

# Arlington Family Connection

supporting children six and under and those who care for them



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www.arlingtonfamilyconnection.org



## Summer fun, for a day or a weekend

By Helene Ragovin James

I have to admit, I used to be skeptical when I'd hear more experienced parents gushing about Storyland, the huge New Hampshire amusement park geared for kids 2 to 12. But after a recent trip there with my just-turned-five-year-old, I'm a believer.

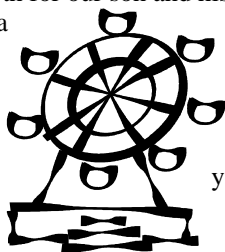
Perusing Storyland's web site before we went, I worried that with 35 acres, 21 rides and numerous live shows and other activities, the experience would be over the top, both for our son and his easily-exhausted parents. But the park is divided into small, easily-accessible sections, all connected by a charming little train that runs frequently throughout the day.

In fact, the whole place is charming – and restrooms and a private area for nursing moms. and more-or-less healthy. There is also a picnic decorated to fit in with the other attractions, so if without any whining or begging.

From a less-practical standpoint, my son thought it was magical – and judging by the looks on the faces of the other kids, he wasn't alone. While he didn't have much interest in riding the pumpkin coach to Cinderella's castle (a high point of many a visit, I'm told), he loved the ride on the pirate boat.

Most of the rides are gentle, but, be warned, not all – the Bamboo Chutes (a log flume ride) turned out to be too much for my son, and the Twirling Turtles (a whimsical tilt-a-whirl) turned out to be too much for my husband. Children need to be at least 36 inches to go on some of the rides, and those under 48 inches must be accompanied by an adult on all rides.

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clean. From a practical standpoint, there are lots of Food at the restaurants is no-frills, reasonably priced area. There are lots of gift shops; but, they're your child can't read yet, you can likely avoid them

## Kindergarten Connections!

If you have a child starting kindergarten in the fall, please join other families from your school for group get-togethers before school begins. Contact the following people who have volunteered to coordinate these get-togethers for your school, or simply show up and have fun!

**Bishop:** Emily Randall, [emily.randall@comcast.net](mailto:emily.randall@comcast.net), 781-646-1735  
Saturday, Aug 12 at 10am - at MENOTOMY ROCKS PARK playground on Jason Street.

**Brackett:** Sarah Short, [sarah.mshort@gmail.com](mailto:sarah.mshort@gmail.com), 781-777-2326 and Debra Reardon, [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)  
Place: Brackett School playground  
Dates: Tues. August 1, 10am and Thurs. August 17, 6pm for a family BYO picnic dinner

**Dallin:** Cathy DiFonzo, [cathydifonzo@hotmail.com](mailto:cathydifonzo@hotmail.com), 781-648-9443  
Place: Dallin School playground, 2pm  
Dates: Sat. August 12 and Sat. August 26. We'll meet at the playground and then have snack.

**Hardy:** Robin Goldstein, [robinalgoldstein@rcn.com](mailto:robinalgoldstein@rcn.com), 781-648-5145  
Place: Hardy School playground:  
Dates: Thurs. August 10, 6pm; come for a BYO family picnic on the lawn in front of the Hardy School, and Sat. August 12, 10am-noon. Feel free to bring any riding toys, bikes, balls, etc.

**Peirce:** Kristen Garrigus, [garrigus14@yahoo.com](mailto:garrigus14@yahoo.com), 781-316-0100  
Place: Peirce School playground  
Dates: Tues. August, 6pm for an evening picnic at the Main Peirce playground, and Sat. August 26, 10am, Peirce Kindergarten playground



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# Kindergarten *Continued from page 1*

**Stratton:** Maura Crowley, [stevemaura@comcast.net](mailto:stevemaura@comcast.net), 781-643-8190 and Saskia Oosting, [soosting@yahoo.com](mailto:soosting@yahoo.com), 781-648-4504  
Place: Stratton School playground:  
Dates: Sat, Aug. 26 (rain date Sun. Aug. 27), 10am - noon

**Thompson:** Julie Rackliffe Lucey, [julielucey@comcast.net](mailto:julielucey@comcast.net), 781-641-0944  
Place: Thompson School playground  
Dates: Fri. August 4, 1-3; Sun. August 13, 1-3; and Wed. August 30 at 8:15 am (let's get ready to be AT SCHOOL!)

## ***AFC Steering Committee Members***

General Information - [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

Ruth Schmidt

Clerk

Margit Griffith

Community Service - [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)

Debra Reardon

e-Bulletin - [bulletinboard@arlingtonfamilyconnection.org](mailto:bulletinboard@arlingtonfamilyconnection.org)

Ruth Schmidt

Membership - [membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

Molly Sanford and Paula Kirtley

Newsletter - [newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org)

Soraya Merchant, Helene Ragovin James and Sarah Short

Newsletter Calendar - [calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

Amy Speare

Options in Childcare & Preschool booklet -

[options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org)

Sonya Coleman

Outings - [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

Amy Speare, Jeanne Wells Hobbie and Johanna Wilson-White

Seminars - [seminars@arlingtonfamilyconnection.org](mailto:seminars@arlingtonfamilyconnection.org)

Maureen Igoe

Treasurers - [treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org)

Andrea Cauty and Johanna Wilson-White

Web Site - [webmaster@arlingtonfamilyconnection.org](mailto:webmaster@arlingtonfamilyconnection.org)

Alkim Akyurtlu and Cindy Revelle

Working Moms - [workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

Wendy Clarke

## **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](mailto:newsletter@arlingtonfamilyconnection.org); calendar listings to [calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

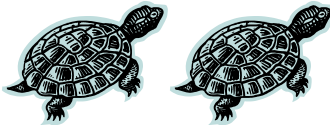
## **It's time for our pizza party in the park**

*By Sonya Coleman*

It's summer, and if your schedule is anything like mine, you're booked with weekly pool parties and barbecues with family and friends. Here's just one more that you don't want to miss - AFC's annual summer pizza party at Parallel Park.

It's an exclusive AFC members fest where the pizza is overflowing, watermelon is fresh and lemonade is cold! Bring yourself, your family and/or friends on Thurs. Aug. 3, 5:30 to 7:30 p.m. for good eats, good company and plenty of playtime for your children. The rain date is Friday, Aug. 4.

An RSVP is required. Please email Sonya at [options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org) with number attending.



## **Cool off with healthy ice pops!**

*By Helene Ragovin James*

Nothing says summer like popsicles. The following recipe is adapted from one that appears in the "Family Fun Cookbook." Don't leave out the banana – it's the key to getting a smooth, creamy consistency.

### **Fruit Smoothie Pops**

4 ice cubes

½ cup to 1 cup fruit chunks (fresh fruit should be peeled and seeded; frozen should be thawed slightly)

1 medium banana (firm, not overripe)

6-8 oz. yogurt (flavored or plain)

½ cup milk

½ cup fruit juice

Using a blender, crush ice. Add other ingredients – experiment to find your favorite flavor combinations. Any type of milk, from skim to whole, can be used. Blend until well-mixed and thick. Pour into popsicle molds. Freeze for about 5 hours. Number of pops will vary, depending on size of your molds (I usually get about 12-16 small pops per batch.)



# Calendar

## Special Events for Families

### **Crafts for Kids**

Aug. 1 & 3, 3-5pm. Robbins Library.  
Drop-in to make a craft. Free. Info: 781-316-3234.



### **Summer in the City**

The Cambridge Arts Council presents a lively mix of dance, song, storytelling, theater and puppetry for children in Cambridge public parks. Free. All shows are at 11am unless otherwise noted. Call or refer to Web site for locations (rain locations also provided).

Aug. 1 – Origination's IMANI, Jr. (dance)

Aug. 3 – Gerwick Puppets

Aug. 8 – Mara Morris

Aug. 10 – Arev Armenian Folk Ensemble

Aug. 11 – Public Art ACTS (10:30am, 11am, 11:30am)

Aug. 15 – Dance Caliente

Info: 617-349-4380,

[http://www.ci.cambridge.ma.us/CAC/community\\_summer.html](http://www.ci.cambridge.ma.us/CAC/community_summer.html)

### **Creative Movement**

Wed., 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.

### **Insects and Ice Cream**

Wed. Aug. 2, 6pm. Habitat, 10 Juniper Rd., Belmont. Come on a bug treasure hunt in the meadow. \$7/members; \$9/non-members. Registration required. Info: 617-489-5050, [http://www.massaudubon.org/Nature\\_Connection/Sanctuaries/Habitat/index.php](http://www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat/index.php)

### **Summer Concert Series**

6:30-8:30pm. Lexington Visitor's Center, 1875 Mass. Ave., Lex. Free.

Aug. 4 – The Brass Connection

Aug. 11 – Wolverine Jazz Band

Aug. 18 – Ben Rudnick & Friends

Aug. 25 – Hanscom AFB Band of Liberty

### **Damn Yankees**

Aug. 4-12. Regent Theater, 7 Medford St., Arl. Performed by Arlington Children's Theater. Ages 4 & up. \$10. Info: 781-646-4849,

<http://www.regenttheatre.com>

### **Teddy Bear Picnic**

Sat. Aug. 5, 11am-3pm. Stone Zoo, 149 Pond St., Stoneham. Bring your favorite teddy bear and have zoo veterinary staff

give your bear a full physical checkup and a clean bill of health. Then march through the zoo in the Teddy Bear Parade. Info: 781-438-5100,

<http://www.zoonewengland.com>

### **Shakespeare in the Park**

Sun. Aug. 6, 5pm. Menotomy Rocks Park, Jason St., Arl. The New England Shakespeare Co. performs "A MidSummer Nights Dreame", a free family-friendly performance. Co-sponsored by the Arl. Center for the Arts, the Friends of Robbins Farm Park, and Friends of Menotomy Rocks Park. Come early, bring chairs or blankets and a picnic. Info: 781-648-6220, <http://www.acarts.org>

### **Animal Ambassadors**

Mon. Aug. 7, 10-11am. Garden in the Woods, 180 Hemmenway Rd., Framingham. Live animal shows including a giant anaconda, skunks, lemurs, wallabies and more. \$4/member, \$5/non-member. Info: 508-877-7630, <http://www.newfs.org>

### **Audubon Ark**

Tues. Aug. 8. 10am – ages 2-5; 10:30am – K & up. Fox Library. Meet animals that eat bugs! Free. Sign up required. Info: 781-316-3198.



### **Family Picnic Concert Series**

Bring a blanket and a picnic and enjoy the misc on Robbins House lawn.  
Aug. 10, 6pm – Ben Rudnick & Friends (rain date Aug. 17)  
Aug. 15, 12pm – Sulinha's Trio  
Free. Info: 781-316-3234.

### **Kidstock Theater Performs "Pig Tracy"**

Mon. Aug. 14, 10:30am. 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.

### **Curious Creatures**

Tues. Aug. 15, 2:30 & 4pm. Cary Library, 1874 Mass. Ave., Lexington. A live interactive traveling animal show. Meet turtles, tarantulas, hedgehogs, snakes and more! Ages 3 & up. Free. Space limited. Tickets available Wed. Aug. 9. Info: 781-862-6288, <http://www.caryllibrary.org>

### **WGBH Hands-On Science Workshop**

Wed. Aug. 16, 3pm. Drop-in. Listen to a story and use your hands and mind to build castles, bridges and houses at building stations set up by WGBH. Take home a

book all about building. Ages 3-6. Free. Registration required. Info: 781-316-3198.

### **Toe-Jam Puppet Band**

Thurs. Aug. 17, 10:30am. Belmont Library, 336 Concord, Ave., Belmont. An interactive variety show of corn ball humor and good 'ole fun. Free. Info: 617-489-2880, <http://www.belmont.lib.ma.us>  
**Summer Carnival**  
Thurs. Aug. 17, 1-3pm. Sports Center, 422 Summer Street, Arl. Games, prizes, refreshments, food and fun. Attractions will include moonwalk, race car driving and entertainment. All ages. Tickets purchased at the door. Entrance is free, \$0.25-\$1.50 each for rides and games. Info: 781-316-3880.

### **Verrill Farm Corn & Tomato Festival**

Aug. 19-20, 12-4pm. 11 Wheeler Rd., Concord. Tastings of Verrill Farm grown corn and tomatoes. Pony rides and hayrides. Live music by Southern Rail, L'il Folk Farm, a traveling petting farm with goats, sheep, rabbits, and more. Info: 978-369-4494, <http://www.verrillfarm.com>

### **Ben Rudnick & Friends Concert**

Tues. Aug. 22, 6pm. Wright's Pond, Elm St., Medford. Free. Info: <http://www.benrudnickandfriends.com>

### **3 Apples Storytelling Festival Preview**

Thurs. Aug. 24, 6:30pm. Robbins Library. Performers from the 3 Apples Storytelling Festival will give a preview. Ages Pre-K - 4<sup>th</sup> Grade. Free. Space limited. Tickets given out day of program. Info: 781-316-3234.

### **Friday Night Flicks**

Fri. Aug. 25, 8pm. Robbins Farm Park, Eastern Ave. (across from Brackett School), Arl. Film title TBD. Info: <http://www.robbinsfarmpark.org>

### **Cambridge Carnival International**

Sun. Aug. 27, 12-7pm. Mass. Ave. in Central Sq., Cambridge. Mass Ave. shuts down to celebrate customs from around the globe. Characterized by elaborate costumes, live music, ethnic foods and authentic arts and crafts, it's a celebration which begins with a Caribbean/Mardi Gras style costume parade (at 12:30pm) that celebrates the culture of countries including Brazil, Trinidad and Tobago, Honduras, Haiti, Puerto Rico, and Barbados. Free. Info: 617-492-2518, <http://www.cambridgecarnival.com>

## Sing-alongs & Music

### **Mondays**

5pm. Finagle a Bagel, 91 Middlesex Tpke., Burlington. Ed Morgan

performs fun original and classic children's songs. Free. Info: 781-273-6500, <http://www.finagleabagel.com>

#### **Thursday, Aug. 9**

9:30am & 10:30am. Pottery Barn Kids, Burlington Mall. Free sing-a-long with Julie Garnett. Info: 781-221-5833.

#### **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**

##### **Monday, August 7**

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

##### **Wednesdays, August 2, 9**

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

#### **Other Storytimes**

##### **UPDATE! National Heritage Museum**

Thurs. Aug. 17, 10:30am. 33 Marrett Road, Rt. 2A, Lex. Come look at some of the antique toys and cars from the Museum's collections and join us as we read *My Little Car* by Gary Solo and *Zoom! Zoom!* by Kristen Hall. We'll make our own cars and trucks. Ages 4 & under. \$3 child. 781-861-6559, <http://www.monh.org/>

##### **Barefoot Books**

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>

##### **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.

##### **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>

#### **Other Arlington Fun Stuff**

##### **NEW! MommaStroll**

Thursdays 8:30-9:30am. Meet other Moms for brisk walking, simple stretching and strengthening exercises along the bike path. Bring water, hat sunscreen, sunglasses and stroller. Sign-in and meet at Isis Maternity at 397 Mass. Ave., Arl. at 8:15am. \$4.50/ members; \$5non-members. Info: 781-429-1500, <http://www.isismaternity.com>

##### **Arlington Boys & Girls Club**

Thru Aug. 24. 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>

##### **Arlington Center for the Arts**

41 Foster St., Arl. ACA offers summer vacation arts programs for kids which include visual art, drama and music

classes each day. Sign up for one week or as many as you like. \$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](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](mailto:BabyFriendlyMovies-subscribe@yahoogroups.com); or <http://groups.yahoo.com/group/BabyFriendlyMovies>; for this week's movie visit <http://www.somervilletheatreonline.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>

##### **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, child development, music, movement and enrichment, parenting workshops and more. *Special AFC membership discount \$29/6 month*. Info: 781-429-1500, <http://www.isismaternity.com>



### **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](mailto: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 area, 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 playground. Note: No bathroom facilities. Info: 781-316-3880.

### **Beyond Arlington**

#### **Babes in the Woods**

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

#### **Beaver Brook Spray Park**

Trapelo Rd., Belmont. Daily 10am-5:30pm. Ideal for toddlers through 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.

#### **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/>

#### **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>

#### **Home Depot Kid's Workshop**

First Sat. of the month. 10am-12pm. Home Depot, 10 1<sup>st</sup> 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. Visit a wide array of stuffed animals in the mammal exhibit. See the 40ft dinosaur replica. Sat. programs for preschool to 3<sup>rd</sup> grade. Wed. afternoon program with live animals and touchable objects. \$7.50/adult, \$5/ages 3-18. Info: 617-495-3045, <http://www.hmn.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! Lots of shade and a few kiddie rides too. 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-5pm. \$2.75/adult, \$1.25/child (2-15). Info: 617-522-1966, <http://www.swanboats.com>

**Stone Zoo**  
149 Pond St., Stoneham. Small local zoo, with a petting barnyard, playground, and lots of animal exhibits. Great for young children! \$7.50/Adult, \$4.50/Ages 2-12. Info: 781-438-5100, <http://www.zoonewengland.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>

## Seminars

**Natural Approaches to Women's Health**  
Thurs. Aug. 17, 7pm. Isis Maternity, 397 Mass. Ave., Arl. Dr. Julie Barsam-

Cummings, licensed acupuncturist and clinical researcher at Harvard Med. School discusses natural alternatives for symptoms and conditions related to PMS, pregnancy and fertility. Free/members; \$19/non-members. Info: 781-429-1500, <http://www.isismaternity.com>

**Effective Parenting**  
Groups forming now. A parenting workshop designed for parents of children birth to 3 yrs. In this workshop, you will learn practical parenting skills as well as effective ways to communicate with your child. Led by a seasoned mom and skilled facilitator, this small and highly interactive group will explore different parenting topics each week through lively discussion. \$120/person, \$160/couple. Registration & info: Melissa Lucius, 781-641-4284, [parenting@rcn.com](mailto:parenting@rcn.com) or <http://www.effective-parenting.org>

## Benefits

**Kans for Kids**  
Sat. Aug. 5, 10am-1pm. Recreation 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 Aug. 18 - Sept. 8.* Regular hours: Wed. 4-8pm, Thurs. 9:30am-1pm, 2<sup>nd</sup> 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

**NEW! Breastfeeding Drop-in Group**  
Thursdays, 1pm. Isis Maternity, 397 Mass. Ave., Arl. Free drop-in group for nursing moms and their babies. Staffed by a certified lactation consultant. Info: 781-429-1500, <http://www.isismaternity.com>

**NEW! Drop-in Playgroups**  
Non-mobile babies - Tuesdays, 3:30pm  
Mobile babies - Thursdays, 3:30pm  
Isis Maternity, 397 Mass. Ave., Arl. Enjoy a clean, air-conditioned and baby-friendly place to entertain you little one and socialize with other parents. Free for Isis members, \$5/non-members. Info: 781-429-1500, <http://www.isismaternity.com>

**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 issues that arise when you have children living with food allergies and asthma. Info: Theresa Normile, 617-489-6668, [Tnormile@foodallergyfacts.com](mailto: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, organization dedicated to providing education, information, support, and encouragement to breastfeeding women. Arl. meetings at Fox Library, 175 Mass. Ave. at 7:30pm on the 3<sup>rd</sup> Tues. of ea. month. One morning meeting is held in Camb. on 2<sup>nd</sup> Thurs. of the 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**  
1<sup>st</sup> 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. Registration requested. \$30. Info: 978-287-0221, [http://www.cfys.org/first\\_connections.htm](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.

*Continued on bottom of page 7*

*Don't forget, it's time to renew your AFC annual membership!*



# AFC Membership/Renewal Form



New Member  Renewal

Date:

School District (circle for geographic location):

Bishop Brackett Dallin Hardy  
Peirce Stratton Thompson Out of town

Name(s):

Address, Zip:

E-mails:

Phone:

Areas of Interest:

Events/Parties New Parent Outreach Seminars  
Newsletter Outings with kids Web site  
Playgroups Outings without kids Other

Please list your children:

Name Gender Date of Birth

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 following:

Please circle all that apply:

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

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

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

Arlington Family Connection  
PO Box 150  
Arlington, MA 02476

Newsletter delivery preferences:  
US Mail Email Both

For information or questions, contact Paula Kirtley at [membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

## Calendar

*continued from page 6*

### UPDATE! New Mothers' Drop-in Group

Note new time: Fri. 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 & 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. Babies welcome. Meet other moms and have breastfeeding questions answered by a certified lactation consultant. \$2 donation suggested. 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., 2<sup>nd</sup> 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](mailto:arlmidwife@yahoo.com) <http://www.mamah.org>



## Storyland

*Continued from page 1*

Storyland is located in the White Mountain town of Glen, N.H., not far from North Conway. It's a 3-hour drive from Arlington – and there are plenty of motels/hotels/resorts in various price ranges nearby. For those who make it a two-day trip: if you enter Storyland after 3 p.m. any day, you get a free pass that you can use the next day.

Storyland, Route 16, Glen, N.H. Admission, \$22 per person (children 3 and under are free). Open daily until Labor Day; weekends until Columbus Day. [www.storylandnh.com](http://www.storylandnh.com).

*Helene Ragovin James is a co-editor of the AFC newsletter.*

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

**August, 2006**

## Save the Dates!

### **Tuesday, August 1**

#### **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](mailto:outings@arlingtonfamilyconnection.org)

### **Wednesday, August 2**

#### **AFC Playground Fun**

10-11:30am (rain date Aug. 9). Beaver  
Brook Spray Park, Trapelo Rd.,  
Belmont. Come meet other AFC  
families and cool off in this ongoing  
series of monthly playground fun with  
special surprises for the little ones!

Info: Jeanne 781-643-6212,

[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### **Thursday, August 3**

#### **AFC's 5<sup>th</sup> Annual Pizza Party!**

5:30-7:30pm (rain date Aug. 4). Parallel  
Playground (corner of Medford St. and

Mystic Valley Pkwy.). AFC will provide  
free pizza and more for members, families  
and friends and anyone interested in  
exploring what AFC has to offer. This is  
also a good opportunity to renew  
memberships - all memberships renew in  
Sept. for \$20 a year. RSVP with number  
who plan to attend to Sonya at 781-646-  
3324, [s.coleman@gmail.com](mailto:s.coleman@gmail.com)

*We will be collecting school supplies for  
the Arlington Food Pantry. Please drop  
off your donation at the membership  
table.*

### **Friday, August 25**

#### **AFC Games Day!**

10:30am-12pm. Isis Maternity, 397 Mass.  
Ave., Arl. Come spend the morning in cool  
air conditioning playing games like  
Hulabaloo, Candyland, checkers, puzzles,  
and more. Ages 2 & up. Info: Amy 781-  
646-5417,

[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### **Tuesday, August 29**

#### **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](mailto:info@arlingtonfamilyconnection.org)

### **Thursday, Sept. 7**

#### **AFC Book Club**

*Note: There will be no August meeting.*

Meets first Thurs. of every month.

September's book is *Kite Runner* by

Khaled Hosseini. Info: Trish Richardson  
at [richardson\\_728@hotmail.com](mailto:richardson_728@hotmail.com)

### **Saturday, Sept. 9**

#### **Working Moms Group**

*Note: The Working Moms Group will  
not have its usual Saturday meeting in  
August. For questions or to join the  
mailing list, please contact Wendy at*

781-648-2341,

[workingmoms@arlingtonfamilyconnect  
ion.org](mailto:workingmoms@arlingtonfamilyconnection.org)T

