



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

OCTOBER 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*

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
MBTA Senior and Transportation Access Pass (T.A.P.) card
available at this time to answer any questions regarding the
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.) Charlie-
Card, 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

THINKING OF VOLUNTEERING?

Come to our very **FIRST SERVICE FAIR:**

*an educational, informational, outreach and recruitment event
on Friday October 3, from 4 to 6 PM*

at the Arlington Senior Center, 27 Maple Street (behind Town Hall)



We'll be showcasing offerings of ASA, COA, and Minuteman Senior Services at the Arlington Senior Center and beyond. Celebrity M.C.'s include State Representative Sean Garballey, Selectman Annie LaCourt, and others. Finger foods, cookies, chips will be available, and prizes galore! Volunteers will share stories and experiences of their involvement in various programs and activities. This will be a festival of services and opportunities, so please **BE SURE TO JOIN US** for this interesting and informative event!

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ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

- **Oct. 15-18:** Lake George & Lake Placid: 3 nights lakeside at Lake George; lake luncheon cruise; Saratoga Raceway; Lake Placid Olympic Training Center, visit Saratoga Springs; 6 meals. \$495 double.
- **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.
- **AND in 2009:** Alaska, Holland, Ireland & Scotland, and Oberammergau.
*For information, contact Joan Caterino at 781-646-9064.
Send payments to the Seniors Association.*

DAY TRIPS *(full payment due with reservation)*

- **Thursday, Oct. 16:** Spinelli's in Lynnfield, "The Swinging Tenors", a musical journey spanning 30 years of musical memories. Yankee pot roast or baked schrod, live music; line and ballroom dancing. \$69.
- **Sunday, Oct. 19:** Boston Ballet at the Wang Center, James Kudelka's largely successful "Cinderella". Ticket and transportation \$50.
- **Wednesday, Oct. 22:** Turkey Train—our most popular trip! A morning visit to the Christmas Tree Shop in Rockingham. Delicious turkey dinner on the train going around Lake Winnepesaukee; visit the Apple Hill Farm on the return trip. \$65.
- **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 and a sumptuous lunch: choice of marinated sirloin tips or boneless breast of chicken. \$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.*

***ADVANCE DIRECTIVES and FINANCIAL POWERS OF ATTORNEY:
WHAT YOU SHOULD KNOW***

Thursday, October 9 at 1:30 PM



Attorney Betsey Crimmins of the Senior Citizen's Law Project of Greater Boston Legal Services will be at the Senior Center on October 9 at 1:30 to present information on Durable Powers of Attorney and Advance Directives. Attorney Crimmins will then be available to meet with you after the presentation and prepare these documents free of charge.

Attorney Crimmins is also available to provide FREE civil legal services for a variety of elder law matters including housing cases, benefits such as Social Security and SSI, food stamps, health care issues such as Medicaid and Medicare, guardianship defense, nursing home issues, and consumer issues.

Arrangements can be made for Attorney Crimmins to make home visits or nursing home visits. The Project is located at Greater Boston Legal Services, 197 Friend Street, Boston. You can reach the Project by calling our elder (60+) intake line at (617) 603-1776.

Please call the Council on Aging at 781-316-3400 before October 6 to sign up for this event.

HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Thursday, October 23 at 1:30 PM

Heather Hurd, Senior Plan Consultant,
Blue Cross/Blue Shield of Massachusetts

This well-received presentation begins by explaining original Medicare. We'll then discuss how Medigap and Medicare Advantage plans work with Medicare.

It also includes an explanation of Medicare Prescription drug coverage. This popular seminar is often praised for the way it makes complex information easy to understand.



PODIATRY CLINIC POLICY***THIS CLINIC OFFERS SERVICES ONLY ON A FIRST-COME, FIRST-SERVED BASIS***

Services provided by all our podiatrists are ingrown nails (minor), nail cutting, corns, calluses, and palliative maintenance. As a COA Podiatry Clinic client, once you sign in, you will be called in your turn to see the NEXT AVAILABLE PODIATRIST in your prescheduled time slot. Our podiatrists ROTATE seeing clients. You will NOT be able to ask for a PARTICULAR podiatrist.

If you would like the services of a specific podiatrist, or if more extensive treatment is indicated, you should arrange for an appointment at their office.

We are booking appointments (781-316-3400) for Monday, November 3. The cost is \$25. No insurances are accepted. Appointments begin at 8:30 and end at 11:15.

COA van service is available to bring clients in for Podiatry Clinic for one dollar each way. Please call a business day in advance for a ride.

LOCAL PROPERTY TAX ABATEMENT HELP AVAILABLE

Half-hour appointments for local property tax abatement help are available on Tuesdays from 9:30 to 10:30 at the Council on Aging for those 65 and older. Abatements are up to \$1300, depending upon qualifications. To see if you qualify and to set up an appointment, call Joyce at 781-316-3404.

COA WELCOMES OUR NEW SOCIAL WORK INTERN, ANNA HOLT

Anna Holt will be joining the Council on Aging for this academic year as our social work intern. She is a Master of Social Work candidate at Salem State College. She will be at the Senior Center 20 hours a week, working under the supervision of the COA's Social Worker, Lourie August.

Anna is available to meet with seniors either at the office or at your home to discuss emotional and personal issues, and to help with forms and benefits for programs. Anna speaks English and Russian. Call the Council on Aging at 781-316-3410 for more information.



MARY MacNEILL DESMOND of North Easton has won the ASA September drawing for two free day trips, or a \$100 cash prize. Congratulations, Mary!!

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 pants, so call the COA at 781-316-3400 to reserve your space!



Winchester Hospital's Community Health Institute, Osteoporosis Community Benefit Program is offering a

FREE OSTEOPOROSIS SCREENING*Wednesday October 8, noon - 2 PM, at the Arlington Council on Aging*

Free screening for men and women is available for osteoporosis detection through the use of a bone density machine. A Gerontological Clinical Nurse Specialist trained in the use of the Achilles Express will conduct osteoporosis screenings on location.

ADVANCE REGISTRATION through the Council on Aging is necessary. Call or come in to the COA to sign up for 10-minute appointments, noon—2 PM. Walk-ins will not be seen.

Please come prepared to take off your shoes and stockings. Please wait until a future screening if you have an open or infected wound on your foot at the present time.

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.

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

Chair Pilates (Mondays, 1-2 PM) Our unique version of "Chair Pilates" stabilizes the body's core muscles, improves posture, flexibility, strength, balance and coordination, with some standing exercises to improve balance. A portion of each class will be devoted to focused relaxation practices.

"Walk The Rink" will be held indoors at the Veterans Memorial Rink, 422 Summer Street, Arlington, during summer months (May - June 2009) when the rink floor is ice-free. Sign-up will take place in the spring of 2009. More about this at a later date.

**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.

This grant is funded through the Lahey Clinic Community Benefits Initiative DoN Program



Monday

Tuesday

Wed

PLEASE RESERVE AT LEAST
A WEEK AHEAD FOR THE
OCTOBER 24TH INDIAN
LUNCH



Reserve a lunch the day before:
Arlington Senior Center: 781-316-3423;
Arlington Heights: 781-648-7500
(\$2.00 donation requested)

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

BAKED HAM, RAIS
AU GRATIN PO

8:30 PODIATRY CLINIC (\$25, BY APPT.)
9:00 EXERCISE (\$2.50 DROP-IN)
10:30 INTERMEDIATE BRIDGE CLASS
12:30 PROGRESSIVE BRIDGE DROP-IN
1:00 CRIBBAGE
1:00 PILATES

6

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

7

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

BBQ PORK RIB, MASHED POATOES, PEAS

ROAST TURKEY, GRAVY, MASHED POTATO

STUFFED PEPPER, T

COLUMBUS DAY 13



SENIOR CENTER CLOSED

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

14

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

BEEF BORDELAISE, WHIPPED POTATOES

ROASTED CHICKEN, SW

9:00 EXERCISE (\$2.50 DROP-IN)
10:30 INTERMEDIATE BRIDGE CLASS
12:30 PROGRESSIVE BRIDGE DROP-IN
1:00 CRIBBAGE
1:00 PILATES

20

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

21

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

BAKED CHICKEN, COQ AU VIN SAUCE,
SWEET POTATOES

BROCCOLI BAKE, BROWN RICE,
STEWED TOMATOES

ROAST PORK, TARR
WHIPPED PO

9:00 EXERCISE (\$2.50 DROP-IN)
10:30 INTERMEDIATE BRIDGE CLASS
12:30 PROGRESSIVE BRIDGE DROP-IN
1:00 CRIBBAGE
1:00 PILATES

27

10:00 "WHAT'S ON YOUR MIND?"
10:30 YOGA (\$5.00 DROP-IN)
12:30 B/P @ COA




28

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

BEEF RIB, ONIONS/PEPPERS

MEATBALLS, ONION GRAVY, BROWN RICE

ROAST CHICKEN, ON M

Wednesday	Thursday	Friday
(DROP-IN) 1 SIN SAUCE, POTATOES	2 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS SALISBURY STEAK, MASHED POTATOES	3 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 ITALIAN CLASS 12:00 YOGA 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) TUNA PRIMAVERA, ROTINI NOODLES
(DROP-IN) 8 TOMATO SAUCE	9 9:30-12: FLU CLINIC @ BOARD OF HEALTH 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 NO B/P AT FOX TODAY 1:30 "ADVANCE DIRECTIVES" WORKSHOP 1:30 COMPUTER BASICS CLASS CHICKEN, TERIYAKI SAUCE, BROWN RICE	10 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 DROP-IN) 10:30 ITALIAN CLASS 12:00 YOGA 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) MAC & CHEESE
(DROP-IN) 15 SWEET POTATOES	16 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS SWEDISH MEATBALLS, WHIPPED POTATOES, GREEN BEANS	17 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 ITALIAN CLASS 12:00 YOGA 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C); BOOK CLUB ZITI, MEAT SAUCE, GENOR VEGGIES
(DROP-IN) 22 MAGON GRAVY, POTATO	23 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 B/P AT FOX ; SENIOR FORUM 1:30 "HEALTH PLAN OPTIONS" SEMINAR 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS 7:00 COA BOARD MEETING: OPEN TO THE PUBLIC CHICKEN STRIP CACCIATORE, PENNE, BROCCOLI 	24 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 ITALIAN CLASS 12:00 YOGA 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) INDIAN LUNCH AT ARLINGTON SENIOR CENTER (ALTERNATE: HOT DOG, BAKED BEANS, CORN) 
(DROP-IN) 29 MUSTARD SAUCE	30 9:30 LINE DANCING (\$3.50 DROP-IN) 10:00 B/P AT FOX ; SENIOR FORUM 1:00 MOVIE 1:30 COMPUTER BASICS CLASS 1:30 SHAKESPEARE CLASS BAKED HAM, SWEET/SOUR SAUCE, SWEET POTATO	31 9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 ITALIAN CLASS 12:00 YOGA 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C) CHICKEN STRIP TETRAZINI, ZITI, PEAS 

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.

The Board of Health and the Council on Aging are scheduling the following flu clinics:

At SENIOR HOUSING SITES (for their building residents **only**):

Drake Village: October 6, 1-2:30 PM

Cusack Terrace: October 15, 10 AM-noon

Chestnut Manor: October 15, 1-2:30 PM

Winslow Towers: October 21, 10:30-noon

Mill Street: October 23, 11 AM-noon

FLU CLINIC DATE	TIME	LOCATION	Ages	Other
Thursday October 9, 2008	9:30 am- 12 noon	Board of Health Office in the Senior Center	65 and over ONLY	Medicare recipients- FREE
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	9:30 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	9:30 am- 11:30 am	Board of Health Office in the Senior Center	18 and over	Medicare recipients- FREE

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.



**PEG MIKKOLA,
NUTRITIONIST AT MINUTEMAN SENIOR SERVICES**
Senior Center main hall, Tuesday, October 14, 11 AM
VITAMINS and MINERALS

What are some of the latest recommendations for these vital nutrients? Do you need to be taking supplements or is a healthy nutritional intake satisfactory?

This is what I will discuss during the October nutrition session. Come with questions (and labels).

Peg Mikkola, RD, LDN
Minuteman Senior Services, Healthy Aging Director

BEREAVEMENT GROUP
Begins October 28

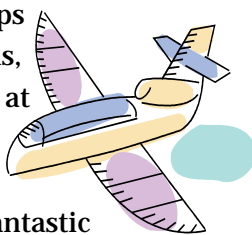
Coping with the loss of a loved one? A 6-week bereavement group for older women and men who have lost a close family member within the past eighteen months will begin at the Council on Aging on Tuesday, October 28, from 2 to 3:15 pm.

Participants will have the opportunity to share their experiences with others, learn how to manage emotions and develop strategies for daily living. The group will be led by Lourie August, LICSW and Anna Holt, social work intern.

CALL TO REGISTER at 781-316-3410.

TRAVEL PRESENTATION
October 7th at 1 pm

Next year, the ASA will be offering trips to, amongst other places, Ireland, New Orleans, and South Dakota and the Badlands. Join us at the Senior Center on when Pam Strange, representative from Collette Tours, will give a presentation with slides to lure you to these fantastic destinations!



COA VAN AND TAXI FEES



It has not gone unnoticed that other COAs in the area have been increasing charges for their transportation offerings. The reason is to be able to maintain the same level of service within the constraints of very tight budgets. The Arlington Council on Aging, also, has been faced with these increasingly tight budget and cost containment issues, particularly for the past few years.

The good news for Arlingtonians, however, is that we have been able to hold our transportation costs for our taxi and van services at their present levels without diminishing our level of service. No cost increases are in the cards for the immediate future.



How are we able to do this? First, the Council on Aging Board of Directors has thrown its full support behind our transportation program, realizing it is one of our most important services. Also, over the past several years, the COA staff has done a remarkably good job with cost-containment practices.

We're proud to be able to 'hold the line' for you, and hope you continue to use and benefit from our services and programs.

RED POTATO AND GREEN BEAN SAUTE

Makes 4 to 6 servings

1 lb. baby red potatoes, halved	1 lb. fresh green beans, trimmed
1 ½ tbsp. Extra virgin olive oil	1 garlic clove, minced
3 tbsp. chopped basil	

Bring a large pot of salted water to a boil; add potatoes and cool until almost tender, about 3 minutes. Drain well. In a skillet, heat oil over medium heat; add garlic and cook, stirring 30 seconds. Add potatoes and beans; season with salt and pepper. Cook tossing to coat vegetables with oil until heated through, about 2 minutes. Toss in basil and serve.

BOOK CLUB NEWS



The October meeting will be held on Friday the 17th at 1 PM. The selection will be *"The Road From Coorain"* by Jill Conway. Terry Rodda and Dot Sullivan will be moderating the Book Club get-togethers.

1 PM MOVIES

Thursday, October 2: "Bucket List" a GREAT movie with Morgan Freeman and Jack Nicholson

Thursday, October 16: "Smilin' Through"

Jeannette McDonald and Brian Ahern

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.



ARE YOU REACHING THE DONUT HOLE?

This year thousands of seniors in Massachusetts have already reached the gap in their prescription drug coverage (Medicare Part D) often known as the “donut hole.” They reached this gap when their total (retail) prescription drug costs reached \$2,510. From that point on, the next \$3,200 in prescription drug costs are not covered by Medicare!

This doesn't have to happen to you. **Prescription Advantage can help.**

Prescription Advantage, the state's pharmacy assistance program, can help to pay for your prescription drugs if you reach that donut hole. Call Prescription Advantage today at 1-800-AGE-INFO (1-800-243-4636) or speak to your local SHINE Counselor to learn how Prescription Advantage can keep you out of that donut hole!



THE SENIOR CENTER HAS A NEW MEALSITE COORDINATOR

Hello! My name is Joanne Pijoan and I have recently joined Minuteman Senior Services as the new Meal Site Coordinator at the Arlington Senior Center. I've already gotten to know a great group of people from the Arlington Center area. We welcome anyone who would like to come join us for lunch Monday through Friday from noon to one.

A 24-hour notice is required, and a \$2.00 meal donation is kindly requested.

I can be reached at (781) 316-3423 if you have any questions or concerns.

OUR MONTHLY SING-ALONG with Anne Donovan and Larry Martin

Tuesday, October 14 at 1:00 PM

Come and treat yourself to Anne and Larry's sing-along, and have a rootin'-tootin' good time!

SHADOW

Shadow's on vacation in Vermont,
Shadow the senior center cat.
His home is across Maple Street,
But here is where he's mostly at.

He spends time at the center to sleep
On sofas and chairs in a heap,
But he also stays here to be fed
Breakfast which comes with the bed.

Shadow the seniors' pet feline.
For friendship everyone needs him.
So at lunch all make a bee-line
To be the one who feeds him.

Shadow the well-fed cat.
His owners fear he's grown too fat.
So they've whisked him head, tail and claw
To a way-overweight cat spa.

Shadow, this tale's star, will be missed,
Even by those who his dander abhor.
Yet while he's away out of state,
Shadow's shadow will still cross the floor.

Charles Schwab



the back page

<u>COUNCIL ON AGING:</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
Blood Pressure Clinics:			
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 Tuesday October 7, or on Thursday October 9			
Podiatry Clinic:*	Mon. 10/06, 11/03, 12/01	8:30-11:30, <i>by appt</i>	\$25
Elderlaw Attorney, Noreen Murphy*	2nd Tuesday	10-11:30, <i>by appt.</i>	free
Financial Planner, Rick Fentin:*	2nd & 4th Fri ea. month	9-10:30, <i>by appt</i>	free
Grandparent Support Group:	2nd Tues ea. month	(call Lourie at 781-316-3410)	free
S.H.I.N.E. Counselor:*	Fridays	9-11, <i>by appt</i>	free
State Representative Sean Garballey:	2nd Fri ea. month	9-11 AM (drop in)	free
State Representative Wm. Brownsberger:	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>
Computer Basics:	Thursdays	1:30-3:30	\$40/4 weeks
Computer Intermediate:	Tuesdays (Nov)	1:30-3:30	\$60/6 weeks
Art Class:	Monday	10-12	\$40/6 weeks
What's On Your Mind?:	Tuesdays	10 AM	free
Intermediate Bridge:	Monday	10:30-12:30	\$70/8 weeks
Italian Class:	Friday	10:30 AM	\$80/12 weeks
Book Club:	Friday	1 PM	free
Exercise Class:	Mon, Wed, Fri	9 AM	\$2.50 drop-in
Line Dancing:	Thursdays	9:30 AM	\$3.50 drop-in
Yoga:	Tuesdays	10:30 AM	\$5.00 drop-in
Drama Class:	Thursdays	1:30 PM	\$40/6 weeks
Creative Writing (welcome, Roseanne!)	Tuesdays (10/07)	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 October 23rd 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 want 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!

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