



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



November 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

Association Coordinator: 781-316-3421

Seniors Drop-in Room: 781-316-3426

Council on Aging: 781-316-3400

Cooperative Elder Services: 781-641-1070

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

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FLU SEASON IS UPON US

The flu usually comes on with a fever, chills, and body aches along with stuffy nose, sore throat and a dry, unproductive cough. You may also experience a severe headache.



Flu virus is spread by airborne droplets—coughing and sneezing. Flu viruses can live on surface areas such as telephone, doorknobs, tools, etc. Influenza can last anywhere from 7 to 14 days with the first few days being the worst. The best way to treat these symptoms are bed rest, fluids, and analgesics like Tylenol or Advil for the aches and pains.

The best defense against getting the flu is to be vaccinated. Those who are over the age of 60 or have weakened immune system, have long term health problems, or in a long-term facility should be vaccinated to prevent severe complications from the illness. Do Not get the vaccine if you have an allergy to eggs, have had a serious reaction to a flu shot in the past or have had Guillain-Barre Syndrome.

The town's annual flu clinic is scheduled for persons over age 18, on Thursday, November 30, 2006 from 9 am - 12 noon. Persons with Medicare Part B will be free; all others will be \$5.00. The clinic will be **by appointment only** and all interested persons may call the Board of Health Office at 781-316-3413 to obtain an appointment time.

Additional clinics may be posted on the Masspro website: [<http://flu.masspro.org>]. There will be ample vaccine for this year's flu season.

Flu season typically doesn't peak until March, so it's not too late to get your flu shot in November and December. The Arlington clinic will be free for those with Medicare Part B, and \$5 for everyone else. **For updated information about the clinic date or to reserve your shot, call the Flu Hotline at (781) 316-3413.**

LET ME ENTERTAIN YOU! SUNDAY, NOVEMBER 5 AT 2PM

Join the Arlington Seniors Association for an afternoon of "Senior" entertainment. On Sunday, November 5 at 2 pm, Steve Henderson will perform a comic drama "Jerry Atric - The Older I Get". This is perfect for anyone who has lived a long time...or would like to. Jerry tells stories of his experiences with health care in his own inimitable style with wit and passion. This program is supported in part by the Arlington Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council. This program is free. Light refreshments served.



ASA 25TH ANNIVERSARY CELEBRATION 'THANK-YOU'!!

Our 25th Anniversary year is coming to a close and it has been my privilege to work with Committee members who have worked tirelessly all year. To our President, Committee members, Board members and Volunteers who have helped make this a memorable occasion, Thank You. Without all of you, our celebration could not have been accomplished. Again, THANK YOU!

Ruth Silver

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour insurance is available)

- November 12 - 13, 2006 – Beacon Motel, Lincoln, NH. 2 days/1 night – visit from Santa, Christmas Party – live entertainment and free turkey, \$149 Double, \$145 Triple, \$179 Single.
- December 5 - 7, 2006 – New York City and Radio City Christmas Show. Backstage tour of Radio City Music Hall and tickets for the Radio City Music Hall Christmas Show with the world-famous Rockettes. Sightseeing, shopping. 2 nights at the Hotel Wellington (7th Ave. and 55th St.), 3 complete meals. \$485 Double, \$470 Triple, \$570 Single.
- December 6 - 7, 2006 - **Holiday Magic in the City.** Vienna Boys Choir – New York City Rockettes. \$299.95 Double, \$399.95 Single. **FULLY BOOKED, WAITING LIST ONLY.**
- January 23 - February 2, 2007 - Southern Caribbean Cruise leaving from New York City. Sailing to St. Thomas, St. John's, Antigua, Bridgetown, Philipsburg, and Tortola. 8 different restaurants. Dress casual or dressy. \$1,099 Double, \$2,599 Single.
- March 21 - March 28, 2007 – Discover Sicily, departing from Logan Airport. Visit Catania, Taormina, Mt. Etna, Piazza Armerina, Siracusa, Giardina, Naxos. \$1,989 Double, \$1,959 Triple, \$2,339 Single.

For information or reservations, contact Judy Quimby at 617-645-5473 (cell phone)

Bus will pick people up at Drake Village, Cusack Terrace, and Winslow Towers

Make checks to Arlington Seniors Association & mail to: Judy Quimby, 990 Mass Ave. #26 Arlington, MA 02476

DAY TRIPS *(full payment due with reservation)*

- Tuesday, November 7 – Branson to Boston at Lantana's in Randolph. Great music and entertainment and a turkey dinner. \$61.00.
- Wednesday, December 13 – “A New England Christmas” at the Hukelau, Chicopee. Entertainment with the multi-talented Linda Miller plus the Hukelau's own Christmas show and riding tour of the Christmas lights. Lunch – choice of roast turkey or prime rib au jus. \$64.00.
- Sunday, December 31 – New Year's at Noon at Lake Pearl in Wrentham. Welcome 2007 with Bobby Justin, line dancing and ballroom dancing. Lunch – choice of baked scrod or pot roast. \$66.00.

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

Make checks out 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.

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

Arlington Senior Notes: November 2006

Have you applied for your ABATEMENT on LOCAL PROPERTY TAX?

If you are at least 65 years old, you may be eligible for a tax abatement. Abatements of up to \$1000 are available, depending upon qualifications. To see if you qualify, call Joyce Killingsworth (afternoons) at the Council on Aging, 781-316-3404. Half-hour appointments to file for an abatement are

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.

MEDICAL EQUIPMENT AVAILABLE



The Council on Aging has medical equipment available to loan to Arlington citizens. Usually we have walkers, shower chairs, tub benches, raised toilet seats, and wheelchairs. Before you purchase equipment yourself, call Lourie at the Council on Aging at (781-316-3410) to see what might be available. We also accept donations of equipment but have very limited space, so please call first to see if we can accept the item.

FUEL ASSISTANCE SATELLITE OFFICE OPEN

The Community Teamworks' Arlington Satellite Office is located on the third floor of the Arlington Town Hall Annex in the Veteran's Services Dept. 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 their Arlington Office at 781-643-2358.

BOOK CLUB NEWS

Our membership is growing with each meeting and it is good to see all our friends. The hour flies by as we have an animated discussion of the pro and con of the book of the month. Our next meeting will be held on November 17th, the 3rd Friday of the month. See you all then. **Ruth Silver and Elisa Lopez**

NEED A RIDE TO THE SENIOR CENTER???

The Council on Aging vans are available! We'll pick you up at your home, Monday through Friday, bring you to the Senior Center for its programs and offerings, then return you to your home later in the day. Cost is only \$1.00 each way.



Ride coupons can be purchased at the COA. We can accommodate handicapped riders with the van's wheelchair lift. Please call the Council on Aging at 781-316-3414 a day in advance to schedule a ride.

ASA MEMBERSHIP UPDATE



Arlington Seniors Association membership dues are still \$12 for Arlington residents and \$14 for out-of-towners. If you have put off or forgotten about renewing your membership, this is a gentle reminder. Those who have not paid by November 30 should not expect to receive the Senior Notes by mail after the December issue. Just send a check made out to the Arlington Seniors Association along with a stamped self-addressed envelope to: 27 Maple Street, Arlington, MA 02476. We will put your membership card in the return mail. Remember this is our 25th Anniversary and we would like to make this a record year for membership!

TRIP TO ISABELLA STEWART GARDNER MUSEUM IN BOSTON

Join the Arlington Seniors Association for a trip to the Isabella Stewart Gardner Museum in Boston on Tuesday, December 5, 2006. We will tour the museum and have lunch on our own in the beautiful courtyard restaurant. The cost of \$19 includes transportation and admission to the museum. The bus will pick up at the Senior Center. Limited to 15. Call Elisa Lopez at



APPLE CRANBERRY CHUTNEY

IN TIME FOR THANKSGIVING


- | | | |
|------------------------------------|-----------------------------|---------------------------------|
| 2 cups peeled, chopped Rome apples | 2 tablespoons cider vinegar | 1 cup cranberries |
| ¼ teaspoon ground cloves | ¼ cup golden raisins | ¼ teaspoon ground nutmeg |
| 2 tablespoons brown sugar | ¼ teaspoon ground cinnamon | 1 tablespoon grated orange rind |

Combine all ingredients in a non-aluminum pan. Place over high heat and bring to a boil, stirring constantly. Reduce heat and simmer uncovered for 15 minutes or until apples are tender. Cool, place in a food processor and pulsate once or twice until combined and of the desired consistency. Serve chilled.

HEALTHY EATING BEHAVIORS

Whether you are trying to manage your weight or blood sugars, your eating behaviors are of critical importance. What are healthy eating behaviors and how can you change some unhealthy habits?

Peg Mikkola, Nutritionist with Minuteman Senior Services, will be at the Arlington Senior Center 11:15am on November 8th, and 11am at Arlington Heights Meal Site on Nov. 15th. Start by writing down what you eat for several days and bring that and any nutrition questions you may have to this discussion.

Monday	Tuesday	Wednesday
<h1>NOVEMBER 2006</h1>		
<p>For a lunch reservation, phone the Meal Site the day before: Arlington Senior Center: 781-316-3423; Arlington Heights: 781-648-7500</p>		<p>9:00 Exercise 10:00 Informal K 10:15 Muscle-Stre 10:30 Creative w 1:00 Bridge; Bi Chicken Mars</p>
<p>9:00 Podiatry Clinic* (\$20) 12/4, 1/08, 2/05 9:00 Exercise 6 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer basics Turkey ham, pineapple-raisin sauce</p>	<p>10:00 Lifeline with Eva Balazs 10:30 Yoga 7 12:30 NO B/P @ COA TODAY 1:00 Women's Billiards 1:00 Computer Club Chicken/lemon-mustard sauce, brown rice</p>	<p>9:00 Exercise 10:00 Informal K 10:00 Real Estat Mortgages (10:15 Muscle-Stre 10:30 Creative w 1:00 Bridge; Bi Yankee pot</p>
<p>9:00 Exercise 13 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer basics American chop suey, green beans</p>	<p>9:30 Computer basics 14 10:00 Lifeline with Eva Balazs 10:00 Atty. Noreen Murphy * 10:30 Yoga 11:00 Grandparent Support Group* 12:30 B/P @ COA 1:00 Sing-along; Women's Billiards Beef steak, Stroganoff sauce, rotini</p>	<p>9:00 Exercise 10:00 Informal K 10:15 Muscle-Stre 10:30 Creative w 1:00 Bridge; Bi Roast turkey, s</p>
<p>9:00 Exercise 20 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer basics Herb-roasted chicken, whipped potatoes</p>	<p>9:30 Computer basics 21 10:00 Lifeline with Eva Balazs 10:15 Caregiver Support Group 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards, Scrabble; Computer Club Broccoli bake, O'Brien potatoes</p>	<p>9:00 Exercise 10:00 Informal K 10:15 Muscle-Stre 10:30 Creative w 1:00 Bridge; Bi Meatball</p>
<p>9:00 Exercise 27 1:00 Progressive Bridge 1:00 Cribbage; Painting 2:00 Computer basics Beef rib patty, mashed potatoes</p>	<p>9:30 Computer basics 28 10:00 Lifeline with Eva Balazs 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards Cheese lasagna, tomato sauce</p>	<p>9:00 Exercise 10:00 Informal K 10:15 Muscle-Stre 10:30 Creative w 1:00 Bridge; Bi Bar</p>

Wednesday	Thursday	Friday
<p>Knitting Strengthening Writing Singo</p> <p>1</p> <p>Salada, brown rice, broccoli</p>	<p>2</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 Movie 1:30 Drama class</p> <p>Meatballs, ziti, tomato sauce</p>	<p>3</p> <p>9:00 Exercise 9:00 State Rep. Marzilli @ COA 10:00 Spanish 1:00 Bridge (in A&C I) 1:00 ASA board meeting</p> <p>Beef steak, mashed potatoes, gr. beans</p>
<p>Knitting Senior Forum: Reverse (COA Conference Room) Strengthening Writing Singo</p> <p>8</p> <p>Roast, mashed potatoes</p>	<p>9</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 "Flu Season Facts & Fallacies" Presentation 1:30 Drama class</p> <p>Macaroni & cheese, stewed tomatoes</p>	<p>10</p> <p>9:00 Financial Planner Rick Fentin*</p> <p>ALL SENIORS ASSOCIATION PROGRAMS and the MINUTEMAN MEALSITE are CLOSED TODAY due to Veteran's Day holiday</p>
<p>Knitting Strengthening Writing Singo</p> <p>15</p> <p>stuffing, mashed potatoes</p>	<p>16</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 Movie 1:30 Drama class</p> <p>Roast pork, boiled red potatoes 7:30: COA Board meeting: open to the public</p>	<p>17</p> <p>9:00 Exercise 10:00 Spanish 10:15 Bereavement Group 1:00 Bridge (in A&C I); Book Club 2:00 Tai Chi</p> <p>Fish wedge, parslid potatoes Indian lunch @ Arl. Heights.</p>
<p>Knitting Strengthening Writing Singo</p> <p>22</p> <p>s, ziti, tomato sauce</p>	<p>23</p>  <p>Senior Center</p>	<p>24</p>  <p>Senior Center closed today</p>
<p>Knitting Strengthening Writing Singo</p> <p>29</p> <p>oked fish, rotini</p>	<p>30</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:30 Drama class</p> <p>Meatloaf/gravy, parslid potatoes</p>	<p>Asterisked (*) programs require advance scheduling: call for appointments. COA: 781-316-3400 ASA: 781-316-3420</p>

COUNCIL ON AGING EVENTS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u>			
at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	free
NO blood pressure clinic on Tuesday, November 7			
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	free
<u>Podiatry Clinic:</u>*	Mon. 12/4, 1/08, 2/05	9-noon, by appt.	\$20
<u>S.H.I.N.E. Counselor:</u>*	available by appointment only		free
<u>Attorney Noreen Murphy:</u>*	2nd Tues ea. month	10-noon, by appt.	free
<u>Financial Planner, Rick Fentin:</u>*	2nd & 4th Fri ea. month	9-10:30, by appt.	free
<u>Grandparent Support Group:</u>	2nd Tues ea. month	(call Lourie at 781-316-3410)	free
<u>Caregiver Support, Lourie August:</u>	3rd Tues ea. month	10:15-11:45	free
<u>Real Estate Forum, Mary Lou Bigelow</u>	2nd Wed ea. month	10 - 11:30 AM	free
<u>State Representative James Marzilli:</u>	1st Fri ea. month	9-11 AM (drop in)	free

(* 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, "Lifeline":</u>	Tuesdays	10 AM	no charge
<u>Computer Classes, basics (Marlene):</u>	Mondays 11/06	2-4 PM	\$40 / 4 sessions
<u>Computer Classes, basics (John Averill):</u>	Tuesdays 11/14	9:30-12	\$40 / 4 sessions
<u>Beginning Bridge Class:</u>	Mon. 11/13	10-12	\$40 / 6 weeks
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Drama Class:</u>	Thursdays, 11/02	1:30-3	\$40 / 6 weeks
<u>Spanish for Seniors:</u>	Thursdays & Fridays 11/02	10-11 AM	\$40 / 6 weeks
<u>Creative Writing:</u>	Wednesdays	10:30-12	\$40 / 6 weeks
<u>Still Life Drawing Class</u>	Tuesdays	10-12	\$40 / 6 weeks

**SING-ALONG:**

Pretty soon it will be "Over the river, thru the woods to grandma's house". Come for a pre-Thanksgiving Day sing-a-long with Larry Martin and Anne Donovan on Tuesday, November 14 at 1:00 pm.

Free Rides to the Polls - 781-643-9241

Free rides to the polls will be provided by the **League of Women Voters of Arlington** on Tuesday, November 7 from 9 a.m. until 4 p.m. Individual rides provided by volunteer drivers may be arranged by calling League member Claire Maytum at 781-643-9241. Please call the day before or early on November 7 to make arrangements.

Cars of the drivers are marked by magnetic signs on the side of the car to assist in identification. The League never endorses specific candidates or parties but encourages informed voting.



BOWLING

Spare? Strike? Down the gutter? Join your fellow seniors for informal candlepin bowling every Monday morning at 9:30 a.m.. Lanes and Games

– Route 2 – near the Alewife T Station.

For more information call Joan Catarino, at (781) 646-9064.

PEOPLE AT THE CENTER

Jean Sullivan, Site Manager for the Minuteman “Eating Together” Mealsite at the Senior Center, has been at her position for a number of years. She started by delivering Meals on Wheels for Minuteman Senior Services. As manager, Jean sets up the lunch program at the Senior Center and also oversees the packaging of over a hundred meals that get delivered by meals-on wheels drivers, Monday through Friday.

She is popular with her peers and volunteers for many of the social events at the Center. She is a long time resident of Arlington who enjoys cooking and gardening. Jean, along with her associates, Pat and Yolanda, welcome new and old friends to come to the Arlington Senior Center for lunch. Suggested donation is \$2.00. Call 781-316-3423 a day in advance to make reservations for lunch at the Senior Center mealsite. Jean wants to remind everyone that you get a “free lunch” on your birthday!

HEALTH TIP FOR THE MONTH OF NOVEMBER:

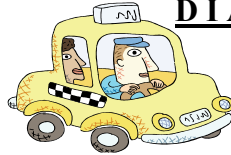
Did you know that BREAST CANCER is the most frequently diagnosed cancer in women, and ranks second among cancer deaths in women after lung cancer? That the risk of being diagnosed with breast cancer increases with age until the age of 80?

That risk factors include genetics, family history, long menstrual history, obesity after menopause, postmenopausal hormone therapy, never having children or having your first child after 30, consumption of one or more alcoholic beverages per day?

PREVENTION: At present, there is no way to prevent breast cancer. This is why regular mammograms are so important. It is also wise to maintain a healthy body weight, engage in regular physical activity, and reduce alcohol consumption.

EARLY DETECTION: Saves lives and gives you better treatment options. Yearly mammograms are recommended at age 40. Women should know how their breasts feel normally and report any changes promptly to their health care providers.

TREATMENT: Decisions about treatment are made by the patient and doctor after diagnosis of breast cancer. The age of patient, the stage of the cancer, and other risk factors will be used in determining the appropriate course of treatment. The most common forms of treatment are surgery, radiation, chemotherapy, and hormone therapy. There are also a lot of research and studies that are having great success in treating aggressive tumors and medications that are being used in preventing recurrences of breast cancer.

DIAL-A-RIDE TAXI PROGRAM

If you're an Arlington resident who is 60 years of age and retired, or have a verifiable disability and are of low to moderate income, you are eligible for this program.

Dial-a-Ride allows you to ride for only three dollars each way, anywhere in Arlington! Membership cards are available at the Council on Aging for \$2.00.

Call 781-316-3406 for more information.

THE LINKS PROGRAM

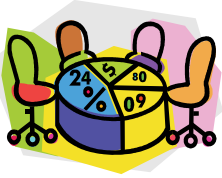
The LINKS Program (*Linking Neighborhood Kids with Seniors*) will match seniors who need help with yard work with Middle School students living in their neighborhood. Students are paid \$5 an hour. Seniors requesting LINKS services should call Joyce 781-316-3404. Also, it is not too early to call to get your name on the list for snow shoveling. Students are paid by the job for snow shoveling.

Prescription Advantage Open Enrollment only through November 15

Medicare's new prescription drug program has been a huge benefit for many seniors across the country, saving some up to hundreds of dollars each month on their prescription drugs. However, even with these savings, seniors may still have high out-of-pocket costs. As a secondary payer to Medicare Part D, Prescription Advantage "wraps around" or supplements Medicare drug plans by helping to pay for co-payments, deductibles and other coverage gaps. Those with limited income may also be eligible to receive help paying for their Medicare Part D plan premiums.

Unlike other supplemental plans, **Prescription Advantage requires no monthly premium and the plan limits annual out-of-pocket expenditures** on the amount members pay towards their prescription drugs. For seniors who do not have Medicare Part D, but have prescription drug coverage through an employer or union, Prescription Advantage also provides secondary benefits.

Prescription Advantage's Open Enrollment period is open only through November 15. For help in applying, please call Joyce at the Council on Aging (781-316-3404) for a SHINE appointment, or you can obtain the enrollment forms by calling Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

HELP WANTED

The Arlington Seniors Association, Inc. could use an able bodied person to assist in doing odd jobs on a regular basis. This would include setting up tables and chairs for social events, and assisting in decorating and making minor repairs. Call Joan Pippin at 781-316-3421.





the back page

SAD but TRUE...

COLUMBUS, Ohio (AP) -- A man who couldn't find steady work came up with a plan to make it through the next few years until he could collect Social Security. He robbed a bank, then handed the money to a guard and waited for police. On Wednesday, Timothy J. Bowers told a judge a three-year prison sentence would suit him, and the judge obliged.

"At my age, the jobs available to me are minimum-wage jobs. There is age discrimination out there," Bowers, who turns 63 in a few weeks, told Judge Angela White. The judge told him: "It's unfortunate you feel this is the only way to deal with the situation." Bowers said he had been able to find only odd jobs after the drug wholesaler he made deliveries for closed in 2003. He walked to a bank and handed a teller a note demanding cash in an envelope. The teller gave him four \$20 bills and pushed a silent alarm. Bowers handed the money to a security guard standing in the lobby and told him it was his day to be a hero. He pleaded guilty to robbery, and a court-ordered psychological exam found him competent.

"It's a pretty sad story when someone feels that's their only alternative," said defense attorney Jeremy W. Dodgion, who described Bowers as "a charming old man." Prosecutors had considered arguing against putting Bowers in prison at taxpayer expense, but they worried he would do something more reckless to be put behind bars. "It's not the financial plan I would choose, but it's a financial plan," prosecutor Dan Cable said.

(Associated Press)

I read this article that said the typical symptoms of stress are: eating too much, impulse buying, and driving too fast. Are they kidding? That's my idea of a perfect day!

I.P.M. MOVIES

Thursday, November 2:

"The Swan"

Grace Kelly, Louis Jordan

Thursday, November 16:

"Can Can" (musical)

Frank Sinatra, Shirley McLaine, Maurice Chevalier

*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

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

*Mailing costs for "Senior Notes" are supported through the Council on Aging
by a grant from the Executive Office of Elder Affairs*