

# September 2022 Arlington 60+ News



## **Celebrate National Senior Center Month Thursday, September 29 at 12 noon in the Main Hall With a Jazz Band and D'Agostino's Lunch**



Enjoy Chicken Parm, Baked Stuffed Shells, Mac & Cheese and Cookies!  
RSVP to our new Receptionist Eva at 781-316-3400. Let us know if you need a van ride.  
Luncheon is \$3 per person. Stop into the office to pay or mail us your \$3.00.

## **Paint a Rock for Our Memorial Rock Garden Workshops are Monday, September 12 at 10:00 or Tuesday, September 20 at 12 noon**

During our Senior Center Month Luncheon on September 29 we will dedicate our Memorial Rock Garden to those we lost between 2020 and 2022. If you are interested in adding a painted rock to this area in memory of a friend or relative please come to one of these workshops lead by our art instructor Erica. RSVP to Eva at 781-316-3400.



## **September 11 Memorial Wall –Faces of Remembrance- Displayed in the Main Hall**

From September 6th thru 10th you can come in any time we are open to view this high impact collection of portraits by local artist Gina Johnson. This display highlights her hand sketched portraits of the 209 individuals from Massachusetts who died on 9/11/01.



**On Thursday, September 8 at 9:00 am join us for a Coffee event when Gina will speak and answer questions about her amazing project. RSVP to Eva at 781-316-3400.**

## **Scan Your Card Each Time You Enter the Community Center**

The Senior Space at the Arlington Community Center is Open Weekdays for Arlington Residents Age 60 & Over with a Scan Card. Cards are for Arlington Residents Over Age 60 and Are Free. Stop in to the Council on Aging Office to Get Your Card.



### **Our Welcome Statement**

The Arlington Council on Aging values the diversity of our participants, staff, volunteers, & the Arlington community. We strive to model and promote a welcoming environment by embracing our aging community including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, & other forms of uniqueness.

# NEWS, INFO AND EVENTS

## New for September: COA Easy Ticket

### A New Way to Pay for all of Your Council on Aging Classes and Rides

Our Free Trial for classes through the Council on Aging is coming to an end. Starting in September all fitness and some other classes will be \$3.00 per class. Van Rides in Arlington are also \$3.00. Many of our special events or informational programs remain free. Van rides to the Community Center are still free. Prices will be clearly marked in the Newsletter. Scholarships are always available for those who need assistance with payments—just ask Lourie or Marci, our social workers or a COA staffer.



To make it easy for seniors to pay for Council on Aging classes, rides or events we are introducing the new **Easy Ticket**. These tickets will be sold in packs of 10 tickets for \$27.00 (which is 10 tickets for the price of 9. ) You can buy them right in the Council on Aging office from our new Receptionist Eva. Don't worry; Cash or Check is still accepted for all payments. Tickets are not required but are simply available to make payments easier for seniors who use the Council on Aging often.

- Easy Tickets are not required-you can still pay as you go with cash or check
- Easy Tickets are good for classes, luncheons and the van
- All old van tickets purchased before Covid are still accepted on the van
- You can still sample a class for free-just ask
- Easy Tickets are not valid for Taxis or Minuteman Congregate lunch
- Easy Tickets do not expire
- These are sold in sheets of 10 tickets

Stop by our office or call our main line at 781-316-3400 if you have questions about Easy Tickets.

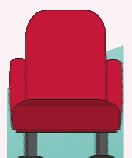
## Bright Day Memory Café at Brightview Starts in October 2nd Monday of the Month at 10:00 am

Starts in person again on October 17 due to holiday. For those with Memory Impairment and their Caregivers. Located at Brightview at 1 Symmes Road. Come for socializing, support, activities, and snacks. Free. Call Shannon at 781-316-3404 to RSVP. Van rides upon request.



## Free Dress Rehearsal for Seniors for Gilbert & Sullivan's *Iolanthe* Thursday, Sept 15 at 7:30 pm

Arlington Friends of the Drama, across from the Senior Center, is kicking off it's **100th Season!** As always, seniors are invited to attend the final dress rehearsal for free at 22 Academy Street. All seniors are welcome. No reservations, or tickets needed, but **Masks required.**

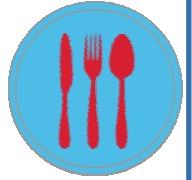


# NEWS, INFO AND EVENTS

## **Congregate Lunch Returns to the Senior Space at the Community Center Tuesdays and Wednesdays from 11:30 to 1:00**

We are pleased that Minuteman Senior Services will begin serving lunch for those 60+ in person on the first floor outside of the Main Hall. Lunch will be served every Tuesday and Wednesday.

**Lunch must be reserved by calling Minuteman at 781-221-7099.** A \$2.00 donation is requested for lunch. Broccoli & Cheese Stuffed Chicken or Beef & Lentil Chili are examples of the offerings.

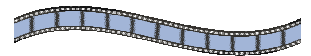


## **International Film in the Main Hall**

**Thursday, September 15 at 6:00 pm and Monday, September 19 at 2:00 pm**

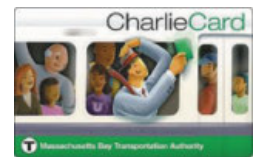
We are excited to be partnering with the Arlington International Film Festival. We will be showing an international film each month here at the Community Center for you to enjoy, free of charge. Popcorn will be provided!

September will include a collection of films from Munich, Germany on the topic of Climate Change. RSVP to Eva at 781-316-3400. Free.



## **“Rediscovering the T” - Presentation in the Main Hall Monday, October 17 at 10:00 am**

Learn about the safe use of the MBTA by older adults. Topics include safety, paying one's fare, accessibility of vehicles and stations, trip planning, asking for help, how to apply for a Senior CharlieCard, and more. The presentation also includes information about The RIDE. This can help seniors to plan for retirement from driving. RSVP to Eva at 781-316-3400. Free.



## **Theatrical Class with the Huntington Theater: Epic Elders**

**Thursdays October 6 thru November 17 from 11:00 to 12:30 in the Art Room**

The program offers a wide range of theatrical experiences, which include but are not limited to acting, playwriting and directing. No prior drama experience necessary - you are already an artist! Please join us. RSVP to Shannon at 781-316-3404. Limit 15. Free.



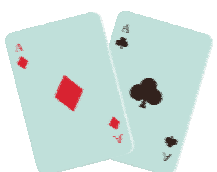
## **Food Safety Presentation in the Main Hall**

**Thursday, October 13 at 10:00 am**

Join Minuteman Senior Services' Registered Dietitian Catherine York for a presentation on holiday season food safety and preparation. Make sure you're staying food safe whether it's at home or at a family's holiday gathering. Let Eva know you are coming at 781-316-3400. Free.



**The Drop In Room and the Café are now open for Older Adults age 60+ to gather each morning and enjoy a cup of coffee or tea. Just remember to scan your card in when you enter the building.**



## **Our Game Room is Open and We Are Looking for Players**

The Monday and Thursday Mahjongg groups and the Monday Cribbage Group are looking for players to join their games. See Page 9 for times.



## Social Services and Nurse

Do you need help? Are you interested in what resources and services are available for older adults? Are you concerned about an elderly neighbor or family member who may need some assistance? Please call us at 781-316-3400 . **If you feel there is an emergency safety or health situation, please call 911.**

### Support Groups

#### **Dementia/Alzheimer's/Caregiver Support Group in the Game Room**

**On the 2nd Thursday of each month at 5:30 pm**

Lead by Nancy Gonsalves CDP CDSGF, a volunteer from the Alzheimer's Association. This group is a confidential, supportive community and offers a chance for participants to develop informal support and social relationships. It also offers education and information about dementia to help participants develop methods and skills to solve problems. RSVP to Shannon 781-316-3404.

#### **Parkinson's Disease Support Group in the Game Room**

**On the 3<sup>rd</sup> Wednesday of each month at 11:00 am**

All participants should call Joanne Sliney, COA Nurse, first for a quick screening. Please call 781-316-3405 or email her at [jsliney@town.arlington.ma.us](mailto:jsliney@town.arlington.ma.us) for details.

#### **Low-Vision Support Group in the Yoga Room on September 27**

**On the 4th Tuesday of each month at 1:15 pm– Call in option available**

Contact Lourie August, Social Worker, to register at 781-316-3410 or [laugust@town.arlington.ma.us](mailto:laugust@town.arlington.ma.us)

#### **Caregiver Support Group - On Zoom September 20**

**On the 3<sup>rd</sup> Tuesday of each month at 10:00 am**

Those caring for an adult family member can drop in and share challenges and resources related to the Caregiving Journey. Concerns about dementia or any other medical conditions are welcome . Contact Lourie August, Social Worker, to register at 781-316-3410 or [laugust@town.arlington.ma.us](mailto:laugust@town.arlington.ma.us)

#### **Decluttering Support Group on Zoom—New Members Are Welcome!!**

**Mondays at 10:30 am on Zoom. September 12 and 19 on Zoom.**

Learn constructive ways and simple steps to reduce your clutter and stress! Non-judgmental Emotional Support & Tackle the Cutter! Call Marci, Social Worker, at 781-316-3419 to register.

### Insurance, Legal and Financial Assistance

#### **SHINE Calls for Medicare Concerns**

Our SHINE volunteers help answer your questions regarding Medicare. Call our Front Desk at 781-316-3400 to request a SHINE appointment

#### **Lawyer and a Financial Consultant on Call**

We are grateful that Attorney Alex Moschella, and Financial Consultant Rick Fentin, voluntarily offer their advice to Arlington seniors. Call Shannon at 781-316-3404 or email [smurphy@town.arlington.ma.us](mailto:smurphy@town.arlington.ma.us). She will coordinate a time for you to speak with Alex or Rick.

#### **Blood Pressure Checks**

**Tuesdays between 1:00 and 2:00 in the COA Ground Floor office**

Call our Nurse, Joanne Sliney RN, if you have questions about checking your blood pressure at 781-316-3405





**Podiatry Clinic at Dr. Daniel Seligman's Office on Monday Morning, September 19**

\$35.00 per person. You MUST schedule an appointment by calling the COA at 781-316-3400.

Request COA Van when you make your appointment if needed.

\*NOTE LOCATION ADDRESS\* 0 Governor's Ave, Suite 7 in Medford.

Parking is available or schedule the COA Van to take you to your appointment.



**Stay full with SNAP food program.** The COA can assist you with your application for SNAP. We are a SNAP Outreach Provider and we process applications right from our office in Arlington.

Call to see if you qualify at 781-316-3400.

This message is funded in part by the USDA. The USDA is an equal opportunity provider and employer.



**Arlington EATS' Market (formerly known as the Food Pantry)**

At 74 Pleasant Street . By appointment only . Appointments can be made by going to

[www.arlingtoneats.org/get-food/](http://www.arlingtoneats.org/get-food/) or by calling 339-707-6761. On Tuesdays and Wednesdays the

COA van can provide a FREE ride to the Market. Must call at least 48 business hours in advance for a van ride. Just call

Michelle at the COA at 781-316-3403 after you have made your EATS shopping appointment.



**Transportation News**

**Please Remember: We Must Have at Least 48 Hours Advance Notice to Schedule a Ride**

**COA Van for Rides Within Arlington**

Our COA accessible vans can take you to local places such as: medical or dental appointments, grocery shopping, the bank, pharmacy, hardware store, hair appointments etc. Program availability is limited. Rides are \$3 each way within Arlington. Pay cash on the van.

**Van Rides to Council on Aging Events at the Arlington Community Center and Podiatry are Free!**

**Limited Low Cost Medical Rides Outside of Arlington**

If you have a medical appointment outside of Arlington, we may be able to match you up with a volunteer medical escort who can drive you **for \$10 each way**. Please call Michelle if you have a medical ride coming up and we will try to accommodate you.

**Rides for Cancer Related Treatment** Thanks to a grant from the Sanborn Foundation, all cancer related rides by Uber, Taxi or Van are free for Arlington residents of all ages.


**DART (Dial a Ride Taxi)**

Our DART program is for taxi rides within Arlington even when the COA is closed. Tickets are \$5 each way and you have the independence of calling the taxi company directly to schedule your rides.

**Market Basket Burlington Van Every Tuesday - Now \$3 Each Way**

Our van makes a few round trips to Market Basket in Burlington on Tuesdays. Space is limited and you will need to be able to carry your own bags. Pay in cash on the van.

**Call Michelle to Schedule Your Van or Medical Ride at 781-316-3403 and always leave a voicemail message including your telephone number**

MONDAY	TUESDAY	WEDNESDAY
<p align="center"><b>Faces of 9/11 Display will be in our Main Hall All Week from Tuesday, September 6 thru Friday, September 9</b></p>		
<p><b>5</b></p> 	<p><b>6</b></p> <p>10:00 Chair Yoga  11:00 Tai Chi  1:00 Current Events  1:00 Blood Pressure Check  2:00 LGBTQ+ &amp; Friends on Zoom  2:00 Chinese Dancing Group</p>	<p><b>7</b></p> <p>9:00 Exercise Hybrid  11:30 Muscle Strengthening  1:00 Bingo  3:00 Chinese Singing Class</p>
<p><b>12</b></p> <p>9:00 Shake Your Soul  10:00 Walking Club  10:00 Memorial Rock Painting Class  10:30 Decluttering on Zoom  10:30 Cribbage  1:00-3:00 Open Game Room</p>	<p><b>13</b></p> <p>9:30 Strong &amp; STEDI  10:00 Chair Yoga  11:00 Tai Chi  12:30 Maple Street Singing Group  1:00 Blood Pressure Check  2:00 LGBTQ+ &amp; Friends On Zoom  2:00 Chinese Dancing Group  2:00 Ping Pong</p>	<p><b>14</b></p> <p>9:00 Exercise Hybrid  11:30 Muscle Strengthening  1:00 Bingo  3:00 Chinese Singing Class</p>
<p><b>19</b></p> <p>9:00 Shake Your Soul  10:00 Walking Club  10:30 Decluttering On Zoom  10:30 Cribbage  1:00-3:00 Open Game Room  2:00 International Film  Podiatry in Medford</p>	<p><b>20</b></p> <p>9:30 Strong &amp; STEDI  10:00 Chair Yoga  10:00 Caregiver Support on Zoom  11:00 Tai Chi  10:00 Memorial Rock Painting Class  1:00 Current Events  1:00 Blood Pressure Check  2:00 LGBTQ+ &amp; Friends in Person  2:00 Chinese Dancing Group  2:00 Ping Pong</p>	<p><b>21</b></p> <p>9:00 Exercise Hybrid  11:00 Parkinson's Group  11:30 Muscle Strengthening  1:00 Bingo  3:00 Chinese Singing Class</p>
<p><b>26</b></p> <p>9:00 Shake Your Soul  10:00 Walking Club  10:30 Cribbage  1:00-3:00 Open Game Room</p>	<p><b>27</b></p> <p>9:30 Strong &amp; STEDI  10:00 Chair Yoga  11:00 Tai Chi  1:00 Blood Pressure Check  1:15 Low Vision Support Group  2:00 LGBTQ+ &amp; Friends On Zoom  2:00 Chinese Dancing Group  2:00 Ping Pong</p>	<p><b>28</b></p> <p>9:00 Exercise Hybrid  11:30 Muscle Strengthening  1:00 Bingo  3:00 Chinese Singing Class</p>

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead Senior Care® can help.

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info404@homeinstead.com

# SEPTEMBER CALENDAR

	THURSDAY	FRIDAY
	<b>1</b> 10:00 Yarn & Yarn In Person Only 1:00 Mahjongg 5:00 Zumba	<b>2</b> 9:00 Exercise Hybrid
Evening Hybrid Group	<b>8</b> 9:00 Coffee with Memorial Artist Gina 10:00 Yarn & Yarn Hybrid 1:00 Mahjongg 1:30 Shakespeare 5:00 Zumba 5:30 Dementia/Alzheimer's Support Group	<b>9</b> 10:00 Exercise Hybrid
Evening Hybrid Group	<b>15</b> 10:00 Yarn & Yarn Hybrid 11:00 Pool Tournament 1:00 Mahjongg 1:30 Shakespeare 3:30 Book Club with Teens 5:00 Zumba 6:00 International Film	<b>16</b> 8:30 Veteran Coffee Hour 10:00 Exercise Hybrid 1:00 Book Club for Seniors
Evening Hybrid Group	<b>22</b> 10:00 Yarn & Yarn In Hybrid 11:00 Pool Tournament 1:00 Mahjongg 1:30 Shakespeare 3:30-5:00 Digital Help 5:00 Zumba	<b>23</b> 10:00 Exercise Hybrid
Evening Hybrid Group	<b>29</b> 10:00 Yarn & Yarn In Hybrid 11:00 Pool Tournament 12:00 National Senior Center Month Lunch 1:00 Mahjongg 1:30 Shakespeare 3:30-5:00 Digital Help 5:00 Zumba	<b>30</b> 10:00 Exercise Hybrid



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# EXERCISE, SINGING, & GROUPS—In Person, Hybrid a

Register for classes with Eva at 781-316-3400

## Social Groups—Free



### LGBTQ+ Seniors & Friends Group for September

Tuesdays at 2:00 pm : September 6, 13, 27 on Zoom. In Person at the Center on September 20.  
Meet, check in, share our news and feelings, and then discuss a new topic weekly.

### Yarn & Yarn Weekly in the Arts & Crafts Room/Hybrid

Thursdays at 10:00 am: September 1 meets In Person only (No Zoom), September 8, 15, 22, 29 Hybrid  
Please join us for a crafting-project "circle". It is not an instructional class and all are welcome. If you would like to join but don't have supplies, let us know and we will help you out.

Contact Marci at 781-316-3419 or mshapiro-ide@town.arlington.ma.us to register for Yarn & Yarn or LGBTQ+

### Current Events in the Games Room

On the 1st and 3rd Tuesday of each month at 1:00 pm  
Come discuss recent events happening around us.

### Drop in Coffee Hour for Veterans on the Game Room

3rd Friday of each month at 8:30 am



## Exercise and Yoga Classes—\$3 Each

### Shake Your Soul Yoga Dance with Molly in the Main Hall/Hybrid

Mondays at 9:00 am

### Muscle Strengthening by Bay State PT in the Main Hall/Hybrid

Wednesdays at 11:30 am

### Chair Yoga with Mimi in the Yoga Room

Tuesdays at 10:00 am

### Tai Chi with Bill in the Main Hall

Tuesdays at 11:00 am

### Morning Exercise Available in the Main Hall/Hybrid

- Exercise Class Wednesdays at 9:00 am with Joanna
- Exercise Classes Friday at 10:00 am with Shannon Lee in Person starting September 9 (September 2 class is at 9:00 am)



### Zumba Gold with Cristina in the Main Hall

Thursday Evenings at 5:00 pm

### Walking Club at McClennen Park with Shannon

Mondays at 10:00 am

Loop the park with Shannon and get your blood pressure taken by our Nurse Joanne Sliney as well! **Free**



## and Virtual Offerings See Calendar for Dates and Times

All fitness classes are \$3.00, Groups are Free

### Art and Singing

#### Paint Memorial Rocks

#### Art with Erica in the Arts & Crafts Room

Monday, September 12 at 10:00 and Tuesday, September 20 at 12 noon.  
Paint Memorial Rocks in our beautiful and sunny Arts & Crafts Room. Free  
Starting October 3rd, Art Class is first Monday of every month.



#### The Maple Street Singers in the Main Hall/Hybrid

On the 2nd Tuesday of Each Month from 12:30 to 2 pm

This sing-a-long troupe is run by Cheri Minton and accompanied Patsy Kramer. Free

#### Chinese Singing Group in the Games Room

Wednesdays at 3:00 pm . Free

#### Chinese Dance in the Yoga Room

Tuesdays from 2:00 to 4:00 pm. Free



### Games

**Cribbage** Mondays at 10:30 in the Game Room. Free

**Bingo** Wednesdays from 1:00 to 3:00 ---Let us know if you plan to attend! Cards are .50 cents each.

**Mahjongg** Thursdays at 1:00 in the Game Room. Free

**Open Pool Tables** Daily in the Pool Room during COA operating hours. Free

**Open Game Room & Mahjongg** Mondays from 1:00 to 3:00

Bring your own puzzle or game or play one of the many in our new games closet including Go, Monopoly, Scrabble, Backgammon, Checkers, Cribbage and many more. Free

**NEW!! Ping Pong** Tuesdays 2:00 to 4:00 in the Main Hall. Free. Starts September 13.

### Books, Writing, Computers

#### Book Club for Seniors in the Drop In Room

3rd Friday of the month at 1:00 pm

Group is led by Barbara Santosuosso. September 16 book is *This Tender Land* by William Kent Krueger. Free

#### Digital Help in our COA Library

2 Thursdays: September 22 and 29, 3:30 to 5:00

Get help with your devices from local teens. **MUST REGISTER** with Marci at 781-316-3419. Free



#### Shakespeare Group in the Arts & Crafts Room

Thursdays at 1:30 beginning Sept 8. This month we are reading "Much Ado About Nothing". \$3

#### Intergenerational Book Club w/ High School Students in the Arts & Crafts Room

Thursday, September 15 at 3:30 Free

**Intergenerational International Tea Talk**—Begins October 11

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Dial 2-1-1 to make an appointment

Pop-up Mobile Clinics



Through local Boards of Health or community organizations

In-home Booster



Request an in-home booster call: (833) 983-0485

## Need a Boost?

It may be time for your next COVID-19 vaccination

COVID-19 booster vaccines keep you, your family, and your community healthy. Health officials recommend a fourth dose (or second booster) of the Pfizer or Moderna vaccine for older adults and the most vulnerable. Our team is here to help you with your questions about vaccinations and how to make an appointment.



**Minuteman**  
SENIOR SERVICES

Our caregiving team is here to help you with your questions. Visit [MinutemanSenior.org](http://MinutemanSenior.org)  
Call us at 888-222-6171 or email us at [elderinfo@MinutemanSenior.org](mailto:elderinfo@MinutemanSenior.org)



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### Thinking about your next move?

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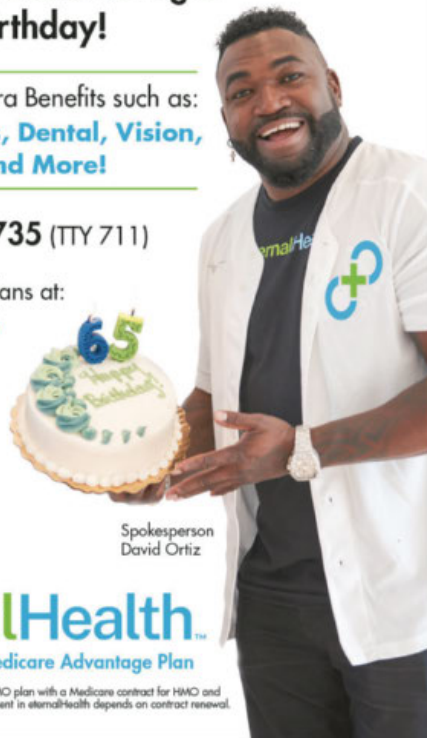
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Spokesperson David Ortiz

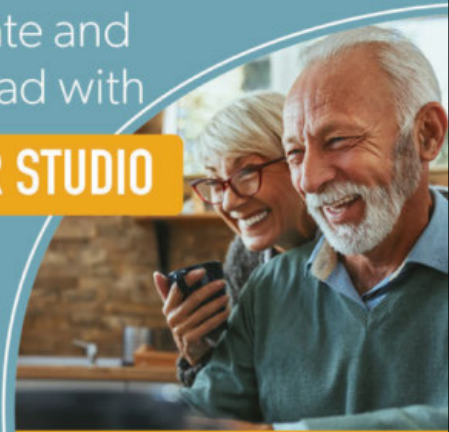


Y0160\_eHNLI22\_M eternalHealth is an HMO plan with a Medicare contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

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## More News and Info

**We Are Excited to Welcome Our New Receptionist Eva!  
Find out more about Eva in next month's newsletter.**

### ACE Classes

Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or call 781-316-3568 to find out more about Fall classes through Arlington Community Education, some of which are held in the Senior Space at the Community Center. Dance, Poetry, Iphone Skills, Drawing, ESL, Writing Watercolor and Yoga are just some of their offerings.

### Pool Players Wanted!

**Dave Novak, Captain of the Arlington Senior Pool Players is looking for seniors to join their league. All levels of payers can join. Call him at 781-264-1125 to find out more.**

**Home Games start at 11:00 am and are in Arlington on September 15, 22, and 29.  
The schedule for the entire league is posted in the Pool Room.**

#### CONTACT US:

**The Arlington Senior Center is located behind  
Town Hall at 27 Maple Street, Arlington, MA 02476**

**[www.arlingtonma.gov/coa](http://www.arlingtonma.gov/coa) Phone: 781-316-3400**

#### Council on Aging Staff

Kristine Shah, Executive Director  
Lourie August, LICSW  
Marcy Shapiro-Ide, LICSW  
Joanne Sliney, RN, BS  
Shannon Murphy, Info & Program Specialist  
Michelle Tse, Supervisor, Transportation & Volunteers  
Chris Angell, Office Manager  
Jeety Gandhi, Assistant  
Eva Gomez, Receptionist

#### Arlington Seniors Association

Claire Foley, President, Phone: 781-643-2029

#### Meals on Wheels Home Meal Delivery

Minuteman Meals Office: 781-221-7083

**The Council on Aging Board routinely meets monthly on  
the third Thursday from 6 to 7 and is open to the public.**

The Board does not meet in July and August.

See [arlingtonma.gov/coa](http://arlingtonma.gov/coa) for details

#### Town Appointed Council on Aging

##### Board Members:

Pat Baillieul  
Anne Brown  
Sheila Connerney, NP  
Nancy Cox  
Mahendra Desai  
Nancy Feeney  
Mary Hung  
Michael Quinn, Chair

##### Associate Members:

Rick Fentin  
Anne Fitzgerald  
Mara Klein-Collins  
Karen Nichols  
Paul Raia  
Bob Tosi, Jr.  
Marjorie Vanderhill

**Select Board Liaison :** Steve DeCoursey



### Trips For 60+ Are Planned and Sponsored By the Retired Men's Club of Arlington

September 7: Cruise and Lunch, \$110; September 19 –22: Atlantic City, \$ 475; October 11: Quabbin Foliage Tour, \$110; October 19: Newport Playhouse & Restaurant, \$125; November 15: Bob Hope USO Style Show, \$115; November 30: Yuletide Newport, \$110; December 7: Isabella Stewart Gardner Museum & Lunch, \$110. Trips leave by coach from St. Camillus Church parking lot. Registration and payment required before trip.

Call Peter Galluzzo of the Retired Men's Club at 781-646-7758 for all the info!