



A monthly newsletter for our seniors, their families, friends, and supporters

MAY 2008

SENIOR NOTES



Arlington Senior *wellness, learning, & social* Center
27 Maple Street, Arlington, MA 02476 (behind Town Hall)

Arlington Council on Aging: 781-316-3400

Arlington Seniors' Association: 781-316-3420, 781-316-3421 Drop-in room: 781-316-3426

Minuteman Senior Services "Eating Together" Meal Site & Meals-on-Wheels: 781-316-3423

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FIFTH ANNUAL ASA INDOOR YARD SALE
THE ARLINGTON MULTIPURPOSE SENIOR CENTER,
1ST FLOOR, 27 MAPLE STREET

SATURDAY, MAY 17, 9 AM - 2 PM

Appliances, Books, Clothes,
Furniture, Jewelry, Toys
and Much More!
Come on Down!



All proceeds from the sale will be used

for Senior Association classes and activities

Donations for the sale accepted through Friday, May 16. See Joan or Charles when you come in, or call: 781-316-3421 or 781-316-3402.

"WALK THE RINK" PROGRAM IS POPULAR & FUN!

Tuesday, May 6th through Thursday, June 12th

"Walk the Rink" is a twelve-session indoor walking program, a fun social event for members of the Arlington community over the age of 60, and sponsored by the Arlington Council on Aging. Walks are held on Tuesdays and Thursdays, 9 AM - 10:30 AM, at the Veterans Memorial Rink, 422 Summer Street in Arlington. During these weeks the ice will have been drained, providing a smooth walking surface away from outdoor weather, and equipped with a nice sound system, perfect for a morning walk!

Through experienced instructors, you'll also get information on benefits of exercise, walking safety, proper shoes and attire, hydration, flexibility and stretching, nutrition, treatment of injury, strength training, and breathing techniques. Come and walk with your friends, have fun, and get fit! There is no cost to participants.

Participation is limited by the need to monitor program attendees. Please call the Council on Aging (in the Senior Center, 27 Maple Street) at 781-316-3400 to sign up.

This program is funded through a generous grant from Lahey Clinic to introduce seniors to new forms of exercise.

Those who have not previously participated in this program will be given first option.



ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- **May 18 - May 21:** Niagara Falls - one hotel, three nights (Canadian side). Three full breakfasts, three dinners at famous local restaurants, Maid of the Mist, wine-tasting, Imax theater presentation - and more. \$595 (twin), \$580 (triple), \$695 (single).
- **July 13-14:** Tanglewood: music in the beautiful Berkshires. Stay at the pretty Williams Inn in Williamstown, MA. Two complete meals "off the menu" in the Shed for Sunday afternoon concert. Visit to Naumkeag, a Newport-style mansion. \$285 (twin), \$275(triple), \$325 (single).

For information, contact Joan Caterino at 781-646-9064. Send payments to the Seniors Association.

DAY TRIPS *(full payment due with reservation)*

- **Monday, May 19:** Springfield International Tattoo: more than 60 pipers, drummers, Highland dancers at this unique event! Luncheon at the Grand Ballroom, MassMutual Center, Springfield: breast of chicken or baked New England codfish. \$72.
- **Thursday, May 22:** "Father Aloysius Misgivings" at Spinelli's in Lynnfield. Anecdotes, jokes and one-liners on growing up Catholic! More laughs than late-night catechism. Live music for dancing. Lunch at noon—Boston baked scrod or boneless breast of chicken. \$66.
- **Sunday, June 15:** Red Jacket Resort, North Conway; one-day fun trip. Sumptuous Sunday brunch, White Mountain sightseeing, outlet shopping. \$68.
- **Thursday, June 26:** Block Island: bus to Point Judith, RI; ferry to the island, 1¼-hour tour. Lunch at the National Hotel; choice of salmon, chicken, or crab cakes. \$79.

For information and reservations, contact the Seniors Association

Make checks payable to Arlington Seniors Association, Inc., 27 Maple St., Arlington MA 02476,
with your name, address, phone number and name of trip included.
You must enclose a self-addressed stamped envelope.

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

ADDRESS.....



LAMB CURRY

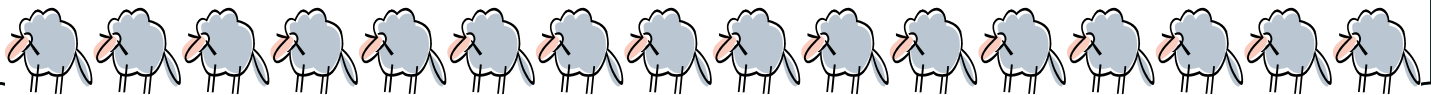


- 2 cups cubed cooked lamb
- 2 cups chicken broth
- 2 medium onions, chopped
- 1 garlic clove, minced

- 1 tablespoon butter
- 1 tablespoon cooking oil
- 2 teaspoons curry powder
- ½ teaspoon cumin



In a suitable-sized saucepan, heat butter and oil. Saute onions until they soften; add garlic and cook for one minute. Stir in curry powder, cumin and flour., then cook for a few seconds. Whisk in chicken broth and cook, stirring continuously, until thickened. Add cooked lamb cubes and heat through. Serve with rice and curry condiments.



TAKING CONTROL OF YOUR FUTURE: "A Legal checkup"

Thursday, May 8 at 1:30 pm, Senior Center; *Noreen Murphy, Attorney-at-law*



Learn all about how to protect your home and assets, power of attorney, and more as part of the Elder Law Education Program presented by the Massachusetts Bar Association.

Attorney Noreen Murphy (an Arlington resident), a member of the Massachusetts Bar Association and the Massachusetts Chapter of the National Academy of Elder Law Attorneys, will offer this presentation. Attorney Murphy volunteers her time and talents monthly through the Council on Aging.

This program is co-sponsored by the Massachusetts Chapter of the National Academy of Elder Law Attorneys, and the Arlington Council on Aging.

DON'T FALL VICTIM TO A FALL

Thursday, May 22 at 1:30 pm, Senior Center; *Karen Breehey, Arlington VNCH*

Falls severely injure, and sometimes kill, people of all ages. As a result, Visiting Nurse & Community Health, Inc. (VNCH) of Arlington has developed "Don't Fall Victim To A Fall", an awareness presentation that will hopefully help stem injuries due to falls.

This timely presentation, which blends common sense and humor to address this often debilitating occurrence, is a "how to avoid" falls in the home and surrounding outside areas. It details everyday hazards and offers easy-to-implement solutions.

Additionally, VNCH has completed a Falls Safety Checklist that accompanies the presentation, and complete home safety evaluations by a VNCH physical therapist are also available.

OSTEOPOROSIS SCREENING

On Tuesday, June 10, we will be offering osteoporosis screening at our regularly-scheduled 12:30 blood pressure clinic at the Council on Aging. Details to come in the June newsletter.



"BIG IS BEAUTIFUL! – NEW LARGE PRINT BOOKS AT THE ROBBINS LIBRARY**T is for Trespass** by Sue Grafton

"Her Millhone books are among the five or six best series any American has ever written." *The Washington Post Book World*

Sammy's House by Kristin Gore

"The book is funny, and the wonk's-eye-view of how legislation and trade deals get done (the author is Al Gore's middle daughter) is illuminating, and even inspiring." *Publishers Weekly*

The Widow's Mate - a Father Dowling Mystery by Ralph McInerny

"McInerny keeps the story moving with several twists and turns, producing another solid parish mystery for Father Dowling to solve in his usual quiet and compassionate way." *Publishers Weekly*

Terminal - a Burke Novel by Andrew Vachss

When the former shot-caller of the country's most feared white supremacist prison gang contacts Burke, he comes with references and the promise of a huge score.

Life's a Beach by Claire Cook

"In this lighthearted, breezy read, Cook (*Must Love Dogs*) displays a wry sense of humor and knows how to write realistic characters." *Library Journal*

Comfort and Joy by Fern Michaels, Marie Bostwick, Cathy Lamb and Deborah J. Wolf

When Angie's gift-wrap business is threatened, help comes in the form of a holiday miracle.

Whispering Rock - a Virgin River Novel by Robyn Carr

"The Virgin River Books are so compelling I connected instantly with the characters . . ." *Debbie Macomber*

Peter Jennings: A Reporter's Life Edited by Kate Darnton, Kayce Freed Jennings and Lynn Sherr

An intimate, comprehensive portrait of the late legendary journalist and news anchor.

Kissing Christmas Goodbye - An Agatha Raisin Mystery by M.C. Beaton

"Bestseller Beaton's dry wit enhances Agatha's struggles with aging, men and her most challenging case yet." *Publishers Weekly*

The Chinese Alchemist - An Archaeological Mystery by Lyn Hamilton

"Hamilton continues to demonstrate her knack for entertaining, educational, and completely riveting

DENTAL SCREENING: WEDNESDAY, MAY 7

To participate in the Sevoyan Dental Program, you must be Arlington resident, 60 years of age or older. You also must also meet the Program's income limits, which are \$23,150 for a single person living alone, or \$26,475 for a married couple living together. There is a \$300 per client limit in this program. To sign up for the next dental screening on May 7, call the Arlington Council on Aging at 781-316-3400.

TAI CHI CLASSES START MAY 9

The new 8-week session of Tai Chi classes will start on Friday, May 9 at the Senior Center from 2-3 P.M. The cost is \$40 for the 8-week session. Call 781-316-3420 or -3421 to sign up.



AN ENTERTAINMENT SPECIAL:



TAP, SING-ALONG, and a BUSHEL OF ENTERTAINMENT

Tuesday, May 20, at 1 PM, Senior Center main hall

Tap dancer and choreographer Valery Marcantonio and her partner will dazzle you with an hour of flying feet, soaring voices, and good all-around fun this afternoon! This is a rather

NEW ART APPRECIATION LECTURE SERIES BEGINS JUNE 3

The Arlington Seniors Association presents a new Tuesday lecture series with Marilyn Levitt, beginning Tuesday, June 17 at 2 PM with "Florence Revisited". Subsequent offerings may include "Visual Journeys Through a Woman's Life", "American Impressionists", and "Return to Italy: Assisi, Ravenna, and more". Come join us for these interesting presentations. Admission five dollars.

TOWN OF ARLINGTON GUARDIAN PROGRAM

The Arlington Police Department, in conjunction with the Council On Aging and the Arlington Housing Authority is pleased to offer the Guardian Program to Arlington residents.

What is the Guardian Program?

The Guardian Program is an assurance program designed for seniors and shut-ins who live alone and would like the peace of mind that comes with knowing that each day someone will check on their well being.

Who Is The Program For?

This is a free service available to any Arlington resident who requires it. It is especially recommended for seniors who live alone, and for shut-ins of any age. The program is available on an extended basis, or on a short-term basis for those who may only need it while recovering from illness or surgery.

How Does It Work?

Once a day, at a time chosen by him/her, the subscriber will receive a computer generated phone call. The message will prompt the subscriber to enter his or her easy to remember four-digit code. Once the code is entered, the system knows everything is OK and calls the next subscriber in line. If there is no answer, the system will make two follow-up calls. If there is no response after the third call, or if the phone is answered but no code is entered, the system alerts Police. Once alerted, the Police Department will dispatch an officer to check the well being of the subscriber. Medical help will be sent if necessary.

How Do I Sign Up?

Easy to complete subscriber forms are available from the Police Department, the Arlington Council on Aging and the Arlington Housing Authority. All information is held strictly confidential and there is no charge for the service.

Monday

Tuesday



For a lun
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Arlington Senior
Arlington Hei
(\$2.00 do

8:30 PODIATRY CLINIC (\$25, BY APPT.)
9:00 EXERCISE (\$2.50 DROP-IN)
12:30 PROGRESSIVE BRIDGE
1:00 CRIBBAGE

5

HOT DOG, BAKED BEANS

10:00 "WHAT'S ON YOUR MIND?"
10:30 YOGA (\$5.00 DROP-IN)
12:30 **NO B/P @ COA TODAY**
1:00 WOMEN'S BILLIARDS, COMPUTER CLUB
1:30 COMPUTER FUNDAMENTALS / INTERNET

6

SAL; ISBURY STEAK, JARDIENERE GRAVY,
MASHED POTATOES, BROCCOLI

9:00 EXERCISE (\$2.50
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE, BINGO

PORK, TA
MASHE

9:00 EXERCISE (\$2.50 DROP-IN)
12:30 PROGRESSIVE BRIDGE
1:00 CRIBBAGE

12

ROAST TURKEY, GRAVY, CARROTS,
MASHED POTATOES

10:00 "WHAT'S ON YOUR MIND?"
10:00 ATTY. NOREEN MURPHY (BY APPT.)
10:30 YOGA (\$5.00 DROP-IN)
11:00 GRANDPARENT SUPPORT GROUP
12:30 B/P @ COA
1:00 WOMEN'S BILLIARDS; SING-ALONG
1:30 COMPUTER FUNDAMENTALS / INTERNET

13

LASAGNA, OREGANO TOMATO SAUCE

9:00 EXERCISE (\$2.50
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE, BINGO

CHICKEN, I
BRO

9:00 EXERCISE (\$2.50 DROP-IN)
12:30 PROGRESSIVE BRIDGE
1:00 CRIBBAGE

19

CHILI CON CARNE, BROWN RICE,
MEXICALI CORN

10:00 "WHAT'S ON YOUR MIND?"
10:30 YOGA (\$5.00 DROP-IN)
12:30 B/P @ COA
1:00 "TAP" ENTERTAINMENT SPECIAL
1:00 WOMEN'S BILLIARDS; SCRABBLE
1:30 COMPUTER FUNDAMENTALS / INTERNET

20

BROCCOLI BAKE, CARROTS

9:00 EXERCISE (\$2.50
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE, BINGO

CHICKEN A LA
GEN

26
*Memorial Day:
Senior Center
closed*

10:00 "WHAT'S ON YOUR MIND?"
10:15 CAREGIVER SUPPORT GROUP
10:30 YOGA (\$5.00 DROP-IN)
12:30 B/P @ COA
1:00 WOMEN'S BILLIARDS

27

SHAVED STEAK, OPEPPERS & ONIONS,
DICED PARSLIED POTATOES, TAHITIAN BLEND

9:00 EXERCISE (\$2.50
10:00 INFORMAL KNITTING
10:15 MUSCLE-STRENGTH
1:00 BRIDGE; BINGO

MACARONI &

Wednesday	Thursday	Friday
<p>... reservation, ... the day before: ... Center: 781-316-3423; ... ghts: 781-648-7500 ... (ation requested)</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS*</p> <p>AMERICAN CHOP SUEY, ITALIAN BLEND</p>	<p>9:00 SENATOR JAMES MARZILLI AT THE COUNCIL ON AGING 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 BEGINNING ITALIAN ; last class 1:00 BRIDGE (IN A&C I)</p> <p>HERB-ROASTED CHICKEN, GREEN BEANS, SWEET POTATO</p>
<p>... (DROP-IN) ... G ... THENING CLASS: 1 OF 8</p> <p>... RRAGON GRAVY, ... ED POTATOES</p>	<p>10:00 SENIOR FORUM 10:00 B/P AT FOX 1:30 TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP 1:30 SHAKESPEARE CLASS*</p> <p>MOTHER'S DAY SPECIAL: CHICKEN CORDON BLEU, RICE PILAF, JARDINIÈRE BLEND</p>	<p>9:00 REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE ITALIAN : 1 OF 5 1:00 BRIDGE (IN A&C I)</p> <p>ZITI, MEAT SAUCE, GENOA BLEND</p>
<p>... (DROP-IN) ... G ... THENING CLASS: 2 OF 8</p> <p>... MARSALA SAUCE, ... OWN RICE</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM; B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS*</p> <p>GRILLED BEEFSTEAK AU JUS, BROCCOLI, BAKED BEANS</p> <p>7:00 COA BOARD MEETING: OPEN TO THE PUBLIC</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE ITALIAN: 2 OF 5 1:00 BRIDGE (IN A&C I) 1:00 BOOK CLUB</p> <p>BREADED PORK PATTY, GRAVY, PARSLEY POTATOES</p>
<p>... (DROP-IN) ... G ... THENING CLASS: 3 OF 8</p> <p>... KING, BOWTIE PASTA, ... NOA BLEND</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:30 "DON'T FALL VICTIM TO A FALL" PRESENTATION 1:30 SHAKESPEARE CLASS*</p> <p>STUFFED PEPPER, TOMATO SAUCE, GREEN BEANS</p>	<p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:00 REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 INTERMEDIATE ITALIAN: 3 OF 5 1:00 BRIDGE (IN A&C I)</p> <p>ROAST PORK, APPLESAUCE, BEETS, SWEET POTATO</p>
<p>... (DROP-IN) ... G ... THENING CLASS: 4 OF 8</p> <p>... CHEESE, BROCCOLI</p>	<p>9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX</p> <p>TURKEY HAM, RAISIN SAUCE, BROWN RICE</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:30 INTERMEDIATE ITALIAN: 4 OF 5 1:00 BRIDGE (IN A&C I)</p> <p>MEAT LOAF, GRAVY, CARROTS, MASHED POTATOES</p>

<u>COUNCIL ON AGING:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u>			
at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	free
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
NO blood pressure clinic at the COA on Tuesday, May 6			
<u>Podiatry Clinic:*</u>	Mon. 6/02, 7/14, 8/04	8:30-11:30, <i>by appt</i>	\$25
<u>Financial Planner, Rick Fentin:*</u>	2nd & 4th Fri ea. month	9-10:30, <i>by appt</i>	free
<u>Grandparent Support Group:</u>	2nd Tues ea. month (call Lourie at 781-316-3410)		free
<u>S.H.I.N.E. Counselor:*</u>	Every Friday	10 AM-noon, <i>by appt</i>	free
<u>State Senator James Marzilli:</u>	1st Fri ea. month	9-11 AM (drop in)	free
<u>State Representative Sean Garballey:</u>	2nd Fri ea. month	9-11 AM (drop in)	free
<u>State Representative William Brownsberger:</u>	4th Friday this month (5/23)	10-11 AM (drop in)	free

(* call 781-316-3400 for appointments)

<u>SENIORS ASSOCIATION:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Computer Fundamentals/Internet:</u>	Tuesdays	1:30-3:30	\$40/4 weeks
<u>What's On Your Mind?:</u>	Tuesdays	10 AM	free
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Shakespeare Class*:</u>	Thursdays	1:30-3	\$40/6 weeks
<u>Intermediate Italian*:</u>	Fridays	10:30 AM	\$40/5 weeks
<u>Exercise Class:</u>	Mon, Wed, Fri	9 AM	\$2.50 drop-in
<u>Line Dancing:</u>	Thursdays	9:30 AM	\$3.50 drop-in
<u>Yoga:</u>	Tuesdays	10:30 AM	\$5.00 drop-in

* ASA classes may not be held due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first class meeting.

Don't think of it as getting hot flashes.

Think of it as your inner child playing with matches.



YOUR STATE LEGISLATORS ARE WAITING TO HEAR FROM YOU!

Your State Senator and State Representatives are making it very easy for you to access them.

This month, **State Representative William Brownsberger** (precincts 2 & 4) will be here on **Friday May 23 at 10 AM** to talk with you.

State Senator James Marzilli is at the Council on Aging, 27 Maple Street, on the **first Friday** of each month from 9 AM to 11 AM.

Our newly-elected **State Representative, Sean Garballey**, will be at the Council on Aging the **second Friday** of each month from 9 AM to 11 AM.

They're waiting to hear from you! No appointment is needed ... just drop in at the above times. Bring your thoughts, your questions, discuss your concerns and your ideas in private conversation.

*ARLINGTON SENIORS ASSOCIATION
COMPUTER ROOM*

Our eight computers, located in the Computer Room on the first floor of the Senior Center, are open to the public Monday through Friday from 10 AM to 12 noon. Users must sign up at the ASA reception desk. There is no charge.



Call 781-316-3420 or 316-3421 for more information.

*SING-ALONG AND TALENT SHOW,
with Anne Donovan and Larry Martin
Tuesday, May 13, 2008 at 1:00 pm*

We sing the songs of the 30's, 40's and 50's, made famous by artists who became our idols and heroes. These are songs we all know, and love to sing!

BOOK CLUB NEWS

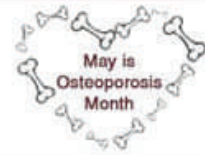
The ASA Book Club will meet on Friday, May 16 at 1:00 pm. The group will be choosing individual book selections of Alexander McCall Smith, which include "The No.1 Ladies' Detective Agency", "In the Company of Cheerful Ladies", "Blue shoes and Happiness" and "Friends, Lovers, Chocolate". So make your choice and come in and discuss your book. The club will suspend during the summer months.

*GRANDPARENT SUPPORT GROUP:
the 2ND TUESDAY of EACH MONTH*

This support group is for grandparents who are active in raising their grandchildren. It meets the second Tuesday of each month. For further information, call Lourie August, COA Social Worker, at 781-316-3410.

*This group is supported in part by a Title III Grant
through Minuteman Senior Services.*

Love Your Bones
so they'll love you back!



No bones about it. Osteoporosis is a debilitating disease that affects 44 million Americans or 55% of men and women ages 50 and older. Characterized by fragile, porous bones that break easily, this disease can be treated — and better yet — prevented. The National Osteoporosis Foundation (NOF) has designated May as National Osteoporosis Awareness Month to show us how.

What is Osteoporosis?

Osteoporosis, often called the “silent disease,” weakens and thins bones such that they become fragile and can fracture — sometimes without any warning signs.

Bone is living tissue that undergoes changes throughout our lives. It is formed up to the age of about 30, making our childhood and teenage years the most critical for building bone mass. Kids who reach optimal bone mass during these years are less likely to develop this disease. After age 30, however, the body begins to break bone down faster than it replenishes it. This is particularly true for women after the onset of menopause. And because of this, women are at higher risk and more commonly diagnosed with osteoporosis than men.

To determine your risk, ask your doctor about getting a bone mineral density test. This is a painless, non-invasive test that accurately detects osteoporosis before a bone breaks.

Pat Falwell, CDA Nurse

SAVE THESE DATES!

FINANCIAL ADVISOR TO HOST FINANCIAL WORKSHOP

Chris Chen, a financial advisor in Arlington, will host a “Financial Workshop for Individual Investors.” These four sessions are FREE and will assist individuals in setting financial and investment goals. A syllabus will be provided free of charge.

“Whether you are interested in strategies designed to help you enhance your long-term investment returns, reducing your income taxes or learning income strategies, you should plan to attend this informative class,” Chen says. Chris focuses on making complex financial concepts easier to understand.

May 13 – Starting Your Investing Journey – Basic Concepts

May 27 – Moving Down the Road to Your Financial Goals:
Principles of sound investing.

June 10 – Arriving at Retirement : Developing Goals

June 24 – Establishing Your Legacy: Wills & Gifting

Where: Robbins Library Community Room from 7:00-9:00 PM. Limited to 25. Call the Reference Desk to sign-up: 781-316-3233 or e-mail ngentile@Minlib.net. Please supply your phone number when you e-mail.

DO YOU HAVE THE "VIAL OF LIFE"?

In an emergency, time is crucial. The Vial of Life kit enables Arlington Emergency Responders to quickly locate helpful information regarding your medical history kept in your refrigerator and wallet, and to initiate appropriate emergency actions. Be prepared and let the Vial of Life speak for you when you can't speak for yourself!



Come to the Board of Health / Council on Aging at the Senior Center and pick up your own personal **Vial of Life Kit** complete with pill bottle, magnet, label and instructions. Bring your current medications, emergency contacts, and health insurance information with you if you would like trained personnel to help you complete the form. The kit is available to any resident regardless of age.

This program is generously supported by the Mystic Valley Masonic Lodge and sponsored by Arlington Health and Human Services, and Arlington Fire Services. If you have any questions, call the Council on Aging at 781-316-3400.

*DIAL-A-RIDE TAXI PROGRAM: ride anywhere in Arlington*

If you are an Arlington resident who is 60 years of age and retired, or has a verifiable disability, and are of low to moderate income, you are eligible for the COA's Dial-A-Ride subsidized taxi program.

The cost of a one-way ticket is \$3.00 and is good for a ride anywhere in Arlington, seven days a week. 2008 membership cards are available at the Council on Aging for \$2.00. Call 781-316-3406 to apply, or for more information.

1 PM MOVIES

Thursday, May 1: *"BORN TO DANCE"* (1935) Eleanor Powell and James Stewart

A great old musical! Boy meets girl, boy and girl fall in love, girl puts on a spectacular song-and-dance show. See Jimmy sing and dance! Music by Cole Porter.



Thursday, May 15: *"TEA WITH MUSSOLINI"* (1999) Joan Plowright, Maggie Smith, Judi Dench

a semi-autobiographical film directed by Franco Zeffirelli, telling the story of young Italian boy Luca's upbringing by a kind British woman and her circle of friends.

Thanks to Video Horizons and to the COA's Leo W. Fanning Memorial Collection for the movies we show. Ice cream courtesy of Kay Mitchell.

the back page



THE LINKS PROGRAM

The LINKS Program (*Linking Neighborhood Kids with Seniors*) will match seniors who need help with yard cleanup with Middle School students living in their neighborhood. Students are paid according to the job. Due to the age of the students, they do not use power tools.



Seniors requesting LINKS services should call Joyce at the COA: 781-316-3404. It takes two to three days between the time you make your request and the time of the student assignment.

YAMAJI / NEWCASTLE FUND

The Yamaji/Newcastle Committee met recently. The financial statements were reviewed. The Committee would like to remind all Senior Center volunteers of the fund's purpose: "The funds are to be used for recognition, education and support of Arlington Senior Center volunteers, regardless of where service for seniors is provided."

HOSTESSES WANTED!!

The Seniors Association is looking for friendly people to spend a few pleasant hours each week as Drop-in Room Hostesses. Meet and greet new and old friends, visitors, and the simply curious who would like to learn a little about what is offered here. Hours currently available are noon to 3:45 PM, Monday through Friday.

Please contact Joan Pippin or Kathy Gilligan (316-3420, 316-3421) for more information, or to sign up!



ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

STANDARD A
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