth, Information and Referral Services

Bill Murphy, Volunteer and Transportation Coordinator

Laura Munsey, Administrative Assistant

Location: 27 Maple Street, Arlington, MA 02476

Phone: 781-316-3400

Mon.-Weds.: 8:00 a.m.-4:00 p.m.

Thurs.: 8:00 a.m.-7:00 p.m.

Fri.: 8:00 a.m.-12:00 noon

Chateau Café on Maple Street at the Senior Center

Minuteman Meals Office. 781-316-3423

Congregate Meal at Arlington Heights. 781-221-7081