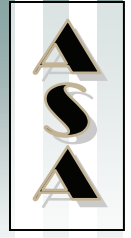




SEPTEMBER 2010 SENIOR NOTES

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

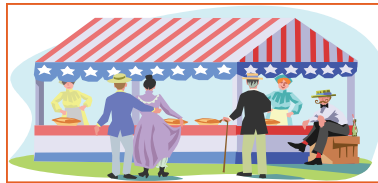


ARLINGTON
SENIORS
ASSOCIATION
INC.

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ARLINGTON TOWN DAY



SATURDAY, SEPTEMBER 25

(rain date October 2)

At the Senior Center: entertainment, bargain corner, coffee and bake sale, more!

Lunch served 11am-1 pm (*hot dogs, chips & soda, \$2.*)

10:30 ARLINGTON HIGH MADRIGAL SINGERS

1:00 IRISH STEP DANCERS

ON MASSACHUSETTS AVENUE: Pick up a Senior Center newsletter, and visit:

The COUNCIL ON AGING INFORMATION/OUTREACH BOOTH, and learn about the COA's programs and services, the Dial-a-Ride Program, Health and Wellness Programs, Social Services, Clinics, the S.H.I.N.E. Program, and our many **VOLUNTEER OPPORTUNITIES**.

The SENIORS ASSOCIATION INFORMATION TABLE, and find out about our programs and activities, such as exercise, yoga, computer internet classes, dances, parties, art, drama, exercise classes.

WANT TO WALK? or RUN WITH "FRIENDS?"

SUNDAY SEPTEMBER 12 at 10 AM

The "Friends of the Arlington Council on Aging" will sponsor a 5K Road Race on Sunday, September 12, starting at Town Hall at 10 AM. Many people would just like to support the Council on Aging and the "Friends" organization, but cannot run the course.

If you're not running, you're encouraged to show your support by walking, and by attending the celebration that follows (in order to place less of a burden on the police, we would request walkers keep to the sidewalks). The 5k race is 3.1 miles.

Depending on your stamina, you may wish to abridge the course at suggested "crossover" points. You might ask friends and neighbors to sponsor your walk with a donation to the "Friends"!

Do you have questions? Visit www.FriendsArlingtonCOA.org



Day trips

(Full payment due with reservation)

Friday, Sept. 24: Bourne Scallop Festival. Enjoy Cape Cod in the fall and feast on their succulent scallops (lunch choice: scallop fest or herb roasted chicken). After lunch, we'll travel to Sandwich for a historical tour of the area. \$55.

Thursday, Oct. 7: Salem Cross Inn and Quabbin Reservoir. Fall foliage trip into central Massachusetts. Lunch at the Salem Cross Inn, known for its high standards of food and service. Guided tour of the Quabbin reservoir follows. \$56.

Thursday, Oct. 14: "Turkey Train" Winnepesaukee Scenic Railroad. Still our most popular trip! Turkey dinner with all the fixins' on a trip around Lake Winnepesaukee. Stops at the Christmas Tree Shop and Apple Hill Farm on the way there and back. \$68.

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.

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.)

Sept. 13-14: Summit Lodge, Killington, VT. Wonderful hospitality in a beautiful, pastoral setting. Bill Bauer, recently named Vermont's Innkeeper of the Year, is your host, ably assisted by Otto and Louise, two lovable St. Bernards. Enjoy delicious meals, a great show, and the joy of the place. The trip home will include stops at Billings Farm and the Vermont Country Store. \$295.95/twin.

Sept. 21-23: Pennsylvania Poconos. A perfect fall foliage trip. 2 nights at the lovely Chateau Resort Hotel, Tannersville, PA. 5 complete meals. Extensive sightseeing. \$395/twin.

Oct. 6-8: Autumn in Vermont at the Middlebury Inn. Welcome reception, candlelight dinner, 4 more meals. Enjoy this picturesque college town, one of the prettiest villages in New England. Lots of sightseeing in the area and on the trips there and back. \$495/twin.

Oct. 10-13: Quebec City. The most fascinating and "European" city in North America. Three nights at the Chateau Laurier; 6 meals, including lunch at the Chateau Frontenac, extensive sightseeing. Don't forget your passport! \$770/twin.

Oct. 17-23: Myrtle Beach, SC. Sun and fun! Four nights at the deluxe Oceanfront Beach Cove Resort Hotel, 12 meals, shows every night, sightseeing, and lots of time for shopping. Overnight stops in Fredericksburg, VA on the way there and back. \$1089/twin.

Nov. 2-3: Beacon Resort Lincoln, NH. Start the holiday season in style. Enjoy an overnight stay at the Beacon Resort, including lunch, cocktail party, gourmet dinner and entertainment. "Everyone takes home a free turkey." \$195/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.

ADULT DAY HEALTH: A HIDDEN JEWEL

Thursday, September 9 at 1:30pm

Interested in learning more about “the hidden jewel” of Adult Day Health? Are you feeling isolated and would like to make new friends? Or are you a caregiver in need of support and respite? Please come join us to find out about the many physical and emotional health benefits of adult day health services.

Some topics that will be discussed include the history and philosophy of Adult Day Health, the importance of staying active and having social connections, helpful tips for family caregivers and the signs of caregiver stress, as well as the warning signs of Alzheimer's Disease. There will be time for questions and informational brochures will be available.

Presented by Laura Vanderhill, Social Services Coordinator at Cooperative Elder Services in Arlington, a non-profit organization celebrating over 30 years of providing quality day programs for local seniors

DIABETES & INSURANCE BENEFITS: COULD YOU BE SAVING MONEY ON YOUR SUPPLIES?

Thursday September 23rd at 1:30PM

Join us for a talk about diabetes and insurance. Navigating your insurance benefits is a challenge. Have you ever wondered if you could be paying less for your supplies?

The CCS Medical Representative, Stephanie Ruggiero, will be here talking about Medicare and private insurance benefits for people with diabetes, as well as distributing nutrition information and free glucometers for those who need one. Come have your questions answered, and enjoy some refreshments, compliments of CCS Medical.



“Richard Clark presents...” Tuesday, September 7 at 1 pm

Life, Language, and the Pursuit of Happiness—Ernest Hemingway Alive!” Relive with Hemingway the days from WWI through the inauguration of JFK. Richard Clark, who has studied at the American Academy of Dramatic Art, the Actors Connection, and the Actors Loft in New York, has spent over 30 years in New England regional theater and New York theater. He enralls audiences with his “Keeping History Alive” solo performances based on historical figures from Shakespeare to Andrew Carnegie. We who have attended his previous performances at the Center know what a treat awaits us. Come to our clean, well-lighted place and you’ll really appreciate the importance of being Ernest! Free.

Music and Spirituality in Harmony

Please join Youville Assisted Living Residences for an exciting four part series exploring the connection between music and spirituality. This series, offered free of charge to the public, features a talented group of individuals who have helped others appreciate the spiritual benefits of music.

Presenters include Nancy Kleiman, whose harp music graces operating and emergency rooms in Boston community hospitals, Rabbi Judith Kummer, who creates liturgical music and Nancy Granert, "Organist in Residence" at Harvard's Memorial Church, who studies Spanish organ and church music. The series will also explore Gospel music and its relationship to spirituality.

Presenters will share their music as well as their personal insights on ways the music influences spiritual experiences.

In Lexington:
Youville Place Assisted Living Residence
10 Pelham Rd., Lexington

Dates: Tuesday, September 21, 28
and October 5, 12

In Cambridge:
Youville House Assisted Living Residence
1573 Cambridge St., Cambridge
Dates: Thursday, Sept 23, 30 and October 7, 14

Each session begins at 7 PM

RSVP: info@youvillehouse.org or call Lisa, 781-861-3535



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, 2010 :

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, 2010:

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, starting Sept 21st.

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

New, updated,
lower cost!!

COA's MUSCLE-STRENGTHENING CLASSES begin Wednesday, October 6



Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, October 6, 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 30) so call the COA at 781-316-3400 to reserve your space!

Our instructor is **James Marcotte, MSPT, OMT**. Jim is the owner of Bay State Physical Therapy located at 22 Mill Street in Arlington. He has 20 years of experience in treating orthopedic, sport and work related injuries. He is a graduate of Boston University and a two year residency in orthopedic manual therapy from The Institute of Orthopedic Manual Therapy. See more at www.baystatept.com.



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.

BEREAVEMENT GROUP starts SEPTEMBER 23



Coping with the loss of a loved one? A 6-week bereavement group for older women and men who have lost a close family member within the past eighteen months will begin at the Council on Aging on Thursday, September 23, from 1:30 to 2:45 pm.

Participants will have the opportunity to share their experiences with others, learn how to manage emotions and develop strategies for daily living. The group will be led by Lourie August, LICSW and Claire Blood-Deschamps. **CALL 781-316-3410 TO REGISTER .**

Day	Thursday	Friday
DROP-IN) 1 CUCU SANDWICH PEPPER; CARROTS	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE: "THE BRIDGES OF MADISON COUNTY" 2 SWEET & SOUR ROAST PORK SWEET POTATO	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 1:00 "YOSEMITE" SLIDE SHOW 3 CRUNCHY POTATO FISH WEDGE WHIPPED POTATO
DROP-IN) 8 BERRY SAUCE AN SALAD	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:30 "ADULT DAY HEALTH: A HIDDEN JEWEL" PRESENTATION: SENIOR CENTER MAIN HALL 9 BAKED CHICKEN, APRICOT SAUCE, BROWN RICE BROCCOLI/CAULIFLOWER	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 10 AMERICAN CHOP SUEY, MIXED VEGGIES
DROP-IN) 15 ONION GRAVY POTATOES	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:00 MOVIE "THE ILLUSIONIST" 1:30 DRAMA CLASS, 1 OF 6 4:00 COUNCIL ON AGING MONTHLY MEETING: OPEN TO THE PUBLIC (SR CTR, 1 ST FLOOR DROP-IN ROOM) 16 ZITI, MEATBALLS, TOMATO SAUCE GREEN SALAD	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 17 CHICKEN A LA KING BROWN RICE, BROCCOLI
DROP-IN) 22 SAUCE, BROCCOLI PINEAPPLE	9:15 B/P @ FOX 10:00 SENIOR FORUM 1:30 BEREAVEMENT GROUP (COA) 1:30 "DIABETES EDUCATION" PRESENTATION: SENIOR CENTER MAIN HALL 1:30 DRAMA CLASS, 2 OF 6 23 BROCCOLI BAKE, STEWED TOMATOES PARSIED DICED POTATOES	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.) 9:30-10:30 STATE REPRESENTATIVE JAY KAUFMAN 10:00-11:00 STATE REPRESENTATIVE WILLIAM BROWNSBERGER AT THE COUNCIL ON AGING 10:30 YOGA (\$5.00 DROP-IN) 1:00 BRIDGE 24 MEATLOAF, BBQ SAUCE WHIPPED POTATO, PEAS
DROP-IN) 29 ATIN POTATOES IS	9:15 B/P @ FOX 9:30 "SCHWAMB MILL" PRESENTATION 10:00 SENIOR FORUM 1:30 BEREAVEMENT GROUP (COA) 1:30 DRAMA CLASS, 3 OF 6 30 MULLIGATAWNY SOUP SLOPPY JOES, CARROTS	<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <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>

Bev's Cooking Corner

MARINATED CUCUMBERS

- 6 to 8 cucumbers
- 1 cup vinegar
- ½ cup water
- ¼ cup chopped fresh parsley or dill
- 6 tablespoons sugar
- 1 teaspoon salt
- ¼ teaspoon black pepper



Peel and slice cucumbers very thin. Place in a large bowl. Add remaining ingredients. Cover and refrigerate for at least two hours. Flavor will be best if left overnight. Serves 4

ASA MEMBERSHIP REMINDER

The Arlington Seniors' Association welcomes your membership. Residents of Arlington pay \$12 a year, out-of-towners pay \$14. Your dues help fund the events that happen at the Center. You will also get Senior Notes every month by mail.

Name: _____

Address: _____

Town, Zip: _____ Phone: _____

EMERGENCY CONTACT PERSON:

Name: _____ Phone: _____

Your dues will cover you through June 30, 2011. We welcome additional donations. Make your check payable to "Arlington Seniors Association". Include a self-addressed stamped envelope and ASA will return a membership card to you. Thank you for joining.

THE WORLD OF MORE

Listen, all you arrivals,
You aliens and new citizens!
Welcome to the world of more.
It's Big!

I was an immigrant once
In that domain of opportunity
Where tomorrows were always
And the horizon stretched forever
In the world of more

I was once a newcomer
To that place of plenty
Where elixir flowed in streams
Every minute of endless days
In the world of more.

I was a new traveler then
On gilded pavements
Which ran in all directions
To the ends of the earth
In the world of more.

I was a settler before
In that realm of immortality
Where life was permanent
And time perpetual
In the world of more.

In the years since
I have learned the language,
Adopted the dress, and yes,
Found how to smile and take solace
In the small of less.

Charles Schwab

SEPTEMBER MOVIES

September 2: "THE BRIDGES OF MADISON COUNTY"

with Clint Eastwood, Meryl Streep

An Iowa housewife in the 1960s encounters a National Geographic photographer who is looking for some covered bridges. This brief affair has repercussions many years later.

September 16: "THE ILLUSIONIST"

with Edward Norton, Paul Giamatti, & Jessica Biel

In Vienna around 1900, the man has the magic. He tries to secure the love of a woman who is far above his own social standing.

NEW ITEMS

Bargain Corner News: We'll re-open in the Pool Room on Wed. Sept. 22. Hours will be Mon, Wed., Fri. from 10-1. We accept clean, lightly used fall and winter clothing, general household items, knick-knacks and jewelry, etc. No heavy-duty appliances, coats, shoes, or boots. Call Peg (781-643-1885) or June (781-646-3263) for more info.

The Majesty of Yosemite National Park. Frank Tadley, photographer extraordinaire, presents an illustrated talk based on his recent trip. The photos range from grand vistas to intimate shots, and, of course, a tribute to the people who keep the park running. Friday September 3 at 1 pm.

Schwamb Mill. Thursday, Sept 30 at 9:30 am. Join us at the Senior Center for a program on one of Arlington's treasures, the Schwamb Mill, famous for fine woodworking, particularly its elegant and much-sought-after picture frames. Ed Gordon, the Mill's administrator and an architectural historian, will tell of the three centuries of the Mill's history and what it is doing in the 21st century. Refreshments will be served. A tour of the Mill is planned in the near future.

Plan ahead! Boston Symphony Orchestra Open Rehearsal Season 2010-2011: The ASA and the Belmont Council on Aging are getting together this coming season to attend three open rehearsals of the BSO on Nov. 4, Jan. 13, and March 10. The cost for the three is \$95, including chartered motor coach travel, leaving from the Belmont Center, 266 Beech Street at 8:30 am, returning from Symphony Hall when the rehearsal is over. For more information, see flyers available at the Senior Center or call Joan Caterino at 781-646-9064.

Adult Education: Creative Writing: Starts Tuesday, September 14 at 1 pm. \$40/6 weeks. **Mahjong for Beginners:** Starts Tuesday, September 14 at 1 pm. \$5 per class/6 weeks.

SEPTEMBER IS HEALTHY AGING MONTH

What's good for the body is good for the spirit as well. As people grow older it is important to keep motivated and say to yourself "I can do it"!

PHYSICAL FITNESS is important to keep your body in decent shape. Regular exercise for seniors is important to help prevent disease and to prevent a decrease in mobility.

Here are a few helpful hints:

- 1). Find an exercise you enjoy and stick to it.
- 2). Join a walking group at your local senior center or church.

MENTAL WELLNESS is keeping your mind sharp. Memory loss can be caused by a number of issues including poor diet, depression and medication mismanagement. The greatest threat to the senior mind is depression. Seek medical help if you are feeling depressed. Today there are so many anti-depressants on the market that there is sure on to help over the hump. To help keep your mind stimulated we suggest that you learn a new skill, read magazines and/or books, join a class, call a neighbor or friend each day and just chat. If able to, volunteer for an organization that you would like to learn more about or a church group.

FINANCIAL FITNESS is important to help you in retirement. Establish financial goals and a budget. Sign up for a retirement fund and save at least 10% of your income to invest in a savings plan that gives you interest. Keep re-evaluating your financial needs as time goes on and make adjustments accordingly.

MEDICAL FITNESS is having a primary care physician that can oversee your overall medical conditions. As you age, it is important to keep your weight under control and have a physical done on a regular basis to keep track of your blood work and any symptoms that may be warning signs of things to come—high blood pressure, high cholesterol, any digestive issues, heart problems, prostate health for men, etc. It is important to develop a relationship with you primary care doctor so that you feel comfortable talking with him before a crisis arises and he can assess any changes in your medical and mental health.

REMEMBER—Happiness, Longevity and Independence depends of one thing and that is your Health so be good to yourself !!

CALLIGRAPHY FOR BEGINNERS

Tuesday, Oct. 5, 2010 at 10:00 am

This six-week course will use as its model the basic Arrighi script, which has been used, with minor changes for several hundred years. Based on Roman italic alphabet, one learns basic strokes, combining these strokes to form letters and then to form words, with a sense of spacing and style variations. The felt tip pen will be used first, and then the steel pen to create complete works. Materials not included. \$40 for six weeks.



BOOK CLUB NEWS

The September meeting is Friday the 18th at 1 pm. We'll be discussing *mystery novels*: read a favorite and we'll talk about them!

SHINE NEWS - Medicare Fraud and Abuse

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed, what Medicare paid and what you owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

Tips to prevent fraud and abuse:

- Don't ever give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Don't allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Don't contact your physician to request a service that you do not need.
- Do be careful in accepting Medicare services that are represented as being free.
- Do be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Do be skeptical of any provider who maintains they have been endorsed by the Federal government or by Medicare.
- Do avoid accepting health care items or services from a provider, who tells you that the item or service is not usually covered, but they know how to bill Medicare to get it paid.

Partners in Development, "Let Your Light Shine" is a non-denominational, non-profit (IRS Chapter 501(C)(3) organization serving the extreme poor in Guatemala and Haiti. Your donation of empty, label-free medicine bottles (please, no vitamin bottles) help transform lives in Haiti and Guatemala. You may check them on the Internet at: <http://www.pidonline.org>.

June Mackey at the Arlington Senior Center, collects the bottles and takes them to the group. There is a box in the drop-in room for this purpose. So start saving those bottles!

**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

Lyz Carey
Clerk-Secretary

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 Pijean
Coordinator

Bridge Class

Do you want to learn how to play bridge or just improve your game? Dick Belmont will be teaching a class for beginners and intermediate students. Class will start Tuesday, Sept. 14 from 9:30 to 11:30 am. 8 weeks \$75.

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 September 14

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

Podiatry Clinic* Mon 9/13, 10/04, 11/01 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 Jay Kaufman Friday Sept 24 9:30-10:30 free

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

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION: DAY/DATE TIME COST

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

Book Club Friday 1 pm free

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

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

Art Class Mondays 10 am \$40/6 wks

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

Bridge Class Tuesdays 9:30 \$75/8 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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DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH