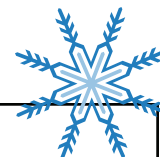


A monthly newsletter for our seniors, their families, friends, and supporters



DECEMBER 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
CFNTR



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
Van Drivers



ARLINGTON
SENIORS ASSOCIATION

Ann MacGowan
President

Joan Pippin
Program Coordinator



MINUTEMAN
"EATING TOGETHER"
MEAL SITE

Joanne Pijoan
Meal Site Coordinator

Anna Minassian
*Assistant Meal Site
Coordinator*

**The Staff & Volunteers of the
Council on Aging,
The Seniors Association,
and the
Minuteman Meal Site**



**join to wish you
a month of
Joyous Holidays, and a
Healthy and Prosperous New Year**



COME JOIN US!
SATURDAY DECEMBER 13, 1-4:00 PM
FOR THE ANNUAL ASA CHRISTMAS PARTY
MUSIC & DANCING WITH RUSS VARNEY

LIGHT REFRESHMENTS, POT-OF-GOLD, GENERAL MERRIMENT!

DECORATIONS BY J.J.

ADMISSION IS FREE: SEE YOU THERE!

A DONATION FOR THE ARLINGTON FOOD PANTRY WOULD BE APPRECIATED!

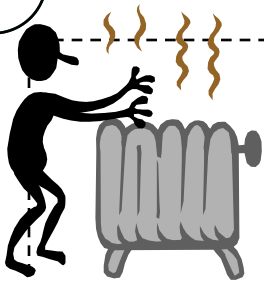


WINTER STORM CLOSING / VAN CANCELLATION POLICY FOR THE SENIOR CENTER

When the Arlington schools are closed for the day, there will be no COA van transportation, no ASA programs and no Minuteman lunch program. In the case of a delayed start of the schools, or if the drivers determine that the roads are not safe, some programs and COA van service may be delayed or cancelled. Listen for school cancellation announcements on WBZ (channel 4), WCVB (channel 5) and WHDH (channel 7), or radio stations WEEI and WBZ. The COA office will remain open.

Scheduled transportation for that day's medical appointments will be evaluated on a case-by-case basis; scheduled clients will be notified that vans are not running that day and the recommendation will be given that they should reschedule any appointments.





FUEL ASSISTANCE SATELLITE OFFICE IS NOW OPEN

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.

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Social Security COLA increase for 2009	11

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour cancellation protection is available)

• **Dec. 2-4:** New York City *(do your own thing)* 2 nights at the Hotel Wellington, 7th Ave / 52nd St. Two b'fasts, 1 dinner; sightseeing. Middle of town shopping, sightseeing, etc. on your own. Stop at the famous "Reins Deli" in Ct. on the way home. \$540 twin.

CANCELLED

• **And in 2009:** Look forward to Florida, Jacksonville and St. Augustine, Daytona Beach, Shades of Ireland, South Dakota and the badlands., New Orleans, Myrtle Beach, and Alaska.

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

DAY TRIPS *(full payment due with reservation)*

• **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 2009, information will be in the January newsletter—look out for me! Siomonds for Valentine's Day and Andy Cooney for St. Patrick's Day—and much more!!

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.

THE "STAND STRONG FOR LIFE" FALL PREVENTION AND FALL RISK SCREENING PROGRAM

*Thursday December 11 at 1:30 PM, Senior Center Main Hall
Darlene Bourgeois RN, MSN, CCRN, Lahey Clinic Medical Center*

The Trauma Service's Injury Prevention Program at Lahey Clinic is proud to present the "Stand Strong for Life", fall prevention and fall risk screening program. an educational presentation done by the Injury Prevention Coordinator at Lahey Clinic with various handouts and educational literature. After the educational component screening stations for fall risk will be conducted by a number of healthcare professionals.



A Physical Therapist will be available to do gait and balance screening, a Pharmacist will provide counseling regarding medication use (please bring a list of the medications you take if you would like to participate in this), and a nurse will take blood pressures. The program generally is completed within one hour depending on the number of participants. The information you receive will assist you and your physician in developing a strategy for fall risk reduction which has been proven by research to reduce the incidence of falls.

THE "LINKS" PROGRAM

The LINKS Program (*Linking Neighborhood Kids with Seniors*) is up and running. 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.



*NEXT COA MUSCLE-STRENGTHENING CLASS
begins Wednesday January 21*



Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, January 21, 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!

FROM THE COUNCIL ON AGING:

*HAVE YOU THOUGHT ABOUT APPLYING FOR A PROPERTY 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, 2008
- Proof of income and assets must be provided
- New applicants must bring a BIRTH CERTIFICATE
- People with houses in trust, bring a copy of the trust

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

ASA MEMBERSHIP UPDATE

Arlington Seniors Association membership dues are still \$12 for Arlington residents, and \$14 for out-of-towners. If you had put off or forgotten to renew your membership, this is a gentle reminder. For those who have not paid their dues, this will be your last mailed newsletter. If you renew by December 15, 2008 you'll continue to receive the newsletter.

NEED A RIDE TO THE SENIOR CENTER???

The Council on Aging vans are available! We'll pick you up at your home, Monday through Friday, bring you to the Senior Center for its programs and offerings, then return you to your home later in the day. Cost is only \$1.00 each way. Ride coupons can be purchased at the COA.

We can accommodate handicapped riders with the van's wheelchair lift. Please call the Council on Aging at 781-316-3414 a day in advance to schedule a ride.



*OUR MONTHLY
SING-ALONG
with Anne Donovan and
Larry Martin*

**Tuesday, December 16
at 1:00 PM**

Haiku for a song:
Join your voices, sing along
Let our spirits rise!

*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.

FLU CLINICS

There's still time 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.



FLU CLINIC DATE	TIME	LOCATION	Ages	Other
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

REMEMBER TO BRING YOUR MEDICARE CARD!

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.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
8:30 PODIATRY CLINIC (\$25, BY APPT.) 1 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE TURKEY HAM, PINEAPPLE-RAISIN SAUCE, AU GRATIN POTATOES, BROCCOLI	10-11:30 FLU CLINIC @ BOARD OF HEALTH 2 10:30 YOGA (\$5.00 DROP-IN) 11:00 "WHAT'S ON YOUR MIND?" 12:30 NO B/P CLINIC @ COA TODAY 1:00 WOMEN'S BILLIARDS, COMPUTER CLUB MEATBALLS, SWEDISH SAUCE, GREEN BEANS, MASHED POTATOES	9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO CHICKEN, LEMON BUTTER
9:00 EXERCISE (\$2.50 DROP-IN) 8 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE  BEEF STIR FRY, TERIYAKI SAUCE, CARROTS, BROWN RICE	10:00 ELDERLAW ATTORNEY NOREEN MURPHY 9 10:30 YOGA (\$5.00 DROP-IN) 11:00 "WHAT'S ON YOUR MIND?" 12:30 B/P @ COA 1:00 WOMEN'S BILLIARDS 1:00 "THE BOSTON POST ROAD" PRESENTATION ROASTED CHICKEN, APRICOT GLAZE, SWEET POTATOES	9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO STUFFED PEPPER, TOMATO ITALIAN BLEND
9:00 EXERCISE (\$2.50 DROP-IN) 15 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE BAKED CHICKEN, COQ AU VIN SAUCE, RICE PILAF	10-11:30: FLU CLINIC @ BOARD OF HEALTH 16 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 BROCCOLI BAKE, CHUCKWAGON CORN, STEWED TOMATOES	9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE, BINGO SPECIAL ROAST BEEF AU JUS, RED GREEN BEANS AU GRATIN
 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE 22 HANUKKAH STUFFED CABBAGE, CARROTS	10:30 YOGA (\$5.00 DROP-IN) 23 11:00 "WHAT'S ON YOUR MIND?" 12:30 NO B/P CLINIC @ COA TODAY 1:30 DIGITAL PHOTO CLASS MACARONI & CHEESE, STEWED TOMATOES	9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING NO MUSCLE-STRENGTHENING ALL TOWN OFFICES, INCLUDING AGING, ARE CLOSED 1:00 BRIDGE, BINGO ROAST PORK, TARRAGON WHIPPED POTATO
9:00 EXERCISE (\$2.50 DROP-IN) 29 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE BREADED PORK, GRAVY, BROCCOLI, WHIPPED POTATO	10:30 YOGA (\$5.00 DROP-IN) 30 11:00 "WHAT'S ON YOUR MIND?" 12:30 NO B/P CLINIC @ COA TODAY 1:30 DIGITAL PHOTO CLASS TUNA CAKE, LEMON SAUCE, RICE PILAF	9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING NO MUSCLE-STRENGTHENING 1:00 BRIDGE, BINGO ROAST CHICKEN, TARRAGON WHIPPED POTATO

"GOLDEN OPPORTUNITIES" CABLE TV SHOW NEEDS YOU! BE PART OF IT!

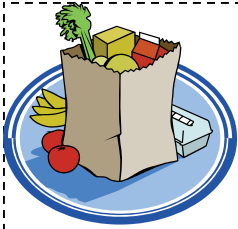
Consider this interesting opportunity: the Council on Aging is looking for volunteers to be part of our new show. We now have openings for a "roving reporter/camera operator team", to film assignments on local events and activities. Staff: Time commitment: would be once a month for about 3-4 hours. You'll get your name on the show. Your taped segments will be worked into the show. We plan to be doing some taping at the Senior Center.

Questions? See John at the Council on Aging, 27 Maple Street

Wednesday	Thursday	Friday
<p>DROP-IN) 3</p> <p>MEAT SAUCE, PENNE</p>	<p>10:00 SENIOR FORUM 10:00 B/P AT FOX 1:00 MOVIE 1:30 SHAKESPEARE CLASS 1:30 COMPUTER BASICS CLASS</p>  <p>4</p> <p>SHAVED STEAK, ONIONS/MUSHROOMS/PEPPERS, OVEN ROASTED POTATOES</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 5 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C)</p> <p>FISH WEDGE, TARTAR SAUCE, CORN</p>
<p>DROP-IN) 10</p> <p>TOMATO SAUCE, VEGGIES</p>	<p>10:00 SENIOR FORUM 11 10:00 B/P AT FOX 1:30 "FALL PREVENTION & RISK SCREENING" PRESENTATION 1:30 SHAKESPEARE CLASS 7:00: COA BOARD MEETING: OPEN TO THE PUBLIC PORK RIB, BBQ SAUCE, WHIPPED POTATOES</p>	<p>9:00 STATE REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 12 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 YOGA (\$5.00 DROP-IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C)</p> <p>CHICKEN STRIP PRIMAVERA, ZITI, BROCCOLI</p>
<p>DROP-IN) 17</p> <p>BLISS POTATOES, LMONDINE</p>	<p>10:00 SENIOR FORUM 18 10:00 B/P AT FOX 1:00 MOVIE</p> <p>KIELBASA, BAKED BEANS, CARROTS</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 19 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C); BOOK CLUB LUNCHEON AMERICAN CHOP SUEY, GENOA VEGGIES</p>
<p>DROP-IN) 24</p> <p>COOKING CLASS TODAY COOKING COUNCIL ON AGING TODAY</p> <p>RAGON GRAVY, POTATO</p>	 <p>Christmas Day Senior Center closed</p> <p>25</p>	<p>9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 26 9:00 EXERCISE (\$2.50 DROP-IN) 10:30 YOGA (\$5.00 DROP-IN) 12:30 TAI CHI @ FOX; 2:00: TAI CHI @ SR CTR 1:00 BRIDGE (IN A&C)</p> <p>CHICKEN NUGGETS, GREEN BEANS, CORN</p>
<p>DROP-IN) 31</p> <p>COOKING CLASS TODAY</p> <p>RAGON GRAVY, POTATOES</p>	<div style="border: 1px dashed black; padding: 5px; display: inline-block; width: 40%;"> <p>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)</p> </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 55%;"> <p style="text-align: center;">LECTURE SERIES</p> <p style="text-align: center;">Paul Hogmann will continue his popular lecture series at the ASA. On Tuesday, December 9 at 1:00 PM Paul will give his talk on "The Boston Post Road". This should be of interest to everyone. Light refreshments will be served.</p> </div>	

YOUR COUNCIL ON AGING COMMUNITY-ACCESS CABLE TELEVISION!

Be part of our long-running, award-winning cable television production "Golden Opportunities". Information around town. No experience is necessary; training is provided by the studio's professional staff. Earn the credits! We pre-record our monthly half-hour show in the local cable studio on Park Avenue, Arlington Senior Center, and in other locations around town as well. Come be part of it! For more information, call at (781) 316-3401, or email at JJOPE@TOWN.ARLINGTON.MA.US



ARLINGTON FOOD PANTRY AND COUNCIL ON AGING BEGIN OUTREACH FOR DONATIONS

With the rising cost of food, an increase in clients and a decrease in donations, the Arlington Food Pantry is in serious need of food and cash donations. The pantry relies solely on community donations for distribution to the Town's most vulnerable residents. This volunteer run group is overseen by the Arlington Department of Health and Human Services and each month, the pantry provides food to over 340 residents in over 150 Arlington families.

"We are seeing an average of 8 new residents per month and we anticipate that number to climb as residents continue to struggle with basic costs" said Warren Johnson, Food Pantry Volunteer Coordinator. "The cost of food is increasing and we are seeing that donations are not able to keep up with rising costs," says Christine Sharkey, Director of Health and Human Services. "We are reaching out to the community to organize food drives and send in cash donations" Sharkey continued.

Residents and community groups that would like to organize food drives are urged to do so. The Arlington Food Pantry collects non-perishable items such as cereal, canned fruits vegetables, pasta and sauce, soups, tuna, peanut butter and jelly as well as a number of personal needs items like soap, toothpaste, and toilet paper.

Residents may drop off food on Fridays between 1-3pm at the Food Pantry, at The Church of Our Savior, 21 Marathon Street (left side entrance), or Monday through Friday, 8-4, at the Council on Aging, 27 Maple Street, ground floor (behind Town Hall).

Tax-deductible financial contributions: make checks payable to *The Arlington Food Pantry*. Send checks to:

The Arlington Food Pantry
Department of Health and Human Services
670R Massachusetts Avenue, Arlington, Ma. 02476

COLD WEATHER FACTS

Elderly people are particularly vulnerable to cold weather and are at an increased risk of developing *hypothermia* - the result of a below-normal body temperature. Be aware of the danger signals: puffy face, shivering, confusion, stiff muscles, forgetfulness, sleepy and hard to wake, stomach is cold to the touch, trembling arms or legs. There are also some medications that make the elderly more susceptible to hypothermia... check with your physician.

PREVENTION TIPS

1. Dress in several layers of loose-fitting warm clothing;
2. Be sure that clothing is dry, not damp or wet;
3. Make sure the temperature in the room is adjusted appropriately, i.e., no lower than 65 degrees;
4. Wear a hat, mittens and scarf to conserve body heat;
5. Use a hot water bottle, heating pad or electric blanket to help keep bed warm;
6. Wear a nightcap to bed.



TWO IMPORTANT CHANGES TO THE FOOD STAMP PROGRAM

Simplified Application for Seniors Name Change

With rising food costs and expected record heating costs, the coming winter will be tough for everyone, especially seniors with limited budgets. Food stamp benefits can help seniors make ends meet. Recent changes to the program make it easier than ever for needy seniors in Massachusetts to access this important nutrition safety net.

Simplified Food Stamp Application for Elderly Applicants in Massachusetts

The Simplified Food Stamp Application for Elderly Applicants is a shortened version of the regular food stamp application form; adapted to reflect the general circumstances of elders. The form is only one page front to back.

There are new rules that make it easier for seniors to apply, including:

- Asset Test Eliminated for Most Applicants
- Standardized Certification Periods for Seniors and Disabled Clients

A change in the Standard Medical Deduction for Elderly and/or Disabled Clients may make those previously ineligible now eligible--find out and encourage folks to reapply.

How to Find Out More:

Call the MA Food Stamp Application Hotline at 866-950-FOOD

Access the shortened food stamp application at www.gettingfoodstamps.org

Name Change

As of Oct. 1, 2008, SNAP is the new name for the **federal** Food Stamp Program. It stands for the Supplemental Nutrition Assistance Program, and reflects the changes we've made to meet the needs of our clients, including a focus on nutrition and an increase in benefit amounts. The name change was mandated by the Farm Bill.

Important Note: States have the option of choosing their own name. Massachusetts has not yet switched to SNAP; it may choose another name. Find out more about the federal name change at www.fns.gov/SNAP



THANK YOU!

We at the Arlington Council on Aging wish to extend our sincere thanks to the Town agencies, schools, and to the community organizations with which we've had such productive working relationships this year.

We couldn't have done our job as we did without having partnered with Arlington Visiting Nurse & Community Health, Arlington Community Media, Inc, McLean Hospital, Cambridge Savings Bank, Operation A.B.L.E., Arlington Seniors Association, Cooperative Elder Services, Inc, Park Avenue Congregational Church, Mount Auburn Hospital, Arlington ELKS, Arlington Boys & Girls club, Minuteman Senior Services, Commonwealth of Massachusetts Executive Office of Elder Affairs, Arlex Taxi, Lahey Clinic, The Retired Men's Club Of Arlington, SCM Transportation, The University of Massachusetts School of Nursing, Salem State College School of Social Work, Harvard Divinity School, and many others.

And let's not forget all that our wonderful volunteers contribute throughout the year!

*For our seniors, and for their families who we serve,
thank you all for a great service year!*

BOOK CLUB NEWS



The ASA Book club will have their annual Christmas Luncheon at *Not Your Average Joe's* on Friday, December 19 at 1:00. The Book Club selection for January will be "North River by Pete Hammill. More to come in the January, 2009 newsletter.

1 PM MOVIES

Thursday, December 4: "Sabrina" *A great classic with Audrey Hepburn and Humphrey Bogart.*

Thursday, December 18: "The Barkleys of Broadway" *Fred Astaire, Ginger Rogers and Oscar Levant: Fred and Ginger say hello to Broadway and good-bye to their glorious teaming.*

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.

SENIOR CENTER INDIAN LUNCH

The Minuteman Senior Services “Eating Together” Meal Site held its first Indian Lunch in late October at the Senior Center, and by any measure was a tasty success. About fifty diners were in attendance, many more than our usual Friday group.



They enjoyed a delicious lunch that featured lentil and vegetable dishes, yogurt, rice, bread, and rice pudding (dal, sabji, raita, rice, nan, and kheer). The yogurt and cucumber soup was particularly delicious! A traditional lunch was also offered.

SOCIAL SECURITY COLA SET AT 5.8 PERCENT

The Social Security Administration recently announced a cost-of-living adjustment (COLA) of 5.8 percent for 2009, the largest increase since 1982. Social Security COLAs are based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) over the past year. In January, the COLA will be applied to the Social Security benefits of over 50 million Americans. The increase for Supplemental Security Income (SSI), which goes to more than seven million beneficiaries, will begin on Dec. 31.

The average Social Security benefit will increase \$63 per month, compared with an average \$24 per month increase in 2008. However, some advocates say the increase still isn't enough to help seniors keep pace with inflation. A recent study by the Senior Citizens League found that people aged 65+ have lost 51 percent of their buying power since 2000 due to increases in expenses such as home heating oil, gasoline, food, and healthcare.

CREATIVE WRITING CLASSES

Everybody yearns to tell a story. Have you always wanted to share yours and see people's reaction? Then this writing workshop is for you. In a constructive and nurturing environment, beginners and more advanced students will start or continue working on a fiction or nonfiction piece. In class exercises, readings, and workshopping of our work will be included, as well as more practical tips on how to see that work in print, query letters, and library agents. Classes start January 6, 2009, from 1:00—2:00 pm.





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 at the COA on 12/2, 12/23, and 12/30.

NO blood pressure clinics at the Fox Center on Dec 25 (Christmas Day).

<u>Podiatry Clinic:</u> *	Mon. 12/01, 1/05, 2/02	8:30-11:30, by appt	\$25
<u>Elderlaw Attorney, Noreen Murphy*</u>	2nd Tues ea. month	10-11:30, by appt.	free
<u>Financial Planner, Rick Fentin:*</u>	2nd Fri this month	9-10:30, by appt	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, by appt	free
<u>State Representative Sean Garballey:</u>	2nd Fri ea. month	9-11 AM (drop in)	free
<u>State Representative Wm. Brownsberger:</u>	3rd 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	} (will restart January)	\$40/4 weeks
<u>Computer Intermediate:</u>	Tuesdays		\$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>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
<u>Digital Photo Class:</u>	Tuesdays (12/23 & 12/30)	1:30	\$20/2 classes
<u>Italian Class:</u>	(call if you're interested)		

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

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