



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



# April 2006 **SENIOR NOTES**

**ARLINGTON SENIOR wellness, learning & recreation CENTER**  
**27 MAPLE STREET, ARLINGTON, MA 02476 (BEHIND TOWN HALL)**

Arlington Seniors Association: 781-316-3420

Council on Aging: 781-316-3400

Association Coordinator: 781-316-3421

Cooperative Elder Services: 781-641-1070

Seniors Drop-in Room: 781-316-3426

MSS "Eating Together" Meal Site: 781-316-3423

Mailing costs for "Senior Notes" is supported by a grant from The Executive Office of Elder Affairs

## **IN THIS ISSUE:**

**This month's workshops** 2

**National Alcohol Screening Day** 2

**Trips this month** 3

**Social Security Warning** 4

**"Walk the Rink"!  
Program** 5

**Monthly Calendar** 6

**Clinics & Classes** 8

**Volunteers Needed** 9

**Movies this month** 10

**Minuteman Board Member Needed** 12

## **GET READY FOR THE ASA YARD SALE**

### Now is the time...

- To think about all the things in your house or apartment that you don't really need (spring cleaning!)
- To dispose of some of the things that are no longer meaningful to you.
- To think about donating to the upcoming Third Annual ASA Indoor Yard Sale to be held at the Senior Center on Saturday, May 20.



Donations will be received at the Center from Thursday, April 27 through Friday, May 19. All donations should be brought to the Pool Room during regular Center hours (9:00 – 3:45) unless special arrangements are made.

Do not leave donations without seeing Richard or Uta at the Reception desk. Remember all proceeds from the sale will be used for Senior Association classes and activities.

## **MEETING THE NEEDS OF FAMILIES CARING FOR ELDERS: AN ARLINGTON TOWN FORUM**



*Tuesday evening, April 4, 6 - 9 pm  
Arlington Senior Center,  
27 Maple Street, main hall*

Meet professionals in Eldercare and learn about resources. Honest practical help from the Eldercare professionals serving Arlington. Ask questions, get answers from nurses, social workers, long term care professionals and an attorney-at-law.

Informational tables open at 6:00 PM, speakers begin at 7:00 PM.

**JUDY QUIMBY, Overnight Trip Travel Coordinator**

We would like to welcome Judy Quimby among our active seniors who has started to plan with exceptional vigor and organizational talent our overnight trips. She would like to introduce herself personally: "I am a past town meeting member, a former member of the Arlington Finance Committee and a resident of the town for 40+ years living in East Arlington, Cedar Ave and most recently near Arlington center. I am taking over the overnight trips for Diane Meadow who did an excellent job and who will be deeply missed. I look forward to my new venture working with the senior center and planning the overnight trips."

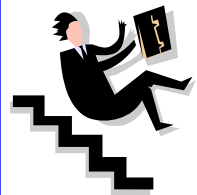
**TIPS TO KEEP YOU FROM FALLING**

*Thursday, April 13, 1:30 pm*

*Senior Center, main hall*

*Kristen Pemberton, PT, Lahey Clinic*

Falls are a common cause of injury for older adults. For elders, falls happen more often and become more dangerous. Falls may cause cuts, bruises, head injuries, and broken bones. Also, it takes more time for older adults to recover after an injury than younger people.

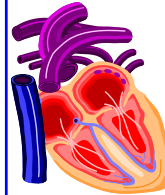


This is a comprehensive lecture focusing on ways to keep you safe in your home and in the community. Kristen will provide information for reducing your risk of falling, some key exercises to maintain your balance and strengthen your balance muscles, as well as proper walking tech-

**CONGESTIVE HEART****FAILURE:****SERIOUS BUT TREATABLE**

*Thursday, April 27, 1:30 pm*

*Senior Center, main hall*



An estimated 4.8 million Americans are afflicted with Congestive Heart Failure (CHF), and more than 400,000 new cases are diagnosed each year. CHF, which is the most common diagnosis of hospital patients age 65 and older, occurs when the heart's weak pumping action causes a backup of fluid into the lungs and other parts of the body. Due to these ever-increasing numbers, Visiting Nurse and Community Health, Inc. (VNCH), of Arlington, has developed "Congestive Heart Failure and HomMed," a presentation that outlines contributing factors, indicators and preventative

**NATIONAL ALCOHOL SCREENING DAY**

On Thursday, April 6, from 11:30-1:30, there will be an alcohol information table in the ground floor lobby of the Senior Center. Stop by to complete a short form on your drinking habits, get information about alcohol and medications, or discuss your concerns.

*Questions? Call Lourie at the Council on Aging at 781-316-3400.*

**INTRODUCTION TO REIKI**

*Saturday, April 1, 2006, 10:00 - 11:30 AM*

*Arlington Senior Center, 27 Maple Street*

*Council on Aging Conference Room, ground floor*

*with Ulrike and Denis Dettling Kalthofer, Arlington Reiki Associates*



This workshop offers an overview of Reiki, an ancient hands-on healing method for reducing stress, relieving pain and facilitating healing. We will present the history of Reiki, answer your questions, see its many everyday uses and give a brief demonstration of a Reiki treatment. Short 5-minute sample Reiki and massage therapy treatments will be available to those interested. For more information call 781-648-9334.

**ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS**

*(Cruise & tour insurance is available)*

- **May 30-June 1, 2006 – Tropicana Hotel – Gambling Trip.** Top flight entertainment and finest gambling facilities. \$169 DO \$165 Triple \$239 Single.
- **July 16-17, 2006 – Tanglewood** This event will be in the shed. \$270 DO \$260 Triple \$305 Single.

*For information or reservations, contact Judy Quimby at 316-3420, 3421.*

**UPCOMING OVERNIGHT TRIPS PLANNED FOR 2006:**

Bar Harbor, Maine; Montreal, Canada; Tanglewood; Washington, DC; Autumn in New Hampshire; New York City (shopping & the Vienna Boys Choir)

**ARLINGTON SENIORS ASSOCIATION DAY TRIPS**

*(full payment due with reservation)*

- **Tuesday April 25, 2006** - ‘Julius LaRosa’ at Whites at Westport. Live music for dancing. Lunch: broiled schrod or boneless breast of chicken. \$ 64 pp
- **Tuesday May 23, 2006** - Newport, R. I., Visit ‘Rough Point’ – Doris Duke’s Newport home, lunch at the Atlantic Beach Club: chicken or schrod. Time to shop at the Brick Market Place. \$ 72.00 pp
- **Tuesday June 13, 2006** – Jim Nabors – at the Mohegan Sun. Show, transportation, luncheon voucher of \$ 15.00 and 2 free bets. \$ 65.00
- **Tuesday June 27, 2006** - **Quabbin Reservoir.** One hour guided tour of the Reservoir and lunch at the Salem Cross Inn. Visit to Oakwood Farm Christmas Barn. \$ 54.00.

*For information or reservations, call Joan Caterino at 781-646-9064.*

All checks must be made out to Arlington Seniors Association, Inc., 27 Maple St., Arlington, MA 02476 with name, address, phone number and name of trip included. You must enclose a self-addressed stamped envelope. Trips are a means of fund raising for our Association.

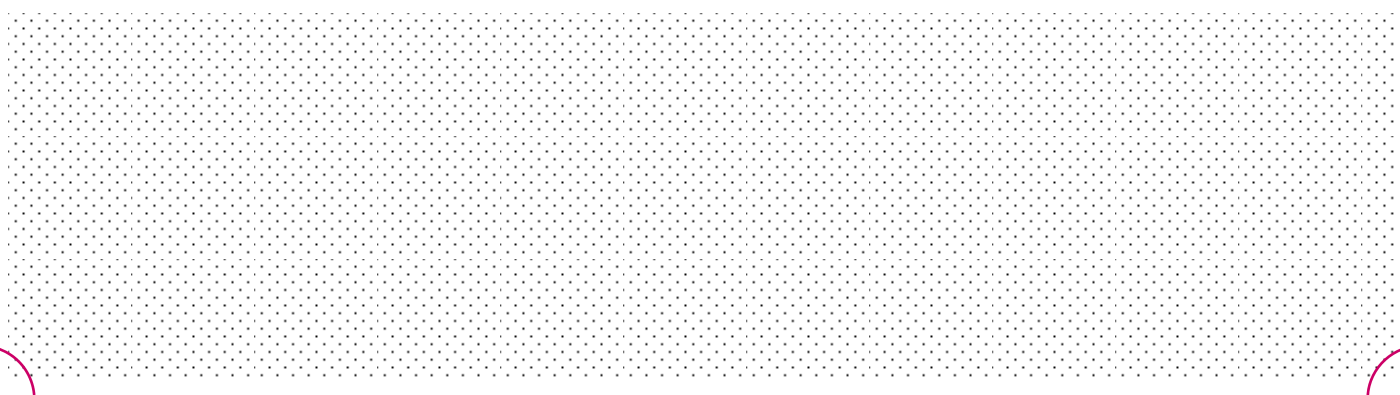
NAME.....PHONE.....

ADDRESS.....

TRIP.....MENU CHOICE (if indicated)

.....

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



**SOCIAL SECURITY PRESS RELEASE:**  
**PUBLIC WARNED ABOUT IDENTITY THEFT E-MAIL SCAM**

Jo Anne Barnhart, Commissioner of Social Security, and Patrick O'Carroll, Jr., Inspector General of Social Security, issued a warning today about a new email scam. The Social Security Agency has received several reports of an email message being circulated addressed to "Dear Social Security Number And Card owner" and purporting to be from the Social Security Administration. The message informs the reader "that someone illegally is using your Social Security number and assuming your identity" and directs the reader to a website designed to look like Social Security's Internet website.

Once directed to the phony website, the individual is asked to confirm their identity with "Social Security and bank information." Specific information about the individual's credit card number, expiration date and PIN number is then requested. "Whether on our online website or by phone, Social Security will never ask you for your credit card information or your PIN number," Jo Anne Barnhart, Commissioner of Social Security, said. Inspector General O'Carroll recommends people always take precautions when giving out personal information. "You should never provide your Social Security number or other personal information over the Internet or by telephone unless you are extremely confident of the



**AARP TAX ASSISTANCE**

The AARP tax consultants are still available through mid-April, at the Council on Aging, to assist seniors who would like help filing their basic state and federal tax returns. Appointments will be scheduled through mid-April for Wednesday mornings and Tuesday afternoons. *AARP volunteers WILL NOT prepare rental property items, capital gains, or business expenses.* For an appointment, please call the Council on Aging at 781-316-3404.

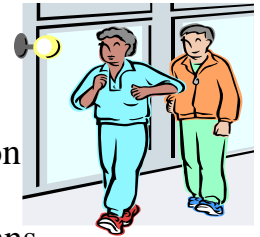
**NEWSLETTER ASSISTANCE**

The ASA is seeking assistance with the "Senior Notes" Newsletter. Anyone interested in editing, writing, proofreading the newsletter, please contact Joan Pippin at 716-316-3421.



**WELCOME TO “WALK THE RINK”!!**

**Tuesday, May 9th through Thursday, June 15**



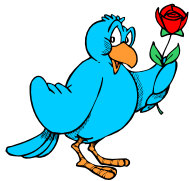
“Walk the Rink”, an aspect of “Activate Arlington”, is a twelve-session indoor walking program sponsored by the Arlington Council on Aging. Walks will be held on Tuesdays and Thursdays, 9 AM - 11 AM, at the Veterans Memorial Rink, 422 Summer Street, in Arlington. During these weeks the ice will be drained, providing a smooth walking surface in a cool building, equipped with a stereo system and perfect for a morning walk!

Why should I come? “Walk the Rink” is a fun social event for members of the Arlington community over the age of 60. Come and walk with your friends, have fun, and get fit! Through experienced instructors, you’ll also get information on benefits of exercise, walking safety, proper shoes and attire, hydration, flexibility and stretching, nutrition, treatment of injury, strength training, and breathing techniques. Prizes will be given to individuals who meet walking goals.

Since participation is limited by the need to monitor program attendees, please come in to the Council on Aging (*in the Senior Center, 27 Maple Street*) to fill out a registration form.

*There is no cost to participants.*

*This program is funded through a generous grant from Lahey Clinic.*



**WOULD YOU LIKE A FRIENDLY VISITOR?**

The Council on Aging is currently looking for seniors who would like to be visited weekly by a volunteer Friendly Visitor. The COA screens and interviews volunteers and then introduces them to Arlington seniors who do not get out much and would like a social visit. If you are interested in finding out more, call Lourie August, Social Worker, at (781)316-3410.

**ARLINGTON SENIORS ASSOCIATION NEW COMPUTER CLASSES!**  
**TWO CLASSES ONLY!**

- Digital Imaging, Printing & Scanning (2 classes), Wednesdays, April 5 & 12, 3-5 pm
- Internet Searching & Email (2 classes), Thursday, April 6 & 13, 3-5 pm

Programs are \$ 20 and are open to all adults. Please contact Joan Pippin, ASA Coordinator at 781-316-3420 or 3421 to register for these classes or with any questions.

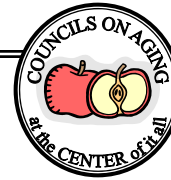
**FUEL ASSISTANCE**

can help with heating costs including gas, oil, electricity, kerosene, wood or a percentage of your monthly rent if your heat is included. The Fuel Assistance program is located in the **Arlington Town Hall Annex**, third floor, in the Veteran’s Services Office, and serves people living in Arlington, Belmont, Lexington, Waltham and Watertown.

To schedule an appointment or to find out about Community Teamwork’s Energy Programs, call their Arlington Office at **781-643-2358**. The last day to apply is April 29, 2006.

| Monday  | Tuesday   | Wednesday  |
|---|---|--|
| <p style="text-align: right;"><b>3</b></p> <p>9:00 Exercise<br/>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Roasted chicken, mashed potatoes</i></p>  | <p style="text-align: right;"><b>4</b></p> <p><b>NO B/P @ FOX TODAY</b><br/>10:30 Yoga<br/>1:00 Computer Club<br/>1:00 Women's Billiards</p> <p style="text-align: center;"><i>Italian pork roast, sweet potatoes</i></p>         | <p>9:00 Exercise<br/>10 Informal Knit<br/>1:00 Bridge; Bing</p> <p style="text-align: center;"><i>Chili</i></p>                                  |
| <p style="text-align: right;"><b>10</b></p> <p>9:00 Exercise<br/>9:00 COA Podiatry Clinic<br/>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Burgundy beef tips, O'Brien potatoes</i></p>  | <p style="text-align: right;"><b>11</b></p> <p>10 B/P @ Fox; Atty. Noreen Murphy<br/>10:30 Yoga<br/>1:00 Sing-along<br/>1:00 Women's Billiards</p> <p style="text-align: center;"><i>Chicken w/gravy, whipped potatoes</i></p>    | <p>9:00 Exercise<br/>10 Informal Knit<br/>11 Real Estate Fo<br/>1:00 Bridge; Bing</p> <p style="text-align: center;"><i>Baked ham w/pine</i></p> |
| <div style="display: flex; align-items: center;">  <p style="color: blue; font-weight: bold;"> <b>patriots DAY:</b><br/><br/> <b>SENIOR CENTER</b><br/> <b>CLOSED</b> </p> </div> <p style="text-align: right;"><b>17</b></p> | <p style="text-align: right;"><b>18</b></p> <p>10 B/P @ Fox; Caregiver Support Group<br/>10:30 Yoga<br/>1:00 Women's Billiards; Scrabble; Computer Club</p> <p style="text-align: center;"><i>Veal parmesan, tomato sauce</i></p> | <p>9:00 Exercise<br/>10 Informal Knit<br/>1:00 Bridge; Bing</p> <p style="text-align: center;"><i>Yankee pot ro</i></p>                          |
| <p style="text-align: right;"><b>24</b></p> <p>9:00 Exercise<br/>1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Fish tenders, lemon dill sauce</i></p>   | <p style="text-align: right;"><b>25</b></p> <p>10 B/P @ Fox<br/>10:30 Yoga<br/>1:00 Women's Billiards; Computer Club</p> <p style="text-align: center;"><i>Chicken, tarragon gravy, O'Brien potatoes</i></p>                      | <p>9:00 Exercise<br/>10 Informal Knit<br/>1:00 Bridge; Bing</p> <p style="text-align: center;"><i>Meat loaf/ gr</i></p>                          |
| <p>REMEMBER: DAYLIGHT SAVINGS TIME BEGINS ON SUNDAY, APRIL 2, AT 2:00 AM</p>    |   |  |

| Wednesday  | Thursday  | Friday  |
|--|---|---|
| <p style="text-align: right;"><b>5</b></p> <p>ting<br/>o</p> <p><i>, brown rice</i></p>  | <p style="text-align: right;"><b>6</b></p> <p>9:30 Line Dancing<br/>10:00 Senior Forum; Family Matters<br/>12:30 B/P @ COA<br/>1:00 Movie</p> <p style="text-align: center;"><i>Rotini, Tuscany vegetables</i></p>  | <p style="text-align: right;"><b>7</b></p> <p>9:00 Exercise<br/>9:00 State Rep. James Marzilli @ COA<br/>1:00 Bridge<br/>2:00 T'ai Chi (5 of 6)</p> <p style="text-align: center;"><i>Fish tenders w/ spinach</i></p>   |
| <p style="text-align: right;"><b>12</b></p> <p>ting<br/>orum (COA conf. rm.)<br/>o</p> <p><u>SPECIAL:</u><br/><i>apple, au gratin potatoes</i></p> | <p style="text-align: right;"><b>13</b></p> <p>9:30 Line Dancing<br/>10:00 Senior Forum; Family Matters<br/>12:30 B/P @ COA<br/>1:30 "Tips to Keep You from Falling"<br/>presentation</p> <p style="text-align: center;"><i>Shepherds pie, mashed potatoes</i></p>  | <p style="text-align: right;"><b>14</b></p> <p>9:00 Exercise<br/>9:00 Financial Planner Rick Fentin<br/>1:00 Bridge<br/>2:00 T'ai Chi (6 of 6)</p> <p style="text-align: center;"><i>Cheese ravioli / tomato sauce, peas</i></p>  |
| <p style="text-align: right;"><b>19</b></p> <p>ting<br/>o</p> <p><i>ast, mashed potatoes</i></p>   | <p style="text-align: right;"><b>20</b></p> <p>9:30 Line Dancing<br/>10:00 Senior Forum; Family Matters<br/>12:30 B/P @ COA<br/>1:00 Movie</p> <p style="text-align: center;"><i>Chicken fajitas w/ peppers &amp; onions, rice</i></p> <p>7:30 PM Council on Aging monthly meeting:<br/>the public is invited</p> | <p style="text-align: right;"><b>21</b></p> <p>9:00 Exercise<br/>1:00 Bridge; Book Club</p> <p style="text-align: center;"><i>Beef strips w/ gravy, mashed potatoes</i></p>   |
| <p style="text-align: right;"><b>26</b></p> <p>ting<br/>o</p> <p><i>avy, mashed potatoes</i></p>   | <p style="text-align: right;"><b>27</b></p> <p>9:30 Line Dancing<br/>10:00 Senior Forum; Family Matters<br/>12:30 B/P @ COA<br/>1:30 "Congestive Heart Failure" presentation</p> <p style="text-align: center;"><i>Roast pork, rosemary gravy, mashed potatoes</i></p>  | <p style="text-align: right;"><b>28</b></p> <p>9:00 Financial Planner Rick Fentin</p> <p style="text-align: center;"><i>Today's "Eating Together" lunch<br/>(hot dog, roll, beans)<br/>will be at Arlington Heights <u>ONLY</u>.<br/>No lunch served at the Senior Center</i></p> |
|  <p style="text-align: center;"><b>APRIL<br/>2006</b></p>       |   | <p>For a lunch reservation, phone the Meal Site<br/><b><u>the day before:</u></b><br/><u>Arlington Senior Center: 781-316-3423;</u><br/><u>Arlington Heights: 781-648-7500</u><br/>(<i>\$2.00 donation requested</i>)<br/><i>Menu subject to change<br/>without notice</i></p>    |



### COUNCIL ON AGING EVENTS

| <u>CLINIC / EVENT</u>                                  | <u>DAY/DATE</u>                | <u>TIME</u>                   | <u>COST</u> |
|--|--------------------------------|-------------------------------|-------------|
| <b><u>Blood Pressure Clinics:</u></b>                  |                                |                               |             |
| at Fox Community Ctr, 175 Mass Ave.                    | Tuesdays                       | 10:00-11:15 AM                | free        |
| <b>NO B/P AT FOX ON TUESDAY, APRIL 4</b>               |                                |                               |             |
| at Council on Aging, 27 Maple St.                      | Thursdays                      | 12:30-1:45 PM                 | free        |
| <b><u>Podiatry Clinic:</u>*</b>                        | Monday, 4/10, 5/01, 6/05       | 9-noon, <b>by appt.</b>       | \$20        |
| <b><u>S.H.I.N.E. Counselor:</u>*</b>                   | 3rd Friday of the month        | <b>by appt.</b>               | free        |
| <b><u>Attorney Noreen Murphy:</u>*</b>                 | 2nd Tuesday ea. month          | 10-noon, <b>by appt.</b>      | free        |
| <b><u>Certified Financial Planner:</u>*</b>            | Friday, Apr 14 & 28            | 9-10:30, <b>by appt.</b>      | free        |
| <b><u>Grandparent Support Group:</u></b>               | 2nd Tuesday ea. month          | (call Lourie at 781-316-3410) | free        |
| <b><u>Caregiver Support Group (Lourie August):</u></b> | 3rd Tuesday ea. month          | 10:15-11:45                   | free        |
| <b><u>State Representative James Marzilli:</u></b>     | 1st Friday ea. month           | 9:00-11:00 AM                 | (drop in)   |
| <b><u>Real Estate Forum:</u></b>                       | 2 <sup>nd</sup> Wed. ea. month | 10-11:30 AM                   | free        |

(\* call 781-316-3400 for appointments)

### SENIORS ASSOCIATION EVENTS

| <u>EVENT</u>  | <u>DAY/DATE</u>                    | <u>TIME</u>   | <u>COST</u>               |
|---|------------------------------------|---------------|---------------------------|
| <b><u>Dr. Eva Balazs, "Family Matters":</u></b>         | Thursdays                          | 10 am – noon  | free                      |
| <b><u>Line Dancing:</u></b>                             | Thursdays                          | 9:30 AM       | \$2.50 / class            |
| <b><u>Exercise:</u></b>                                 | Mon, Wed, Fri                      | 9:00 AM       | \$2.50 / session          |
| <b><u>Computer Classes, basics (Marlene):</u></b>       | Mondays (April 3)                  | 2 - 4 PM      | \$40 / 4 sessions         |
| <b><u>Digital imaging, printing &amp; scanning:</u></b> | Wednesday (Apr 5 & 12)             | 3 - 5 PM      | \$20                      |
| <b><u>Internet searching &amp; email:</u></b>           | Thursdays (Apr 6 & 13)             | 3 - 5 PM      | \$20                      |
| <b><u>T'ai Chi:</u></b>                                 | Fridays                            | 2-3 PM        | \$40 / 6 weeks            |
| <b><u>Beginning Spanish:</u></b>                        | Thursdays (Apr 6)                  | 10-11AM       | \$40 / 6 weeks            |
| <b><u>Bridge:</u></b>                                   | Mon, Wed, Fri                      | 1-3:45 PM     | (donation)                |
| <b><u>Yoga:</u></b>                                     | Tuesdays                           | 10:30 AM-NOON | \$5 / class               |
| <b><u>Still Life Drawing Class:</u></b>                 | Mondays                            | 10 - noon     | \$35 / 6 weeks            |
| <b><u>Drama Class:</u></b>                              | Thursdays                          | 1:30 PM       | \$30/6 wks; \$5/one class |
| <b><u>Creative writing:</u></b>                         | Wednesdays ( <i>started 3/15</i> ) | 10:30 AM      | \$40 / 6 weeks            |

**VOLUNTEERS NEEDED**

for the ASA Intergenerational Taskforce

To contribute creative ideas to our Intergenerational Programs and to help in the implementation of programs.

So far we have organized a reading and lunch program at various Arlington Schools where Seniors are having lunch once a week with kindergarten children and are reading on a one-to-one basis to preschoolers and grammar school children. They enjoy this interaction very much and find it extremely stimulating. This program runs very smoothly now.

Our book club at the Arlington High School meets also once a month every third Thursday at 2:45PM in which books on the best-seller list are read and discussed with seniors and high school students. We would like to invite more seniors to participate in these lively book discussions.

We are planning to develop further programs at this point in time.

**POEM OF THE DAY**

How beautiful the smile,  
How gentle the hand,  
How welcome the face of a friend.

Your friendship has meant understanding  
Laughter, sharing...Everything good.  
Sometimes it has been a welcome voice on the  
phone,

A note of cheer, a listening ear.  
But always, it has been something I could depend on  
– something special and enduring.

*submitted by Joe LoPresti*

**MEDITATION GROUP: HOME GROWN GRACE**

Help reduce stress and relax in a calm friendly atmosphere. General instruction in meditation, followed by meditation and discussion. We can help ourselves relax, thus creating our own 'home grown' relaxation. Tuesday mornings, 11:00 AM until 12:00 noon, in the TV room at the Arlington Senior Center 1st floor, behind the secretaries desk.

These sessions will be moderated by Marilyn Richards, Pastoral Counselor at the Arlington Council On Aging. Marilyn is fulfilling an Internship at the Arlington Council On Aging, and attending Andover Newton Theological School.

Please sign up by calling the Arlington Council On Aging at 781-316-3400. Ask the receptionist to put your name on the list for the Meditation Group. *Peace.*

**BOOK CLUB NEWS**

Our next meeting will be held on Friday April 21<sup>st</sup> at 1:00 p.m. We will be discussing the book: "*East of Eden*". Author: John Steinbeck. See you all then. *Ruth Silver & Elisa Lopez*

**MOVIES THIS MONTH (1:00 PM)**

*shown by the ASA*

**Thursday, April 6: "Ladies in Lavender"**

*Judy Dench, Maggie*

*Smith*

**Thursday, April 20: "San Francisco"**

*Clark Gable, Spencer Tracy, Jeanette Mac-*

*Donald*

**Thursday, May 4: "In Her Shoes"**

*Shirley McLaine, Cameron Diaz*

*Thanks to Video Horizons and to the COA's Leo W. Fanning*

**ASA SING-ALONG**

Tuesday, April 11, 1:00PM

Spring is here! The grass is greener - - -our songs are still therapeutic!! Come and join Larry Martin & Anne Donovan



**ASA MEMBERSHIP DRIVE**

The Arlington Seniors Association is celebrating their 25<sup>th</sup> Anniversary this year! If you would like to become a member and have this newsletter mailed directly to your home and also receive discounts on special events, this is how to join the ASA. Send a check made out to: ASA (\$12 for Arlington residents and \$14 for out of town residents.) Enclose a stamped self-addressed envelope and mail it to: Arlington Seniors Association, 27 Maple Street, Arlington, MA 02476

The easiest way to feel good is to extend a kind word to someone.

-unknown



**AQUACISE PROGRAM**

The Council on Aging has half-price tickets for the Lahey-supported Aquacise Program at the Arlington Boys & Girls Club. The Aquacise Program runs through May on Mondays & Thursdays from 1 to 1:45 PM. With the tickets a class is only \$3!

*Call the COA at 781-316-3402.*



the back **pA**g e

**SAVE THE DATE!**

**RETIREMENT PARTY for  
PATSY KRAEMER,  
DIRECTOR of HUMAN SERVICES**

**THURSDAY, JUNE 15, 2006**

**6:00 P.M. - 9:00 P.M.**

**AT THE WHITTEMORE ROBBINS HOUSE (adults  
only please)**

**TICKETS: \$35.00/EACH**

Please send your ticket request along with your check  
made out to:

Patsy Kraemer Retirement Committee  
c/o Arlington Board of Health  
27 Maple Street  
Arlington, MA 02476

*For more information, please call*

**MINUTEMAN  
REPRESENTATIVE NEEDED**

Arlington is one of sixteen communities served by Minuteman Senior Services based out of Burlington. This is a nonprofit organization whose goal is "to help our clients find the best available services that fit within family resources". The total value of the services to Arlington alone in FY 2005 is \$1,824,388.

Arlington assigns three representatives to the Minuteman board and we currently have one vacancy. The commitment is one meeting a month on the first Wednesday in the AM. If you are interested please leave your name and phone number at the COA for COA Chair Bob Tosi.

ARLINGTON SENIORS ASSOCIATION  
27 MAPLE STREET  
ARLINGTON, MA 02476

BULK RATE  
U. S. POSTAGE PAID  
PERMIT NO. 58391  
ARLINGTON, MA