

Useful Information During Renovation

Limited Access to the Council on Aging Offices

Due to construction, there will be times when the public cannot walk into our office. Please call us first, to make an appointment at 781-316-3400.

Transportation

- The Van can take you to all of the new program locations; call us to schedule.
- Purchase Van and DART tickets right on the COA Van.
- Or mail in a check to purchase Van and DART tickets. Tickets will be mailed to you directly. COA, 27 Maple Street, Arlington, MA 02476
- Register for the DART program over the phone and by mail.

Social Workers

- To meet with a social worker call Lourie August LICSW at 781-316-3410 or Marci Shapiro-Ide LICSW at 781-316-3419. All social work meetings are by appointment and need to be scheduled directly with the social worker.

No walk-ins during renovations.

COA Nurse

- For questions about blood pressure clinics, flu shots, dental scholarships or other health related issues call Joanne Sliney, RN at 781-316-3405.

Food Assistance

- Apply for SNAP (food stamps) and find out about several other food programs in Arlington. Call Marci Shapiro-Ide LICSW at 781-316-3419.

Heat Assistance

- Apply for Heat Assistance. Call Jeety Gandhi at 781-316-3176.

Medical Equipment

- **The Arlington COA's medical equipment loan program will be suspended** until the renovations are complete. During our renovation period, please call H.E.L.P (Hospital Equipment Loan Program) at 781-322-1052. Located at 500 West Cummings Park, Suite 1150 Woburn, MA, this program is open on Saturdays only from 9-12 for picking up, returning or donating items.

Meals

- Congregate Lunch at the Unitarian Universalist Church at 11:30 on Mondays and Tuesdays. Call by Friday to order for the next week at 781-221-7099.
- Meals on Wheels. Call to order 781-221-7083.

Cancelation Policy

- If the **Arlington School District is closed** for poor weather, the **COA Van and All senior programs and activities will be canceled.**

Renovation Updates

- The COA monthly newsletter will always have information on the renovation or visit www.arlingtonma.gov/coa

Other Questions

If you have any questions or concerns about programming during renovations call Shannon Murphy at 781-316-3404 or email smurphy@town.arlington.ma.us

Arlington Council on Aging Guide to Temporary Offsite Programs During Senior Center Renovation

The Arlington Senior Center at 27 Maple Street will be closed to the public starting Spring 2020 as the building undergoes renovations and transforms into the new Arlington Community Center.

During this renovation period, programs, activities and classes for older adults will continue in alternate Arlington locations and will be serviced by COA Vans.

On Monday, March 9th, all Senior Center programs will move to their new temporary offsite locations.

The Council on Aging will continue to operate and offer all Transportation, Social Services and Programs. Our offices will remain open by appointment. Due to construction, there will be limited access to the Council on Aging offices and there will be times when the public cannot walk into our office.

Please call us first to make an appointment during our normal business hours:

Monday-Wednesday: 8:00 to 4:00
Thursday: 8:00 to 7:00
Friday: 8:00 to 12:00

We look forward to welcoming you to the new Arlington Community Center when the renovations are complete! We are excited to share updates in our monthly Senior Newsletter and on our website at www.arlingtonma.gov/coa



Arlington
Community Center

An age-friendly space connecting seniors with their neighbors

Please call the COA with any questions at 781-316-3400



All Locations are accessible



Temporary Program Location Sites

Council on Aging Vans Can Provide Rides to All Program Locations
Call 781-316-3400 at least 2 Days in advance to book your ride.

Key to Program Locations

Arlington Town Hall	TH
Brightview Arlington	BV
Church of Christ	COC
Regent Theater	RT
Robbins Library	RL
St. Camillus Church	SCC
Sunrise	SR
Unitarian Universalist Church	UUC
Whittemore-Robbins House	WRH

Arlington Town Hall, 730 Mass Ave

TH

Podiatry Clinic & Chinese Signing Group: Town Hall Auditorium

MBTA Bus Routes: 77, 79, 67

Parking: On-street & metered parking on Massachusetts Avenue, Maple Street, & Academy Street.

Brightview Arlington, 1 Symmes Road

BV

Low Vision Support Group & Caregiver Support Group: 3rd Floor Library

Mah Jongg: Ground Floor Multi-Purpose Room

MBTA Bus Routes: 67

Parking: Free parking garage. Turn right, door opens automatically, follow signs. You may enter building from garage.

Church of Christ, 75 Pleasant Street

COC

All Movement/Exercise Classes in Large Gym

Current Events: Small Meeting Room, 2nd Floor

The main entrance to this building includes multiple stairs; if stairs are difficult for you, please call the COA ahead of your arrival so that we can assist you with the accessible entrance (on Maple Street side of building). 781-316-3400.

MBTA Bus Routes: 67, 77, 79,

Parking: On-street & metered parking on Maple Street, Pleasant Street, & Massachusetts Avenue.

Volunteer Ambassadors at Temporary Program Locations

Dedicated Council on Aging Volunteer Ambassadors will play a crucial role at offsite programs during the renovation period.

Volunteers will:

- be at every temporary program location
- have name tags and special blue aprons to help you identify them at busy locations
- direct you and answer any questions while on site
- have a phone at each site to communicate with the COA
- collect payments for the COA programs

Look for our Volunteer Ambassadors in the blue apron!



Cost of Programs

Exercise, Yoga, Muscle Strengthening & Tai Chi classes are \$4.00 per class. Payment is taken at beginning of class by COA ambassadors.

Please talk to a COA Social Worker if you need financial assistance with class fees.

Limited Access to the Council on Aging Offices

Please keep these phone numbers handy!

Due to construction, there will be times when the public cannot walk into our office. Please call us first, to make an appointment.

Contact the COA

Council on Aging Staff

Name	Phone Number	Job Title
MAIN LINE	781-316-3400	ALL QUESTIONS
Kristine Shah	781-316-3401	Acting Director
Chris Angell	781-316-3402	Administrative Assistant
Lourie August	781-316-3410	Social Worker
Jeety Gandhi	781-316-3176	Administrative Assistant
Shannon Murphy	781-316-3404	Information & Program Specialist
Marci Shapiro-Ide	781-316-3419	Social Worker
Joanne Sliney	781-316-3405	COA Nurse
Dana Whittie	781-316-3400	Receptionist
FAX	781-316-3409	

Please call the COA with any questions at 781-316-3400

Transportation During the Renovation

- **Van Service To Council on Aging Temporary Program Sites:** The Council on Aging Van will transport you to and from your home to all of the new temporary COA program sites. \$3 round trip.
- **Van Service for Every Day Living:** We can transport you from your home to errands such as the hairdresser/barber shop, bank, shopping, or to visit a friend. Service within Arlington only. \$6 round trip for up to 2 stops.
- **Van Service for Local Medical Appointments:** The Council on Aging Van can take you to your medical appointments in Arlington. \$6 round trip.

PLEASE BOOK ALL VAN RIDES AT LEAST 2 BUSINESS DAYS IN ADVANCE
Van and DART tickets available by mail or pay on the Van during the renovation.

- **Dial a Ride Taxi Program:** A taxi program going anywhere in Arlington (Monday thru Saturday). **Registration is required**, with an annual membership fee of \$20.00. Cost for a one-way ticket is \$5.00. Call the COA directly to apply and buy tickets. Once registered, rides are scheduled by **calling taxi company directly at 781-643-7600 one business day prior** to ride.
- **Medical Escort Service (MES)** If your medical appointment is outside of Arlington or you are having a special procedure, a Volunteer Medical Escort may be an option. Volunteer drivers utilize their personal vehicles to transport passengers to medical appointments. Service area includes Arlington and surrounding communities. Passengers are responsible to pay for the service fee in addition to parking fees and tolls. Call the COA to schedule your MES ride **at least 2 weeks prior to your appointment**. Not all requests can be guaranteed. Cost in Arlington \$6 round trip. Cost to surrounding communities, including Boston, is \$20 round trip.
- **Medical Rides for Cancer Related Appointments:** Free rides to local hospitals or medical facilities including Boston are available. No cost to the participant, funded through the Sanborn Foundation. For Sanborn rides call the COA Front Desk at 781-316-3400 and specify that you are calling for a Sanborn ride.

Your COA Van Drivers will get you to all of your programs and activities



Bob



Mike



Jim



Carl

Please call the COA with any questions at 781-316-3400

Temporary Program Location Sites

Regent Theater, 7 Medford Street

RT

Free Senior Movies: Twice monthly

MBTA Bus Routes: 77, 79, 350

Parking: Metered on street parking or metered municipal parking lot behind Arlington Catholic High School.

Robbins Library, 700 Mass Ave

RL

Shakespeare, Computer Help, ASA Book Club: 4th Floor Conference Room

MBTA Bus Routes 67, 77, 79

Parking: In addition to on-street parking available on Massachusetts Avenue, Pleasant Street and Maple Street, there are limited metered spaces in the library parking lot.

St. Camillus Church, 1175 Concord Tpke.

SCC

Bingo: Parish Center (small building at side of parking lot)

Cribbage: Church Basement

MBTA Bus Routes: 76

Parking: Free parking in large and accessible parking lot.

Sunrise of Arlington, 1395 Massachusetts Avenue.

SR

Pool Table: Enter through front doors and sign in; pool table is upstairs.

MBTA Bus Routes: 77, 79 (short walk)

Parking: Free parking on Massachusetts Avenue

Unitarian Universalist Church, 630 Massachusetts Avenue

UUC

Coffee Hour, Sing Along, Congregate Lunch: Parlor

Movement/Exercise Classes: Vestry

Enter through the Massachusetts Avenue Accessible Entrance

MBTA Bus Routes: 67, 77, 79

Parking: On-street and metered parking on Massachusetts Avenue, Maple Street & Pleasant Street. Municipal lot behind Not Your Average Joe's restaurant.

Whittemore Robbins House, 670 Massachusetts Avenue

WRH

Parkinson's Support Group: 1st floor

MBTA Bus Routes: 67, 77, 79

Parking: On-street and metered parking on Massachusetts Avenue, Maple Street, & Pleasant Street. Municipal lot behind Not Your Average Joe's restaurant.

Please call the COA with any questions at 781-316-3400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-11 Podiatry TH 9-12 Open Pool Table SR 9-10 Exercise UUC 9:30-11 Cribbage SCC 10-11 Coffee Hour UUC 11:30-12 Lunch UUC 10-11 Memory Café @ BrightView BV 1-2 Tai Chi UUC	9-12 Open Pool Table SR 10-11:15 Yoga Flow COC 11:30-12 Lunch UUC 1-3 Computer Help RL 2-4 Chinese Singing Group TH Market Basket Van Trip (Call to reserve ride)	9-12 Open Pool Table SR 9-10 Exercise COC 10:15-11 Muscle Strength COC 12:30-2:30 Bingo SCC	8:30-9:30 Tai Chi COC 9-12 Open Pool Table SR 9:45-11 Yoga 4 Bones COC 1:00 Movie RT 1-3 Mah Jongg BV 1:30-2:30 Shakespeare RL 2-3 Chair Yoga UUC 2:30 Open Pool Table SR	9-12 Open Pool Table SR 10:15-11:30 Yoga Flow COC
9-12 Open Pool Table SR 9-10 Exercise UUC 9:30-11 Cribbage SCC 10-11 Coffee Hour UUC 11:30-12 Lunch UUC	9-12 Open Pool Table SR 10-11:15 Yoga Flow COC 11:30-12 Lunch UUC 12:30-2 Sing Along UUC 1-2:30 Current Events COC 2-4 Chinese Singing Group TH Market Basket Van Trip (Call to reserve ride)	9-12 Open Pool Table SR 9-10 Exercise COC 10:15-11 Muscle Strength COC 12:30-2:30 Bingo SCC	8:30-9:30 Tai Chi COC 9-12 Open Pool Table SR 9:45-11 Yoga 4 Bones COC 10:15-11:30 Caregiver Group BV 1-3 Mah Jongg BV 1:30-2:30 Shakespeare RL 2-3 Chair Yoga UUC 2:30 Open Pool Table SR	9-12 Open Pool Table SR 10:15-11:30 Yoga Flow COC
9-12 Open Pool Table SR 9-10 Exercise UUC 9:30-11 Cribbage SCC 10-11 Coffee Hour UUC 11:30-12 Lunch UUC 1-2 Tai Chi UUC	9-12 Open Pool Table SR 10-11:15 Yoga Flow COC 10-11:15 Parkinson's Support WRH 11:30-12 Lunch UUC 1-3 Computer Help RL 2-4 Chinese Singing Group TH Market Basket Van Trip (Call to reserve ride)	9-12 Open Pool Table SR 9-10 Exercise COC 10:15-11 Muscle Strength COC 12:30-2:30 Bingo SCC	8:30-9:30 Tai Chi COC 9-12 Open Pool Table SR 9:45-11 Yoga 4 Bones COC 1:00 Movie RT 1-3 Mah Jongg BV 1:30-2:30 Shakespeare RL 2-3 Chair Yoga UUC 2:30 Open Pool Table SR	9-12 Open Pool Table SR 10:15-11:30 Yoga Flow COC 1-2:30 ASA Book Club RL
9-12 Open Pool Table SR 9-10 Exercise UUC 9:30-11 Cribbage SCC 10-11 Coffee Hour UUC 11:30-12 Lunch UUC 1-2 Tai Chi UUC	9-12 Open Pool Table SR 10-11:15 Yoga Flow COC 11:30-12 Lunch UUC 2:30 Current Events COC 1:15 Low Vision Support BV 2-4 Chinese Singing Group TH Market Basket Van Trip (Call to reserve ride)	9-12 Open Pool Table SR 9-10 Exercise COC 10:15-11 Muscle Strength COC 12:30-2:30 Bingo SCC	8:30-9:30 Tai Chi COC 9-12 Open Pool Table SR 9:45-11 Yoga 4 Bones COC 1-3 Mah Jongg BV 1:30-2:30 Shakespeare RL 2-3 Chair Yoga UUC 2:30 Open Pool Table SR	9-12 Open Pool Table SR 10:15-11:30 Yoga Flow COC

Call for More Information on These Programs:
SHINE/Legal or Financial Consults: Year Round
Mall Walking: February/March
Walk the Rink: May/June
Intergenerational Book Club/Tea Talk: Sept thru May
Help Me With this Digital Thing: Sept thru May
Specialized Support Groups: Year Round

Aquafit Swimming at the Woburn YMCA
Thursdays, 1:30-2:15
with proof of Arlington Residency

Key to Program Locations

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Brightview Arlington	BV	St. Camillus Church	SCC
Church of Christ	COC	Sunrise	SR
Regent Theater	RT	Unitarian Universalist Church	UUC
		Whittemore-Robbins House	WRH

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