

Arlington's Wellness,
Learning, & Social Center
for savvy seniors:
27 Maple Street

ARLINGTON, MA

SENIOR NOTES

January

2010

- COUNCIL On Aging (781) 316-3400
- Seniors Association (781) 316-3420, -3421
- Eating Together" meal site (781) 316-3423

SENIOR CENTER STAFF

COUNCIL ON AGING

Ann V. FitzGerald
COA Chair

John Jope, LCSW
MCOA-Certified Director

Lourie August, LICSW
Social Services

Patricia Falwell, RN
Health & Wellness

Joyce Killingsworth
Information & Referral

Bill Murphy
Transportation Coordinator;
Supervisor of Volunteers

Peg Allen
Dial-a-Ride

Donald Boudreau
Phil Canniff
Van drivers

Maureen Jackson
Clerk-Secretary

Claire Blood-Deschamps
Social Work Intern

SENIORS ASSOCIATION

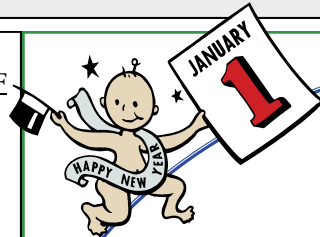
Elisa Lopez
ASA President

Joan Pippin
MCOA-Certified
Program Coordinator

Richard Townsend
Office Clerk

"EATING TOGETHER" MEAL SITE

Joanne Pijoan
Coordinator



The

Senior Center Agencies:

The Council on Aging

The Seniors Association

Minuteman Senior Services Meal Site

join hearts and voices to wish you

a New Year that will be:

happy

warming

forgiving

rejoicing

thanking

singing

giving

caring

praising

loving

remembering

laughing

rewarding

healthy

sharing

LOW VISION GROUP BEGINS IN FEBRUARY

An ongoing group for those who have low vision will be held at the Council on Aging. This support group will offer a place for those who have low vision due to a variety of causes to express feelings, share experiences, and hear about available services and opportunities.

The group will be led by the COA's Social Work Intern, Claire Blood-Deschamps. There is no charge for the group. Pre-registration is encouraged. Please call Lourie August, COA Social Worker, at 781-316-3410 with any questions or to register.

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.



DIAL-A-RIDE TAXI PROGRAM



If you are an Arlington resident, 60 years of age and retired, or has a verifiable disability and are of low to moderate income, you are eligible for the Dial-A-Ride program. Membership cards are available at the Council on Aging for \$2.00. The cost of a one-way ticket is \$3.00 and is good for a ride anywhere in Arlington. Call 781-316-3406 for more information.

DRAMA GROUP:

Six Thursdays, beginning January 21 at 1:30 PM

The Drama Group will be reading parts 1 and 2 of "Henry IV" in January and February.

For more information, call the Seniors Association at 781-316-3421.



ARLINGTON SENIORS ASSOCIATION

OVERNIGHT TRIPS

(cruise & tour cancellation protection available)

Feb. 13-28: Daytona Beach, 16 days, 15 nights, oceanfront hotel, sightseeing. 15 meals. \$1099. pp/double

DAY TRIPS

(full payment due with reservation)

Feb 2: Iris Apfel: an exhibition at the Peabody Essex Museum. Pickup at Hurd Field at 10, return at 2. Lunch on your own. \$25. includes transportation and guided tour.

Feb 12: "Hey Paesano" - a Valentine's Day tribute, Italian style, with Ida Zecco and Jim Porcella singing a tribute to Sinatra, Como, Martin, etc. Lunch is Italian Wedding soup; salmon or chicken. \$55.

March 17: St. Patrick's Day at Venus di Milo, with the Four Celtic Voices, four young women with exquisite voices. Corned beef/cabbage or baked haddock. \$69.

March 25: Flower Show: details to be announced.

For information on trips, 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.....

ADDRESSemail address.....

TRIP.....MENU CHOICE

(please SPECIFY menu choice)

Please note: You must supply phone or address in case of cancellation and refund.

TIPS TO STAY SAFE IN YOUR HOME THIS WINTER

Thursday, January 28 at 1:30 PM; Senior Center main hall

Dr. Y. Solomon Shen, PT, DPT, MS, GCS

Director of Rehabilitation, Park Avenue Nursing & Rehabilitation Center, Arlington, MA



Some of the topics we will be discussing in this workshop are:

Common arthritic problems: Osteoarthritis in the knees, hips, shoulders, fingers; Rheumatoid Arthritis in the wrist & hand, foot & ankle

Contributing factors to arthritic diseases: genetics, autoimmune related issues, level of wear and tear, history of injuries, nutrition, lifestyle

Common management strategies: Oral medications, injection to joints, nutritional supplements, conservative treatments, surgical interventions

How rehabilitation therapists can help: conservative management stage, pre-operative interventions, post-operative interventions

Dr. Shen is also a Lecturer & Clinical Instructor, Department of Physical Therapy at the MGH Institute of Health Professions, Charlestown, MA and a Certified Geriatric Clinical Specialist, American Board of Physical Therapy Specialties.

January is [Cervical Health Awareness Month](#)

Have you been screened for cervical cancer? January is *Cervical Health Awareness Month*. For women who do not know what [cervical cancer](#) is, the malignancy occurs in the tissues of the cervix, which is the organ connecting the uterus and vagina. Since cervical cancer is a very gradual growing cancer, getting regular pap smears is crucial in detecting abnormalities. According to the National Cancer Institute, there were 11,070 new cases of cervical cancer and 3,870 deaths related to cervical cancer in 2008.

Promoting Cervical Health Awareness Month does not have to be an effort taken by the [healthcare industry](#) only. Inform the women in your life to get screened for cervical cancer. You may help save a friend, a mother, a sister, a co-worker just by promoting cervical health. Pass out informative pamphlets and [promotional automotive products](#) to remind women about Cervical Health Awareness Month and to raise public awareness of cervical cancer! Fortunately, cervical cancer can be found with regular Pap tests so set up an appointment with your gynecologist today!

THANK YOU!

The Arlington Council on Aging wishes to extend our sincere thanks to the Town agencies, municipal departments, schools, and the community organizations with which we've had such productive working relationships this year, all to our seniors' benefit.

We couldn't have done our job as we did without having partnered with The Friends of the Arlington Council on Aging, Arlington Visiting Nurse & Community Health, Arlington Community Media, Inc, McLean Hospital, Cambridge Savings Bank, Operation A.B.L.E., The Park Avenue Nursing & Rehabilitation Center, Arlington Seniors Association, The Elizabeth and George L. Sanborn Foundation For The Treatment and Cure of Cancer, Inc., Cooperative Elder Services, Inc., Home Instead Senior Care, 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, Simmons School of Social Work, VNA Hospice Care Inc., 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!*

YOU'RE INVITED

The Arlington Council on Aging's responsibilities are to design, promote, and implement services to address the needs of the community's elder population, and to coordinate existing services in the community.

We meet the third Thursday evening of each month (the 21st this month) at 7:00 pm, in the Senior Center's drop-in room on the first floor, 27 Maple Street.



We invite you to attend our January meeting to share your ideas and thoughts about our services in the coming year, and to tell us whether or not we're meeting your needs. These are YOUR services and programs, so we invite your thoughts, requests, questions and suggestions to help us plan. **Everyone is welcome!**

NEW ENGLAND WEATHER

- 60°F: Floridians wear coats, gloves and wooly hats. New Englanders sunbathe.
50°F: New Yorkers turn on the heat. New Englanders plant gardens.
40°F: Italian cars won't start. New Englanders drive with the windows down.
32°F: Distilled water freezes. Lake Winnepesaukee cools off.
20°F: Californians shiver uncontrollably. New Englanders throw on a sweater.
15°F: New York landlords finally turn up the heat. New Englanders take in the flag.
0°F: Californians fly away to Mexico. New Englanders have last cookout before it gets cold.
-20°F: People in Miami cease to exist. New England Girl Scouts begin selling cookies door to door.
-40°F: Hollywood disintegrates. New Englanders get out their winter coats.
-60°F: Penguins begin to evacuate Antarctica. New England Boy Scouts have "winter survival" classes.
-80°F: Mount Saint Helen freezes. New Englanders rent some videos and stay home for the day.
-100°F: Santa Claus abandons the North Pole. New Englanders get frustrated because they can't thaw the keg.
-297°F: Microbial life survives on dairy products. New England cows complain of farmers with cold hands.
-460°F: Atomic motion stops. New Englanders start asking "Cold 'nuff for ya?"
-500°F: Hell freezes over. The Red Sox win the World Series again.



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 Council on Aging determines 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.





Cell Talk

- "I hear they're cracking down
On drivers using cell phones."
"It's about time. This is dangerous
Not only to us, but to them."
"Yeah. Why the other day, if I hadn't
released the airbag,
My driver would have been seriously injured.
As it was, I ended up a wreck."
"My driver doesn't always listen when I try to
warn him."
"I think we're going to have to take over
ourselves.
Otherwise too many of us will end up in the
junkyard."
"Talk about animal rights, what about our
rights?"
"They should just sit back and leave the
driving to us."
"Yeah. Then they can talk all they want on
their (cell) phones."

C. R. Schwab



Monday	Tuesday	Wednesday
<p style="border: 1px dashed black; padding: 5px;">Reserve a lunch the day before (\$2.00 donation requested): Arlington Sr Ctr: 781-316-3423 Arlington Heights: 781-648-7500 (menu subject to change without notice)</p>	<p style="background-color: #e0e0e0; padding: 10px;">If you enjoyed listening and talking about the good old d January 11th at 2 PM Oakes Plympton will start another</p>	
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 4</p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p style="text-align: center;">ROAST CHICKEN, COQ AU VIN SAUCE SWEET POTATOES, CAULIFLOWER</p>	<p>5</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 NO B/P @ COA TODAY</p> <p>1:00 INTERMEDIATE COMPUTER 1 OF 6</p> <p>1:00 COMPUTER CLUB</p> <p style="text-align: center;">STUFFED SHELLS W/ TOMATO SAUCE BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE, BINGO</p> <p style="text-align: center;">CHICKEN FA BROWN RICE,</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 11</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>2:00 "EARLY ARLINGTON", 1 OF 6</p> <p style="text-align: center;">CHILI, BROWN RICE, CARROTS</p>	<p>12</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>10:00 NOREEN MURPHY, ATTY (BY APPT.)</p> <p>12:30 B/P @ COA</p> <p>1:00 INTERMEDIATE COMPUTER 2 OF 6</p> <p>1:00 SING-ALONG</p> <p>2:00 IMMIGRANT SUPPORT GROUP (COA)</p> <p style="text-align: center;">ROAST PORK W/ TARRAGON GRAVY, SCALLOPED POTATOES, BRUSSEL SPROUTS</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE, BINGO</p> <p style="text-align: center;">MEATLOAF W/ GRAVY</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">MARTIN LUTHER KING DAY</p> <p style="text-align: center;">SENIOR CENTER</p> <p style="text-align: center;">CLOSED</p>	<p>19</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>10:15 CAREGIVER SUPPORT GROUP</p> <p>12:30 B/P @ COA</p> <p>1:00 INTERMEDIATE COMPUTER 3 OF 6</p> <p>1:00 SCRABBLE</p> <p style="text-align: center;">LASAGNA W/ TOMATO SAUCE, SPINACH</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE, BINGO</p> <p style="text-align: center;">BAKED CHICKEN W</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 25</p> <p>12:30 PROGRESSIVE BRIDGE DROP-IN</p> <p>1:00 CRIBBAGE</p> <p>2:00 "EARLY ARLINGTON", 2 OF 6</p> <p style="text-align: center;">STUFFED PEPPER W/ MARINARA SAUCE CORN</p>	<p>26</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>12:30 B/P @ COA</p> <p>1:00 INTERMEDIATE COMPUTER 4 OF 6</p> <p style="text-align: center;">BROCCOLI BAKE, STEWED TOMATOES</p>	<p>9:00 EXERCISE (\$2.50)</p> <p>10:00 INFORMAL KNITTING</p> <p>1:00 BRIDGE, BINGO</p> <p style="text-align: center;">GROUND BEEF STROG GRAVY, MASHED POT</p>

Wednesday	Thursday	Friday
<p>Days in Arlington, starting Monday</p> <p>6 weeks round of talks, and its free!</p>		 <p>NEW YEAR'S DAY 1</p> <p>SENIOR CENTER</p> <p>CLOSED</p>
<p>DROP-IN) DINING</p> <p>6</p> <p>QUILTA STIR FRY GREEN BEANS</p>	<p>10:00 SENIOR FORUM</p> <p>10:00 B/P @ FOX</p> <p>1:00 MOVIE "JULIE & JULIA"</p> <p>1:00 COMPUTER BASICS, 1 OF 4</p> <p>7</p> <p>BAKED FISH, NEWBURG SAUCE HERBED PENNE PASTA</p>	<p>9:00-11:00 STATE REPRESENTATIVE SEAN GARBALLEY AT THE COUNCIL ON AGING 8</p> <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.)</p> <p>9:00 S.H.I.N.E. COUNSELOR (BY APPT.)</p> <p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>1:00 BRIDGE (IN A&C)</p> <p>SHEPHERDS PIE, CORN</p>
<p>DROP-IN) DINING</p> <p>13</p> <p>SOUP, WHIPPED POTATO</p>	<p>10:00 SENIOR FORUM</p> <p>10:00 B/P @ FOX</p> <p>1:00 COMPUTER BASICS, 2 OF 4</p> <p>14</p> <p>1:30 PRESENTATION: "TIPS TO STAY SAFE IN YOUR HOME THIS WINTER"</p> <p>CHICKEN W/ TERIYAKI GINGER SAUCE WHITE RICE, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>9:00 S.H.I.N.E. COUNSELOR (BY APPT.)</p> <p>15</p> <p>9:00 10:00 STATE REPRESENTATIVE JAY KAUFMAN AT THE COUNCIL ON AGING</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>1:00 BOOK CLUB</p> <p>1:00 BRIDGE (IN A&C)</p> <p>GROUND BEEF BURGUNDY EGG NOODLES, BEETS</p>
<p>DROP-IN) DINING</p> <p>20</p> <p>SOUP / GRAVY, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 SENIOR FORUM</p> <p>10:00 B/P @ FOX</p> <p>1:00 COMPUTER BASICS, 3 OF 4</p> <p>1:00 MOVIE: "LILLI"</p> <p>21</p> <p><i>WINTER SPECIAL:</i> POT ROAST W/ ONION GRAVY MASHED POTATO, DILLED CARROTS</p> <p>7:00 COUNCIL ON AGING MONTHLY MEETING: OPEN TO THE PUBLIC (SR CTR 1ST FLOOR DROP-IN ROOM)</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>9:00 S.H.I.N.E. COUNSELOR (BY APPT.)</p> <p>9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.)</p> <p>22</p> <p>10:00-11:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>1:00 BRIDGE (IN A&C)</p> <p>CHEESEBURGER CASSEROLE SALAD</p>
<p>DROP-IN) DINING</p> <p>27</p> <p>SOUP / GRAVY, BROCCOLI</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>10:00 B/P @ FOX</p> <p>1:00 COMPUTER BASICS, 4 OF 4</p> <p>28</p> <p>BAKED SCALLOPS W/ LEMON MUSTARD SAUCE, RICE PILAF</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN)</p> <p>9:00 S.H.I.N.E. COUNSELOR (BY APPT.)</p> <p>10:30 YOGA (\$5.00 DROP-IN)</p> <p>1:00 BRIDGE (IN A&C)</p> <p>29</p> <p>CHICKEN W/ LEMON PICATTA SAUCE BROWN RICE, PEAS</p>

FUEL ASSISTANCE OFFICE IS NOW OPEN



Community Teamworks' Arlington Satellite office for Fuel Assistance is located in the Senior Center building, 27 Maple Street, second floor, in the Weatherization Office. 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 them at 781-643-2358.

THE "LINKS" PROGRAM

LINKS Program (Linking Neighborhood Kids with Seniors) will match seniors who need assistance with outdoor projects and Ottoson Middle School students living in their neighborhood.

Students provide snow shoveling services. There is a nominal fee based on the extent of the work. Due to the age of the students, they do not use power tools or snowblowers.

Seniors requesting LINKS services should call Joyce Killingsworth at the Council on Aging, 781-316-3404.



MOVIES at 1:00 PM

Thursday, January 7: "JULIE AND JULIA" with Meryl Streep

Thursday, January 21:: "LILLI": with Leslie Caron, Mel Ferrer

Don Polley

"Our participants can't go wrong" says Don Polley, our art class instructor. "The first day we make all the mistakes." So come on down and bring the biggest brush you have to the first class (1/2"). Otherwise, Don will give you a big brush to use!

For more information, call the Seniors Association at 781-316-3420.



SING-ALONG

Tuesday, January 12 at 1:00 pm

Songs we all know! Songs that tell a story, easy to sing, tuneful, simple, and will lift your spirit.

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:

SINGLE APPLICANT: Must have been 65 years old by July 1, 2009:

INCOME: \$20,000 maximum; includes Social Security, wages, pensions, interest from banks, stocks, etc

WHOLE ESTATE: \$40,000 maximum; includes money in banks, stocks, etc. Excludes primary residence.

MARRIED APPLICANT: One partner must have been 65 years old by July 1, 2009:

INCOME: \$30,000 maximum; includes Social Security, wages, pensions, interest from banks, stocks, etc.

WHOLE ESTATE: \$55,000 maximum; includes money in banks, stocks, etc. Excludes primary residence.

Applicants must have lived in Massachusetts 10 years, and have owned property 5 years. Income requirements will be verified by certified copies of Federal income Tax forms, and bank accounts verified by bank statements. Half-hour appointments to file for an abatement are available on Tuesdays, 9:00-10:30.

***For an appointment, call Joyce Killingsworth (afternoons)
at the COA, 781-316-3404.***

Book Club

Friday, January 15 at 1 PM

This month, we'll be reading "Huckleberry Finn" by Mark Twain.

Mahjong

GREAT NEWS for all you Mahjong fans, it's on! Mahjong will begin January 5, so mark your calendars.

Betty Kolkberg will be our instructor. Please welcome Betty to the Arlington Senior Center!



How to Create a Hard-to-Crack Password

by [Virginia DeBolt](#), eHow Contributing Writer

Simple passwords put your online security -- and all your information -- at risk, but you may be surprised by how many people have easy-to-crack passwords.

A recent study of 10,000 Hotmail, MSN and Live.com passwords that were exposed online found that "123456" was the most commonly used password. That no-brainer appeared 64 times.

Forty-two percent of the passwords used lowercase letters from a to z; only 6 percent mixed alpha-numeric and other characters, according to the analysis published in Wired Magazine.

Luckily, there are a few simple rules you can follow to create smart passwords that are hard to crack to protect yourself on the World Wide Web.

Things You'll Need: A little imagination

1. Know what not to do. The easiest-to-crack passwords are too few digits, all lowercase letters, all numbers in an easy-to-guess pattern, or a name, according to Wired.
2. Choose a password with at least eight characters to be secure. The characters should be a mix of numbers and lowercase and uppercase letters.
3. Don't use names or numbers that are easily identified with you. No names of your [children](#), dog, street address, phone number, birthdate or other personally connected words.
4. Use techniques that create passwords which appear to be nonsense. Take a sentence that you can remember. It should contain some numbers. Some of the words in the sentence should be capitalized. Here's an example sentence: By age 5 Megan could type 48 words per minute. As a password, that sentence would be: Ba5Mct48wpm.
4. An example from Microsoft offered the sentence "My son Aiden is three years old." As a password that could read "MsAi3yo". Or, for even more complexity, use symbols to replace letters. With symbols substituted for some of the letters, you might end up with "M\$8ni3y0."
5. Another technique is to choose a phrase for an effective password. For example: prairie dogs. If some of the letters in the phrase were capitalized, it would be even better. For example: praiRie doGs. If numbers were used to replace some of the letters in the phrase it would be better yet. If a=4 and o=0, then the password would be: pr4iRie d0Gs.



YOUNG AND OLD CONNECT ON THANKSGIVING

Enthusiastic volunteers, ranging in age from eight to eighty, helped serve homebound Arlington elders this past Thanksgiving.

Through the annual joint effort of the Arlington Council on Aging and the Retired Men's Club of Arlington, one hundred and twenty-seven (127) homebound elders enjoyed hot Thanksgiving dinners with all the trimmings delivered right to their homes. Each meal was accompanied by a handmade Thanksgiving card, designed and donated by Ms. Wall's, Ms. Amato's and Ms. Thom's 3rd Grade classes at the Bishop School and Ms. Brown's 3rd Grade class at the Bracket School. We would also like to thank Ms. Cimaszew's Girl Scout Troop #1029 from Saint Agnes. The meals were met by smiles, and the youngsters in particular enjoyed meeting the elders when they helped deliver the meals door-to-door.



The "assembly line" packs the meals

Jim Sullivan of Bateman Senior Meals cooked the turkey and trimmings, while Ray Carmichael of the Retired Men's Club of Arlington and his wife Theresa whipped up and boxed 131 homemade desserts for the event. Pam Kaufman and Home Instead Senior Care provided colorful Thanksgiving napkins and placemats. 30 baggers and 24 drivers and their families helped operations move efficiently, but there was also plenty of time for socializing. We saw a new twist this year as Sara Alfaro-Franco and Ann MacGowan were filming the whole event, intending to use some of the footage for a documentary they are producing on volunteers at the Arlington Senior Center.

Our thanks again to the Retired Men's Club of Arlington for underwriting this entire effort, as they have done for many years. Thanks also to all the families and folks who helped make this year's effort such a success!



Young and Beautiful, volunteers all



Retired Men's Club members get their assignments



the back page

COUNCIL ON AGING:

DAY/DATE

TIME

COST

Blood Pressure Clinics:

at *Council on Aging, 27 Maple St.* Tuesdays 12:30-1:45 PM free
no Blood Pressure Clinic at the Council on Aging on Tuesday January 5

at *Fox Community Ctr., 175 Mass Ave.* Thursdays 10:00-11:15 AM free

Podiatry Clinic* Mon 1/04, 2/01, 3/01 8:30-11:30, *by appt* \$25

Elderlaw Attorney, Noreen Murphy* 2nd Tues ea. month 10—11:30, *by appt.* free

Financial Planner, Rick Fentin* 2nd & 4th Fridays 9-10:30, *by appt* free

S.H.I.N.E. Counselor* Fridays 9 –11, *by appt* free

State Senator Ken Donnelly No COA hours in January (*Feb 5th his next COA office hours*)

State Representative Sean Garballey 2nd Fri each month 9-11 AM (*drop in*) free

State Representative Jay Kaufman 3rd Fri each month 9-10 AM (*drop in*) free

State Representative Wm. Brownsberger 4th Fri this month 10 AM (*drop in*) free

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION:

DAY/DATE

TIME

COST

Computer Basics Thursday 1 PM \$40/4 weeks

Intermediate Computer Tuesday 1 PM \$60/6 weeks

Book Club Friday 1 PM free

Exercise Class Mon, Wed, Fri 9 AM \$2.50 drop-in

Yoga Tuesdays & Fridays at 10:30 AM \$5.00 drop-in

Drama Group Thursdays 1:30 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.)

Are you at least 60 and have a problem with your in-home caregiving services?
 Do you know someone who does?
If so, please call us!



1-800-243-4636

(1-800-AGE-INFO)

Press **#5** to speak to an Elder Services Ombudsman.

This information provided by the Executive Office of Elder Affairs

ARLINGTON SENIORS ASSOCIATION
 27 MAPLE STREET
 ARLINGTON, MA 02476

STANDARD A
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 PERMIT NO. 58391
 ARLINGTON, MA

SUBMISSION DEADLINE IS THE 10TH OF THE PREVIOUS MONTH.
 SEND ARTICLES, INFORMATION, ETC. TO ASA NEWSLETTER COMMITTEE,
 OR TO JOHN JOPE AT THE COA.