

Arlington Family Connection

supporting children six and under and those who care for them



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www.arlingtonfamilyconnection.org



Make some kindergarten connections!

If you have a child starting kindergarten in the fall and you're interested in meeting the families of other children in your school, please contact the following people who have volunteered to coordinate get-togethers for your school. Here are the dates of playground get-togethers for your school.

- **Bishop:** Emily Randall, emily.randall@comcast.net
781-646-1735

Place: Bishop School playground

Dates: Sat July 1 at 2 p.m. and Fri. July 21 at 6 p.m. for a picnic supper!

Also, we will meet on Sat. Aug. 12 at 10 a.m. at Monotomy Rocks Park

- **Brackett:** Sarah Short, sarah.mshort@gmail.com
781-777-2326 and Debra Reardon,
community@arlingtonfamilyconnection.org

Place: Brackett School playground

Dates: Wed. July 12, 10 a.m.; Sat. July 22 10a.m.;
Tues. Aug. 1, 10 a.m. and Thurs. Aug. 17 6 p.m. for a BYO family picnic dinner.

- **Dallin:** Cathy DiFonzo, cathydifonzo@hotmail.com
781-648-9443

Place: Dallin School playground

Time: 2 p.m.

Dates: Sat., July 15, Sat., July 29, Sat., Aug. 12 and Sat., Aug. 26

- **Hardy:** Robin Goldstein, robingoldstein@rcn.com
781-648-5145

Place: Hardy School playground:

Dates: Sun. July 16, 10 a.m.-noon; Sat. Aug. 12, 10 a.m.-noon

- **Peirce:** Kristen Garrigus, garrigus14@yahoo.com
781-316-0100

Place: Peirce Kindergarten playground

Date: Monday, July 17th at 10 a.m.

--We are aiming for 2 dates in August, probably one on a weekend, one weekday. Dates still TBD.

- **Stratton:** Maura Crowley,
stevemauro@comcast.net 781-643-8190 and Saskia
Oosting, soosting@yahoo.com 781-648-4504

Place: Stratton School playground:

Date: Friday, July 21 10a.m.-noon (rain date July 22 10a.m.), and Sat. Aug. 26 10a.m. (rain date Aug 27 10am)

- **Thompson:** Julie Rackliffe Lucey,
julielucey@comcast.net 781-641-0944

Place: Thompson School playground

Dates: Wed. July 12 1-3 p.m.; Sat. July 15 10 a.m.-noon; Fri. Aug. 4 1-3 p.m.; Sun. Aug. 13 1-3 p.m.; Wed. Aug. 30 at 8:15 a.m. (let's get ready to be AT SCHOOL!)

Monthly AFC Meetings

Thursday, July 6

AFC Book Club

Meets first Thurs. of every month. This month's book is *White Teeth*, by Zadie Smith. Info: Trish Richardson at richardson_728@hotmail.com

Tuesday, July 18

AFC Steering Committee Meeting

7:30pm. Open to all members.
Wild Child, 397 Mass. Ave., Arl.
Info: Ruth at 781-643-2362 or
info@arlingtonfamilyconnection.org

Working Moms Group

Note: The Working Moms Group will not have its usual Saturday meeting in July or August. For questions or to join the mailing list, please contact Wendy at 781-648-2341 or workingmoms@arlingtonfamilyconnection.org



AFC newsletter team is seeking new volunteers!!

By Sarah Short

It's been a great experience being one of the editors of the AFC newsletter. I thought I was crazy when I signed up for the job. I worked full time, had my hands full with twins and absolutely no experience in editing, writing or creativity! But when I saw the request for volunteers in the newsletter over a year and a half ago, it intrigued me. I wanted to be involved with AFC. Helene and Soraya also volunteered at the same time, and we've been having a great time ever since. Now my twins are getting ready to enter kindergarden, and it's time to think about volunteering at their school, a thought that would have been overwhelming had I not volunteered with AFC!

So, if you've been thinking you'd like to volunteer, but don't have the time or experience, think again! Yes, it's a commitment, as the newsletter goes out every month. But it's also a great experience, and you don't have to undertake it alone! We already have Molly Sanford volunteering to do the mailing end of the newsletter (and that's a not a trivial job, so thanks Molly!). We have another volunteer waiting in the wings to take the newsletter over with the help of another editor. And the calendar will be continued to be prepared every month by Amy Speare. Go ahead and give it a try!

Please contact the newsletter team to ask questions or to tell us you're ready to volunteer at newsletter@arlingtonfamilyconnection.org

AFC Steering Committee Members

General Information - info@arlingtonfamilyconnection.org

Ruth Schmidt, 781-643-2362

Clerk

Margit Griffith, 781-641-4260

Community Service - community@arlingtonfamilyconnection.org

Debra Reardon, 781-643-2081

e-Bulletin - bulletinboard@arlingtonfamilyconnection.org

Ruth Schmidt, 781-643-2362

Membership - membership@arlingtonfamilyconnection.org

Molly Sanford, 781 648 9748

Paula Kirtley, 781-643-4229

Newsletter - newsletter@arlingtonfamilyconnection.org

Soraya Merchant, 781-643-0661

Helene Ragovin James, 781-648-4863

Sarah Short, 781-777-2326

Newsletter Calendar - calendar@arlingtonfamilyconnection.org

Amy Speare, 781-646-5417

Options in Childcare & Preschool booklet -

options@arlingtonfamilyconnection.org

Sonya Coleman, 781-646-3324

Outings - outings@arlingtonfamilyconnection.org

Amy Speare, 781-646-5417

Jeanne Wells Hobbie, 781-643-6212

Johanna Wilson-White, 781-316-8131

Seminars - seminars@arlingtonfamilyconnection.org

Maureen Igoe, 781-643-7217

Treasurers - treasurer@arlingtonfamilyconnection.org

Andrea Canty, 781-316-2452

Johanna Wilson-White, 781-316-8131

Web Site - webmaster@arlingtonfamilyconnection.org

Alkim Akyurtlu, 781-646-3767

Cindy Revelle, 781-646-4302

Working Moms - workingmoms@arlingtonfamilyconnection.org

Wendy Clarke, 781-648-2341

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. Copyright remains with the individual author for bylined articles. All other materials are copyright Arlington Family Connection, 2006. Permission is granted to reproduce articles for which copyright is held by AFC provided appropriate credit is given and no fee is charged. 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

AFC Annual Pizza Party!

Please join us at our 5th annual "Pizza at the Playground" event, Thursday Aug 3rd from 5:30-7:30pm (rain date Aug 4th). The party will be held at Parallel Playground, at the corner of Medford Street and Mystic Valley Parkway, near the Medford rotary.

AFC will provide free pizza for members, families and friends and anyone interested in exploring what our organization has to offer. This is also a good opportunity to renew memberships - all memberships renew in September for \$20 a year.

Contact Sonya Coleman to RSVP or to volunteer to help at options@arlingtonfamilyconnection.org or 781-646-3324.



Due to so many events in the calendar this month, we were unable to include a membership form. If you would like a form, please contact Paula Kirtley at membership@arlingtonfamilyconnection.org or 781-643-4229

Places To Go

By Amy Speare

Great Brook Farm

If you're like me, you're always on the lookout for new farms to entertain the kids. Great Brook Farm State Park in Carlisle is not only a farm with cows, pigs, goats, chickens and rabbits, but it also has a homemade ice cream stand, and over 20 miles of walking trails - all of which are flat and easy for little legs. They also give public barn tours of their Holsteins on Sundays through October. Carlisle may seem far, but in a little over 30 minutes, you could be feeding the animals, getting some exercise, or having a picnic by the pond, and then topping it off with a frozen treat. Visit <http://www.mass.gov/dcr/parks/northeast/gbfm.htm> or call 978-369-6312.



Horn Pond

Horn Pond in Woburn is a local gem that offers flat, paved walking trails good for strollers (even plowed in the winter!) in addition to wooded trails. The main attractions for my son, however are the geese, ducks, swans, great blue heron and local fisherman. Located off of Lake Street in Woburn (take a right off of Rt 3 after Mahoney's), there is often an ice cream or hot dog truck in the parking lot. A second parking area is located at the opposite end of the pond.

How do you take your coffee?

By Paula Kirtley



I usually add some milk, let it get cold, then microwave it at least five times. This process forms a lovely crust on the coffee that most spoons are unable to break through.

What are some of your favorite books as of late? Well, I really like how Maisy gets ready for bed. Did you know that Big Brown Bear, Blue Bull, Beautiful Baboon blew bubbles biking backward? I also wonder about Little Nutbrown Hare's self-esteem.

Clearly my answers have changed since becoming a parent. Black hot coffee and books without pictures were a simple life pleasure, taken for granted. Along with 5 minute errands, clothing without stains, sleep, date nights with the hubby, and running out of the

house on last minute notice. All things that are not part of my life now. Pleasures that were not recognized in the moment but that are a sign of life's phases and changes.

So as I roll my eyes to read Maisy for the tenth time in a row, I also cuddle and snuggle into a little warm neck. I inhale the sweet early-morning toddler breath as I groan at the clock that says 5 AM. I smile at a silly story that needed to be shared with me even if all I had wanted was five minutes alone in the bathroom. And I try to drink my crusty cold coffee with pleasure, knowing that several years from now while I am waiting up late at night for my teenagers, I will miss this moment of my life too.

Paula Kirtley is the mother of 2 kids and a membership coordinator for AFC, paula@spiffy.com

Adoptive moms coffee and chat

AFC member Rachel Silverman is looking to gauge interest for a coffee-and-chat group for adoptive moms in Arlington, where participants can share and learn from each other.

"I would like to hear from moms who might be interested in meeting as a group in the future to support and share our parenting adventure," Rachel says. "It would be great to hear what your children's ages are; what your key interest areas might be; potential time availability and ideas."

Interested moms can e-mail Rachel at: rachelannathome@yahoo.com

Calendar

Special Events for Families

Drop-in Outdoor Tot Doodle

Tuesdays 10-10:45am, thru July 25 (weather permitting). Boys & Girls Club, 60 Pond Ln., Arl. Parent/child outdoor activity for children 15-36 months, including art, science, games and more. \$3/child (requires membership which is \$20/year). Info: 781-648-1617, <http://www.abgclub.org>

Lexington Lions Club Carnival

June 30 – July 4. Center Playground, Worthen Rd., Lexington. Fri. 6- 11pm; Sat.& Sun. 1-11pm; Mon. 6-11pm, Tues. 1-6pm. **Mon. July 3 fireworks at 9:30pm.** \$1 admission, children under 6 free; additional cost for rides, fun house and games. Info: <http://www.lexingtonlions.org>

July 4th at Robbins Farm Park

Tues. July 4, 7pm. Robbins Farm Park, Eastern Ave., across from Brackett School. Enjoy a live performance by the John Penny Band, followed by a large screen simulcast of the Boston Pops Concert and fireworks display (10:30pm). Free. Info: <http://www.robbinsfarmpark.org>

Family Day at Reservoir Beach

Wed. July 5 (rain date July 6). Activities will include a sand castle contest, scavenger hunt, refreshments and giveaways. \$5/gen. admission. Info: 781-316-3880.

“Life is Good” Watermelon Festival

Sat. July 8, 1-6pm. Boston Common. From seed spitting to melon bowling, the big slice eating contest, and melon decorating, watermelons take over the Boston Common. Enjoy a good old-fashioned day in the park, featuring live music, classic backyard food, games and activities for all ages. Proceeds go to Project Joy of Boston. Info: <http://www.lifeisgood.com>

Bugs

Mon. July 10, 10am. Robbins Library. Science for young children with John Root. Ages 3-8. Free. Tickets available day of event. Info: 781-316-3234.

Crafts for Kids

Robbins Library: July 11, 13, 18, 20, 25, 27. Fox Library: July 13, 27. 3-5pm. Drop-in anytime to make a craft. Free. Info: 781-316-3234.

Ben Rudnick & Friends Concert

Tues. July 11, 6pm. Wright's Pond, Elm St., Medford. Free. Info: <http://www.benrudnickandfriends.com>

Sing-a-long Wizard of Oz

July 13 & 14, 10:30am; July 15 10:30am & 7pm. Regent Theatre, 7 Medford St., Arl. Interactive film experience for all ages, with song subtitles and a lively master of ceremonies, costume contest and 'fun packs' for all. \$15/adult; \$12/child; \$10 ea./Groups of 10 or more. Info: 781-646-4849, <http://www.regenttheatre.com>

Henry Bear Summer Workshops

Jul. 13, 1pm – Super Heroes (5 & up), \$8
Jul. 20, 1pm – Fun Foam Beads (5 & up), \$5
Jul. 27, 1pm – Sand Art (3 & up), \$5
Registration required. Info: 781-646-9400, <http://www.henrybear.com/>

Creative Movement

Wednesdays July 12 – Aug. 2. 10am. Robbins Library. Use music and props to explore and do fun exercises to build self-confidence and increase creativity. Ages 18 months – 3 ½ years. Free. Space limited, registration required. Info: 781-316-3234.

Family Picnic Concert Series

Bring a blanket and a picnic and enjoy the misc on Robbins House lawn.
Jul. 13, 6pm - River Gods (rain date Jul. 27)
Jul. 20, 6pm – Margot Fox (rain date Jul. 27)
Jul. 25, 10:30am – Liz Buchanan
Free. Info: 781-316-3234.

Payson Park Kiddie Concerts

Payson Park, Payson Rd. at Elm St., Belmont (rain location, Chenery Middle School, 95 Washington St.). Free. Bring a blanket/lawn chair and a picnic.
Fri. July 14, 12pm – Wayne Potash & the Music Fun Band
Tues. July 18, 2pm – SteveSongs
Fri. July 28, 12pm – Rosen Family Teddy Bear Jamboree
Info/rain: <http://www.ppmf.org>

Kidstock Theater Performances

Medford Library, 111 High St., Medford. Kidstock of Winchester will be giving 3 original performances. Kidstock creative theater features middle school actors in musical productions written for young audiences to enjoy. The performances are interactive and run for 30-40 minutes. Free. Ages 4 & up. Reservations required. Info: 781-395-7950.
July 17, 10:30am – Poodle-occhio
July 31, 10:30am – The Little Martian
Aug. 14, 10:30am – Pig Tracy

Gerwick Puppets

Tues. July 18. 10am. Fox Library. All ages. Free. Info: 781-316-3198.

Celebrating Teosinte, El Salvador

Fri. July 21, 10-11am. Robbins Library. Come hear a story from El Salvador and make an art project to send to the children of Teosinte, Arlington's sister city. Sponsored by the Arl.-Teosinte Sister City Project and the Robbins Library. Russell Fund Program. Free. Info: Beth 781-648-1455, bethss@comcast.net



5th Annual Truck Day

Fri. July 21, 10am-12pm. Cary Library Parking Lot, Mass. Ave., Lexington. Get a close-up look at your favorite vehicles from the Lex. Dept. of Public Works, Police Dept., Fire Dept. and LEXPRESS. Free.

Animal Ambassadors

Mon. July 24, 10-11am. Garden in the Woods, 180 Hemmenway Rd., Framingham. Live animal shows including a giant anaconda, skunks, lemurs, wallabies and more. \$3. Info: 508-877-7630, <http://www.newfs.org>

Craft Fair for Children by Children

Wed. July 26, 10-11:30am. Robbins House Lawn. Bring and buy your creations. Sign-up to sell your crafts. In cooperation with the Arl. Rec. Dept. Info: 781-316-3234.

Friday Night Flicks

Fri. July 28, 8pm. Robbins Farm Park, Eastern Ave. (across from Brackett School). Film title TBD. Info: <http://www.robbinsfarmpark.org>

Sing-alongs & Music

Mondays

5pm. Finagle a Bagel, 91 Middlesex Tpke., Burlington. Ed Morgan performs a selection of fun original and classic children's songs. Free. Info: 781-273-6500, <http://www.finagleabagel.com>

Tuesdays, July 11 & 18

10am. Robbins Library. Babies and preschoolers. Space limited, tickets avail. 9am. Free. Info: 781-316-3234.

Thursday, July 6

10am. Fox Library. Singing, dancing and fun. A Russell Fund Program. Free. Info: 781-316-3198.

Second & fourth Friday of the month

10am. Calvary United Methodist Church, 300 Mass Ave, Arl. Sing-along with Diane Taraz. \$1. Info: 781-648-3719, <http://www.dianetaraz.com>

Saturdays and Sundays

5-8pm on WERS 88.9FM radio. Every weekend The Playground program from the Emerson College radio station plays the best local, national and international kids artists as well as classic hits, Broadway

show tunes and more. Info: 617-824-8891, <http://www.wers.org>

Saturdays

11am. Stellabella Toys, 1360 Cambridge St., Inman Sq., Cambridge. Join local musicians to sing songs and play games. All ages. Free. Info: 617-491-6290.

Library Storytimes

Mondays, July 17, 24 & 31

10:30am. Robbins Library. Drop-in for ages 18mo.-3yrs. Stories, rhymes and fingerplays, followed by a simple craft. Info: 781-316-3234.

Tuesdays, July 11 & 25

3pm. Fox Lib.. Ages 2-5. Stories followed by a craft. Free. Info: 781-316-3198.

Wednesdays, July 19 & 26

3:30pm. Robbins Library. Drop-in for ages 4-8. Free. Info: 781-316-3234.

Thursdays, July 13 & 27

10:30am. Fox Library. Spanish story time with Carolina. Ages 5 & under. Drop-in. Free. Info: 781-316-3198.

Pajama Storytime, July 19

7pm. Fox Library. Free. Info: 781-316-3198.

Other Storytimes

UPDATE! Barefoot Books

Fri. July 7, 10:30am. Special 'Alligator Alphabet & Counting Cockatoos' interactive story hour, including games, craft and book-signing with Barefoot Books' illustrator Stephanie Bauer. Fri. & Sat. 10:30am, ages 1 & up. Sun. 2pm, ages 5 & up (Sun. stories not every week – call for dates). 1771 Mass. Ave., Camb. A fun hour of age-appropriate stories. Coloring and refreshments too! Free. 617-349-1610, <http://www.barefootbooks.com>

UPDATE! National Heritage Museum

Thurs. July 13, 10:30am. 33 Marrett Road, Rt. 2A, Lex. Come help us celebrate America's birthday month at the museum. We'll read *I Know About Flags* by Chris Jaeggi and *The Flagmaker's Apprentice*. Ages 4 & under. \$3 child. 781-861-6559, <http://www.monh.org/>

NEW! Waldorf School Storytimes

Mondays thru Aug. 7, 10am. Waldorf School, 739 Mass. Ave., Lexington. Ages 4 & under, accompanied by an adult. Each storytime will be led by a member of the school's Early Childhood faculty and will feature live storytelling/ puppetry,

singing, and snacks. An adjacent garden will be open for play afterwards. \$1/person. Info: 781-863-1062, <http://www.thewaldorfschool.org>

Barnes & Noble

98 Middlesex Tpke., Burlington. Pre-schoolers – Tues. at 10:30am Pajamarama – Fri. at 7pm. Free. Info: 781-273-3871.

Harvard Coop

11am every Tues. & Sat. 1400 Mass. Ave., Camb. Preschool story hour with snack and craft. Free. Info: 617-499-2000.

Henry Bear's Park

Thurs. 11am. Ages 3-6. Free. 685 Mass. Ave., Arl. 781-646-9400 and 361 Huron Ave., Camb. 617-547-8424.

Porter Square Books

11am Wednesdays, Porter Sq. Shopping Ctr., Camb. Free. Info: 617-491-2220, <http://www.portersquarebooks.com>

Pottery Barn Kids

11:30am Mon.-Fri. Check store for details. Free. Pottery Barn Kids, Burlington Mall. Info: 781-221-5833.

Other Arlington Fun Stuff

UPDATE! Arlington Boys & Girls Club

Drop-in Family Swims Thursdays 7-7:45pm; \$6/family. 60 Pond Ln., Offers a variety of programs for children ages 6 mo. & up from swimming to tumbling and more. \$20/annual child membership, plus fee for ea. program. 781-648-1617, <http://www.abgclub.org>

NEW! Isis Maternity

397 Mass. Ave., Arl. Programs and products for expecting parents, babies and toddlers. Programs include childbirth education, prenatal yoga, Mom & baby classes, fitness, music, movement and enrichment, parenting workshops and more. Info: 781-429-1500, <http://www.isismaternity.com>

UPDATE! Puddlestompers Nature Classes

Outdoor nature program for ages 2 to 5. 2, 5-week sessions will be held in Arl. at the end of July. A portion of tuition is donated to Arl. Conservation and open space organizations. Info: 781-449-0776, <http://www.puddlestompers.com>

Arlington Center for the Arts

41 Foster St., Arl. ACA offers summer vacation art programs for kids which include visual art, drama and music classes each day. Sign up for one week or as many

as you like. Classes start June 26. \$245/week. Info: 781-648-6220, <http://www.acarts.org>

Arlington Rec. Dept.

Each season, the Arl. Rec. Dept. offers a number of programs for small children, including skating, indoor gym playtime, cooking classes, arts & crafts, gymnastics, sports, and yoga. 422 Summer St. Info: 781-316-3880, http://www.town.Arlington.ma.us/Public_Documents/ArlingtonMA_Recreation/index

Art Beat Weekend Workshops

Weekday 1 hr. drop-in program, anytime from 10am-5pm. Choose from a variety of projects. \$10-20/project. Saturday drop-in program from 3-6pm. Different themed craft each week, focusing on world cultures. \$10-20/project. Ages 4 & up. 212-A Mass Ave., Arl. Info: 781-646-2200, <http://www.artbeatonline.com>

Capitol Theater Movies for caregivers with babies

Mon., 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., Arl. Info: 781-648-6022. To join the email list send an email to BabyFriendlyMovies-subscribe@yahoogroups.com; or <http://groups.yahoo.com/group/BabyFriendlyMovies>; for this week's movie visit <http://www.somervilletheatreonline.com>

CORE Stage Company Classes

Regent Theater, 7 Medford St., Arl. This brand new theater education program offers theater, movement and dance classes for ages 3 & up. Classes meet Wed. & Fri. \$150/month. Info: 917-597-8320, <http://www.corestagecompany.com>

Family Movie Day

Every Sun. 9am-7pm. Movies on a Menu, 148 Mass. Ave., Arl. Each Sunday features a family-oriented movie that runs all day. Free. Schedule posted on Web. Info: 781-316-8668, <http://www.moviesonamenu.com/>

Fidelity House

25 Medford St., Arl. Fidelity House offers 1-week summer camp programs for preschool, kindergarten and older kids. Info: 781-648-2005, <http://www.fidelityhouse.org>

Kindermusik

Music and movement classes for parents and their children ages 0-7. Refer to Web site for class locations. Info: 800-

628-5687, <http://www.kindermusik.com>

Puddlestompers Playgroup

Mondays, 10:30am-12:30pm. Drop-in preschool playgroup. Occasional field trips, meets outside at local playgrounds. Meets in the Fox Library Comm. Rm. In inclement weather (\$1/family donation requested). To join the group's email list, contact Susan at 781-641-3792 or sedorson@yahoo.com.

Reservoir Beach

Lowell St., Arl. Open thru Aug. 27. Hours: 10am-8pm daily. The beach provides: lifeguards on duty, clean sandy beach, filtered, chlorinated, and aerated water, daily water quality testing, bathrooms, changing area, and outdoor showers. Also vending machines, picnic tables and a playground. Enjoy a stroll along the walking trails, bird watching, or fishing. Free parking. Season passes for Arl. Residents: \$40/adult, \$25/child (ages 1-17). Family season passes for Arl. Residents: \$120 for 2 adults, 2 children + \$15 for each add'l child. (Season passes available to non-residents for a higher fee). Daily passes for Arl. Residents: \$5/day (Mon.-Fri.), \$7/day (weekends & holidays). Non-resident daily passes available for a higher fee. Purchase season passes at Arl. Rec. Office, 422 Summer St. 781-316-3880.

Thompson Spray Pool

Thompson School, N. Union St., E. Arl. Hours: Thru Aug. 27, 9am-7pm daily. Weather permitting. Free. Adjacent to fun playground. Note: No bathroom facilities. Info: 781-316-3880.

Beyond Arlington

Open for Season! Beaver Brook Spray Park

Trapelo Rd., Belmont. Daily 10am-5:30pm. Ideal for toddlers - age 5 years. There are swings, slides and climbing structures. The primary attraction on hot summer days, however, is the 'Spray Pool' - a nifty area with water spraying out of ground vents with boulders for kids to climb over. There is a lifeguard on duty and restrooms on site. Info: 617-626-1250.

NEW! George's Island Family Activities

George's Island, Boston

Family Fun Days every weekend thru Labor Day, 10am-4pm. Educational and outdoor programs may include naturalist walks, live music, craft activities, and more. Refer to their Web site for program descriptions. Ages 2 & up. Free. *Boston Children's Theater Performances* every Fri. until Labor Day, 12pm & 1:30pm shows. Free. Ages 4 & up. Refer to Web site for show schedule. Ferry

service to the island is available from Long Wharf from 10am-5pm, \$12/adult, \$7/child 4-12, free/under 4. Family and group discounts available. Info: 781-740-1605 x 205
<http://www.bostonislands.com>

Babes in the Woods

Tues. 10am. Middlesex Fells. Strolls & hikes through the park. Free. Info: 781-396-8994,
<http://www.fells.org/babes.html>

Children's Art Corner

1403 Mass. Ave., Lex. Combines arts and education with classes for children in dance, gym, music, French, Spanish and more. Spring classes Apr. 3 – June 17. \$130. Info: 781-862-3117,
<http://www.artscorner.com>

Chip-in Farm

201 Hartwell Rd., Bedford. 10am-6pm. Visit the animals in the free indoor/outdoor petting zoo and pick up some fresh eggs, fruit, veggies and penny candy. Info: 781-275-2545, <http://www.chip-infarm.com/>

Codman Farm

58 Codman Rd., Lincoln. An historic non-profit working farm with sheep, goats, cows, turkeys, ducks, pigs, chickens, rabbits and more. \$1/person. Info: 781-259-0456, <http://www.codmanfarm.org/>

Home Depot Kid's Workshop

First Sat. of the month. 10am-12pm. Home Depot, 10 1st Ave., Waltham. Drop-in build-it-yourself project. Kids get Home Depot aprons and small kits that (with adult assisting) they can hammer and glue together right there with Home Depot tools. Ages 2 & up. Info: 781-672-0900.

Michaels Kids Club

Sat. 10am-12pm. Michaels Arts & Crafts, 34 Cambridge St., Burlington. Different craft each week. Ages 5-10. \$2/child. Info: 781-229-7592,
<http://www.michaels.com>

Perpetual Motion

345 Chelmsford St., Lowell. An indoor playground for kids 6 & under with a huge train playstructure, slides, ball pit, swings, sandbox, tunnels and more. Info: 978-452-0777,
<http://www.perpetualmotioninc.com/>

Play Academy

25 Riverside Ave., Medford. Offers age-appropriate structured classes for infants to age 5 as well as a drop off program. The facility features a toddler gym area, music and dancing, arts and crafts and yoga

classes. Info: 781-738-PLAY,
<http://www.play-academy.com/>

Puppet Showplace Theatre

Wed. & Thurs., 10:30am & 1pm. 32 Station St., Brookline. Recommended for age 3 & up. Age appropriateness varies per show. Call for schedule. Pre-paid reservations are recommended. \$7.50/memb., \$9.50/non-memb. Info: 617-731-6400,
<http://www.puppetshowplace.org>

Sundays on Memorial Drive

Every Sun. through Nov. Memorial Dr., Camb. is closed to traffic 11am-6pm. Bring your bike (tricycle, trail-a-bike...), stroller, roller skates, scooter, running shoes or walking feet to take advantage of this magnificent parkway along the Charles River.

Wilson Farms

10 Pleasant St., Lex. Visit the barn animals (llama, sheep, goats, chickens). Weekday and weekend programs for kids. Info: 781-862-3900,
<http://www.wilsonfarm.com>

Local Attractions

Butterfly Place

120 Tyngsboro Rd., Westford. A large, warm atrium containing some 500 butterflies (representing species from around the world) and filled with colorful plants and shrubs. Come walk among the butterflies and see them up close! Nice gift shop. \$8.50/adult, \$6/child 3 & up. Info: 978-392-0955, <http://www.butterflyplace-ma.com/>

Children's Discovery Museum

177 Main St., Acton. A Victorian house with rooms, corridors, and closets transformed into ten hands-on exhibit areas. Ages 6 & under. Check Web site for special programs. \$8, Free/under 1. Info: 978-264-4200,
<http://www.discoverymuseums.org>

Drumlin Farm Wildlife Sanctuary

208 S. Great Rd, Lincoln. Explore the fields and forest and farmyard. Weekly programs for kids. Closed non-holiday Mon. Members free, \$6/Non-memb. adult, \$4/Non-memb. ages 3-12. Info: 781-259-2200,
<http://www.massaudubon.org>

Ecotarium

222 Harrington Way, Worcester. Nurture young children's curiosity and wonder with hands-on exploration of real things. Monthly family preschool programs. Members free, \$8/Non-member adult, \$6/Non-member ages 3-18. Explorer

Express Train ride, \$2.50/person. Info: 508-929-2700, <http://www.ecotarium.org>

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-memb. adult, \$3/non-memb. child. Info: 617-489-5050, <http://www.massaudubon.org>

Harvard Museum of Natural History

26 Oxford St, Cambridge. Summer science camps for kids ages preschool-5th grade. Discover dinosaurs, wildlife and insects; explore oceans; investigate artifacts and more! 1 week program: \$110 non-members; \$99/members. Info: 617-495-3045, <http://www.hmnh.harvard.edu>

National Heritage Museum

33 Marrett Rd., Rt. 2A, Lex. Great monthly programs for kids and families including storytimes with crafts and family programs. Info: 781-861-6559, <http://www.monh.org>

Southwick's Zoo

10am-5pm, 7 days a week. 2 Southwick St., Mendon. Home to over 500 wild animals! About an hour from Arl. but worth the trip! Info: 800-258-9182, <http://www.southwickzoo.com>

Swan Boats in the Boston Public Garden

Hours: (weather-permitting only) Daily 10am-4pm. \$2.75/adult, \$1.25/child (2-15). Info: 617-522-1966, <http://www.swanboats.com>

Take a Walk at Gore Place

52 Gore St., Waltham. Mon. - Fri. 10am-3pm. Explore the open spaces and hidden places on this 45-acre estate. Visit the llama, sheep, goats, chickens and rabbits at our farm. Rent an "activity pack" containing binoculars, a magnifying glass and activities appropriate for children ages 4-9. Backpack rental: \$5. Free parking. Info: 781-894-2798, <http://www.goreplace.org>

The Stone Zoo

149 Pond St., Stoneham. Small local zoo, with a petting barnyard, playground, and lots of animal exhibits. Great for young children! \$7/Adult, \$4.50/Ages 2-12. Info: 781-438-5100, <http://www.zoonewengland.com>

Seminars

Effective Parenting

Groups forming now. A parenting workshop designed for parents of children birth to 3 yrs. Learn practical parenting skills as well as effective ways to communicate with your child. Led by seasoned mom and skilled

facilitator. \$120/person, \$160/couple. Registration & info: Melissa Lucius, 781-641-4284, parenting@rcn.com or <http://www.effective-parenting.org>

Benefits

Kans for Kids

Sat. Aug. 5, 10am-1pm. Rec. Office, 422 Summer St., Arl. Donate clean returnable bottles and cans to benefit Arl. Rec. Youth Activities. Info: 781-316-3880.

UPDATE! PTO Thrift Shop for Arl. Public Schools

Note: closed thru July 7. Wed. 4-8pm, Thurs. 9:30am-1pm, 2nd Sat. of the month 12:30-5pm. Basement of the Fox Library at 175 Mass. Ave., E. Arl. Gently-used clothing for all ages, toys, books, housewares and more. Info: 781-483-3433, <http://www.ptothriftshop.com>

Groups

Adoption Support Services

ODS/Adoption Comm. of NE, 1750 Washington St., Holliston. Non-profit membership organization for those touched by adoption. Provides education, outreach, support groups, seminars/ workshops. Local chapters sponsor activities throughout the Boston area. (Note: ODS/ACONE is not an adoption agency.) Info: 508-429-4260, <http://www.odsacone.org>

Belmont Food Allergy & Asthma Support Group

A group of parents who meet monthly to discuss and advocate for the issues that arise when you have children living with food allergies and asthma. Info: Theresa Normile, 617-489-6668, Tnormile@foodallergyfacts.com

Grandparents' Support Group

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

La Leche League

An int'l, nonprofit, org. dedicated to providing education, information, support, and encouragement to breastfeeding women. Arl. meetings at Fox Library, 175 Mass. Ave. at 7:30pm on the 3rd Tues. of ea. month. One morning meeting is held in Camb. on 2nd Thurs. of month at 10am, 175 Harvey St., Cambridge. Free. Info: Heather 781-648-2988, <http://home.comcast.net/~jrsladkey/lll/index.html> Neighboring towns also have leagues with monthly meetings. For a listing of Mass. Leagues, refer to

<http://www.llusa.org/MARIVT/Massachusetts.html>

Learn & Play Adoption Group

1st Wed. of ea. month, 10-11:30am. Community Agencies Bldg., Emerson Hospital, 111 Old Rd. to 9 Acre Corner, Concord. Runs Sept. - June. A learn (for parents) and play (for kids) group for parents and adopted children birth to 5 yrs. Facilitated by First Connections with occasional guest speakers. Reg. requested. \$30. Info: 978-287-0221, http://www.cfys.org/first_connections.htm

New Mom's Group

Wednesdays, 11am. Lahey Waltham Pediatrics, 411 Waverly Oaks Rd., Waltham. Join Doctors to ask questions and share the joys and challenges a new baby brings. Sessions run for 5 weeks. Free. Reg. & info: 781-643-7700.

New Mothers' Drop-in Group

Fri. 9:30-11am, Calvary United Methodist Church, 300 Mass Ave., Arl. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family & Children's Svcs. Info: 617-558-1278.

New Mothers' Group

Tues. 10-11:30am, Beth Israel Deaconess & Children's Hospital Medical Care Ctr., 482 Bedford St., Lexington. Free, group meets for 8 weeks. To register call Kristin Hicks at 617-667-2229.

Nursing Mothers' Group

Wed. 1:30pm. Baldwin Park I, 12 Alfred St., Woburn. Drop-in. Meet other moms and have breastfeeding questions answered by a certified lactation consultant. \$2 donation. Info: 781-756-4788 <http://www.winchesterhospital.org>

Older First-Time Moms

Third Wed. of ea. month, 7-8:30pm. Fox Library. 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. Info: 781-674-2029.

Postpartum Support Group

Mondays. 10-11:30am. Vineyard Church, 15 Notre Dame Ave., 2nd fl., Camb. A lactation consultant, massage therapist, and baby scale will be available at most sessions during this drop-in group. This group is non-sectarian and is sponsored by the Midwives at Mt. Auburn. Free. Info: arlmidwife@yahoo.com, <http://www.mamah.org>

Arlington Family
Connection
P.O. Box 150
Arlington MA 02476

July, 2006

Save the Dates!

*Note: see inside for steering committee,
book club & working moms group
dates.*

Saturday, July 1

AFC Outing: Strawberry Picking at Land's Sake Farm

10:30am. 86 Wellesley St., Weston. Pick strawberries, go on a scavenger hunt and a hayride (\$3/child). Pack a picnic and stay for lunch. <http://www.landssake.org> Info and RSVP (requested but not required) Amy 781-646-5417, outings@arlingtonfamilyconnection.org

Saturday, July 8

AFC Playground Fun: International Connections

3:30-5:00pm Playground behind Robbins Library. Meet international families new to the area in this ongoing series of monthly playground fun with special surprises for the little ones! Practice your language skills and introduce your kids to other cultures.

Tuesday, July 11



AFC Drop-in Playgroup

10-11:30am. Fox Library Comm. Rm., Arl. First Tues. of every month. Drop-in anytime. Toys & coffee provided. Ages 0-4. Free. Info: Sarah 781-316-8181, outings@arlingtonfamilyconnection.org

Saturday, July 15

Circus Smirkus 'Tropical Vacation'

11am, Middlesex School, Concord. AFC's annual outing to a touring youth circus. (<http://www.circusmirkus.org>) \$16/person. Tickets still available on a first-come first-served basis. Info: Amy 781-646-5417, outings@arlingtonfamilyconnection.org

Wednesday, July 19

AFC Outing: Whipple Hill Nature Hike

10:30am. Whipple Hill Conservation Area, Winchester Dr. (across from Berkshire Dr.), Lexington. Explore this beautiful wooded area - swing on the giant rope swing and look for birds. Note: trails are not stroller friendly. Info: Charlotte 781-648-8108, outings@arlingtonfamilyconnection.org

Saturday, July 22

AFC Playground Fun

10-11:30am (rain date July 29). Thompson Spray Park, Everett Street, E. Arl. Come meet other AFC families and cool off at this monthly playground fun! Special surprises for the little ones! Info: Lauren 781-777-4052, outings@arlingtonfamilyconnection.org

Monday, July 24

AFC Outing: Decordova Sculpture Park

Mon. July 10, 10:30am. Decordova Museum, 51 Sandy Pond Rd., Lincoln. Come explore, play and picnic among the sculptures. Free. Please RSVP so we know to watch for you. Meet at fountain sculpture near parking lot. Info: Julie at 781-641-0944, outings@arlingtonfamilyconnection.org

Thursday, July 27

Flower Pot Decorating and Planting

3pm. Park Ave. Nursing Ctr., Arl. Join our friends in planting and decorating flowerpots to take home. Supplies provided. Bring work gloves and small plant tools if available (spoons work too). Space is limited. RSVP/Info: Debra, 781-643-2081, community@arlingtonfamilyconnection.org

Thursday, August 3

AFC's 5th Annual Pizza Party

See page 2 of newsletter for details!