

APRIL 2010 SENIOR NOTES

from Arlington's Wellness, Learning, & Social Center
27 Maple Street (behind Town Hall)

Council on Aging (781) 316-3400
Seniors Association (781) 316-3420
MSS' "Eating Together" Meal Site (781) 316-3423

SENIOR CENTER STAFF

COUNCIL ON AGING

Ann V. FitzGerald
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
Van driver

Maureen Jackson
Clerk-Secretary

Claire Blood-Deschamps
Social Work Intern

SENIORS ASSOCIATION

Elisa Lopez
President

Joan Pippin
*MCOA-Certified
Program Coordinator*

Richard Townsend
Office Clerk

John Moore
Administrative Assistant

"EATING TOGETHER" MEAL SITE

Joanne Pijoan
Coordinator

APRIL IS VOLUNTEER RECOGNITION MONTH

SINCERE THANKS TO ALL OUR VOLUNTEERS, WHO GAVE
10,000 COMBINED HOURS OF SERVICE THE PAST YEAR:

<i>Bingo</i>	<i>Golden Opportunities</i>	<i>Receptionist</i>
<i>Hostess</i>	<i>Telephone Reassurance</i>	<i>SHINE Counselor</i>
<i>Office Assistant</i>	<i>COA Board</i>	<i>Abatement Aide</i>
<i>Newsletter</i>	<i>Medical Escort</i>	<i>Special Volunteer</i>
<i>ASA Board</i>	<i>Friendly Visitor</i>	<i>Special Projects</i>
<i>Inter-Generational Book Club</i>	<i>Trips</i>	<i>Tax Aide</i>
<i>Knitting</i>	<i>Social Events</i>	<i>Sing-along</i>

J, Archibald, E. Balazs, C. Batzioregos, P. Beck, R. Beeny, J. Beninati, M. Bennett, B. Bevilacqua, S. Biondo, M. Bond, L. Braudis, D. Brawn, J. Caruso, J. Caterino, S. Chapski, E. Delage, A. DeSantis, E. Dionne, A. Donovan, T. Driscoll, T. Eskandar, T. Ferreira, K. Gilligan, C. Green, C. Hayes, K. Kacey, C. Kenlon, H. Kirmes, D. Lansil, M. Littleton, E. Lopez, A. MacGowan, J. Mackey, L. Martin, M. Martin, H. McCabe, A. McGuire, T. Morash, M. Murphy, L. O'Donnell, A. Palomba, L. Paratore, P. Pellegrino, L. Pollander, J. Redmond, T. Rodda, J. Rufino, R. Santo, P. Sandrelli, J. Sarapina, C. Schwab, M. Shannon, B. Sherrin, R. Silver, G. Smart, D. Sullivan, F. Tadley, M. Thel, R. Townsend, S. Alfaro-Franco, E. Amodeo, S. Barbarossa, B. Barber, E. Beatrice, A. Bender, S. Bilozur, R. Brown, A. Budnik, A. Camelio, W. Carey, R. Carreiro, M. Carroll, C. Casey, A. Champa, B. Connors, M. Cramer, M. Curren, J. DeFelice, W. DeKarski, P. DeLeo, V. DiBiase, M. Dodge, J. Doherty, N. Edirisinghe, A. Erlich, B. Evans, R. Fentin, A. FitzGerald, M. Flaherty, L. Flavin, M. Frank, P. Freeman, H. Garner, L. Gera, L. Gilligan, C. Gregoli, K. Greenly, M. Johnson, A. Doyle Kenney, J. Keshian, E. Koram, M. LaRose, D. LaRue, J. Loftus, P. Malloy, N. Marino, C. McCarrick, J. Morel, P. Michaud, N. Murphy, A. Murray, J. Murray, K. Nichols, J. O'Connell, J. O'Quinn, A. Page, J. Peluso, T. Peluso, S. Peretz, L. Prates, S. Ranieri, H. Rielly, C. Robinson, R. Saini, D. Schlicting, M. Sego, B. Skinner, D. Spagnuolo, A. Subramanian, M. Sullivan, M. Sultan, L. Supriya, D. Tainter, P. Terry, J. Tift, R. Tosi Jr., C. Walsh, P. West, C. Wilbur, S. Yamaji, J. Yarow, F. Yitayew.

ASA Day trips

(Full payment due with reservation)

Tuesday, Apr. 20: Foxwoods Casino and Loretta LaRoche Show. Enjoy a buffet luncheon at Foxwoods Casino, followed by orchestra seats for the show at the Garde Arts Theater, New London, CT. \$69.

Wednesday, May 12: "Tropical Island Heat" at Luciano's in Wrentham, MA. Complete luncheon. Steel band music of Trinidad, vocalist Jeff Ramsey, hit songs of Harry Belafonte, carnival and calypso. Choice of stuffed breast of chicken or baked haddock. \$70.

Saturday, May 15: Ellis Island and Liberty Island. Take the ferry to Ellis Island, the "Gateway to America", explore the Immigration Museum, research your family's history. Next, on to Liberty Island to visit the Statue of Liberty and its exhibit. \$75.

Wednesday, May 19: "It's All About the 50s" at the Log Cabin, Holyoke, MA. Start with a delicious luncheon. Show features "Big John" Hartman's tribute to the many musical styles of the 50s. \$80.

Tuesday, June 8: The Inn at East Hill Farm, Troy, NH. Located at the base of Mt. Monadnock, the Inn boasts a lovely setting and delicious home-cooked meals. Enjoy a pot roast and roast turkey luncheon; family-style service and generous portions. Trip includes a visit to the Cathedral of the Pines. \$76.

For information and reservations, contact the Seniors Association at 781-316-3420 or call Joan Caterino at 781-646-9064. Make checks payable to the Arlington Seniors Association.

Overnight trips

(Transportation and some meals included; cruise and tour cancellation protection is available.)

May 12-13: King Tut Exhibition and New York City. Last stop in North America for this exhibit of treasures from the tomb of King Tut. Overnight stay at the conveniently located Wellington Hotel with complete dinner and full breakfast. Choice of chicken marsala, veal parmigiana, or grilled salmon. \$369/per person/double.

May 19-20: The Nonantum Resort, Kennebunkport, ME. Stay at the historic Nonantum Resort, located right on the water and just a short walk from Kennebunkport's Dock Square. Tour Kennebunkport, Kennebunk, Portland, and the Portsmouth, NH region. \$229/double.

June 1-4: Niagara Falls. Three nights' hotel accommodations on the Canadian side of the falls, including breakfast each day. Dinner each evening at different restaurants. Extensive sightseeing. Don't forget your passport! \$675/twin.

June 9-11: Trapp Family Lodge ("The Sound of Music"), Stowe, VT. Two nights at the world-famous Lodge, including full breakfasts and a-la-carte dinners. Entertainment at the Lodge; sightseeing at the Lodge and during the trip there and back. \$540/twin.

July 11-12: Tanglewood Overnight and the scenic Mohawk Trail. Reserved seats inside the Shed for the magnificent Sunday afternoon concert. We'll spend the night at the Williams Inn in Williamstown, including a complete dinner and full breakfast. On Monday we'll visit the famous Clark Art Museum, and we'll return via the Mohawk Trail. \$298/twin.

...and more to come!

For information including room rates contact the Seniors Association at 781-316-3420 or call Joan Caterino at 781-646-9064. Make checks payable to Arlington Seniors Association and mail to Arlington Seniors Association, 27 Maple Street, Arlington 02476.

(Trip information was correct at time of printing but is subject to change without notice.)

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



“APRIL IN PARIS”: A FREE CONCERT

sung by RUTH HARCOVITZ, “Boston’s Julie Andrews”

Tuesday April 6 at 1 PM, Arlington Senior Center

With a clear, scintillating voice, soprano Ruth Harcovitz gives joy with her beautiful voice everywhere she goes. A New England conservatory graduate, Ruth’s credentials include graduate study at the Vienna Academy of Music. Upon her return to the United States, she was engaged by the Santa Fe Opera Company, The Opera Company Of Boston, and Opera New England. She has appeared as soloist with choral societies and orchestras and is the recipient of hundreds of local cultural council grants. She is bound to please you!

This program is supported in part by a grant from the Arlington Cultural Council and the Massachusetts Cultural Council

TIPS FOR DOWNSIZING, FROM A TO Z

Thursday April 8 at 1:30 PM, Senior Center main hall

Marie LeBlanc, President, Transitions Liquidation Services

Where do you begin? Whether you are seriously considering a move or just trying to declutter and reorganize your home, what do you do with all that STUFF?

Move Manager and Downsizing Specialist Marie LeBlanc will help you learn how to plan a manageable transition and give specific tips on how to deal with the accumulation of personal property when you’re ready for the next chapter in your life. Join us for an informative talk covering everything from the steps involved in an actual move and planning your new space to selecting, sorting, and finding new homes for things you may no longer want or need.

Following her presentation, Marie will answer your questions and offer strategies for making decisions and planning well. Come and learn how to make these transitions in your life as stress free as possible!





SHINGLES CLINIC
April 15th at 11:30-12:45
at the Senior Center

The Arlington Board of Health and the Council on Aging will hold a **Zostavax** clinic on April 15th from 11:30 am to 12:45 pm at the Senior Center at 27 Maple St. This is commonly known as the Shingles vaccine. The clinic will be for those residents 60 years and older.

If you want to schedule an appointment, please call 781-316-3400. If you have questions please call either Diane Coste, RN or Pat Falwell, RN at the above number. The Health Department will be billing insurance companies for the cost of administering the vaccination so please bring your insurance card to the clinic if you have insurance. There will be no fee for the vaccination other than what is billed to the insurance company.

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 our Social Worker, Lourie August, at the Council on Aging (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.



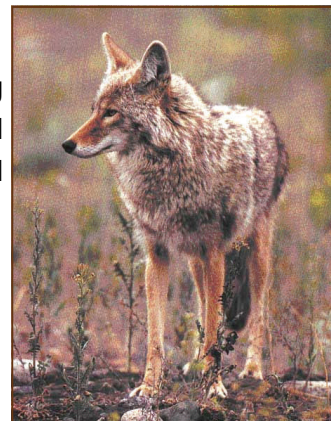
A Great Resource - Call Mass 2-1-1

Call Massachusetts 2-1-1 for assistance for basic human needs, physical and mental health resources, employment support, and support for children, families, senior citizens, and people with disabilities. Mass 2-1-1 is available 24 hours a day, 7 days a week and is free, confidential and staffed by trained counselors. Several languages are spoken.

A MESSAGE FROM THE ARLINGTON ANIMAL CONTROL OFFICER

This is the time of year when the coyote pups are born and coyote adults are out hunting for food for them. Coyotes are extremely shy and avoid contact with humans. However, in urban and suburban areas, coyotes may be less likely to fear people and more likely to associate them with an easy, dependable food source, especially when they have young to feed.

There are several ways to prevent conflicts with coyotes including securing your garbage, not feeding coyotes, feeding your pets indoors, and keeping your bird feeders clean. For additional tips and information on coyotes, please read [\[http://www.arlingtonma.gov/Public_Documents/ArlingtonMA_Police/coyotes\]](http://www.arlingtonma.gov/Public_Documents/ArlingtonMA_Police/coyotes).



Please join us to watch the short film
 "COYOTE: LEARNING TO LIVE WITH
 A MISUNDERSTOOD ANIMAL"

at the Senior Center on
 Tuesday, April 27 at 1 PM.

Thanks to Tom Quintal,
 Arlington Animal Control Officer

DO YOU REMEMBER THIS?

CALL FOR SUBMISSIONS

F.W. Woolworth Co.

BACON and TOMATO50c
 Toasted Three Decker Sandwich

BAKED HAM and CHEESE60c
 Toasted Three Decker Sandwich

CHICKEN SALAD65c
 Toasted Three Decker Sandwich

HAM SALAD and EGG SALAD50c
 Toasted Three Decker Sandwich
 Above available on two slices of bread on request.

PLAIN or TOASTED SANDWICHES

HAM SALAD Sandwich30c

EGG SALAD Sandwich30c

AMERICAN CHEESE Sandwich30c

PRESSED HAM Sandwich30c

FOR A REAL TREAT!
 TRY OUR SUPER DE-LUXE HAM SANDWICH—BAKED HAM SLICED VERY THIN AND STACKED
 HIGH ON PLAIN BREAD, TOAST OR HARD ROLL
 40¢ YOU WILL LIKE IT! 40¢

Fountain Features

DI LUXE TULIP SUNDAE 25c
 2 Dippers of Ice Cream covered
 with Crushed Fruit or
 Fresh Fruits In Season

SUPER JUMBO BANANA SPLIT 39c
 1/2 Banana covered with 3
 Dippers of Ice Cream and
 Crushed Fruits or Fresh Fruits
 In Season

EXTRA RICH ICE CREAM SODA 25c
 POPULAR FLAVORS
 Made with 2 Dippers of Ice Cream
 Crushed Fruit or Fresh Fruits
 In Season

CHOICE OF STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE
 Topped with Whipped Topping
 Roasted Nuts and Cherry Ring

CHOICE OF STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE
 Topped with Whipped Topping
 and Roasted Nuts

MALTED MILK25c
 Popular FLAVORS Made with 2 Dippers of Ice Cream

MILK SHAKE25c
 Popular FLAVORS Made with 2 Dippers of Ice Cream

BANANA SPLIT Regular25c
 Popular FLAVORS Made with 3 Dippers of Ice Cream

FRESH ORANGE JUICE Regular 20c Large 30c
 Freshly Squeezed to Order

HOT NESTLE'S WITH WHIPPED TOPPING15c
 AND WAFERS

APPLE PIEPer Cut 15c
 10¢ Additional with Ice Cream

LAYER CAKEPer Cut 15c
 70¢ Additional with Ice Cream

Home Style Desserts

WOOLWORTH COFFEE—ALWAYS GOOD

DRINK Coca-Cola KING SIZE 100

HAVE A COKE **GOES GOOD WITH FOOD**

NO. 3424 REV. 8-60

The second issue of "VOICES OF ARLINGTON" is in the making and will be available in June. If you have work to submit - and we hope you do - please get it to Bill Murphy at the COA by the end of April. Just drop it by, or mail it to: 27 Maple Street, Arlington, MA 02476, attn: Bill Murphy.





We strongly encourage you to participate in this project in some way, and let your voice be heard!

WHAT'S ON YOUR MIND?

Tuesdays at 11 AM

Dr. Eva Balazs leads a group focusing on changes and issues in our lives. Come and share your thoughts, ideas, and experiences.

Free and totally confidential.

Monday	Tuesday	Wednesday
<p>Reserve a lunch the day before (\$2.00 donation requested): Arlington Senior Center: 781-316-3423 Arlington Heights: 781-648-7500 (menu subject to change without notice)</p>	<p align="center"><u>YOU MUST RESERVE A LUNCH THE DAY BEFORE</u></p> <p align="center"><u>DO NOT COME INTO THE MEAL SITE ASKING FOR A MEAL</u> <u>IF YOU HAVE NOT RESERVED A MEAL THE DAY BEFORE</u> <u>WE CANNOT GUARANTEE ANYONE A MEAL WHEN YOU</u> <u>HAVE NOT CALLED THE DAY BEFORE TO RESERVE</u></p>	
<p>8:30 PODIATRY CLINIC (\$25, BY APPT.) 5 9:00 EXERCISE (\$2.50 DROP-IN) 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE 2:00 EARLY ARLINGTON 6 OF 6</p> <p>AMERICAN CHOP SUEY, ITALIAN GREEN BEANS</p>	<p>10:00 CHAIR PILATES (6 OF 6) 6 10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:30 NO B/P @ COA TODAY 1:00 RUTH HARCOVITZ, "APRIL IN PARIS" 1:00 INTERMEDIATE COMPUTER WK 1/6 1:00 COMPUTER CLUB</p> <p>FISH TENDERS WITH LEMON DILL SAUCE RICE PILAF</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO</p> <p>CHICKEN WITH LEMON MUI O'BRIEN POTATOES, B</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 12 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p>SHEPHERDS PIE, CORN</p> <div style="border: 1px dashed black; padding: 5px;"> <p>New Art Classes begin Monday May 3, 10 am –noon. Contact Joan at 316-3421 to sign up!</p>  </div>	<p>10:00 CHAIR PILATES (1 OF 6) 13 10:30 YOGA (\$5.00 DROP-IN) 10:00 NOREEN MURPHY, ATTY (BY APPT.) 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA 1:00 INTERMEDIATE COMPUTER WK 2/6 1:00 SING-ALONG 2:00 IMMIGRANT SUPPORT GROUP (COA)</p> <p>ROAST CHICKEN WITH CACCIATORE SAUCE ROTINI PASTA</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO</p> <p>SALISBURY STEAK WITH JAR MASHED POTATOES</p>
<div style="border: 2px solid blue; padding: 10px; text-align: center;">  <p>PATRIOT'S DAY: SENIOR CENTER CLOSED</p> <p>19</p> </div>	<p>10:00 CHAIR PILATES (2 OF 6) 20 10:30 YOGA (\$5.00 DROP-IN) 10:15 CAREGIVER SUPPORT GROUP 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA 1:00 INTERMEDIATE COMPUTER WK 3/6 1:00 SCRABBLE</p> <p>BAKED HAM WITH PINEAPPLE RAISIN SAUCE WINTER SQUASH, PEAS</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO</p> <p>BAKED SCALLOPS WITH NE BROWN RICE WITH RED</p>
<p>9:00 EXERCISE (\$2.50 DROP-IN) 26 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE</p> <p>GROUND BEEF BURGUNDY, EGG NOODLES</p>	<p>10:00 CHAIR PILATES (3 OF 6) 27 10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA 1:00 SHORT FILM "COYOTES" 1:00 INTERMEDIATE COMPUTER WK 4/6</p> <p>BAKED FISH WITH HERBED WINE SAUCE MASHED POTATOES, GREEN BEANS</p>	<p>9:00 EXERCISE (\$2.50 DROP-IN) 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO</p> <p>CHILI, BROWN RICE, C</p>

Day	Thursday	Friday
AY BE- R A MEAL EFORE. EN YOU VE ONE.	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE: "UP IN THE AIR" 1:00 SHAKESPEARE DRAMA GROUP WK 1/6 BAKED CHICKEN WITH MARSALA SAUCE BROWN RICE	9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:30-10:30 STATE SENATOR KEN DONNELLY AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) TOWN OFFICES CLOSE TODAY AT NOON, INCLUDING THE COUNCIL ON AGING 1:00 BRIDGE (IN A&C) MACARONI AND CHEESE STEWED TOMATOES
DP-IN) 7 STARD SAUCE BROCCOLI	9:15 NO B/P @ FOX TODAY 10:00 SENIOR FORUM 1:00 SHAKESPEARE DRAMA GROUP WK 2/6 1:00 COMPUTER BASICS WK 1/4 1:30 ""TIPS FOR DOWNSIZING" PRESENTATION BEEF STEW WITH CELERY AND ONIONS CARROTS, BAKED POTATOES	9:00-11:00 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 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (4 OF 6) CHICKEN PRIMAVERA, PENNE PASTA, SPINACH
DP-IN) 14 RDINIÈRE GRAVY , BEETS	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 SHAKESPEARE DRAMA GROUP WK 3/6 1:00 COMPUTER BASICS WK 2/4 1:00 MOVIE: "AMELIA" ROAST PORK WITH TARRAGON GRAVY SWEET POTATOES 4:00 COUNCIL ON AGING MONTHLY MEETING: OPEN TO THE PUBLIC <i>(SR CTR, 1ST FLOOR DROP-IN ROOM)</i>	9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00-10:00 STATE REPRESENTATIVE JAY KAUFMAN AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 1:00 BOOK CLUB 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (5 OF 6) BROCCOLI BAKE, STEWED TOMATOES
DP-IN) 21 WNBURG SAUCE D PEPPERS	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 SHAKESPEARE DRAMA GROUP WK 4/6 1:00 COMPUTER BASICS WK 3/4 STUFFED SHELLS WITH TOMATO SAUCE BROCCOLI	9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 9:00 FINANCIAL PLANNER, RICK FENTIN (BY APPT.) 10:00-11:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) 2:00 TAI CHI (6 OF 6) CHICKEN WITH COQ AU VIN SAUCE WHIPPED POTATOES, GREEN BEANS
DP-IN) 28 CARROTS	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 SHAKESPEARE DRAMA GROUP WK 5/6 1:00 COMPUTER BASICS WK 4/4 CHICKEN WITH TERIYAKI GINGER SAUCE WHITE RICE, SPINACH	9:00 EXERCISE (\$2.50 DROP-IN) 9:00 S.H.I.N.E. COUNSELOR (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE (IN A&C) MEATLOAF WITH GRAVY, WHIPPED POTATOES

FUEL ASSISTANCE HELP



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. At the time of this writing, the Fuel Assistance office plans to remain open through April. To schedule an appointment or to find out about Community Teamwork's Energy Programs, call them at 781-643-2358.

APRIL SING-ALONG

with ANN DONOVAN & LARRY MARTIN

Tuesday, April 13th at 1 pm



Seniors know good music. They grew up listening to the big bands and they know all the standards. Come to the sing-along and we will transport you back to your youth.

SHAKESPEARE DRAMA GROUP

Thursdays at 1:30 pm

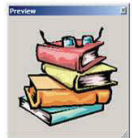


Beginning April 1 we will be reading *Henry IV, part 2*. Members of the group are assigned parts to read aloud. Come discover your hidden Laurence Olivier!

BOOK CLUB NEWS

Friday April 16th at 1:00 pm

Dennis Lehane's *The Given Day* is set in Boston during the 1918 influenza pandemic and 1919 policemen's strike. Historical and fictional characters portray conflicts and tensions in post-World War I United States.



THURSDAY MOVIES at 1:00 PM

April 1:

“UP IN THE AIR”

George Clooney, Vera Farmiga, Anna Kendrick

He flies around the USA laying off people which seems fine until he gets stuck on the ground.

Six Oscar nominations



April 15:

“AMELIA”

Hillary Swank, Richard Gere, Ewan McGregor

Amelia Earhart is a young lady who dreams of flying and does so with the help of a sympathetic husband.



~~~**SAVE MONEY and TWIST with  
CHUBBY CHECKER**~~~

Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help " for prescription drugs.

Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

Apply on-line at

[www.socialsecurity.gov](http://www.socialsecurity.gov) <<http://www.socialsecurity.gov>>

or call Social Security at 1-800-772-1213. Or you can contact your local **SHINE** counselor at **1-800-AGE-INFO** (1-800-243-4636) and press "3" when prompted. Check out the new "Twist!"

**Bev's Cooking Corner**

***BREAD PUDDING***

- 4 slices bread
- 2 tablespoons margarine or butter, softened
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/3 cup raisins
- 3 eggs, slightly beaten
- 1/3 cup granulated sugar
- 1 teaspoon vanilla
- dash of salt
- 2 1/2 cups milk, scalded



Heat oven to 350 degrees. Toast bread slices lightly. Spread slices with margarine or butter, sprinkle with brown sugar and cinnamon. Cut each slice into 4 pieces. Arrange pieces sugared sides up in buttered 1 1/2 quart casserole; sprinkle with raisins.

Mix: eggs, granulated sugar, vanilla, and salt, slowly turn in milk. Pour over bread. Place casserole in square pan, 9x9x2 inches, on oven rack. Pour very hot water one inch deep into pan.

Bake until knife inserted halfway between center and edge comes out clean, 60 to 70 minutes. Remove casserole from hot water. Serve warm or cool. 6-8 servings.

## **MENOTOMY WEATHERIZATION ASSISTANCE PROGRAM**



### ***Is your home or apartment cold and drafty?***

The Menotomy Weatherization Assistance Program services eligible clients at no cost to them with air sealing, insulation, and in some cases new windows and doors. Heating system tune-ups and repairs may be completed when needed.

The program is funded through the Department of Energy and State Offices of the DHCD. All contractors are licensed and insured. The program oversees the entire project from the initial audit through the final quality control inspection after the work as been completed.

For additional information and income guidelines please call 781-316-3436 or visit:

[http://www.town.arlington.ma.us/Public\\_Documents/ArlingtonMA\\_Planning/weatherization/index](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Planning/weatherization/index)

### ***Opportunity to participate in a study and receive \$20***

**Over 60?** You may be eligible to participate in a study conducted by the Boston University School of Public Health.

**Why?** To create a new questionnaire to measure function and disability in older adults.

**What is involved?** If eligible, participate in a one-time interview to answer the questions in the new questionnaire. The interview will last about an hour and can be done at your home, on the phone, or at a mutually convenient location. You will be asked a list of questions about your physical function and participation in activities, your responses will be confidential, and you will not be identified by name.

**You will be compensated \$20 for your time.**

**To sign up:** Either provide your name and phone number to the Council on Aging at the Arlington Senior Center at (781) 316-3400, or to Obi Chidi at Boston University at (617) 638-8940. A study representative will call you to check your eligibility.

*This study has been approved by the Elder Rights Review Committee of the Executive Office of Elder Affairs.*

## ***You Know You're From Massachusetts if...***

You think if someone is nice to you, they either want something or they are from out of town.

*The public transportation system is known as the "T" and you'd rather drive in bumper-to-bumper traffic for 4 hours to get to Boston than be caught dead on the "Orange Line".*

You could own a small town in Iowa for the cost of your house.

*There are 24 Dunkin Donuts shops within 15 minutes of your house and that is how you give directions.*

If you stay on the same road long enough it eventually has three different names.

*53 degrees is "on the warm side".*

You've walked to Brigham's for an ice cream cone "to go" in the snow.

*You cringe every time you hear some actor/actress imitate the "Boston Accent" on TV.*

You call chocolate sprinkles "jimmies".

*A water fountain is called a bubbler. Say it " bubbla".*

You can go from one side of town to the other in less than fifteen minutes.

*You know how to pronounce towns like Worcester, Haverhill, Peabody, Woburn, Scituate, Chatham, and Leominster.*

You know what they sell at a "packie".

*You keep an ice scraper in your car all year round.*

Paranoia sets in when you can't see a Dunkin Donuts, ATM or CVS.

*You've pulled out of a side street and used your car to block oncoming traffic so you can make a left.*

You've bragged about saving money at The Christmas Tree Shop.

*You know what a "regular coffee" is!*

You can navigate a rotary without a problem.

*You use the words "wicked" and "good" in the same sentence.*

You know what a frappe is.

*Saint Patrick's Day is your second favorite holiday.*

You drink tonic and would never consider using it on your hair.

*You never say "Cape Cod" you say "The Cape".*

You went to Old Sturbridge Village and Plymouth Plantation at least once, in elementary school, but never to Bunka Hill.

*You know the Mass Pike and 495 create some sort of strange weather dividing line.*

**You actually get all these jokes and pass them on!**



# the back page



| <u>COUNCIL ON AGING:</u>                                                                                               | <u>DAY/DATE</u>                | <u>TIME</u>             | <u>COST</u>    |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------|----------------|
| <u>Blood Pressure Clinics:</u>                                                                                         |                                |                         |                |
| at Council on Aging, 27 Maple St.                                                                                      | Tuesdays                       | 12:30-1:45 PM           | free           |
| at Fox Community Ctr., 175 Mass Ave.                                                                                   | Thursdays                      | 9:15-10:15 AM           | free           |
| <u>Podiatry Clinic*</u>                                                                                                | Mon 4/05, 5/03, 6/07           | 8:30-11:30, by appt     | \$25           |
| <u>Elderlaw Attorney, Noreen Murphy*</u>                                                                               | 2nd Tues each month            | 10—11:30, by appt.      | free           |
| <u>Financial Planner, Rick Fentin*</u>                                                                                 | 2nd & 4th Fridays              | 9-10:30, by appt        | free           |
| <u>S.H.I.N.E. Counselor*</u>                                                                                           | Fridays                        | 9 –11, by appt          | free           |
| <u>State Senator Ken Donnelly</u>                                                                                      | 1st Friday each month          | 9:30-10:30 AM (drop in) | free           |
| <u>State Representative Sean Garballey</u>                                                                             | 2nd Fri each month             | 9-11 AM (drop in)       | free           |
| <u>State Representative Jay Kaufman</u>                                                                                | 3rd Fri each month             | 9-10 AM (drop in)       | free           |
| <u>State Representative Wm. Brownsberger</u>                                                                           | 4th Fri each month             | 10 AM (drop in)         | free           |
| (* call 781-316-3400 for appointments)                                                                                 |                                |                         |                |
| <br>                                                                                                                   |                                |                         |                |
| <u>SENIORS ASSOCIATION:</u>                                                                                            | <u>DAY/DATE</u>                | <u>TIME</u>             | <u>COST</u>    |
| <u>Intermediate computer</u>                                                                                           | Tuesdays                       | 1-3 pm.                 | \$60/6 wks     |
| <u>Computer Basics</u>                                                                                                 | Thursdays                      | 1-3 pm.                 | \$40/4 wks     |
| <u>Shakespeare/Drama Group:</u>                                                                                        | Thursdays                      | 1 pm.                   | \$40/6 wks     |
| <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 & Fridays at 10:30 AM |                         | \$5.00 drop-in |
| <u>Art Class</u>                                                                                                       | starting Monday May 3          | 1:00                    | \$40/6 wks     |
| (*ASA classes may not be held due to low enrollment. Please call Joan Pippin 781-316-3421 prior to the first meeting.) |                                |                         |                |

## THE "LINKS" PROGRAM



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

During the spring, students provide cleanup and other outdoor services and are paid by the job. The fee is determined by difficulty of the job. Prices range from \$5 to \$30 depending on workload. Due to the age of the students, they do not use power tools.

To request LINKS services call Joyce Killingsworth, Council on Aging, 781-316-3404.

ARLINGTON SENIORS ASSOCIATION  
 27 MAPLE STREET  
 ARLINGTON, MA 02476

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