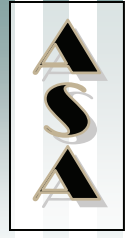




NOVEMBER 2010
SENIOR NOTES

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

27



ARLINGTON
 SENIORS
 ASSOCIATION
 INC.



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

IN THIS ISSUE:

Daylight savings
 time ends
 November 7 ...



don't forget to set
 your clocks back
 one hour!

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**Medicare Decision Time:
 Open Enrollment Starts November 15**

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011.

All people with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare with other plans in their area
- Choose a plan that meets their needs and budget.

The Medicare Annual Open Enrollment Period starts November 15 and continues through December 31, for coverage beginning January 1, 2011.

There are significant differences between plans. Starting in 2011, different Part D Plans in our area will have monthly premiums from as low as \$14.80 up to as high as \$120.10. However, monthly premiums are not the only things to consider. Plans have different deductibles, co-pays, covered drugs and restrictions.

Plan information and cost estimates can be found by entering a drug list into the Medicare Plan Finder on www.medicare.gov.

**THE S.H.I.N.E. PROGRAM'S DECEMBER PRESENTATION
 Tuesday December 7 at 1 PM, Senior Center main hall**

The open-enrollment period is the time for Medicare beneficiaries to review their medical and prescription plans and if necessary make changes for the following year. This SHINE presentation is an effort to assist people in understanding the upcoming changes.

It is important you be well-informed in order to make appropriate decisions about your health coverage. Please plan to attend this very important presentation.

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.

The Board of Health and the COA will be scheduling a number of flu clinics in Arlington. Call the **Flu Clinic Hotline (781) 316-3413** for the latest information.





**“LEARNING ABOUT YOUR HEART MEDS”
Thursday November 18 at 10:30 am**

Have you ever wondered why your physician prescribed a particular high blood pressure pill and not the one your sister takes? Have you ever wondered why you need to be on three different blood pressure medicines, or why your doctor still wants you to watch your diet even though you take your medicine faithfully? Or how your heart medicine knows to help your blood pressure and treat your angina at the same time?

If you have these or other questions about your blood pressure or heart medicines, come to an informative presentation given by **Cathy Taglieri, a Registered Pharmacist** who teaches at the Massachusetts College of Pharmacy in Boston, who will try to demystify cardiac medications. Please bring a list of your current medicines, or the bottles, including over the counter medicines and herbal products along with your questions to the presentation. There will be time for questions and answers.

Day trips (Full payment due with reservation)

Wednesday, Nov. 3: American Bandstand Revue at Lantana’s in Randolph. Relive the music of your youth! A look back at Dick Clark and Co. with Joey Arminio and his family. Roast turkey dinner. \$70.

Thursday, Dec. 9: “Mele Kalikimaka” (Merry Christmas). Celebrate Christmas at the HuKeLau in Chicopee, with entertainment by their Polynesian singers and dancers. Then off to the Bright Lights, a spectacular light show in Springfield. Lunch choice prime rib or baked stuffed breast of chicken. \$70.

Friday, Dec. 10: “Happy Holidays” with the Three Tenors at Angelica’s Ballroom, Middleton, MA. Lunch, show, music for dancing. Meal choices: baked Boston schrod or Yankee pot roast. \$69.

Friday, Dec. 31: “New Year’s Eve at Noon!” at Danversport Yacht Club. Complete lunch (baked stuffed chicken breast), show featuring the dynamic Bobby Justin, line and ballroom dancing, New Year’s hats and noisemakers. \$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 the Arlington Seniors Association

Overnight trips

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

Dec. 1-2: Kennebunkport Christmas. Stay at the Kennebunkport Inn, one of the prettiest inns on the Maine coast. Enjoy 3 complete meals, entertainment, touring and shopping in lovely downtown Kennebunkport. \$260/twin.

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

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

Senior Center agencies do not endorse any seminar or presentation. Presentations are for informational use only.

CALLING ALL MUSIC LOVERS AND SINGERS OF ALL AGES!

Saturday, Nov. 20. 10:30 AM

Come to Arlington's first "All Ages Sing-Along" at the Senior Center (27 Maple Street) on Saturday, Nov. 20 at 10:30 a.m. Admission is free!

Bring your grandchildren, your neighbors and other family members, or come on your own and get to know some new folks. This Sing-Along is a chance for people of all ages to sing and have fun together!

Liz Buchanan, who leads sing-alongs for children and their families in Arlington's libraries, will lead the program along with Anne Donovan, who helps lead the regular monthly senior sing-alongs. Liz has visited senior sing-alongs this fall to find out what songs seniors like to sing and lead some new ones.

Music is a great way to bridge the generations, whether you're singing "You Are My Sunshine" or "Take Me Out to the Ballgame." We'll sing songs all ages enjoy. Liz is also recruiting some guest musicians! Refreshments will be served. Don't miss the fun!

This program is supported in part by the Arlington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



A letter from the ASA President

I have just finished my first few months as ASA president and it has been a great learning experience. I love being able to work with the various committees and the ASA Board. We have a wonderful group of volunteers who help keep this organization running smoothly.

The first ASA event I was involved in was a 5K put on by the "Friends of the Council on Aging" to raise money to transport seniors to the Senior Center and to medical appointments. The Arlington Seniors Association was a bronze sponsor of the event and had a table at Town Hall the day of the race. The next big event was Town Day. It amazed me to see how the ASA members came together and worked hard to make Town Day a great event.

The ASA has many interesting programs lined up for the fall and winter season and some special events coming, also many great day and overnight trips are planned. Tell your friends about all we have to offer and ask them to consider becoming a member of this great organization.

Hope you enjoy the rest of this beautiful fall season and I wish all of you, your friends and families a wonderful Thanksgiving.

Sincerely, Maureen Jackson

Although the COA van service is temporarily reduced, we were able to re-establish partial service by the time we went to press. We will continue to direct our best efforts toward restoring full service as soon as reasonably possible.

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.



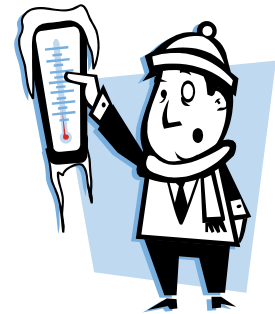
Scheduled transportation for that day's medical appointments will be evaluated on a case-by-case basis; scheduled clients will be notified that vans are not running that day and the recommendation will be given that they should reschedule any appointments.

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.

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.



There are also some medications that make the elderly more susceptible to hypothermia... check with your physician.

COA's MUSCLE-STRENGTHENING CLASSES begin Wednesday, December 1



Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, December 1 from 10:15 AM to 11:00 AM in the Senior Center. The cost is only \$28 per 8-week session, payable at the first class. Each class requires a minimum of 22 participants (and is limited to 40) so call the COA at 781-316-3400 to reserve your space!

Arlington residents are given priority for COA programs. Some programs are available to out-of-towners on a space available basis, after Arlington seniors have had sufficient time to register. Please call the COA if you are interested; you will be placed on an out-of-town wait list and will be called a day or two before the program if a spot is available.

**WE WILL BE ACCEPTING APPLICANTS NO SOONER THAN NOVEMBER 10
FOR THE PROJECTED DECEMBER 1 CLASS.**

FUEL ASSISTANCE OFFICE IS NOW OPEN

Community Teamworks' Arlington Satellite office for Fuel Assistance opened on Monday November 1. The office is located in the Senior Center building on the 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 (after November 1) at 781-643-2358.

PLAN AHEAD!

Reagle Music Theatre: "It's Christmastime!" One of the best holiday shows around! Singing, dancing, and the joy of the season on Saturday, Dec. 4. Show is at 2 pm; bus leaves the Senior Center at 1. \$45 includes ticket and transportation.

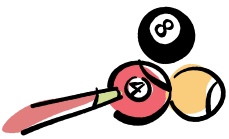
ARLINGTON SENIORS ASSOCIATION, INC. 2010-2011 OFFICERS & DIRECTORS


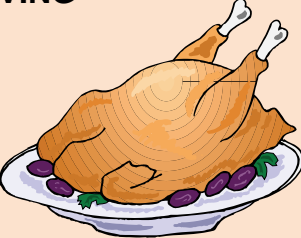
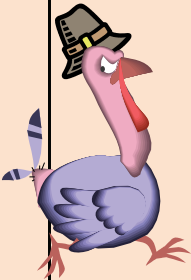
DIRECTORS

- Mary Bond
- Christine Green
- Joan Caterino
- Peggy Pellegrino
- Ruth Silver
- Tom Driscoll
- Lillian Braudis
- Harry McCabe
- George T. Rodda

<u>NAME</u>	<u>OFFICE</u>
Maureen Jackson	President
Charles Hayes	1st VP
June Mackey	2nd VP
Felsa Satlow	Treasurer
Charles Schwab	Asst. Treasurer
Shirley Chapski	Clerk
Elisa Lopez	Asst. Clerk



Monday	Tuesday	Wednesday
8:30 PODIATRY CLINIC (\$25, BY APPT.) 9:00 EXERCISE (\$2.50 DROP-IN) 10:00 ART CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE CHICKEN W/ SUPREME SAUCE, SEASONED RED BLISS POTATOES	10:30 YOGA (\$5.00 DROP-IN) 10:00 CALLIGRAPHY 5 OF 6 11:00 WHAT'S ON YOUR MIND? 12:30 NO B/P @ COA TODAY HOT DOG, BAKED BEANS, CARROTS	9:00 EXERCISE (\$2.50 DRO 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO BAKED FISH W/ NEW BROWN RI
9:00 EXERCISE (\$2.50 DROP-IN) 10:00 ART CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE SLOPPY JOES, CARROTS	10:00 CALLIGRAPHY 6 OF 6 10:00 NOREEN MURPHY, ATTY (BY APPT.) 10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:00 GRANDPARENT SUPPORT GROUP (COA) 12:30 B/P @ COA 1:00 SCRABBLE; SING-ALONG 2:00 IMMIGRANT SUPPORT GROUP (COA) ROAST PORK W/SWEET & SOUR SAUCE, BROWN RICE, BRUSSELS SPROUTS	9:00 EXERCISE (\$2.50 DRO 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO CHEESE LASAGNA W/ T BROCCOL
9:00 EXERCISE (\$2.50 DROP-IN) 10:00 ART CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE CHICKEN W/ CACCIATORE, BOW TIE PASTA, CALIFORNIA BLEND VEGGIES	10:15 CAREGIVER SUPPORT GROUP (COA) 10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA 1:00 DIGITAL PHOTO CLASS <u>SPECIAL</u> ROAST TURKEY W/ GRAVY, STUFFING, PEAS, WHIPPED POTATO, CRANBERRY SAUCE	9:00 EXERCISE (\$2.50 DRO 10:00 INFORMAL KNITTING 1:00 BRIDGE 1:00 BINGO SHEPHERD'S PIE
9:00 EXERCISE (\$2.50 DROP-IN) 10:00 ART CLASS 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE BEEF TIPS W/JARDINIÈRE GRAVY, NOODLES, BROCCOLI	10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA 1:00 DIGITAL PHOTO CLASS 1:15 LOW VISION GROUP (COA) ROAST CHICKEN W/ COQ AU VIN SAUCE, SWEET POTATOES	9:00 EXERCISE (\$2.50 DRO 10:00 INFORMAL KNITTING 11:00 PEG MIKKOLA, NUTRIT 1:00 BRIDGE 1:00 BINGO MEATBALLS W/ TOMATO CAULIFLOWER & RE
9:00 EXERCISE (\$2.50 DROP-IN) 10:00 ART CLASS 10:00-11:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 12:30 PROGRESSIVE BRIDGE DROP-IN 1:00 CRIBBAGE BAKED FISH W/ HERB SAUCE, MASHED SWEET POTATO, ITALIAN GFEEEN BEANS	10:30 YOGA (\$5.00 DROP-IN) 11:00 WHAT'S ON YOUR MIND? 12:30 B/P @ COA BREADED CHICKEN PARMESAN, ZITI W/ MARINARA SAUCE	 GROUND BEEF BURGUM MASHED POTATO

Day	Thursday	Friday
(DROP-IN) 3 HAMBURG SAUCE, PEPPER, CORN	4 9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE: "THE SEARCHERS" 1:00 "WORD" COMPUTER CLASS 1 OF 4 AMERICAN CHOP SUEY, ITALIAN STYLE GREEN BEANS	5 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) 1:00 BRIDGE SALISBURY STEAK W/ MUSHROOM GRAVY, MASHED POTATOES
(DROP-IN) 10 TOMATO SAUCE PEPPER, CORN	11  <p style="text-align: center;">VETERAN'S DAY: SENIOR CENTER CLOSED</p>	12 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 SWEDISH MEATBALLS W/ MUSHROOM GRAVY EGG NOODLES, GREEN BEANS
(DROP-IN) 17 HAMBURG, CORN	18 9:15 B/P @ FOX 10:00 SENIOR FORUM 10:30 MORNING LECTURE: "MEDICATION DISCUSSION" (sr ctr, main hall) 1:00 MOVIE "ATLANTIC CITY" 1:00 "WORD" COMPUTER CLASS 2 OF 4 4:00 COUNCIL ON AGING MONTHLY MEETING: OPEN TO THE PUBLIC (SR CTR, 1ST FLOOR) HAMBURG, TOMATO, PEPPER, & CORN SKILLET, BROWN RICE, BROCCOLI	19 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 BOOK CLUB; BRIDGE CRUNCHY POTATO FISH WEDGE, STEAMED RED BLISS POTATOES
(DROP-IN) 24 TOMATO SAUCE, CORN, PEPPER	25 THANKSGIVING DAY: SENIOR CENTER CLOSED 	26 SENIOR CENTER CLOSED TODAY 
BAKED CHICKEN W/ APRICOT GLAZE, MASHED POTATOES (12/01)	BAKED CHICKEN W/ APRICOT GLAZE, MASHED POTATOES (12/02)	<div style="border: 1px dashed black; padding: 10px;"> <p>Reserve a lunch the day before: (\$2.00 donation requested):</p> <p>Arlington Senior Center: 781-316-3423; Arlington Heights: 781-648-7500</p> <p>(menu subject to change without notice)</p> </div> <p>MACARONI & CHEESE, BROCCOLI (12/03)</p>

Pool: Would you like to get together for a few games of pool? We want to know who's interested (beginner or better) and find a time that's good for everyone.
 Call Joan Pippin at 781-316-3420 for more info.

FREE WEATHERIZATION SERVICES ARE AVAILABLE

Homeowners and tenants who are anticipating higher than average heating bills should be aware that there might be help available to tighten up their homes or apartments in order to stretch those fuel dollars. Using Federal, State and Gas Co. funds, eligible households can be provided with a free energy audit and have the free weatherization work done by qualified, licensed and insured contractors.

Eligibility is based on gross family income. SSI and TAFDC recipients make any household eligible no matter what the income. You may also qualify for home heating assistance for your home or apartment, heating system repairs, modifications to heating systems to improve efficiency, or replacement of inoperable or unsafe heating systems.

Some of your neighbors have already taken advantage of this program and are enjoying their lower heating bills. If you want to save money by lowering your heating bills, we hope you will take advantage of this program. Please call Gail Waitkunas at the Menotomy Weatherization Assistance Program: 781-316-3436.

Can You Help?

Would you consider donating a baked item or a box of cookies or munchkins to our coffee area? We would like our coffee area to be warm and welcoming to all that come here.

If we all took turns bringing in some goodies it would help out our hostesses immensely.

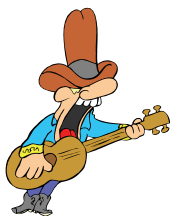
Thank you! *Maureen Jackson,*
ASA President

Are you a recent resident of Arlington?

Perhaps you would enjoy hearing a little bit about the history of your new home town.

We are fortunate to have Oakes Plimpton, a local historian and very active resident, offer to speak to us about Arlington. We'll host a talk by him at the Senior Center on Monday November 29, 10:15-11 AM. All are welcome. It's always fun to hear about the old days.

SING-ALONG WITH ANNE AND LARRY ***Tuesday, November 9 at 1 pm***



Music that will touch your heart,
put a smile on your face,
and set your feet a-dancing!

Save the date!

The ASA Christmas Party will be held on Saturday, Dec. 11 from 12:30-3:30. Music and dancing featuring Russ Varney. A light lunch will be served. Come celebrate the season with us! Tickets \$3.00.



Bev's Cooking Corner:

Roasted Potato and Vegetable Salad

2 pounds red potatoes 2 zucchini 2 carrots
1 small red onion ¾ cup Italian dressing 1 small tomato
¼ teaspoon garlic powder or 1 clove fresh garlic (optional)

Cut the potatoes into cubes, slice the zucchini lengthwise, slice the carrots into diagonal slices, and cut the onion into wedges. Set aside into a large bowl

Crush, puree, or chop the tomato, and add to the salad dressing. If you like garlic, add the garlic powder or crush one clove of garlic into the salad dressing. Variation: If you can find prepackaged tomato-and-garlic dressing, that should work fine.

Toss the cut vegetables with the salad dressing mixture. Spoon the resulting mixture into a shallow roasting pan. Bake until the vegetables are tender (45-50 minutes). Be sure to stir the mixture every ten minutes or so.

Serves 8.

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.



ANOTHER SOCIAL WORKER AT THE COA

I am pleased to introduce myself to the members of the Greater Arlington Community. My name is Donna Tarutz and I have joined the staff of the Council on Aging as a part-time social worker. I have worked as a social worker with seniors for over 25 years in Boston and in Brookline. I also teach children in 4th and 6th grade part-time in Wellesley. In the short time that I have been here it has been a distinct honor to work with the Council and to begin to meet so many wonderful seniors in the community.

I feel really blessed to be able to do the work that I love in communities that are so friendly/kind and represent the true spirit of community. Although, I have only been here for a short time, I see Arlington as one of those very special communities. When I am not working, you will find me in the North Shore photographing. I am also an artist and my art is photography, glass, and calligraphy.

I do hope that I will have a chance to meet you all and if I can be of assistance to you, I hope that you will call on me.

Sincerely, Donna Tarutz

Thank You!

"Running with Friends" was a special day for the Council on Aging and the 121 runners who started out at Town Hall and slogged past the finish line at the Senior Center. If you liked this 5K, wait 'til you see next year!

For our photo gallery go to our website:
www.FriendsArlingtonCOA.org.

Thank you to all volunteers, sponsors, supporters and businesses that helped to make this event a success including:

Gold Sponsors:

Century21/Adams
Watertown Savings Bank

Silver Sponsors:

Chestnut Farms
Winchester Hospital

Bronze Sponsors:

Arlington Chiropractic
Arlington Seniors Association
Jam'n Java
Lena Nargozian Gallery
Wild Child

Charitable Donors and Contributors:

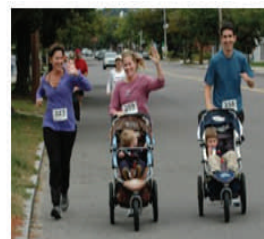
Coldwell Banker Residential Brokerage
Cares
Angelina's Bakery
Marathon Sports
Holovak & Coughlin Sporting Goods
Whole Foods Market
Za Restaurant

Supportive Organizations:

Arlington Police Department
Armstrong Ambulance Service
Board of Health
Board of Selectmen
Boy Scout Troop 306
Council on Aging
Town of Arlington Offices
Public Works

Gifts And Refreshments Provided By:

Angelina's Bakery
Arlington Restaurant & Diner
The Bike Stop
The Brady Family
Creative Expressions
Dahn Yoga
FEI Theatres (The Capitol and Somerville Theatres)
Foodmaster Supermarkets
Francesca's Kitchen
Geek House Calls
Giles Fine Wine
Heights Barber Shop
Jimmy's Steer House
John Jope Photographer
Marathon Sports
Massage Envy
Menotomy Beer & Wine
Not Your Average Joe's
Panera Bread Bakery-Café
Regent Theatre
Scott Flowers
Susan's Barber Shop
Trader Joe's
Whole Foods Market
Wild Child
Wish Salon & Spa
Za Restaurant



Adult Education: Computer Classes

Introduction to Microsoft Word starts Thursday, Nov. 4 from 1-3 pm. \$40/4 weeks. Digital Photography Tuesday, Nov. 16 and Nov. 23. \$20/2 weeks.

Coming attraction!

GENTLE YOGA: A FREE CLASS! **Thursday, November 18, 10-11 AM**

A safe, healthy, and energizing way to begin your day, this class provides gentle stretching from top to toe. Open to all, the class is ideally suited to those new to yoga, those who may have had injuries, inflexibilities, or illnesses, and those for whom getting up from and down to the floor may be difficult. Students will leave the class feeling relaxed, centered, and invigorated.

To register, call 781-316-3420 or email asafrontdesk@rcn.com.

NOVEMBER MOVIES

Thursday Nov 4: "THE SEARCHERS"
with John Wayne, Natalie Wood

They are looking for a woman who the Indians took away from a wagon train when she was a little girl.

Thursday, Nov. 18: "ATLANTIC CITY"
with Burt Lancaster, Susan Sarandon

A small-time gangster takes up with a younger lady who has an unsavory character with her.



BOOK CLUB NEWS

The November meeting will be Friday the 19th at 1 pm. This month's selection is *That Old Cape Magic* by Richard Russo. The story features a middle-aged man confronting his parents' failed marriage, his own troubled one, what he thought he wanted in life and what he has.

We have a winner!

The Arlington Seniors Association drawing for the two free day trips was won by Marie E. Sullivan of Arlington. Congratulations!



SEVOYAN DENTAL PROGRAM

Wednesday, November 17

We might help pay for your necessary dental work! The Council on Aging's Sevoyan Dental Subsidy is available to Arlington residents 60 years of age and older, in need of dental care, who have no dental coverage, and who do not have MassHealth coverage. Screenings will be held in the morning and we will call clients a few days in advance with the assigned appointment times.

An applicant's annual income from all sources cannot exceed \$23,150 for a single person living alone, or \$26,475 for a married couple living together. The maximum subsidy under this Dental Program is \$300 per client, and must be used within 12 months of approval.

We have only a few openings left for the November clinic so this is on a first come, first served basis. Please call 781-316-3400 to get your name on the list for the November 17th screening. Be sure to bring documentation to verify your income.

**SENIOR CENTER
STAFF**

COUNCIL ON AGING

Ann V. FitzGerald
Chair

John Jope, LCSW
MCOA-Certified Director

Lourie August, LICSW
Donna Tarutz, LCSW
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
Jocko Ryan
Van Drivers

Lyz Carey
Clerk-Secretary

Jacque Larivee
Social Work Intern

Andrew Francis
Divinity Intern

FRIENDS OF THE COA

Art Budnik
President

SENIORS ASSOCIATION

Maureen Jackson
President

Joan Pippin
MCOA-Certified
Program Coordinator

Richard Townsend
Office Clerk

John Moore
Administrative Assistant

"EATING TOGETHER"
MEAL SITE

Joanne Pijoan
Coordinator



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 b/p at COA on Tuesday November 2

at Fox Community Ctr., 175 Mass Ave. Thursdays 9:15-10:15 AM free

Podiatry Clinic* Mon 11/01, 12/06 8:30-11:30, by appt \$25

Elderlaw Attorney, Noreen Murphy* 2nd Tues each 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 1st Friday each month 9:30-10:30 AM (drop in) free

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

State Representative Wm. Brownsberger Monday 11/29 10-11 AM (drop in) free

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION:

DAY/DATE

TIME

COST

"WORD" Computer class Thursdays 1 pm \$40/4 wks

Intermediate Computer class Tuesdays 1 pm \$60/6 wks

Creative Writing Tuesdays 1 pm. \$40/6 wks

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

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

Book Club Friday 11/19 1 pm free

Art Class Mondays 10 am \$40/6 wks

Drama Class Thursdays 1:30 \$40/6 wks

Calligraphy Class Tuesdays 10 am \$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.)

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

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**QUESTIONS ABOUT
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CALL THE FLU HOTLINE:
781-316-3413**

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