

Arlington Family Connection

supporting children age six and under and those who care for them



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www.arlingtonfamilyconnection.org



Playdates on the Spur

New email group allows for 'right now' connections

by Jenny Brown

No one prepared me for the periods of utter boredom when I signed on to this parenting thing. It's not that I don't love 20 repetitions of "these are your eyes; this is your nose; these are your cheeks" or the endless songs on my eight-month-old son's melody block. It's that every now and then my son Nathan enjoys the company of other babies and I crave a little adult interaction.

So I schedule playgroups, make lunch dates, and plan outings. Yet somehow there always seem to be times that fall through the cracks, where I'll find that we have nothing going on and the minutes are passing slower than usual. After staring too many empty afternoons in the face, I decided Nathan need more playmates. Oh, who am I kidding? Nathan's happy playing with his sock. I needed to find more playmates. I knew lots of parents were out there; I see them on our frequent solo walks. But how to get in touch with them?

In our ever-connected world, e-mail seemed to be the answer. I felt shy, however, posting requests for coffee dates or walks on the Arlington Parents list, as that list is more informational than social (and if you don't know about this wonderful e-mail list, you can sign up for it at <http://mailman.connectivity.com/mailman/listinfo/arlington-parents>). So I created the Arlington Social Parents e-mail list, which is *only* for social events. I was nervous about doing it. After all, what if I built a list and no one signed up? What if

everyone else had all the play dates they needed? I timidly sent the list first to my mom's group and then to the Arlington Parents list. The response has been overwhelmingly positive. So far, 45 people have signed up, and the list has been active with parents looking for others to go on walks on the Minuteman Trail, attend a Discovery Toys party, meet at a park, take a hike in the surrounding areas, and more. On my first walk with a group from the list, I met at least five moms and babies I hadn't known before.



Anyone who has a baby or young child is encouraged to sign up for the list. You can subscribe by simply sending a blank e-mail to arlington-social-parents-subscribe@yahoo.com. I would strongly suggest signing up for individual e-mails (rather than digests), as the messages can be quite timely, such as, "Anyone want to meet at Robbins Farm Park in an hour?" Once you're a member, you can post your own requests at arlington-social-parents@yahoo.com.

Nathan and I still have many games of "who's the baby in the mirror?" but it's such a relief knowing that when we're tired of it, we'll be able to find someone to go out with. Who knows? Maybe it'll be you.

Jenny Brown is the mother of one and a freelance writer. She welcomes your feedback at jbrown68@yahoo.com

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AFC Bulletin Board



Members Connecting with One Another

Effective Parenting: A Workshop

Hello everyone! I'm an Arlington mom of two (Amanda, 4, and Veronica, 1). Maybe some of you have read my parenting articles in this newsletter over the last year. If you found them useful, I would like to invite you to attend a workshop that I'll be facilitating in June.

What this workshop is:

This is a parenting workshop designed for parents of children from zero to three years old. In this workshop, you will learn practical parenting skills as well as effective ways to communicate with your child. This small and highly interactive group will explore different parenting topics each week through lively discussion and fun exercises.

Why attend this workshop?

Being a new parent can catch you off guard: no one is fully prepared to have their lives turned completely upside-down, and it's hard to say goodbye to pre-child life as we know it.

Life gets a lot busier, and many parents find that they are just trying to take care of things as they

come up. It's "flying by the seat of your pants" parenting. We don't have a chance to sit down, take a breather, and examine how we would like to design our days. We end up doing the same things as our parents did with us, because that's what we know. Or we do the exact opposite, as a reaction to what our parents did with us. Or we just do what seems to be expected of us by the world at large. Sound familiar?

What if you had a chance to spend time with other parents and share ideas about parenting, in order to design your own toolkit: skills and strategies for everything from how to help your baby sleep through the night, to how to communicate with your toddler when she has a meltdown. It's like having all those parenting books come to life. It's a place to learn how to embrace your role as a parent, and create your own parenting strategy.

This workshop will meet on Wednesdays, June 2, 16, 23, 30, from 7:30 – 9:30 pm at the Jefferson Cutter House in Arlington Center. The cost is \$120. To register, or for more info, please contact me: Melissa Lucius, 781-641-4284 or mrlucius@netzero.net.

Join the AFC Steering Committee; Volunteers Needed!

For more information about AFC, please contact any of the following Steering Committee members or join us at our next meeting, Tuesday, May 4, at 8 pm. Contact anyone listed here for the meeting location.

All meetings are open and AFC members are encouraged to attend. We will be planning future events and discussing issues of interest to Arlington families. If you would like to get more involved with AFC, or if you have a special interest you would like to see us pursue, let us hear from you at info@arlingtonfamilyconnection.org

Volunteers are needed in all areas, but especially in helping to organize outings and special events. See contact information that follows.

Wendy Clarke, Clerk, 781 648-2341
workingmoms@arlingtonfamilyconnection.org

Karen Donovan, Webmaster, 781 777-1011
webmaster@arlingtonfamilyconnection.org

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outings@arlingtonfamilyconnection.org
bulletinboard@arlingtonfamilyconnection.org

Advocating Afternoon Quiet Time

by Melissa Lucius

Attention all parents of kids who are starting to drop their afternoon naps! Please allow me to give you what I consider to be a golden bit of advice: keep the routine, and turn naptime into quiet time. Quiet time is so important for kids and parents alike, and this is your one window of opportunity to incorporate it into your life.

In our family, we love spending time together, but everybody needs a break during the day to rest and refuel. When our older daughter was doing more playing than sleeping during her naptime, we wondered if we should just stop the routine of taking her up to bed after lunch. Then we thought we'd do as we always had, and let her play, look at books, or draw on her magnadoodle. This has been working very well for almost 2 years. At 4 years old, she often announces after lunch that she's going upstairs for her quiet time, and we follow her to get her settled in. Now that she's a bit older, she's expanded her quiet time activities to include listening to story tapes and coloring. After an hour or two, she rejoins the rest of the world, refreshed for the afternoon and evening to come. We don't have the "4:00 monster" (you know, that time when they start to get cranky, but it's not time for dinner and bedtime stuff yet), and I think it has a lot to do with the fact that she is able to have some time to herself and regroup.

Kids need downtime during the day, even more than adults do. They're learning so much every day about the world around them, and they need time to sort it out and absorb it all. It also gives them an opportunity to entertain themselves and create their own little play world.

Perhaps the best reason for having quiet time is to give them a daily break from this rush-rush world we live in. We can help them cultivate this habit that will serve them into adulthood. I remember when my daughter's 3 year old birthday party reached a fever pitch, with 8 kids and their parents all singing "Old MacDonald Had a Farm", dancing and jumping everywhere. Out of nowhere, Amanda announced, "I'm going to go upstairs and take a rest from the party." What a wonderful skill to have, to be able to realize when the stress level is high enough that you need to take a break, and you go and take it.



After a fun morning and lunchtime, I always look forward to that hour or two of time to myself. I use the time to work, make phone calls, read the mail, start dinner, or if I'm lucky, maybe read or even take a nap myself. When my second daughter was born, we weren't sure if we'd be able to continue the routine. Somehow, though, it's working out, and now 4 year old Amanda has her quiet time at the same time as 1 year old Veronica has her nap (with real sleeping). This time is precious to me, because I need to get things done. And it's such a great feeling to be done with what I have to do, and then be able to focus on the girls for the rest of the afternoon and evening.

What a wonderful gift for parent and child to have some time alone every day. Good luck!

— *Melissa has 2 daughters and is a project manager at a software consulting company. Please send any feedback you have to mrlucius@netzero.net.*

Editorial policy

The **Arlington Family Connection** (AFC) newsletter is published monthly and is free with membership.

Published articles reflect the views of the respective authors and do not necessarily represent the views of AFC. Childcare, healthcare and legal information is provided for informational purposes only. It is not intended as a substitute for medical or professional advice. Always consult your own healthcare provider for any decisions relating to your child's well being.

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The AFC newsletter accepts submissions from AFC members on issues relevant to families with children six and under. The editorial board reserves the right to refuse submissions for any reason. Send editorial submissions to: newsletter@arlingtonfamilyconnection.org; calendar listings to calendar@arlingtonfamilyconnection.org.

Calendar

Special Events for Families

Alice in Wonderland, a production of the Arlington Children's Theatre. Sat. May 1, 2pm. First Baptist Church, 819 Mass. Ave., Arl. All ages. \$5. Info: 781-721-2176 or <http://act.arlington.ma.us/>

Renaissance Marketplace Festival. Sat. May 1, 10am-2pm. Gibbs Building, 41 Foster St., Arlington. Presented by The Arlington Center for the Arts and the Lesley Ellis School. The festival features a lively mix of live entertainment, interactive workshops, art exhibits, the annual Lesley Ellis gently-used children clothing sale, and a cartooning workshop for kids. Info: 781-648-6220 or www.acarts.org/events.php.

May Day at Habitat. Sat. May 1, 9:30-11:30am. Habitat, 10 Juniper Rd., Belmont. Come celebrate the arrival of spring. We will try out some May Day traditions, such as dancing around the May pole, and creating a secret flower basket! Ages 3-12. \$8/member, \$10/non-member. Registration required. Info: 617-489-5050.

Create May Flowers Wind Chime. Sat. May 1, 10am-2pm at Robbins Library, Arlington. Ages 4-10. Drop in. Make a decorative "wind chime" of flowers that will flutter in the breeze. Info: 781-316-3234.

Henry Bear's Park Spring Children's Book Series. 685 Mass Ave., Arlington ("A") 781-646-9400; 361 Huron Ave., Cambridge ("C") 617-547-8424. Come meet some favorite local authors and illustrators. All events begin at 11am.
Sat. May 1, (A) - Matt Tavares
Sat. May 8, (C) - Peter Reynolds
Sat. May 15, (C) - Robie Harris
Sat. June 5, (A) - Scott Nash
Sat. June 19, (C) - Timothy Basil Ering
For more info about the authors and books, visit www.henrybear.com.

Feathered Friends Family Festival.

Sat. May 8, 1-5pm. Harvard Museum of Natural History, 26 Oxford St., Cambridge. Celebrate the amazing diversity of birds through displays, demonstrations, and activities for the whole family. Try your hand at some bird crafts to take home and meet some live birds in special "Creature Feature" presentations. \$7.50/adult, \$5/child. Info: 617-495-3045, www.hmn.harvard.edu

Community Nursery School Yellow Balloon Fair. Sat. May 8, 10am-2pm (rain or shine). 2325 Mass Ave., Lexington. The fair will feature a Moonbounce, Candyland, Wishing Well, Mega-Maze, Haystack, Treasure Hunt, Face Painting, and Bottle Exchange. There will also be a plant and flower sale, a children's rummage sale, and a raffle and silent auction. \$5/child (free under 2), adults are free, \$20/family max. Info: 781-862-0741.

Bouquet for Mothers Day Craft. Sat. May 8, 10am-2pm at Robbins Library, Arlington. Ages 4-10. Drop in. Make a colorful bunch of flowers for Mother. Info: 781-316-3234.

Family Portrait Day at Robbins Farm Park, Arlington. Sun. May 16, 8:30am-4:30pm (rain date, May 23). Photographer and Arlington resident Robert Forté (www.rkforte.com) will be taking portraits in the park - families, couples or individuals welcome! \$40 sitting fee includes 8x10 photo. To schedule a sitting time call 781-646-2775 or email Liza_Gleason@comcast.net.

Arlington Heights Nursery School Children's Fair. Sat., May 22, 10am-1pm, rain or shine. 127 Lowell St., Arl. Come and enjoy this fabulous, annual event, with a beach party theme! Enjoy fun games and crafts, face painting and more! Lunch and snacks will be sold. Note: school is nut-free. New playground dedication at 9:45am, with ribbon cutting and cake. Proceeds will benefit the non-profit school. Info: 781-646-8499.



Sing-alongs

Mondays. Finagle a Bagel in Burlington, 91 Middlesex Turnpike, 5:30-6:30pm. Ed Morgan performs a selection of fun original and classic children's songs. Free. 781-273-6500, www.finagleabagel.com.

Tuesdays, May 4, 25

Sing-alongs return to the Community Room at Robbins Library, Arlington, 10-10:30am. Songs and singing games for ages 0-3 with Liz Buchanan or Sulinha. Space limited, tickets are distributed beginning 9am day of event. A Russell Fund Program. Info: 781-316-3234.

Thursday, May 6

Fox Library, E. Arlington, 10am with Liz Buchanan and her guitar. For infants and pre-school children. A Russell Fund Program. Info: 781-316-3198.

Second & fourth Friday of month.

Sing-along with Diane Taraz. 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, Arlington. \$1. Info: www.dianetaraz.com.

Storytimes

Mondays, May 3, 10, 17

Robbins Library, Arlington, 10:30-11:30am. Drop-in for children ages 18 mo. to 3 yrs with an adult. Stories, rhymes and fingerplays for first 15 mins, followed by play, a simple craft, and socializing. Info: 781-316-3234.

Tuesdays, May 4, 11

Fox Library, E. Arlington, 10am. Drop-in stories & craft for 3-5 yr olds. Info: 781-316-3198.

Wednesdays, May 5, 12, 19

Robbins Library, Arl., 10:30-11am. Drop-in for ages 3-5 with adult or alone, but adult must remain in the library. Longer stories, rhymes, games and fingerplays. Info: 781-316-3234.

Thursdays

Henry Bear's Park, 11am, Free. 685 Mass Ave., Arl. Info: 781-646-9400.



Other Fun Stuff

Toddlers and Twos - Outdoors

Drop in program for tots, ages 15-36 mos with parents. Features outdoor play and stories. *Not held in inclement weather.* Wednesdays 10-11:30am. Free. All Arlington locations. May 5 - Summer St. Playground, Sports Center

May 12 - Buzzell Plygd, Summer St.

May 19 - Poets Corner, off Rt. 2

May 26 - Magnolia Playground

June 2 - Parallel Plygd, Medford St.

Info: 781-316-3880.

Arlington Children's Theater

Discovery Theatre Sessions for the Young Artist, lasting four Saturdays beginning May 8, 9:30-10:15am. Ages 4-5. Children sing in different languages, act out musical stories, and discover their own unique talents. \$40. Info: 781-721-2176, <http://act.arlington.ma.us/workshops.html>

Parent and Tot Connection

Hosted by the Arlington Boys and Girls Club, Fridays 9:30-11am until May 28. Drop-in playgroup for toddlers and preschoolers with caregiver. Consists of age-appropriate play activities, crafts, stories and music. Free, Supported by a grant to Community Partnerships for Children. Info: 781-648-1617.

Puddlestompers Monday Playgroup

has moved outside and will be at various local playgrounds and planning field trips for the summer. Mondays, 10:30am-12:30pm. Drop-in pre-school playgroup. In the case of inclement weather, meets in the Fox Library Community Room, Arlington (\$1/family donation requested). To join group's email list, contact 781-641-0944 or JulieLucey@comcast.net

Art Beat Weekend Workshops

Drop in Sat. 3-5pm to do a different themed craft each week. For ages 4 and up, prices \$10 and up. 212-A Mass Ave., Arlington. Info: 781-646-2200 or www.artbeatonline.com/workshops.htm

Capitol Theater Movies for caregivers with babies. Mondays,

new movie chosen weekly starting between 1-2pm, \$4.50/ adult. Nursing, bottle feeding, fussing, and changing diapers is strongly encouraged and never frowned upon! 204 Mass Ave., Arlington. To join the email list send an email to BabyFriendlyMovies-subscribe@yahoo.com; for more info visit <http://groups.yahoo.com/group/BabyFriendlyMovies>.

Full Moon Restaurant

Monday is movie nights, 5-8pm. Kids can come in pajamas. Preschool kids' movies in play area. 138 Mass Ave., Arl. Info: 781-646-1404.

Beyond Arlington

Babes in the Woods

Strolls and hikes through the Medford Fells every Tuesday, 10-11:30am. Free. For maps, schedules or info call 781-396-8994 or visit www.fells.org/babes.html.

Belmont KidSpace

Indoor playspace for ages 5 and under. \$30 family season pass (thru May) or \$3/day. 365 Belmont St, Belmont. Hours: Mon & Thurs 1-5pm; Fri 5-8pm; Sat 9am-12pm; 2nd & 4th Sundays 2-5pm; 3rd Sunday 2-5pm for special-needs families. Info 617-484-8697 or visit www.belmontkidspace.org.

Rattle at the Brattle, baby-friendly film series. Wednesday afternoons, 40 Brattle St., Harvard Square, Cambridge. Free. Film schedule only available at box office or by joining the email list. For more info or to join the list: parents@brattlefilm.org.

Somerville Theater movies for caregivers with babies.

Tuesdays 1:15pm, \$4, Davis Square, Somerville. Info: 617-625-4088.

Harvard Museum of Natural History

26 Oxford St, Cambridge. Sat. programs for kids age pre-school to 1st grade. Gen. admission \$7.50/adult, \$5 children 3-18. Info: 617-495-3045, www.hmn.harvard.edu/education/kids.html

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, and wetlands. Also fun programs for kids. Gen. Admission: members free, \$4/non-member adult, \$3/non-member child. Info: 617-489-5050, www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat/index.php

Drumlin Farm Wildlife Sanctuary

208 South Great Rd, Lincoln.

Explore the fields and forest and visit the farmyard.

Weekly programs for kids. Gen.

Admission: members free, \$6/non-member adult, \$4/non-member child (3-12). Info: 781-259-2200, www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm/index.php



Ecotarium

222 Harrington Way, Worcester. Nurture young children's curiosity and wonder with hands-on exploration of real things. Monthly programs. Gen. Admission: members free, \$8/non-member adult, \$6/non-member child (3-18). Info: 508-929-2700, www.ecotarium.org

The Discovery Museums

177 Main St., Acton. Two separate but complementary buildings filled with exciting, interactive exhibits for children of all ages. Check their calendar for many special programs. Gen. Admission: One museum \$8/child or adult; two museums \$12/child or adult, Info: 978-264-4200, www.discoverymuseums.org

Puppet Showplace Theatre

32 Station Street, Brookline. Weekly Wed. and Thurs. shows at 10:30am for 3-5 year olds. Weekly Sat. and Sun. shows at 1pm and 3pm - age appropriateness varies. \$7/members, \$8.50/non-members. Info: 617-731-6400, www.puppetshowplace.org

Benefits

7th Annual Fidelity House Fundraiser

Sun. May 2, Ritz-Carlton, Boston. Annual Appreciation Night is a major fundraising event for Fidelity House featuring a silent, live auction, music by Vic Paul, dancing and food stations. Info/tickets: 781-648-2005.

Lexington Preschool PTA Annual Rummage Sale.

Sat. May 15, 8am-12pm (rain date May 16). 16 Bloomfield St., Lexington. Wonderful items for sale including infant and children's toys and clothes, car seats, cribs, strollers, swings, highchairs, maternity clothes, books, small furniture and house wares! All proceeds go to the LPPTA Scholarship Fund. Info: Leslie Zales, lszales@rcn.com or 781-652-8669.

Kans for Kids

Sat. June 5. 10am-1pm. Donate clean returnable bottles and cans to benefit Arlington Recreation's Youth Activities. Gibbs School on Tufts St., Arlington. Info: 781-316-3880.

PTO Thrift Shop for the Arlington Public Schools.

Open Tues. 9:30am-1:30pm and Wed. 4-8pm. Located in the basement of the Fox Library at 175 Mass. Ave., E. Arlington. Gently-used clothing for all ages, toys, books, house wares and more. Volunteers needed during store hours and for donation processing. Contact Toni Langerman at krausman-2@rcn.com or 781-641-9969.

Seminars and Open Houses

Helping Children To Tame Aggression

Wed. May 5, 7:30-9pm. Watertown Family Network, 460 Main St, Watertown. Free seminar by Jeff Drake will cover: skills for non-violent self protection; knowing when aggressive play is helpful and when it is not; knowing the good and bad effects of media; how to help your child tame their inner "dragon." Pre-registration required: 617-926-1661 or www.successfulparents.com

Dealing with Transitions. Tues. May 11, 7:30pm, Lesley Ellis School, 41 Foster St, Arlington. Dori Reuss will discuss: how we can help prepare children for changes; tangible activities and materials parents can use to support children as they deal with new experiences; why it's important to keep in mind the developmental stages children go through as we help them approach minor and major transitions. Free. Info/registration: Tricia Moran at 781-641-1346.

Raising Responsible Families

Thurs. May 13, 12-1pm. Tufts University Applied Developmental Science Institute, Lincoln-Filene Building, Medford. Brown Bag Lunch sponsored by the Institute for Applied Research in Youth Development. A workshop by Parent Educator Hetti Wohlgenuth. Space is limited. RSVP to 617-627-4939 or Lauren.Mirel@tufts.edu

Healthy Svelte-y and Wise

Wed. May 26, 7:30pm. Fox Library, E. Arlington. A free program for parents to explore simple and realistic ways to encourage healthy eating habits in children. Presented by Lisa Fenichel, a mother with a Masters Degree in Public Health. Info: 781-316-3198.

Groups

New Mothers' Drop-in Group

Thursdays, 10-11:30am, Calvary United Methodist Church, 300 Mass Ave., Arl. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family and Children's Services. Info: 617-558-1278.

New Mothers' Drop-in Group

Every-other Tues. (5/4, 5/18, 6/1) 9:30-10:30am, Henry Bear's Park, 685 Mass Ave., Arlington. Free, informal drop-in group for new mothers with infants. Info: 781-646-9400.

New Mothers' Group

Wednesdays, 10-11:30am, Beth Israel Deaconess & Children's Hospital

Medical Care Center, 482 Bedford St., Lexington. Free, group meets for eight weeks. To register or for more info, call Kristin Hicks at 617-667-2229.

Older First-time Moms' Group

Meets in Arlington third Wed. every month, 7-8:30pm. Social and support discussion group for first-time moms in their late 30's and 40's in the Boston area. Free. \$1 donation suggested. Call 781-674-2029 for location.

Grandparents' Support Group

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of grandchildren. Sponsored by the Town of Arlington. Info: 781-316-3410.

Arlington Fathers' Group

Tuesdays 7:30-9pm. Sponsored by Parents Helping Parents. Free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their children. For location and information, call 800-882-1250.

Many thanks go to Lillian Johnson and Amy Speare who compile the **AFC Calendar** each month. Deadline for calendar items for the June issue is **Wednesday, May 19.** Send emails to: calendar@arlingtonfamilyconnection.org

This month's newsletter was edited and designed by Betsy Lawson, proofread by Ruth Schmidt and distributed by Justine Lynch. Newsletter volunteers are always welcome.

Editorial deadline for the June issue is **Friday, May 21.** Send emails to: newsletter@arlingtonfamilyconnection.org



AFC Membership/Renewal Form



New Member **Renewal** **Date:**

Name(s):

Address, Zip:

E-mail:

Phone:

Please list your children:

Name Gender Date of Birth

Please circle all that apply:

I am a: Parent Child Care Provider Educator
 Grandparent Health Care Provider Other

I am: Employed full-time Stay at home parent
 Employed part-time Other

Newsletter delivery preferences:

US Mail Email Both

School District (circle for geographic location):

Bishop Brackett Dallin Hardy

Peirce Stratton Thompson

Areas of Interest:

Events/Parties New Parent Outreach Seminars

Newsletter Outings with kids Other

Playgroups Outings without kids

Membership Dues *All memberships renew in September*

One-year membership \$20 (joining July-January)

Mid-year discounted membership \$10 (joining Feb-June)

Send a gift membership (\$10 or \$20) to the person below

Please make check payable to **Arlington Family Connection** and mail it with this form to:

Arlington Family Connection

PO Box 150

Arlington, MA 02476

For information or questions, contact Ruth Schmidt at

(781) 643-2362 or membership@arlingtonfamilyconnection.org

Coming in June ...

Saturday, June 5

AFC Night out at MOMologues

8pm, Regent Theatre (7 Medford St., Arlington).

The original comedy about motherhood: what's intimacy like when you're nine months pregnant? How do you nurse on the sly at work? Have you ever stalked a playground for a suitable date...for your two-year old? Info and tickets: 781-646-4849 or visit - regenttheatre.com/events/momologue.htm

***The deadline for AFC group discounted tickets has passed, but you can still buy tickets at the Regent box office for full price (\$27). To receive information about an AFC dinner gathering prior to the show at a local restaurant, contact Ruth at outings@arlingtonfamilyconnection.org or 781-643-2362.*

Saturday, June 12

Infant and Child CPR Course

8:30am-1:30pm. Arlington Senior Center,

27 Maple St. Led by the American Red Cross.

Designed for those who care for children, either full time or occasionally, this course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 8 years. \$62.

Registration deadline is May 28.

For class details: www.redcross.org/services/hss/courses/infchild.html. Registration/info:

Karen Donovan at kdonovan@mppllc.com or

781-777-1011.

Arlington Family Connection
PO Box 150
Arlington, MA 02476

Save the Dates!

Saturday, May 1

Working Moms Group

Meets first Saturday of every month, 10:30am-noon, for a casual discussion forum. Arlington Senior Center, 27 Maple St. There will be an additional social outing every month. For questions or to join the mailing list, please contact Wendy at workingmoms@arlingtonfamilyconnection.org or call 781-648-2341.

Tuesday, May 4

AFC Steering Committee Meeting

8pm. Open to all members. For the meeting's location, contact Ruth Schmidt at 781-643-2362 or info@arlingtonfamilyconnection.org

Thursday, May 6

AFC Book Club

Meets first Thursday of every month. For more information, contact Gail Zyla at gail@zyla.com. This month's book is *A Theory of Relativity* by Jaqueline Mitchard.

Tuesday, May 18

AFC Mom's Movie Night

Join us for a movie at the Capitol Theater, E. Arlington (7pm-ish), followed by dessert and discussion at Flora. An email will be sent a couple of days prior announcing the movie title, time, and other details. No reservations needed. For more info contact Janet at 781-643-4842 or jbgascoigne@rcn.com

