



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

NOVEMBER 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, -3421 Drop-in room: 781-316-3426
Minuteman Senior Services "Eating Together" Meal Site & Meals-on-Wheels: 781-316-3423

STAFF OF THE ARLINGTON SENIOR CENTER

COUNCIL ON AGING

Harry McCabe
Chair

John Jope
Executive Director

Lourie August, LICSW
Social Services

Pat Falwell, RN
Health & Wellness Programs

Joyce Killingsworth
Information & Referral

Bill Murphy
*Transportation Coordinator,
Supervisor of Volunteers*

Peg Allen
Dial-a-Ride

Maureen Jackson
Clerk/Secretary

Donald Boudreau
Phil Canniff
Paul Lucia
Van Drivers

ARLINGTON SENIORS ASSOCIATION

Ann MacGowan
President

Joan Pippin
Program Coordinator

MINUTEMAN "EATING TOGETHER" MEAL SITE

Joanne Pijon
Meal Site Coordinator

Anna Minassian
Assistant Meal Site Coordinator



DON'T GET BITTEN BY THE BUG - GET YOUR FLU VACCINATION

It's time once again to get a flu vaccination! The Fall and into the Winter months are the best times to get vaccinated. Influenza ("the flu") is one of the leading causes of death for older Americans. It is important for people 50 years of age and older, and people of any age with certain chronic medical conditions, to get their vaccination every year.

REMEMBER TO BRING YOUR MEDICARE CARD!

The Board of Health and the Council on Aging have scheduled the following flu clinics:

FLU CLINIC DATE	TIME	LOCATION	Ages	Other
Tuesday, November 4, 2008 Election Day: Vote and Vaccinate!	11 am-2 pm	Board of Health Office in the Senior Center	18 and over	Medicare recipients- FREE Flu mist will be available
Tuesday, November 18, 2008	10 am-11:30 am	Board of Health Office in the Senior Center	18 and over	Medicare recipients- FREE Flu mist will be available
Tuesday, December 2, 2008	10 am-11:30 am	Board of Health Office in the Senior Center	18 and over	Medicare recipients- FREE Flu mist will be available
Tuesday, December 16, 2008	10 am-11:30 am	Board of Health Office in the Senior Center	18 and over	Medicare recipients- FREE Flu mist will be available



All persons 65 and over with Medicare or supplemental insurance are free.

All others under 65 will be charged \$10.00.

The Board of Health is able to bill Medicare for providing the flu shot and this funding is used to offset Board of Health program costs.

MEDICAL EQUIPMENT AVAILABLE

The Council on Aging has medical equipment available to loan to Arlington citizens. Usually we have walkers, shower chairs, tub benches, raised toilet seats, and wheelchairs. Before you purchase equipment yourself, call Lourie at the Council on Aging at (781-316-3410) to see what might be available. We also accept donations of equipment but have very limited space, so please call first to see if we can accept the item.

<i>This month's presentation</i>	3
<i>Fuel Assistance Program</i>	4
<i>Tax Abatement help available</i>	4
<i>The LINKS Program</i>	5
<i>Important MassHealth notice</i>	6
<i>Get your MBTA CharlieCard</i>	8
<i>Town Day thank-you's</i>	11
<i>Property Tax Abatement Help Available</i>	12

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS
(Cruise & tour cancellation protection is available)

- **Nov. 2-3:** The Beacon Resort, Franconia Notch, Lincoln, NH: buffet lunch upon arrival, visit from Santa Claus, cocktail party, "horse racing", gourmet dinner (lobster!), entertainment. Everyone gets a free turkey. \$220 twin.
- **Dec. 2-4:** New York City *(do your own thing!)*. 2 nights at the Hotel Wellington, 7th Ave /55th St, a great uptown location. Two b'fasts, 1 dinner; sightseeing. Middle day is free for shopping, sightseeing, etc. on your own. Stop at the famous "Reins Deli" in Ct. on the way home. \$540 twin.
- **AND in 2009:** Alaska, Ireland, Ireland & Scotland, New Orleans, South Dakota & the Badlands and Florida (Amelia Island and Jacksonville).
*For information, contact Joan Caterino at 781-646-9064.
 Send payments to the Seniors Association.*

DAY TRIPS *(full payment due with reservation)*

- **Thursday, Nov. 13:** "Silver Sizzle" Revue - a splendid mix of dynamic song, dance and comedy by a cast who are all age 55 and better, all pros from Broadway and Radio City Music Hall. Preceded by a roast turkey dinner with all the fixings at the Holiday Inn, Boxborough. \$59.95
- **Thursday, Nov. 20:** "Broadway in Song with Ray Cavicchi at DiBurro's in Haverhill; a sumptuous lunch: choice of marinated sirloin tips or boneless breast of chicken. \$69.
- **Tuesday, Dec 2:** Christmas with the New Dawn Singers at Christmas in Foxborough, MA Broadway-style holiday show with lunch: choice of baked New England schrod or steak tips Spinazolla with all the trimmings. \$59.
- **Wednesday Dec 31:** New Years at noon! Say goodbye to 2008—and welcome 2009 - with friends at the Danversport Yacht Club. Great entertainment with Bobby Justin. Luncheon choice. \$69.
For information and reservations, contact the Seniors Association at 781-316-3420, or call Joan Caterino at 781-646-9064.

*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.....

TRIP.....MENU CHOICE (if indicated).....

Please take note that the Arlington COA does not endorse any seminar or presentation.
Seminars and presentations are for senior's informational use only.

SENIORS CAN SAVE MONEY ON HEALTH CARE COSTS IN 2009

Thursday November 13 at 1:30 PM, Senior Center Main Hall

S.H.I.N.E. Representative Annette Bender

Open Enrollment for Medicare supplemental plans and Medicare Prescription Part D plans runs from November 15 to December 31. Find out what's new for 2009: new plans, Senior Care Option plans, a new "donut hole" level, and new Part D premiums for 2009.

Do you need to review your Part D plan to be sure your drugs are still covered, or if there is a lower cost plan that meets your needs?

Prescription Advantage can help you with your Part D premiums and the "donut hole"; find out if you're eligible. Might you be eligible for low income assistance?

Do you know about the *Medicare Improvements for Patients and Providers Act of 2008*? Join us for a discussion on all the choices that will be available to seniors. Appointments can be made with a SHINE insurance counselor for personalized consultation.



The S.H.I.N.E. (Serving the Health Information Needs of Elders) Program is funded and managed by the Executive Office of Elder Affairs in coordination with local agencies.

SENIOR BREAKFAST

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$1.99. 'Sounds good,' my wife said. 'But I don't want the eggs.' 'Then, I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'YES!!' stated the waitress. 'I'll take the special then.' my wife said. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied. She took the two eggs home.

DON'T MESS WITH SENIORS!!! WE'VE been around the block more than once!

FUEL ASSISTANCE SATELLITE OFFICE OPENS NOVEMBER 3



The Community Teamworks' Fuel Assistance Program is located in the Weatherization & Rehabilitation Program offices on the second floor of the Arlington Multipurpose Senior Center, 27 Maple Street. The Arlington office serves people living in Arlington, Belmont, Lexington, Waltham and Watertown.

Fuel Assistance can help with heating costs including gas, oil, electricity, kerosene, wood or a percentage of your monthly rent if your heat is included.

To schedule an appointment, or to find out about Community Teamwork's Energy Programs, call their Arlington Office at 781-643-2358.

FROM THE COUNCIL ON AGING:

HAVE YOU THOUGHT ABOUT APPLYING FOR A TAX ABATEMENT?

ARE YOU 65 YEARS OR OLDER?

Tax abatements of up to \$1300 are available, depending upon qualifications. To see if you qualify, call Joyce Killingsworth (afternoons) at the COA, 781-316-3404. Half-hour appointments to file for an abatement are available on Tuesdays, 9:00-10:30.

To those wishing to apply for TAX ABATEMENTS, the following information should be kept in mind:

- Applicants must be over 65 years of age as of July 1, 2005
- New applicants must bring a BIRTH CERTIFICATE
- People with houses in trust, bring a copy of the trust
- Widows of any age who meet assist eligibility

The COA will be assisting widows, blind persons and the elderly with their tax abatements

NEXT COA MUSCLE-STRENGTHENING CLASS

begins Wednesday November 5

Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, November 5, from 10:15 AM to 11:00 AM in the Senior Center. The cost is \$40 per 8-week session, payable at the first class. Each class requires a minimum of 22 participants, so call the COA at 781-316-3400 to reserve your space!



THE "LINKS" PROGRAM



The LINKS Program (*Linking Neighborhood Kids with Seniors*) is up and running for the fall. The school coordinator for the program will match elders who need yard work, or a garage cleaned out, with a student in their neighborhood.

The students may work individually or in pairs and are GENERALLY paid \$5 an hour each. Snow shoveling will be negotiated by the job between seniors and students. Seniors requesting service should call the Council on Aging at 781-316-3404.

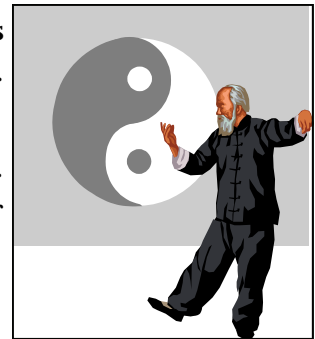
PLENTY OF ROOM IN THE COUNCIL ON AGING EXERCISE PROGRAMS!

Through the generosity of a Lahey Clinic Exercise Grant, the Council on Aging again offers to Arlington's seniors the following exercise opportunities. The COA partners with other community groups to provide four distinct programs at three sites: Water Exercise, Tai Chi, Chair Pilates, and a Walking Exercise Program.

Low-impact Aquacise (Mondays & Fridays AM) at the Arlington Boys and Girls Club thru June 2009. The program is held in shallow water, and is designed to improve flexibility, strength, endurance, coordination and balance. This program runs throughout the year.

Tai Chi (Fridays) 12:30 at the Fox Community Center, 175 Mass. Avenue, and 2 PM at the Senior Center. This program takes place weekly, for three eight-week sessions.

The second eight-week Tai Chi session begins November 14.



**There is no cost for participants
as the Lahey Clinic grant covers all fees.**

Signup is on a first-come first-served basis.

Advance registration is required and is done
at the Council on Aging. Participation in each Program is strictly limited.

If you have questions, call the Council on Aging, 27 Maple Street, 781-316-3400.

Monday

Tuesday

Wed

Reserve a lunch the day before:
 Arlington Senior Center: 781-316-3423;
 Arlington Heights: 781-648-7500
 (\$2.00 donation requested)
 (menu is subject to change without notice)

Important Update from MassHealth: New M

To prepare for NewMMIS, MassHealth is issuing new me
 new card will display the member's name and a new 12-digit ID
 at the same time; however, it may take longer for some member

8:30 PODIATRY CLINIC (\$25, BY APPT.) 3
 9:00 EXERCISE (\$2.50 DROP-IN)
 12:30 PROGRESSIVE BRIDGE DROP-IN
 1:00 CRIBBAGE
 ROAST CHICKEN, WHIPPED POTATOES

10:30 YOGA (\$5.00 DROP-IN) **4**
11-2: FLU CLINIC @ BOARD OF HEALTH
 11:00 "WHAT'S ON YOUR MIND?"
12-4: MBTA CHARLIECARD ID SIGNUP
 12:30 **NO B/P @ COA TODAY**
 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB
 MEATBALLS, SWEET/SOUR SAUCE, BROWN RICE

9:00 EXERCISE (\$2.50 DR
 10:00 INFORMAL KNITTING
 1:00 BRIDGE, BINGO
 BREADED PORK, WHIPPED

9:00 EXERCISE (\$2.50 DROP-IN) **10**
 12:30 PROGRESSIVE BRIDGE DROP-IN
 1:00 CRIBBAGE
 SALISBURY STEAK, MASHED POTATO,
 SUMMER BLEND VEGS

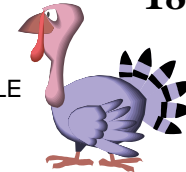


**VETERAN'S DAY:
 SENIOR CENTER CLOSED**

9:00 EXERCISE (\$2.50 DR
 10:00 INFORMAL KNITTING
 1:00 BRIDGE, BINGO
 SHEPHERDS PIE, G

9:00 EXERCISE (\$2.50 DROP-IN) **17**
 12:30 PROGRESSIVE BRIDGE DROP-IN
 1:00 CRIBBAGE
 BROCCOLI BAKE, STEWED TOMATOES

10-11:30: FLU CLINIC @ BOARD OF HEALTH **18**
 10:30 YOGA (\$5.00 DROP-IN)
 11:00 "WHAT'S ON YOUR MIND?"
 12:30 B/P @ COA
 1:00 WOMEN'S BILLIARDS; SCRABBLE
 1:00 SING-ALONG
SPECIAL:
 ROAST TURKEY/GRAVY, WHIPPED POTATO,
 STUFFING, PEAS, CRANBERRY SAUCE, DINNER ROLL,
 PUMPKIN PUDDING/WHIPPED TOPPING



9:00 EXERCISE (\$2.50 DR
 10:00 INFORMAL KNITTING
 1:00 BRIDGE, BINGO
 AMERICAN CHOP SUEY,

9:00 EXERCISE (\$2.50 DROP-IN) **24**
 12:30 PROGRESSIVE BRIDGE DROP-IN
 1:00 CRIBBAGE
 PORK ROAST, WINTER SQUASH

10:30 YOGA (\$5.00 DROP-IN) **25**
 11:00 "WHAT'S ON YOUR MIND?"
 12:30 **NO B/P AT COA TODAY**
 CHICKEN STRIP CACCIATORE, PENNE, GR. BEANS

9:00 EXERCISE (\$2.50 DR
 10:00 INFORMAL KNITTING
 10:15 **NO MUSCLE-STRENGT**
 1:00 BRIDGE, BINGO
 FISH WEDGE/TARTAR S

<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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Medicaid Management Information System (NewMMIS) & Member Cards

Member identification (ID) cards to all MassHealth members between 10/06/08 and 1/30/09. The number. MassHealth is making every effort to mail all cards associated with a household or case to get their new card due to the number of cards being mailed.

(DROPPED IN) 5 9:30 LINE DANCING (\$3.50 DROPPED IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS POTATO, BROCCOLI	6 STUFFED CABBAGE/TOMATO SAUCE, GR. BEANS	(DROPPED IN) 7 9:00 EXERCISE (\$2.50 DROPPED IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 ITALIAN CLASS 10:30 YOGA (\$5.00 DROPPED IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) BAKED FISH/NEWBURG SAUCE, SCALLOPED POT.
(DROPPED IN) 12 9:30 LINE DANCING (\$3.50 DROPPED IN) 10:00 SENIOR FORUM 10:00 ELDERLAW ATTORNEY NOREEN MURPHY 10:00 B/P AT FOX 1:30 "MEDICARE UPDATE" WORKSHOP 1:30 COMPUTER BASICS CLASS GREEN BEANS	13 SLICED HAM/PINEAPPLE SAUCE, SWEET POTATOES	14 9:00 STATE REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 EXERCISE (\$2.50 DROPPED IN) 10:30 ITALIAN CLASS 10:30 YOGA (\$5.00 DROPPED IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) MAC & CHEESE, STEWED TOMATOES
(DROPPED IN) 19 9:30 LINE DANCING (\$3.50 DROPPED IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS ITALIAN VEGGIES	20 7:00: COA BOARD MEETING: OPEN TO THE PUBLIC ROAST CHICKEN/MARSALA SAUCE, BROWN RICE	21 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 EXERCISE (\$2.50 DROPPED IN) 10:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 ITALIAN CLASS 10:30 YOGA (\$5.00 DROPPED IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C); BOOK CLUB BEEF RIB/BBQ SAUCE, WHIPPED POTATOES
(DROPPED IN) 26 THENING TODAY SAUCE, BROCCOLI	27 THANKSGIVING DAY: SENIOR CENTER CLOSED 	28 SENIOR CENTER CLOSED TODAY MEALS ON WHEELS ONLY: SLOPPYJOES, BROWN RICE, CARROTS

**COME and SIGN UP FOR YOUR NEW
SENIOR or T.A.P. CHARLIE CARD**

*Arlington Senior Center, 27 Maple Street (behind Town Hall)
TUESDAY, NOVEMBER 4, 2008 from NOON to 4 PM*

MBTA staff will be on hand at the Arlington Senior Center to issue MBTA Senior and Transportation Access Pass (T.A.P.) cards. Staff will also be available at this time to answer any questions regarding the MBTA's automated fare collection system.

New Senior CharlieCard IDs will be processed for customers exchanging their old Senior IDs (issued before May 2005) and to first-time Senior customers (65+ with proof of age). The new Senior CharlieCard will arrive by mail. Applications for the MBTA Transportation Access Pass (T.A.P.) CharlieCard, issued to persons with a qualifying disability, will also be available.

These Reduced Fare ID cards may also be obtained at the following walk-in locations, Mon-Fri, 8:30 AM-5:00 PM:

Office for Transportation Access
Back Bay Station
(Orange Line)
145 Dartmouth Street, Boston

Senior TAP/ID Office
Downtown Crossing Station
(Red/Orange Line)
Chauncy St. Concourse, Boston



MBTA Office for Transportation Access
(617) 222-5438 (voice); 1-800-543-8287 (voice); (617) 222-5854 (TTY)

Sponsored by the Council on Aging

RECIPE OF THE MONTH: CRANBERRY & BLOOD ORANGE RELISH

4 blood oranges

1 twelve-ounce bag fresh cranberries

1/2 cup sugar



Cut off all peel and white pith from 3 blood oranges. Using a small sharp knife, cut to release segments into a small bowl. Set bowl with orange segments aside. Cut remaining unpeeled blood orange into 8 pieces and place in food processor. Add fresh cranberries and 1/2 cup sugar; blend until mixture is finely chopped. Transfer relish to a medium bowl. Stir in blood orange segments. Cover and refrigerate relish overnight. Relish can be made two days ahead. Keep refrigerated. Bring to room temperature before serving.

CAREGIVER SUPPORT GROUP:
the 3rd TUESDAY of EACH MONTH

This is a support and networking group for caregivers of a loved one who is residing at home or in a long-term care facility. Meetings are held on the third Tuesday of each month, at the Council on Aging, from 10:15 AM – 11:30 AM.

We often share information about caring for people with Alzheimer's or other dementias. Questions? Call Lourie August at 781-316-3410.

COUNCIL ON AGING OFFICERS ELECTED

At the September 18, 2008 Council on Aging meeting, the following members were elected officers through the next Annual Meeting, scheduled for May 2009:

Chair: Harry McCabe

Vice-Chair: Karen Nichols

Secretary: Shirley Chapski

Other Council members are William Carey, Ann V. Fitzgerald, Mildred Hurd, Joanne Morel, and Lucilia Prates.

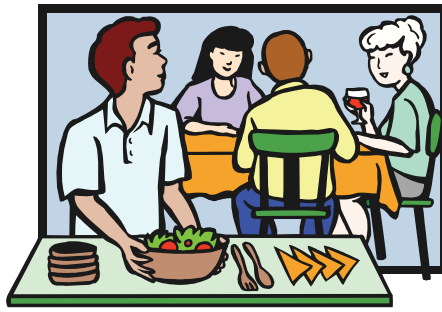
Congratulations to you all, and have a productive year!

WHAT'S ON YOUR MIND?

Tuesday mornings, 11-12:30

A discussion group will meet weekly to look at changes and events in our lives, led by our own Dr. Eva Balazs. Be prepared for some lively exchanges of ideas. Don't miss being part of this unique program!! There is no charge for this group.





The ASA held their first Annual Pot Luck Dinner. The dinner was a great success with entertainment by Dick and Dawn.

Thanks to Beverly for coordinating the dinner.

OUR MONTHLY SING-ALONG
with Anne Donovan and Larry Martin

Tuesday, November 18 at 1:00 PM

At Anne and Larry's Singalong you can sing songs you haven't sung in years, and make friends with people you haven't met yet.

BOOK CLUB NEWS

The November selection will be "CROW LAKE" by Mary Lawson. This story takes place in Kate's childhood, in remote northern Ontario, and in her current life at a Toronto University... "In this universal drama of family love and misunderstandings, resentments harbored and driven underground". The Club will meet on Friday November 21 at 1 pm.

Terry Rodda and Dot Sullivan

1 PM MOVIES

Thursday, November 6: "Failure To Launch"

The parents of a thirtysomething slacker (Matthew McConaughey) set him up with a beautiful woman (Sarah Jessica Parker) with the hope that he'll move out of the house.

Thursday, November 20: "Gypsy": a great Broadway musical

Rosalind Russel, Natalie Wood, Karl Malden

Thanks to Video Horizons

and to the COA's

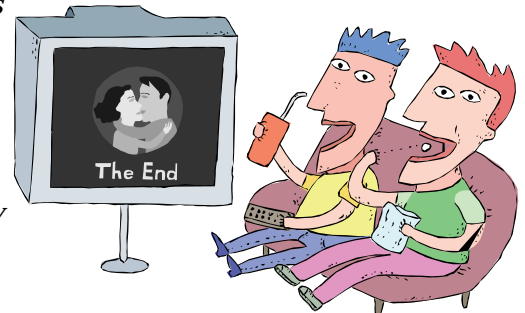
Leo W. Fanning

Memorial Collection for

the movies we show.

Ice cream courtesy of Kay

Mitchell.



A BIG THANKS to the volunteers who made Town Day a success for Senior Services! For the preparation and help at the Senior Center, special thanks go to Peg Pellegrino, Lorraine Accardi, Mary Bond, Olga Santosuosso, Bev Bevilacqua, and of course J.J. Serapina, and the people who did all the baking for the bake sale.

Also, special thanks go to those who fueled our efforts at the ASA and COA canopy sites on the Avenue: Joan Pippin, Charles Schwab, Bill Murphy, Dot Schlicting, Tutu Eskandar, Barbara Evans, Ann Fitzgerald, Maryanne Curren, Joanne Morel, Mary Dodge, Ann MacGowan, Bob Tosi, Art Budnik, David Spagnuolo, Monique Frank, Ben Connors, and others.



A particular wave of the glove to Maureen and Bazil Jackson, and their truck (*what would we have done without their truck to carry all that stuff??!?*)

The Friends of the Arlington Council on Aging was introduced to Arlington at Town Day!

The Friends' group participated in Town Day and distributed more than 200 brochures to our inquiring citizenry and to a number of interested organizations. Several of our volunteers participated and mingled among the crowd to pass out brochures. We had some TV exposure as ACMI roamed Mass. Ave. As part of ACMI's Town Day coverage, there was also a quick interview about the group and why it has formed. We were housed under the COA canopy and appreciate the Council's confidence in us. We intend to grow and hope to use the help of many more volunteers as we organize and expand.

Would you like to help us raise funds and do some events that will help the COA? We are looking for more Volunteers for a variety of opportunities, to help with a newsletter, community awareness, event planning and participation and more. To volunteer, please contact the Friends of the Arlington Council on Aging at 27 Maple St., Arlington MA 02476 or use friendsarlington-coa@yahoo.com. You can also call at 781-316-3400.



the back page



<u>COUNCIL ON AGING:</u> <u>COST</u>	<u>DAY/DATE</u>	<u>TIME</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 clinics on Nov. 4, Nov. 11 (Veterans Day), and Nov 27 (Thanksgiving Day)			
<u>Podiatry Clinic:</u> *	Mon. 11/03, 12/01	8:30-11:30, <i>by appt</i>	\$25
<u>Elderlaw Attorney, Noreen Murphy</u> *	Thursday 11/13	10-11:30, <i>by appt.</i>	free
<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> *	Fridays	9-11, <i>by appt</i>	free
<u>State Representative Sean Garballey:</u>	2nd Fri ea. month	9-11 AM (drop in)	free
<u>State Representative Wm. Brownsberger:</u>	4th Fri this month	10 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 Basics:</u>	Thursdays	1:30-3:30	\$40/4 weeks
<u>Computer Intermediate:</u>	Tuesdays	1:30-3:30	\$60/6 weeks
<u>Art Class:</u>	Monday	10-12	\$40/6 weeks
<u>What's On Your Mind?:</u>	Tuesdays	11-12:30	free
<u>Italian Class:</u>	Friday	10:30 AM	\$80/12 weeks
<u>Book Club:</u>	Friday	1 PM	free
<u>Exercise Class:</u>	Mon, Wed, Fri	9 AM	\$2.50 drop-in
<u>Yoga:</u>	Tuesdays 10:30 AM; Fridays noon		\$5.00 drop-in
<u>Drama Class:</u>	Thursdays	1:30 PM	\$40/6 weeks
<u>Creative Writing</u>	Tuesdays	1 PM	\$40/6 weeks

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

YOU'RE INVITED

The Council on Aging meets Thursday evening November 20th at 7:00 pm in the Senior Center's drop-in room on the first floor, 27 Maple Street.

We invite the public to attend. These are YOUR services and programs; we welcome your thoughts, requests, questions and suggestions to help us plan our programs and services.



Or, you can simply sit and observe to learn who we are and what we do.

Everyone is welcome!

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

STANDARD A
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THE DEADLINE FOR NEWSLETTER SUBMISSIONS
IS THE 10TH OF THE PREVIOUS MONTH

