

May 2026 Arlington 60+ News

Older Americans Month Luncheon Thursday, May 21 at 12:00 noon in the Main Hall

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2026 theme is **Champion Your Health**, focusing on prevention, wellness, and personal responsibility as cornerstones of healthy aging.



Join Us for Lunch from a Local Favorite

D'Agostino's Chicken Salad or Tomato Mozzarella Sandwiches & Pasta Salad
Arlington Residents only. Register at 781-316-3400. \$3.00

Scams Info Session Thursday, May 7 at 12:00 noon in the Main Hall

Scams continue to be a huge problem for people of all ages, but many specifically target older adults. We have invited experts to share the latest information about scams circulating in our lives, as well as tips to avoid them. Join us to become informed and ask questions.

- Arlington Police Department Criminal Investigations Bureau
- Massachusetts Senior Medicare Patrol
- Watertown Savings Bank Fraud Prevention



Free. Must Register at 781-316-3400.

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

Theater Performance by The Epic Elders *Not Dead Yet...But Moving in That Direction* **And Ice Cream Social**

Thursday, June 25 at 12:00 noon in the Main Hall

Come see a group of Council on Aging seniors perform an original play that they wrote! Epic Elders is a performance group through Boston's Huntington Theater. 15 Seniors have been writing, developing and practicing their play since November and they recently performed it in Boston! After the play, Sunrise Senior Living will be here with ice cream!

Free. MUST REGISTER. 781-316-3400.

Community Volunteering Group

Tuesday, May 12 at 11:30 am in the Yoga Room

Join this senior-led Volunteering Group. All are welcome! Our project for May will be writing friendly notes to seniors living in area nursing homes. Please join us around the table to write some thoughts, jokes, and good wishes. Note cards will be provided, but you can bring your own as well. This will be our last meeting until the Fall. Register at 781-316-3400.



Upcoming Video Scrapbook Project with ACMI

Would you be interested in having a video made of you sharing some of your thoughts, favorite memories or stories? A local media professional is offering this service for Arlington older adults and would interview and record you here at the Center. Please call the COA to express your interest or to ask questions at 781-316-3400 and we will keep you informed as to when the recordings will be scheduled.



Movie: Hairspray

Tuesday, May 12 at 2:00 pm in the Yoga Room

Join the LGBTQ+ and Friends group for this fun movie from 1988! John Waters, Debbie Harry, Ricki Lake and more star in this classic film. We will have good snacks as well! Free. Register at 781-316-3400.



Senior Shredding Event

Saturday, May 16 from 9:00 am to 12:00 noon

At 27 Maple Street in our Circle Driveway

Sponsored by Steve McKenna and the Home Advantage Team

Arlington residents age 60 and over are invited to bring important documents to be shredded by an on-site shredding truck. The truck will be parked in our driveway and Home Advantage Team staffers will be on hand to help seniors. No registration is required.



STEVE MCKENNA &
THE HOME ADVANTAGE TEAM



NEWS

Elder Law Workshop on End of Life Decisions Thursday, May 14 at 12:00 noon in the Main Hall



Elder Law Attorney Alex Moschella continues his Legal Talk Program series. This month he will discuss end of life decisions such as prepaid burial. Find out how to help your loved ones to follow your wishes if the unexpected happens. Copies of the 2026 Elder Law Guide will be available.

Must Register at 781-316-3400. Free.

Fall Prevention Talk with Mt. Auburn Hospital Monday, May 18 at 1:30 pm in the Arts & Crafts Room



Join Mary Decourcey, Director of Community Benefits at Mount Auburn Hospital to hear about fall prevention strategies and how to build better balance. Learn about the risks for falling in order to reduce your risk. Strategies to improve your balance will be discussed. Some exercises will be introduced at the end of the session for participants to practice at home to improve strength and balance. Participants will leave the presentation with strategies they can take with them and incorporate into everyday living. A question and answer period will be provided. Register at 781-316-3400.

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Healthy older adults (ages 60+) needed for a research study on emotional processing

We are researchers at Boston College who are interested in how the brain processes emotional information. We use the noninvasive method of electroencephalography (EEG) to look at brain activity.

You will be compensated for your time

For more information, including study eligibility and location details, please contact us.
Email: canlab@bc.edu | Phone: 617-552-6949

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Art, Music and Social Groups

Art & Cooking Classes

Limited Spaces are for Arlington Residents Only.
MUST REGISTER. Each class is \$3.00.



Art with Marina in the Arts & Crafts Room

Wednesday Afternoons at 1:30 pm—Monthly

- May 20: This month paint a fish cutout as part of the ArtsArlington town wide program.

Art with Erica in the Arts & Crafts Room

Wednesday Mornings at 10:00 am—Monthly

- May 13: Miniature Stick Frame Paintings. Construct a miniature frame out of sticks and then create a mini painting to go inside of it!

Indian Fusion Cooking in the Kitchen

Thursday Afternoons at 3:00 pm in the—Monthly

- May 14: Quick and Easy Noodle Pulav.



Cooking with Katie in the Kitchen

Wednesday Afternoons at 1:30—Monthly

- June 3: Cook Italian Gnocchi with Brown Butter Sage Sauce, Roast Broccoli with Gremolata.

Music & Dance Groups

The Maple Street Singers in the Main Hall/Hybrid

On the 2nd Tuesday of Each Month from 12:30 to 2:00 pm

- All Are Welcome! If You Like to Sing, Please Drop In to this Sing Along Troupe run by Cheri Minton!

Chinese Dance Weekly in the Main Hall

Tuesdays from 2:00 to 4:00 pm. Free. (NO Dance May 19)



Social Groups—Free

Chat & Coffee, Yarn & Yarn Weekly in the Drop In Room

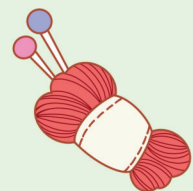
Thursdays at 10:00 am. May 7, 14, 21, 28. Please join us for this social and fun crafting project "circle". Let us know if you need craft supplies.

LGBTQ+ Seniors & Friends Group

Tuesdays: May 5 at 2:00 on Zoom. May 12 at 2:00 Movie: Hairspray.
May 19 at 2:15 with Tea Talk.

Questions about Yarn & Yarn or LGTBQ+?

Ask Marci at 781-316-3419 / mshapiro-ide@town.arlington.ma.us .



Current Events, Weekly in the Drop In Room

Tuesdays at 1:00 pm.

Come discuss recent events happening around us with this vibrant group!



Drop in Coffee Hour for Veterans in the Game Room

3rd Friday of each month at 8:30 am.

Must Call 781-316-3400 to Register

Books, Intergenerational Groups & Tech Help

Book Club for Seniors in the Game Room

3rd Wednesday of each month at 1:00 pm
May 20 book is *Deacon King Kong* by James McBride.



Shakespeare In the Arts & Crafts Room

Thursdays at 1:30 pm. May 7, 14, 21 & 28.



Intergenerational Book Club with Students at Arlington High

Thursday, May 21 at 3:30 pm. Call Marci for book title 781-316-3419.

Tea Talk with International High School Students in the Main Hall

Tuesday, May 19 at 2:15 pm. Final Tea Talk for this school year!



Tech Help with High School Students in the COA Library

Thursday, May 14 or 28 from 3:30 to 5:00 pm

- High School Students are here to answer your tech questions and offer tips and tricks for your phone, tablet or laptop. Register at 781-316-3400. Arlington Residents Only.



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Are Your Housing Needs Changing?

If you are contemplating a move, it is never too early to start planning and exploring your options. We are here to guide you every step of the way. Since 2004, we have been working with the residents to figure out their housing needs and their next move.

If you need assistance with downsizing, selling, buying, relocating, or adding updates that will increase the value of your property, give us a call or send us an email for a no-obligation, no-pressure conversation.



Dave Ledwig

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Arlington Council of Aging, Arlington, MA

06-5053

Fitness & Wellness Classes/ARLINGTON RESIDENTS ONLY MUST REGISTER. \$3 Each Class.

Strength and Conditioning (You may Register for ONE time slot of this class only)

- Monday at 11:00 am (FULL: Registration is currently closed for Mondays)
- Thursday at 10:30 am (**NO STRENGTH AND CONDITIONING ON MAY 21**)

Both challenging and accessible, class focuses on building strength and resilience in older adults. Improve your fitness in a supportive environment. A great way to stay active and enhance your overall well-being.

Line Dancing

- Monday at 2:30 pm

New music and dances each month! A low-impact exercise, dancing to country-western music. Each class is about 2000-3000 steps!

Chair Yoga (You may Register for ONE time slot of this class only)

- Tuesday at 9:30 am
- Tuesday 10:30 am

A gentle form of yoga that's done while seated or using a chair for balance, making the practice more accessible.

Tai Chi

- Tuesday at 11:30 am

A series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

Morning Exercise (You may Register for ONE time slot of this class only)

- Wednesday at 9:00 am
- Wednesday at 10:00 am

This senior aerobic exercise program, set to music, is a fun way to increase physical activity in your day.

Strong & STEADI (You may Register for ONE time slot of this class only)

- Monday at 10:00 am
- Thursday at 9:30 am

Designed to teach balance and Fall Preparedness, this class combines Functional Strength & Balance Exercises and has participants practice Reactive Balance strategies critical to prevent falls.

Very Gentle Yoga

- Thursday at 2:30 pm

Gentle mat class, for yoga beginners, with an option to use a chair. Please note: this class is best for those who can stand independently, without a walker or rollator.

Zumba

- Thursday at 6:00 pm

Zumba "Gold" is a lower-intensity version of the typical Zumba class which meets the needs of seniors.

Shake Your Soul (You may Register for ONE time slot of this class only)

- Friday at 8:30 am
- Friday at 9:30 am

A movement class that relaxes your nervous system, energizes your body, and awakens your soul through a powerful, fluid dance repertoire set to world music.

See or Call our Receptionist for Details and to Register!

GAMES and FITNESS

FITNESS CLASS UPDATES

- Most classes are for Arlington residents only and **registration is REQUIRED** for any class in which you participate. Scan your card at the kiosk every time you come to the Center.
- Classes are NOT on a drop in basis. If you are not registered, you may not participate.
- The COA limits registrations at times to keep class sizes at safe levels.



Games

Cribbage Mondays at 9:30 in the Game Room. Free.

Canasta Mondays at 1:30 in the Game Room. Free.

Mahjongg Mondays (Drop In Room) and Thursdays (Game Room) at 1:00. Free.

Bridge Tuesdays from 10:00 to 1:00 in the Game Room. Free.

Scrabble Wednesdays from 10:00 to 12:00 in the Game Room. Free.

Bingo Wednesdays from 1:00 to 3:00 in the Main Hall—Let us know if you plan to attend! REGISTER!

Cards are \$1.00 each. Free snacks provided by Sunrise Senior Living.

Chess Thursdays 10:00 to 12:00 in the Game Room. Free.

Open Pool Tables Daily in the Pool Room from 8:00 am until 15 minutes before closing. Free.

Ping Pong Wednesdays 1:00 to 3:45. Free.



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Arlington Council of Aging, Arlington, MA

06-5053

Monday	Tuesday	Wednesday
 <p>Thank you for providing our weekly Bingo snack!</p>	<p align="center">Arlington Friends of the Drama </p> <p align="center">FREE Open Dress Rehearsal for Seniors</p> <p align="center">Thursday, April 30 at 7:30 pm: <i>Louisa Alcott's Little Women</i>. Tickets not required. Info at info@afdtheatre.org or call 781-646-5922 .</p>	
<p>04 9:30 Cribbage 10:00 Strong & Steadi 10:30 Decluttering In Person 11:00 Strength & Conditioning (FULL) 1:00 Mahjongg 1:30 Canasta 2:30 Line Dancing</p> <p>Podiatry in Medford</p>	<p>05 9:30 Chair Yoga 10:00 Bridge 10:30 Chair Yoga 11:30 Tai Chi 1:00 Current Events 1:00 Blood Pressure Check 2:00 Chinese Dancing Group 2:00 LGBTQ+ & Friends on Zoom</p>	<p>06 9:00 Morning Exercise 10:00 Morning Exercise 10:00 Scrabble 1:00 Ping Pong 1:00 Bingo</p>
<p>11 9:30 Cribbage 10:00 Strong & Steadi 10:30 Decluttering on Zoom 11:00 Strength & Conditioning (FULL) 1:00 Mahjongg 1:30 Canasta 2:30 Line Dancing</p> <p>10:00 Memory Cafe at Brightview</p>	<p>12 9:30 Chair Yoga 10:00 Bridge 10:30 Chair Yoga 11:30 Tai Chi 11:30 Community Volunteering Group 12:30 Maple Street Singing Group 1:00 Current Events 1:00 Blood Pressure Check 2:00 Chinese Dancing Group 2:00 LGBTQ+ and Friends Movie</p>	<p>13 9:00 Morning Exercise 10:00 Morning Exercise 10:00 Scrabble 10:00 Art with Erica 1:00 Ping Pong 1:00 Bingo</p>
<p>18 9:30 Cribbage 10:00 Strong & Steadi 10:30 Decluttering on Zoom 11:00 Strength & Conditioning (FULL) 1:00 Mahjongg 1:30 Fall Prevention Talk 1:30 Canasta 2:30 Line Dancing</p>	<p>19 9:30 Chair Yoga 10:00 Bridge 10:15 Caregiver Support on Zoom 10:30 Chair Yoga 11:30 Tai Chi 1:00 Current Events 1:00 Blood Pressure Check 1:00 Tea Talk & LGBTQ+ & Friends 2:00 NO Chinese Dancing Group</p>	<p>20 9:00 Morning Exercise 10:00 Morning Exercise 10:00 Scrabble 1:00 Ping Pong 1:00 Book Club 1:00 Bingo 1:30 Art with Marina</p>
<p>25</p> <p align="center">Town of Arlington Closed</p> 	<p>26 9:30 Chair Yoga 10:00 Bridge 10:30 Chair Yoga 11:30 Tai Chi 1:00 Current Events 1:00 Blood Pressure Check 1:15 Low Vision Group 2:00 Chinese Dancing Group</p>	<p>27 9:00 Morning Exercise 10:00 Morning Exercise 10:00 Scrabble 1:00 Ping Pong 1:00 Bingo</p>

Thursday	Friday
 <p data-bbox="420 195 602 338">Thank you for providing free coffee to our Seniors!</p>	<p data-bbox="646 174 906 275">01 8:30 Shake Your Soul 9:30 Shake Your Soul</p>
<p data-bbox="107 394 480 705">07 9:30 Strong & Steadi 10:00 Yarn & Yarn 10:00 Chess 10:30 Strength & Conditioning 12:00 Scams Talk 1:00 Mahjongg 2:30 Very Gentle Yoga 6:00 Zumba</p>	<p data-bbox="646 394 906 495">08 8:30 Shake Your Soul 9:30 Shake Your Soul</p>
<p data-bbox="107 741 602 1161">14 9:30 Strong & Steadi 10:00 Yarn & Yarn 10:00 Chess 10:30 Strength & Conditioning 12:00 Legal Talk 1:00 Mahjongg 2:30 Very Gentle Yoga 3:00 Indian Fusion Cooking 3:30 - 5:00 Tech Help 5:15 Caregiver Support Group In Person 6:00 Zumba</p>	<p data-bbox="646 741 959 877">15 8:30 Veteran Coffee Hour 8:30 Shake Your Soul 9:30 Shake Your Soul</p>
<p data-bbox="107 1203 553 1587">21 9:30 Strong & Steadi 10:00 Yarn & Yarn 10:00 Parkinsons Support Group 10:00 Chess 10:30 NO Strength & Conditioning 12:00 Older Americans Luncheon 1:00 Mahjongg 2:30 Very Gentle Yoga 3:30 Book Club with Students at AHS 6:00 Zumba</p>	<p data-bbox="646 1203 906 1304">22 8:30 Shake Your Soul 9:30 Shake Your Soul</p>
<p data-bbox="107 1665 480 1976">28 9:30 Strong & Steadi 10:00 Yarn & Yarn 10:00 Chess 10:30 Strength & Conditioning 1:00 Mahjongg 2:30 Very Gentle Yoga 3:30 - 5:00 Tech Help 6:00 Zumba</p>	<p data-bbox="646 1665 906 1766">29 8:30 Shake Your Soul 9:30 Shake Your Soul</p>

Senior Shredding will be available on Saturday, May 16 from 9:00 am to 12 Noon in the Circle Driveway at 27 Maple Street



MAY CALENDAR



Register for Every Class, Event or Activity and Scan in Every Time you Come!

Social Services

Support Groups are Free and New Members are Welcome! **Parkinson's Support Group**

On the 3rd Thursday of each Month at 10:00 am in the Yoga Room.

This group is for anyone who has Parkinson's and their Caegivers. Register at 781-316-3400.



Caregiver Support Group - In Person

Every 2nd Thursday of each Month at 5:30 pm in the Game Room

Led by Lourie August, LICSW, this group is a confidential, supportive community for family caregivers, including those caring for a loved one with memory impairment. Register at 781-316-3400.

Low-Vision Support Group

On the 4th Tuesday of each month at 1:15 pm in the Game Room. Call in option available. Call if you need a ride. Contact Lourie August, LICSW to register at 781-316-3410 or laugust@town.arlington.ma.us.

Caregiver Support Group - On Zoom

On the 3rd Tuesday of each month at 10:15 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.

Decluttering Support Group on Zoom, some In Person

Mondays at 10:30 am. May 4 In Person only. May 11 & 18 on Zoom only. Learn constructive ways and simple steps to reduce your clutter and stress! Non-judgmental Emotional Support to Tackle the Clutter! Call Marci Shapiro-Ide, LICSW, at 781-316-3419 to register.

Bright Day Memory Café at Brightview

On the 2nd Monday of each Month at 10:00 am. For those with Memory Impairment and their Caregivers. Located at Brightview at 1 Symmes Road. Come for socializing, support, activities, & snacks. Free. Call Kristen at 781-646-0837 to RSVP. Van rides upon request.

See Calendar on Page 8 for Dates and Times

Stay full with SNAP food program. The COA can assist you with your application for SNAP. We are a SNAP Outreach Provider and we submit 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.



Meals on Wheels Home Meal Delivery: Minuteman Meals Office: 781-221-7083 to apply.

Minuteman Meal Site-Lunch at the Senior Center: Call 781-221-7099 to reserve yours!



Arlington EATS Market (Food Pantry) Located at 117 Broadway

Hours are: Monday 2-7pm (2-4pm are senior hours), Tuesday 9am-12:30pm,

Wednesday 9am-12pm, Wednesday 4-6pm and Saturday 9am-1pm. Make appointments at 339-707-6761. The COA van can provide a FREE ride to the EATS Market on weekdays only. If you need a van ride to EATS, call Michelle at the COA at 781-316-3403 to make your EATS shopping appointment. Website is:

www.arlingtoneats.org. **CLOSED on Saturday, May 23. Open reduced hours Memorial Day, May 25 2 to 6 pm**



Podiatry Clinic at Dr. Daniel Seligman's Office

Monday Mornings: May 4 and June 15

\$40.00 per person. Cash or Check only. 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.



Insurance, Financial Advice or Legal Assistance

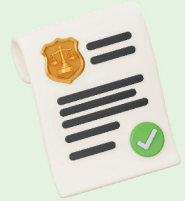
SHINE Calls for Medicare Concerns

Our SHINE volunteers can help to make sure you have the best Medicare coverage, including drug coverage. Call 781-316-3400 to request a SHINE appointment.

Lawyer Attorney Alex Moschella voluntarily offers his advice to Arlington seniors.

Financial Advisor Ron Judkins volunteers to help Arlington seniors.

Call Shannon at 781-316-3404 or email smurphy@town.arlington.ma.us to coordinate a time for you to speak with Alex or Ron.



Blood Pressure Checks on Tuesdays between 1:00 and 2:00 pm

in the COA Library by COA Nurse.



Thinking about your next move?

Selling your long-time family home can be overwhelming. I have helped many people move from their Arlington homes to their next chapter. I would love to discuss how I can put my 20+ years of experience to work for you.


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Arlington Council of Aging, Arlington, MA

06-5053

Social Work Corner

Surviving in Times of Rising Costs

by: **Lourie August, Social Worker**

These are financially worrisome times for many older adults. Rising costs for food, medical expenses, utilities, rent, and property taxes are a concern for everyone, but particularly for seniors living on a fixed income. Here are some suggestions for how to survive when your financial situation gets tough.

- **Mortgages and Loans can be Tricky for Seniors.** It is often difficult for seniors to manage loan payments such as mortgages, home equity loans, and car loans as they get older. Think carefully about the merits of getting a loan before committing to such a long-term expenditure and make sure you understand the terms of the loan before signing. Do payments increase at some point? If it is a reverse mortgage, what happens when you max out the equity value of your home? Is there an alternative way to fulfill your goal besides a loan?
- **Take Control of Your Credit Cards.** Using a credit card is so easy, but it is a costly way to 'borrow' money given the ever-increasing interest rates. Here are some suggestions to manage your credit card. Track your spending by keeping a journal or using an app to monitor your credit card purchases. Take your cards OUT of your wallet and put them away to avoid temptation. Create a budget, allocating specific amounts for essential needs and then try to stick to it. Request a lower credit limit on your credit cards so you don't develop a large balance. Decide to only use cash or a debit card for purchases so you don't spend money you don't have.
- **Beware of Storage Units!** For many of us renting a storage unit to hold furniture, keepsakes, etc. is very tempting. But often we put things in storage and leave them there for years, paying the monthly fee and depleting our limited funds. If money is tight, or even if it is not, I suggest biting the bullet and making hard decisions NOW about what to do with those items before committing to a monthly storage expense.
- **Be Brave and Look Down the Road.** Often, we are reluctant to face the facts regarding our financial situation and delay making difficult decisions. But if a change needs to be made eventually, it is helpful to start now, giving ourselves more time and options. For example, if your landlord is thinking of selling your building or increasing the rent, it is wise to check out options and get on waitlists NOW before you are given a notice to leave. Similarly, if your house expenses are growing increasingly unmanageable, it makes sense to start planning NOW for sale of your house rather than waiting until all your funds are depleted. You may also want to consider that almost always we have a reduction in income when our spouse passes away. I suggest taking time NOW to start thinking about these things and planning for the future.
- **Get Help Paying for What You Can.** If funds are tight, explore getting financial assistance from any programs that you may be eligible for. Many people think that assistance programs are only for low-income people, but that is not true. The eligibility criteria for assistance programs varies widely. Here are some programs you might consider: HEAP Fuel Assistance is helpful for many seniors in Arlington since it is based only on household income. The Senior Circuit Breaker Property Tax Credit is available for moderate income seniors who file a MA income tax return. And if you are eligible for the MA Circuit Breaker Tax Credit you are also probably eligible for the new Town of Arlington Senior Means-Tested Property Exemption. Contact the Assessor's office for applications that are available in July. The Town of Arlington manages a Widow's Fund to help pay a one-time expense for Arlington widows. The Medicare Savings Program through MassHealth pays your Medicare Part B premium if your income is moderately low, with no asset test. Arlington Eats offers a wide variety of food items to ANY Arlington resident who is feeling the squeeze financially – there are no income or asset requirements.

Information

3 Lunch Options Served by Minuteman Senior Services

Hot Lunch is served by reservation Mondays, Tuesdays & Wednesdays at 11:30 by Minuteman Senior Services. A \$3.00 donation is requested. COA Easy Tickets are not accepted for Minuteman lunches. Minuteman also offers Meals on Wheels & Grab and Go lunches. Menus are near lunch site at the Community Center. Call Minuteman ahead of time and reserve your lunch or to ask questions at 781-221-7099.



Borrowing and Donating Gently Used Medical Equipment

Please Call Us First!

Borrowing: We have a rotating selection of medical equipment on hand. We are happy to lend you medical equipment such as a walker, shower chair, cane or toilet aid based on availability.

Please call us before you come to see if we have what you need. We also have some self care products and limited miscellaneous medical supplies.

Donations: Though we very much appreciate medical equipment donations, **we do NOT accept random drop off donations**—please call us first to see if we have a need for the item you wish to donate. Our space is limited and we must be sure that your donation can be matched to the needs of our clients. Call us at 781-316-3400.



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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www.homeinstead.com/404
info404@homeinstead.com



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For ad info. call 1-800-950-9952 • www.4pi.com

Arlington Council of Aging, Arlington, MA

06-5053

Transportation News

Our Van and Transportation program is extremely busy!
We always try our best to accommodate your ride requests, but there may be some days when we can't meet the needs of all riders. Last minute requests cannot be accommodated.



- **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 or use an Easy Ticket. 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.

Please give us as much advance notice as possible.

- **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.

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

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

- **Senior Charlie Cards**

Michelle may be able to help with signing up for a MBTA pass. Call her for info.

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

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

COA Easy Ticket:

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

- Easy Tickets are good for all \$3.00 classes, COA luncheons and the van.
- Easy Tickets are not valid for Taxis or Minuteman Congregate lunches.
- Easy Tickets do not expire.



These are sold in sheets of 10 tickets for \$27.00 (a \$3.00 savings!) .We do not take credit or ATM cards. Let us know if you need a scholarship. Tickets are for convenience only and are not required to ride or participate.

Transportation & Parking Program

IMPORTANT REMINDER!

We Cannot Provide On-Demand Rides!

- We MUST have as much advance notice as possible to schedule rides on our Van and ESPECIALLY for Medical Rides.
- 48 BUSINESS hours is the MINIMUM requirement for a ride request. But don't wait! If you know you need a ride in the future, request the ride NOW so that we can better accommodate you.
- Even if the van is going by your house, it may be FULL with those who have pre-booked their ride! It is not a shuttle bus. All rides are SCHEDULED!

Call Michelle at 781-316-3403 to schedule your rides.

Senior Parking Permit Program for Arlington Residents 65+

- Allows for free meters in Arlington.
- Apply Online anytime, or In Person every Thursday from 3:00 to 6:00 pm only.
- You must bring your registration and drivers license.
- One per household.
- Permits do not expire.
- If you purchase a new vehicle, you MUST get a new sticker for your new car. Stickers are NOT transferable.
- Call 781-316-3402 or visit arlingtonma.gov/coa for details.



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



Upcoming Trips Through the Retired Men's Club of Arlington

- Weds, June 3: Newport Playhouse/Buffer/Cabaret Show & Play: Sexiest Couple. \$169 due by 4/25
- Weds, July 29: Newport Harbor Cruise/Choice of Chicken, Seafood or Vegetarian. \$148 due by 6/22
- Weds, August 19: Beach Boys Tribute Chicken or Lobster. \$159 due by 7/23
- Thurs, September 17: Danversport, Solid Gold 50's & 60's Chicken Parm or Baked Haddock. \$152 due by 8/21
- Thurs, October 22: Windham, NH, Neil Diamond Tribute Chicken or Lasagna. \$152 due by 8/21
- Thurs, November 12: Windham, NH, Beatlemania Again, Turkey Dinner or Lasagna. \$148 due by 10/16

To register and pay for trips, please contact Jim Haynie 781-218-9073 or William Young 617-484-7898. or email: RMCA.Activities@gmail.com. Trips must be registered and paid for ahead of time.

Coach buses leave from St. Camillus Church Parking Lot at 1175 Concord Turnpike in Arlington.

There are many more trips and details on our website: <https://rmcarlington.org/trips>



Minuteman High School Offers Free Services to Seniors 65+

Thanks to the generous Dana Home Foundation Grant, these student-run programs provide high-quality services at no cost, including:

- **Automotive:** Call 781-372-2994 for brake checks, fluid/oil changes, tire rotations.
- **Cosmetology:** Call 781-372-2974 for haircuts, styling, conditioning, facials, manicures, & more.
- **Culinary:** Call 781-372-2985 for weekday seated meal including dessert, reservations required.
- **Information Technology:** Call 781-861-6500 for tech help with electronics and computers.

Call to book. These services all take place in Lexington.

CONTACT the Council on Aging:

Phone: 781-316-3400

The Council on Aging is located behind Town Hall at :
27 Maple Street, Arlington, MA 02476

M thru W: 8 to 4, Th: 8 to 7, F: 8 to 12

www.arlingtonma.gov/coa



**Remember to REGISTER
and SCAN IN
for EVERY event, program or
activity you attend at
the Council on Aging!**



**Get your free scan card from our
receptionist if you don't already
have one! It is quick and easy!**

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 for details.

Town Appointed Council on Aging Board Members:

Darcy Carr
Mahendra Desai
Susan Gibbons
Sherry Graham, MD
Margaret Iwobi
Melissa McInerney
Elaine McNulty
James Munsey
Marie Rapoza

Associate Members:

Anne Fitzgerald
Karen Nichols
Paul Raia
Bob Tosi, Jr.
Marjorie Vanderhill

Select Board Liaison: Steve DeCoursey

