



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

August 2006



SENIOR NOTES

ARLINGTON SENIOR wellness, learning, social & 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

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SIGN UP FOR YOUR NEW SENIOR OR T.A.P. ID

With the implementation of new fare collection equipment, the MBTA is currently replacing all valid existing MBTA Senior Citizen ID's and Transportation Access Pass ID's (T.A.P.) for persons with disabilities. MBTA staff will be on hand at the Arlington Council on Aging on the following date to take photos and replace current Senior and T.A.P. ID's at no charge.

Location: Arlington Senior Center, main hall
27 Maple Street, Arlington, MA 02476



Date: Tuesday, August 22, 2006 Time: 1:00pm – 4:00pm

Temporary permits, used in place of your current ID, will be issued to customers exchanging their Senior/T.A.P. ID's and to first-time Senior customers (65+ with proof of age). The new Senior Photo ID will arrive by mail. Applications for new T.A.P. ID's will also be available. Upon approval first-time T.A.P. applicants may obtain the new ID at the MBTA's Office for Transportation Access, Back Bay Station.

New MBTA Reduced Fare ID cards may also be obtained at the following walk-in locations, Mon. – Fri., 8:30 am – 5:00 pm:

Back Bay Station (Orange Line) 145 Dartmouth St., Boston	Downtown Crossing Station (Red/Orange Line). Chauncy St. Concourse, Boston
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MBTA Office for Transportation Access: (617) 222-5438 (voice), 1-800-543-8287 (voice), (617) 222-5854(TTY)

ASA 25th Anniversary News

Although our 25th Anniversary year is half over, there are many more programs and events to come. Your Anniversary Committee is working hard to raise funds to make all of this possible. Our "Super Open House Weekend" will be held Oct. 21 and 22. There will be many special guests, speakers, demonstrations by members of our various programs, entertainment and refreshments. We also will have members leading tours. The Committee alone cannot make this happen. We need your support to help us with mailings, telephone calls and as guides for the tours. So, please help by volunteering for any of the above.

We **NEED YOU!**. Please call the ASA office at, 781-316-3420, and leave a message for the 25th Anniversary Committee. We will get back to you.



DON'T BE A VICTIM OF IDENTITY THEFT!**Thursday, August 10, 1:30 PM**

*Anthony M. Drenzek, Esq.,
Staff Attorney, Massachusetts Securities Division*



On Thursday, August 10th, Anthony M. Drenzek, a staff attorney from Secretary of the Commonwealth William Francis Galvin's Securities Division will speak on investor protection and review current issues in identity theft. The presentation will also cover important steps you can take to protect your investments and financial well-being.

You will learn how the Securities Division aggressively enforces the securities laws to protect investors and return funds from the coffers of fraud artists.

You will also learn how to find out important information about your broker or financial adviser. These individuals stand in a special relationship to investors and are required to disclose whether they are registered, their business practices, and disciplinary history. This information is available from the Securities Division, and will help you when choosing a financial professional.

HOW TO GET THE MOST OUT OF MEDICARE**Thursday, August 24, 1:30 PM**

*Ellen Pothier MS, RN, CPHQ, MassPRO's Medicare Beneficiary Outreach
and Mediation Coordinator.*



Ellen Pothier R.N. will be coming to talk about the ways Medicare is changing in order to provide higher quality healthcare to Massachusetts Medicare beneficiaries. Ellen is an experienced nurse and has been a strong patient advocate for many years. She has important information for Medicare Beneficiaries, who are often not aware of all the rights and protections that are built into the Medicare program. Ellen and the other professionals at MassPRO are healthcare quality experts who review complaints from Medicare beneficiaries who call with concerns about the quality of their medical care.

The MassPRO team also helps beneficiaries by working with them when they want to appeal Medicare notices when Medicare coverage is being discontinued. Ellen will share stories about how complaint reports from beneficiaries and their family members have helped make improvements in the health care system. The Medicare Modernization Act of 2003 has made major changes and improvements to the Medicare Program, including the addition of a prescription drug benefit and some new preventive care benefits.

Ellen will talk about the three important questions that people should ask their doctor at each visit, and she will give participants information packets with consumer tips and updated Medicare information. Beneficiaries have the power to improve the Medicare system- but you need to speak up!



*Watch the COA's "Golden Opportunities", Bea Barber, Host with Ellen Pothier, RN,
as our August guest, on local Comcast cable channel 8:*

*Monday: 9 AM, 6 PM**Wednesday: 6 PM**Thursday: 9 AM, 9 PM**Friday: 6 PM**Saturday: 9 AM, 9PM**Sunday: 6 PM*

Never knock on Death's door. Ring the doorbell and run...he hates that!

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS*(Cruise & tour insurance is available)*

- ◆ August 7-9, 2006 – Montreal , Canada - Fairmont Queen Elizabeth Hotel. Dinner at Le Vieux Port Restaurant. Gambling, sights and attractions of Montreal. \$ 299 do, \$295 triple, \$399 single.
- ◆ September 7–10, 2006 – Washington DC, The World War II Memorial. Courtyard by Marriott , Landover, MD. Sights of Washington, DC, night tour of city. \$499 do, \$599 single, \$50 deposit.
- ◆ September 10-20, 2006 – Branson, Missouri, nestled in the Ozark Mts. With 65 theaters, 17 meals, 9 live theater shows: 2 nights Pennsylvania, Indiana, St. Louis and 4 nights in Branson. \$1595 do, \$1525 triple, \$1,750 single.
- ◆ October 6-7, 2006 – Autumn in New Hampshire Woodbound Inn. Visit Cathedral of the Pines, Colony Mil Marketplace, High Hopes Orchard, an Innkeepers Cocktail Party. \$219.95 do, \$279.95 single.
- ◆ November 12-13, 2006 – Beacon Motel. 2 days/1 night – visit from Santa, Christmas Party – live entertainment and free turkey, \$149 do, \$145 triple, \$179 single.
- ◆ December 6-7, 2006 - Holiday Magic in the city. Vienna Boys Choir – Connecticut Rockettes – New York. \$299.95 do, \$399.95 single.

*For information or reservations, contact Judy Quimby at 781-646-0400.
Judy will pick people up at Drake village, Cusack Terrace, and Winslow Towers*

DAY TRIPS*(full payment due with reservation)*

- ◆ Tuesday, August 8, 2006 – Lobster bake at Woodmans, Essex, MA after browsing and shopping in Rockport. \$66.00.
- ◆ Tuesday, August 22, 2006 – Spirit of South Hadley (Conn.) Riverboat Cruise. Lunch at the HU KE LAU Restaurant in Holyoke, MA followed by a 75-minute river cruise from the Holyoke Dam to Northampton. \$56.00.
- ◆ Wednesday, September 21 - Ronan Tynan at Mohegan Sun. \$65.00.
- ◆ Tuesday, October 10 – Turkey Train – Train ride and turkey dinner on Lake Winnepesaukee. \$59.00.
- ◆ Tuesday, November 7 - Branson, Missouri entertainment comes to Boston! Great music and entertainment and a turkey roast dinner. \$61.00.

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.

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

A NEW TWIST ON KIDNAPPING.....FROM A VERY SMART SURVIVOR

About a month ago there was a woman standing by the mall entrance passing out flyers to all the women going in. The woman had written the flyer herself to tell about an experience she had, so that she might warn other women. The previous day, this woman had finished shopping, went out to her car discovered that she had a flat. She got the jack out of the trunk and began to change the flat.

A nice man dressed in business suit and carrying a briefcase walked up to her and said, "I noticed you're changing a flat tire. Would you like me to take care of it for you?" The woman was grateful for his offer and accepted his help. They chatted amiably while the man changed the flat, and then put the flat tire and the jack in the trunk, shut it and dusted his hands off. The woman thanked him profusely, and as she was about to get in her car, the man told her that he left his car around on the other side of the mall, and asked if she would mind giving him a lift to his car.

She was a little surprised and she asked him why his car was on other side. He explained that he had seen an old friend in the mall that he hadn't seen for some time and they had a bite to eat and visited for a while he got turned around in the mall and left through the wrong exit, and now he was running late. The woman hated to tell him "no" because he had just rescued her from having to change her flat tire all by herself, but she felt uneasy. Then she remembered seeing the man put his briefcase in her trunk before shutting it and before he asked her for a ride to his car.

She told him that she'd be happy to drive him around to his car, but she just remembered one last thing she needed to buy. She said she would only be a few minutes; he could sit down in her car and wait for her; she would be as quick as she could be. She hurried into the mall, and told a security guard what had happened, the guard came out to her car with her, but the man had left. They opened the trunk, took out his locked briefcase and took it down to the police station.

The police opened it (ostensibly to look for ID so they could return it to the man). What they found was rope, duct tape, and knives. When the police checked her "flat" tire, there was nothing wrong with it; the air had simply been let out. It was obvious what the man's intention was and obvious that he had carefully thought it out in advance. The woman was blessed to have escaped harm.

**BOOK CLUB NEWS**

“Hi!” to all you members of the ASA Book Club (*and to those who are thinking of joining!*) – we hope you are all having a wonderful summer. In just one month we’ll be meeting again to discuss our book of the month and to hear about all the great books you have read this summer.

Our September meeting will be held on Friday, September 15 at 1:00 p.m. The book selection is: “*Never Let Me Go*”, by Kazuo Ishiguro. We are looking forward to seeing all of you, both new and old members. Until September 15, enjoy the rest of the summer. *Ruth Silver and Elisa Lopez*

SPANISH FOR SENIORS (BEGINNERS)

The purpose of this six week program is to teach seniors how to develop a good memory through learning Spanish as a second language. Some brain cells, called neurons, do die off with age. Scientists are pretty sure that the multitude of remaining neurons become adventurous networkers, branching out to form new connections in the brain. With these new connections clicking along, memories stay intact. Foreign languages are the ideal subject area for the use of memory techniques.

If you are losing memory, then you need to exercise your brain. Graciela Correa, native Spanish speaker from Columbia, will use different techniques to teach this class. She has a Master in Education from Boston University, and a lot of teaching experience. Come join us!

Classes now being formed: call Joan at 781-316-3421 to register.

Call for Membership Renewals

Don't forget to renew your membership for 2006-7. Renewals received by September 1 will make you eligible for the September 4 drawing of two free day-trips. Contact Richard or Uta at (781) 316-3420. *Let's make our 25th Anniversary year a banner one!*

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.

THE "LINKS" PROGRAM

The LINKS Program (*Linking Neighborhood Kids with Seniors*) is up and running for the summer. The school coordinator for the program will match seniors who need yard work, or a garage cleaned out, with a student in their neighborhood.

The students are paid \$5 an hour. Seniors requesting service should call the Council on Aging at 781-316-3404.


**ARLINGTON SENIORS ASSOCIATION COOKOUT**

Monday, August 7, 4 PM



followed by the movie "Walk the Line" with Golden Globe nominees, Joaquin Phoenix and Reese Witherspoon, who star (& sing) as Johnny Cash and June Carter in this inspiring true story. Our menu will consist of marvelous marinated chicken, delicious side dishes, delectable dessert, & drinks. Tickets \$6.00 each for ASA members, \$7.50 each for non-members. Pick up your tickets at the Senior Center, or you can order by mail: send a check made out to the Arlington Seniors Association, 27 Maple Street, Arlington, MA 02476.

Questions? Call 781-316-3421 or -3420

Monday	Tuesday	Wednesday
 <p>See page 11</p>	<p>10:30 Yoga 1:00 Women's Billiards 1:00 Computer Club</p> <p style="text-align: center;"><i>Ziti, meatball, tomato sauce</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p style="text-align: center;"><i>Roast beef, t</i></p>
<p>9:00 Podiatry Clinic* (\$20; 8/07, 9/11, 10/02) (8/07 & 9/11 Podiatry clinics are filled) 7</p> <p>9:00 Exercise 1:00 Progressive Bridge; Cribbage</p> <p style="text-align: center;"><i>Lasagna, green beans</i></p>	<p>10:00 Atty. Noreen Murphy * 10:30 Yoga 11:00 Grandparent Support Group* 1:00 Sing-along 1:00 Women's Billiards</p> <p style="text-align: center;"><i>Hot dog, vegetarian beans</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p style="text-align: center;"><i>Egg salad, b</i></p>
<p>9:00 Exercise 1:00 Progressive Bridge; Cribbage 14</p> <p style="text-align: center;"><i>Sliced ham, Italian potato salad</i></p>	<p>10:00 Caregiver Support Group 10:30 Yoga 1:00 Women's Billiards; Scrabble 1:00 Computer Club</p> <p style="text-align: center;">SPECIAL: <i>Shaved steak, peppers/onions, pinto beans, chopped tomato & cucumber salad</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p style="text-align: center;"><i>Meatballs/swe</i></p>
<p>9:00 Exercise 1:00 Progressive Bridge; Cribbage 21</p> <p style="text-align: center;"><i>American Pork patty/gravy, mashed potatoes</i></p>	<p>10:30 Yoga 1:00 Women's Billiards 22</p> <p style="text-align: center;"><i>Seafood salad, chopped tomato/pepper salad</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p style="text-align: center;"><i>Chicken pa</i></p>
<p>9:00 Exercise 1:00 Progressive Bridge; Cribbage 28</p> <p style="text-align: center;"><i>Herb-roasted chicken breast, tomato/pepper salad</i></p>	<p>10:30 Yoga 1:00 Women's Billiards 29</p> <p style="text-align: center;"><i>Broccoli bake, Genoa blend</i></p>	<p>9:00 Exercise 10:00 Informal 1:00 Bridge; B</p> <p style="text-align: center;"><i>Roast po</i></p>

Wednesday	Thursday	Friday
Knitting Bingo broccoli/cauliflower salad	9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:00 movie Cheese-stuffed potatoes, vegetarian chili	9:00 Exercise 9:00 State Rep. Marzilli @ COA 10:00 Spanish 1:00 Bridge (in A&C I); movie Meatloaf, diced parsley potatoes
Knitting Bingo broccoli/cauliflower salad	9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:30 “Identity Theft” presentation Baked fish/Newburg sauce, brown rice	9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:00 Spanish 1:00 Bridge (in A&C I); movie Baked chicken, mashed potatoes
Knitting Bingo pet & sour sauce, brown rice	9:30 Line Dancing 10:00 Senior Forum 10-11 ³⁰ : B/P Clinic @ Fox 10:00 Family Matters; Spanish 1:00 movie Chicken Marsala, rotini, spinach	9:00 Exercise 10:00 Spanish 1:00 Bridge (in A&C I); movie Fish tenders, diced parslied potatoes
Knitting Bingo aprika, sweet potato, peas	9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish 1:30 “Getting the Most Out Of Medicare” workshop Stuffed pepper/tomato sauce, Mexicali corn	9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:00 Spanish 1:00 Bridge (in A&C I); movie Roast turkey/gravy, mashed potato
Knitting Bingo rk/gravy, winter squash	9:30 Line Dancing 10:00 Senior Forum 10:00 Family Matters; Spanish Ziti, meatballs/tomato sauce, Italian style blend	Asterisked (*) programs require advance scheduling: call for appointments. COA: 781-316-3400 ASA: 781-316-3420

COUNCIL ON AGING EVENTS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinic @ Fox:</u>	Thursday, 8/17	10 - 11 ³⁰ AM	free
<u>Podiatry Clinic:</u> *	Monday, 8/07 (filled), 9/11 (filled), 10/02	9-noon, by appt.	\$20
<u>S.H.I.N.E. Counselor:</u> *	available by appointment only		free
<u>Attorney Noreen Murphy:</u> *	2nd Tuesday ea. month	10-noon, by appt.	free
<u>Certified Financial Planner:</u> *	Friday, August 11 & 25	9-10:30, by appt.	free
<u>Grandparent Support Group:</u>	2nd Tuesday ea. month	(call Lourie at 781-316-3410)	free
<u>Caregiver Support Group (Lourie August):</u>	3rd Tuesday ea. month	10:15-11:45	free
<u>Real Estate Forum:</u>	2 nd Wed. ea. Month:	<i>no presentation in August</i>	
<u>State Representative James Marzilli:</u>	1st Friday ea. month	9:00-11:00 AM	(drop in)

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION EVENTS

<u>EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Dr. Eva Balazs, "Family Matters":</u>	Thursdays	10 am – noon	free
<u>Line Dancing:</u>	Thursdays	9:30 AM	\$2.50 / class
<u>Exercise:</u>	Mon, Wed, Fri	9:00 AM	\$2.50 / session
<u>Computer Classes, basics (Marlene):</u>	Mondays (Aug 8-29)	2-4 PM	\$40 / 4 sessions
<u>Computer Classes, internet (J. Sullivan):</u>	Wednesdays (Aug 9-30)	3-5 PM	\$40 / 4 sessions
<u>T'ai Chi:</u> (7 participants minimum)	Fridays	2-3 PM	<i>begins again in September</i>
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Yoga:</u>	Tuesdays	10:30 AM-NOON	\$5 / class
<u>Drama Class:</u>	Thursdays	<i>begins again in September</i>	
<u>Painting Class with Don Polley:</u>	Mondays	1-2:30 PM	\$35 / 6 weeks
<u>Spanish for Seniors:</u>	Thursdays (Jul 20-Aug 24)	10-11 AM	\$40 / 6 weeks
and	Fridays (July 21-Aug 25)	10-11 AM	\$40 / 6 weeks

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?"

"Then I'll be sure my daughters will visit me twice a week".



SING-ALONG

Tuesday, August 8, 2006

1:30 p.m.

Join your friends, and friends you haven't met yet, at this month's sing-along!



Anne Donovan and Larry Martin

**GRANDPARENT SUPPORT GROUP:
the 2ND TUESDAY of EACH MONTH**

This support group is for grandparents who are active in raising their grandchildren. It meets the second Tuesday of each month. For further information, call Lourie August, COA Social Worker, at 781-316-3410.

This group is supported in part by a Title III Grant through Minuteman Senior Services.

**CAREGIVER SUPPORT GROUP:
the 3RD TUESDAY of EACH MONTH**

A support and networking group for caregivers of a loved one who is residing at home or in a long-term care facility, held at the Council on Aging from 10:15 AM – 11:45 AM. We often share information about caring for people with Alzheimer's or other dementias.

Questions? Call Lourie August at 781-316-3410.

COOPERATIVE ELDER SERVICES

Cooperative Elder Services, Inc. (CESI), Adult Day Health Program at 27 Maple St., Arlington, provides door-to-door transportation for Arlington residents. The program is open Monday through Saturday, 8:30 a.m. to 3:00 p.m. and provides a structured daytime environment that includes socialization, therapeutic activities, light breakfast, hot lunch and nursing care. For more information, please call Susan Moor, CESI Social Services, at 781-641-1070.

Sicilian Sausage Mushroom Bread

1 frozen bread dough, thawed 1 green pepper
 1 four-oz. can sliced mushrooms
 4 links Italian sausage (sweet or hot), drained
 1 small onion 2 Tbsp. Butter or margarine
 ½ c. Italian black olives, pitted, halved (optional)

Saute minced onion, diced pepper, and mushrooms in butter. Cool vegetables. Sausages may be partially cooked in microwave oven. Roll out bread dough to a large circle. Remove sausage from casing (in 1 inch chunks) and place on dough. Spread vegetable mixture over sausages. (Sprinkle olives over dough at this time if you are including them).



Form the filled dough into a “Danishlike” circle. Place bread in an 8 inch round pan and let rise until double in size. Set oven at 350 degrees and bake bread for approximately 30 to 35 minutes.

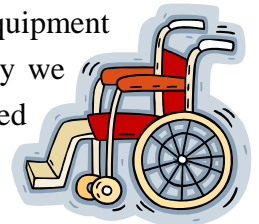
People at the Center

Special kudos to one of the most popular people at the Arlington Senior Center, namely, JJ Serapina. JJ is the man on the job for keeping the Center decorated year-round. Starting with Christmas, then on to Valentine’s Day, to Easter, Independence Day, etc. JJ keeps our spirits high with his personal touches. Not only is JJ a great decorator, but he is an excellent billiard player who has headed up billiard tournaments with the Cambridge Senior Center. We look forward to other competitions under JJ’s capable direction. Thanks also for your help with social events.

Elisa Lopez

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.

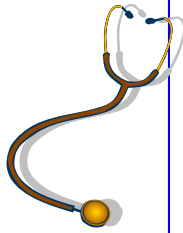


Before you purchase any equipment, call Lourie at the Council on Aging at 781-316-3410 to find out what might be available. We also accept donations of equipment but have very limited space, so please call first to see if we can accept the item.

BLOOD PRESSURE CLINIC THIS MONTH

Diane Coste, RN, MSN, Arlington's Public Health Nurse, will be at the Fox Center on **Thursday, August 17, 10 - 11:30 AM.** Thanks again, Diane!

There will be no Blood Pressure Clinic held at the Council on Aging in August.



Open Computer Room , "Computer Lab"

The "Computer Lab" is an open program for people to use the computers to write letters, do spreadsheets, play games, access the Internet, etc. Its use is for all Arlington citizens, although seniors are given preference. Our ongoing schedule is: Monday 10-1, Tuesday 9-11, Thursday 9-12, Friday 9-11.

A \$3.00 donation is suggested.

Monday 2-4: basic computer class with Marlene Archer; Wednesday 3-5: internet computer class with James Sullivan

"WALK THE RINK" a sound success!

Thanks to a generous grant from Lahey Clinic, the Council on Aging's three-part exercise program this past year was met with enthusiasm. The popular Walk the Rink program in the spring, along with the earlier T'ai Chi and Aquasize programs in the fall and winter, were enthusiastically received by Arlington seniors.

Across the three programs, 224 seniors received over 1,000 units of service. The purpose of the programs was to introduce seniors to the pleasure and benefits of exercise. Arlington was one of four local Councils on Aging to have received this grant. We are hopeful that Lahey elects to renew this grant program this fall.





the back **pA**g e



CHANGE YOUR COURSE NOW!

This is the transcript of an actual radio conversation of a US naval ship with Canadian authorities off the coast of Newfoundland in October, 1995. The radio conversation released by the Chief of Naval Operations on November 10, 1995.

Americans: Please divert your course 15 degrees to the North to avoid a collision.

Canadians: Recommend you divert YOUR course 15 degrees to the South to avoid a collision.

Americans: This is the Captain of a US Navy ship. I say again, divert YOUR course.

Canadians: No. I say again, you divert YOUR course.

Americans: THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS, AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, THAT'S ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.



Canadians: This is a lighthouse. Your call.

1 PM MOVIES

shown by the ASA

Thursday, August 3	"Wallace and Gromit" <i>animated, witty and ingenious</i>
Friday, August 4	"Educating Rita" <i>Michael Caine / Julie Walters</i>
Friday, August 11	"Ship Ahoy" <i>Eleanor Powell / Red Skelton</i>
Thursday, August 17	"Elmer Gantry" <i>Burt Lancaster / Jean Simmons</i>
Friday, August 18	"Balalaika" <i>Nelson Eddy / Ilona Massey</i>
Friday, August 25	"Ziegfeld Girl" <i>James Stewart / Judy Garland / Lana Turner</i>
Thursday, September 7	"Brokeback Mountain" <i>Ann Hathaway</i>

*Thanks to Video Horizons and to the COA's Leo W. Fanning Memorial Collection for the movies we show.
Ice cream courtesy of the Arlington Seniors Association.*

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

BULK RATE
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