



# Arlington Family Connection

supporting children six and under and those who care for them

Volume VII, Issue 6 • September, 2008

[www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)

## Considering Preschool or Childcare? AFC Can Help!

With more children than available slots for preschools and daycare centers, it's never too early to start researching Arlington's childcare options. Wouldn't it be nice if you could find all of that information in one place? AFC has resources to help parents navigate the choices.

### Open House on October 2

AFC's 7<sup>th</sup> annual Child-care and Preschool Options night will be held in the Stratton Elementary School cafeteria from 6:30-8pm on Thursday, October 2. Many of the schools and centers offering childcare in Arlington will be available to help you learn about your options. This open house format is the perfect opportunity to find out about the different programs, ask questions, and pick up brochures and enrollment forms.



### Childcare Options Booklet Updated for 2008

The updated 2008 *Childcare and Preschool Options in Arlington* booklet will be available for purchase for \$8 during the open house. This booklet not only lists information on each licensed preschool, daycare, and family provider in the town of Arlington, but also provides tips and considerations in choosing the right program for your child.

During the open house there will be a play area for children as well as light refreshments served. There is plenty of parking; Stratton Elementary is located on Mountain Ave off of Overlook Rd, near the Lexington and Winchester border. Admission is free and open to anyone interested in attending. Please contact [options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org) with any questions.

## Everything I Needed to Know about Organizing... I Learned in Kindergarten

By Elizabeth Goodsell

Even if your child isn't in school yet, a kindergarten classroom provides a great model for organizing. Try these kindergarten-inspired organizing tips at home to corral clutter and make clean up easier.

### Set Up Zones

A kindergarten classroom clearly defines the space for different activities, such as reading, building with blocks, and creating art. *Try it at home:* Create a reading area by placing comfortable pillows on the floor in front of a bookshelf, or set up a "creativity corner" with art supplies and an easel or table. This approach works for grown-up activities too: in the kitchen make a coffee zone with the coffee maker, coffee, and mugs.



*Continued on page 3*

## September 20, 10am-3pm Mass Ave, Arlington Center AFC at Town Day

Arlington's Town Day celebration is Saturday, September 20, from 10am-3pm in Arlington Center (rain date, September 27). Bring your kids to the AFC booth for a fun activity. You can take the opportunity to renew your membership, find out about upcoming events and activities, and meet other AFC members and their families. And be sure to tell friends and new neighbors with young children to look for AFC, too!

### Volunteer at the booth!

One of the best ways to get to know other AFC members is by volunteering at the AFC booth. If you can spare an hour (between 8:00 and 4:00) please contact Lauren Boyle at [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org) or 781-777-4052.

# Kindergarten Connections: September Events

The following events are for children who will enter kindergarten in September.

## Brackett

Fri. September 5, 5-7pm, Robbins Farm playground. Bring a picnic dinner and join other families!  
Contact: Dana Ansel  
([dana.ansel@gmail.com](mailto:dana.ansel@gmail.com), 781-643-0159)



## Dallin

Tue. September 2, 4-6pm, Dallin School kindergarten playground.  
Contact: Jenny Brown ([jbrown68@yahoo.com](mailto:jbrown68@yahoo.com)), Deanna Cook ([dee16cook@comcast.net](mailto:dee16cook@comcast.net)), Janet Wilder ([janetwilder@earthlink.net](mailto:janetwilder@earthlink.net))

## Peirce

Fri. September 5, 4-6pm, McClennen Park playground.  
Rain date: Sat. Sep 6.  
Contact: Susan Goetcheus  
([kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org), 781-643-0215), June Rutkowski  
([june.rutkowski@verizon.net](mailto:june.rutkowski@verizon.net))

For general information, contact Susan Goetcheus,  
[kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)



Kindergarteners making connections earlier this summer.

## AFC Directory

**General Information** - Amy Speare, 781-646-5417  
[info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

**AFC Playtime** - Glendalys Ghandi  
[playgroup@arlingtonfamilyconnection.org](mailto:playgroup@arlingtonfamilyconnection.org)

**Book Group** - Wendy Paramore  
[bookgroup@arlingtonfamilyconnection.org](mailto:bookgroup@arlingtonfamilyconnection.org)

**Clerk** - Eileen Coleman

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

**Kindergarten Connections** - Susan Goetcheus  
[kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)

**Membership** - Leah Nelson and Kelly Chiu  
[membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

**Newsletter Editors** - Carrie Finison  
[newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org)

**Newsletter Calendar** - Aimee Linker and Louise Friel  
[calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

**Options in Childcare & Preschool booklet** - Kristen Strechay  
[options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org)

**Outings** - Eileen Coleman and Amy Speare  
[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

**Treasurers** - Catherine Hoffman and Mimi Wan  
[treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org)

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

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

**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, 2008. 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)

## Save the Dates! Upcoming Fall Events from AFC

See the insert page for a complete list of September AFC events. Mark your calendar for the upcoming fall events below!

<b>AFC's 7<sup>th</sup> Annual Childcare &amp; Preschool Options Night</b>	<b>Thursday, Oct. 2</b>
6:30-8pm. Stratton School, 180 Mountain Ave, Arl. Don't miss this one-of-a-kind trade show to evaluate the diverse early childcare programs in our community. AFC's updated comprehensive booklet of all Arlington providers will be for sale. Kristen 781-643-1184, <a href="mailto:options@arlingtonfamilyconnection.org">options@arlingtonfamilyconnection.org</a>	
<b>Working Moms Group</b>	<b>Wednesday, Oct. 15</b>
7:30pm. Location TBA. The Working Moms Group resumes in October and meets the 3 <sup>rd</sup> Wednesday of every month. Did you know that over 40% of AFC mom's are juggling both careers and families? Get together with other working moms! This is for ALL working mothers - both new and experienced! Please RSVP to <a href="mailto:workingmoms@arlingtonfamilyconnection.org">workingmoms@arlingtonfamilyconnection.org</a>	
<b>AFC Team Night Wine &amp; Cheese Social</b>	<b>Wednesday, Oct. 15</b>
7:30-9pm. Location TBA. Join us for an adults-only wine and cheese social to meet current AFC volunteers and learn how you can join in to keep AFC the vibrant and valuable community resource that it is. No special skills needed - just a willingness to get involved. Tell us what you think AFC could do! RSVP to Amy, 781-646-5417, <a href="mailto:info@arlingtonfamilyconnection.org">info@arlingtonfamilyconnection.org</a>	
<b>AFC's 4<sup>th</sup> Annual Tot Skating Party</b>	<b>November</b>
Veteran's Memorial Skating Ring, 422 Summer St., Arl. Join us at this low-key and fun event for AFC members only. Snacks, drinks and tot skates provided. \$1/person. Ages 2-6. Amy, 781-646-5417, <a href="mailto:outings@arlingtonfamilyconnection.org">outings@arlingtonfamilyconnection.org</a>	

## Save the Date!

Wednesday, October 15, 7:30-9pm

Location TBA

## AFC Team Night

## Wine & Cheese Social

*Can you give AFC an hour this year? This month? This week?*

AFC is run entirely by volunteers. Last year, more than 80 members gave their of time – from one hour to many – to help AFC offer a huge array of activities, parties, outings, and social and charitable events.

This year, we need more volunteers to step forward and help keep AFC the vibrant and valuable community resource that it is. Whether you can give an hour a year, an hour a month, an hour a week, or an hour a day, your contribution will help keep AFC the active group that it is! Please join us for an “AFC Team Night”

wine and cheese social on October 15 to meet the current volunteers and to learn how you can join in. You don’t need any special skills to volunteer – just a willingness to get involved and tell us what you think AFC could do!



Whether you'd like to write an article for the newsletter, organize a family outing, help plan an event, or just get out for an evening and meet some other Arlington parents, please join us on October 15. RSVP required: contact Amy at 781-646-5417 or [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org).

### Immediate Volunteer Needs

*All run by teams of 2 or more people*

- Newsletter and e-bulletin editors/contributors
- Co-Leaders and hosts for playgroups; Working Mom’s Group; Outings; and Membership
- Bring your ideas for more!

## What Volunteering Has Meant to Me

*By Amy Speare*

I have volunteered in a variety of roles for AFC since my oldest child (now 5) was 6 months old. What has volunteering meant to me? I feel very ‘in the know’ about happenings in Arlington and have met tons of AFC members and made lots of friends. Not to mention that volunteering has helped keep my dormant business brain alive while I stay home with my two kids. When my son was born, I changed careers to be a stay-at-home mom for a few years. Prior to kids, I was a workaholic marketing manager with a very hectic job. The hectic job part hasn’t changed as a mom — I just manage kids instead of work. But volunteering for AFC has kept my project management, business, planning, teamwork, and social skills sharp – all skills I will need when I re-enter the workforce.

*Continued from page 1*

### Label Everything

Kindergarten classrooms use words and pictures to identify where things belong or what activity happens in a space. *Try it at home:* Use labels to help children know where to put their toys and clothes, or where they can find the “good” snacks in the kitchen. One mom took photos of toys, taped them above their designated spot on a shelving unit, and then marveled at how her three boys could find their things by themselves—and put them away!

### Signal a Transition

Kindergartners need to clean up before they go to another activity, and teachers often count or sing a special song to signal the transition. *Try it at home:* Find your own silly song to play for clean up time, or set a timer for five minutes and have children “race” the clock as they put things away.

### Use a Cubby

In school cubbies provide children with a specific place to put their things. *Try it at home:* To avoid bags and shoes spreading all over floor, give children a designated spot for jackets, shoes, and bags. While many stores sell cubbies, you can also use a low shelf, bench, or hook in a closet within reach of your child. And if you don’t have a spot for your own things, make one for yourself!

Applying the kindergarten model of zones, labels, cubbies, and transition signals can encourage independence in children, and give parents a well-deserved break.

*AFC member Elizabeth Goodsell is the mother of a five-year old, and the founder of That’s Neat! ([www.thatsneatorganizing.com](http://www.thatsneatorganizing.com)), specializing in organizing solutions for busy families.*

---

## Sunday, September 7, 11am Regent Theater, 7 Medford Street, Ari. AFC Discount! Regent Theater Family Fun Series with Terrible Twos

Matt Pryor (of the New Amsterdams) delivers energetic, playground pop songs inspired by all three of his children. Special AFC discount: \$6/child; \$9/adult. Mention AFC when purchasing tickets. 781-646-4849, [www.regentheatre.com](http://www.regentheatre.com)

# Local Events & Activities – September

For even more resources refer to [www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)

## Arlington Venues

**Arlington Boys and Girls Club**, 60 Pond Lane, (Pleasant St. to Wellington St.). 781-648-1617. [www.abgclub.org](http://www.abgclub.org)

**Arlington Rec. Center & Veterans Memorial Rink**, 422 Summer St. (Rt. 2A). 781-316-3880. [www.town.arlington.ma.us/Public\\_Documents/ArlingtonMA\\_Recration/index](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Recration/index)

**Fidelity House**, 25 Medford St. 781-648-2005. [www.fidelityhouse.org](http://www.fidelityhouse.org)

**Fox branch library**, 175 Mass. Ave. (East Arlington, at Cleveland St.). 781-316-3198. [www.robbinslibrary.org/html/fox.htm](http://www.robbinslibrary.org/html/fox.htm)

**Gibbs Gym**, 41 Foster St. (also accessible from Tufts St., between Mass. Ave. and Broadway). 781-316-3880.

**Isis Maternity**, 397 Mass. Ave., at Broadway. 781-429-1598. [www.isismaternity.com](http://www.isismaternity.com)

**Regent Theatre**, 7 Medford St. 781-646-4849. [www.regenttheatre.com](http://www.regenttheatre.com)

**Robbins Library**, 700 Mass. Ave. (near Pleasant St./Rt. 60). 781-316-3234. [www.robbinslibrary.org](http://www.robbinslibrary.org)

**Together in Motion**, 1 Broadway, at Route 16. 781-643-1377. [www.togetherinmotion.com](http://www.togetherinmotion.com)

## Special Events for Families

### Back to (Pre)School Family Fun Fest

Sept. 6, 11am – Alphabet Rockers  
Sept. 7, 11am – The Terrible Twos  
These two musical groups appear as part of the Family Fun Saturday series at the Regent Theater. \$8/children & seniors, \$10/adults. More info and to order tickets visit: [www.regenttheater.com](http://www.regenttheater.com)

### Annual Verrill Farm BBQ

Sun. Sept. 7, 12-4pm, Verrill Farm, 11 Wheeler Road, Concord, Traditional BBQ food with all the fixins prepared in the farmstand kitchen, Entertainment includes: Back Eddy Bluegrass, Violet the Clown, Giddy Up Ponies, and hayrides, Info: 978-369-4494 or [www.verrillfarm.com](http://www.verrillfarm.com)

### Davis Farmland Weekend Fun

145 Redstone Hill, Sterling,  
**Sept. 6&7**, Magic Show by Eddie Raymond  
**Fall Schedule starts 9/4**,  
**Sun. Sept. 7**, Grandparents Day, Children bring their grandparents for Free  
**Sept. 12&14**, Apple Fest Weekend, you're your own apples  
**Sept. 20&21**, Birds of Prey returns  
**Sept. 27&28**, Harvest Celebration  
ALSO: **The MagaMaze is open**  
Farm: 978-422-6666, Maze: 978-422-8888 or [www.davisfarmland.com](http://www.davisfarmland.com).

### Fall Harvest Scarecrow

Sept. 14, 1-3pm. Build your own take home Scarecrow with the help of experts. Provide your own old clothes. Concord Museum Lexington Road and Cambridge Turnpike Concord. Free, reservations requested at (978) 369-9763. Info: (978) 369-9609 or [www.concordmuseum.org](http://www.concordmuseum.org)

### Shadow Puppet Show

Wed, Sept. 17 & 18, 10:30am. 32 Station Street, Brookline. Deborah Costine performs Three Pigs and Other Tales using shadow puppets. For ages 3 and up. \$10/person. Reservations and info: 617-731-6400 or [www.puppetshowplace.org](http://www.puppetshowplace.org).

### Arlington Town Day Festivities

**Fri. Sept. 19**, 5:30pm, Spy Pond Field, entertainment, kid's activities, food, fireworks at dusk, **Sat. Sept. 20**, 10am-3pm, along Mass. Ave. (from Pleasant St.- Mill St.) Street fair with booths, vendors, live entertainment, and kid's activities, (**Rain dates Sept. 26 & 27**) Info: [www.arlingtonma.gov/recreation](http://www.arlingtonma.gov/recreation).

### KidsFest

Sept. 20 & 21, 10-5pm, Wachusett Mountain, Jugglers, magicians, balloon artists, clowns, pony rides, games, moon bounces, and more Info: 978-464-, 2300 or [www.wachusett.com](http://www.wachusett.com)

### Bolton Fair

Sept. 25-28, Bolton. Animal shows, exhibit hall, farmers market, contests, craft show, kids country, food, entertainment, rides, and games, Info: [www.boltonfair.org](http://www.boltonfair.org)

### Three Apples Storytelling Festival

Fri.-Sun, Sept. 26-28, Bedford Family Festival, Bedford Town Common, Storytellers from around New England, Preschool, elementary, and adult performances. Info: 781-287-0069 or [www.threeapples.org](http://www.threeapples.org).

### Big Bug Festival Weekends

Visit the NE Wild Flower Society Sat. and Sun. in Sept. and Oct. for family fun, sculptures, Bugmobiles' crafts and hands-on bug experiences, Build-a-bug Park Grasshopper Jump competitions and bug construction, and Bug Activity Bags filled with binoculars, field guides, sketch pad, and scavenger hunt for children and families. Each weekend focuses on a different insect. \$4/children 3-18, \$8/adults. 180 Hemenway Road, Framingham, MA. Info: (508) 877-7630, [www.newenglandwild.org](http://www.newenglandwild.org).

## Sing-alongs & Music

### Monday

4:45pm. **Finagle a Bagel**, 91 Middlesex Tpke, Burl. Ed Morgan performs fun original and classic children's songs. Free 781-273-6500, [www.finagleabagel.com](http://www.finagleabagel.com)

11am. **Stellabella Toys** (except holidays) 1967 Mass. Ave., Camb., Porter Sq. Free Sing

along. Info: 617-864-6290.

### 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month

10am, Calvary Church, 300 Mass. Ave. Join Diane Taraz for a fun sing-a-long, \$2/person, \$5/family, Info: [www.dianetaraz.com](http://www.dianetaraz.com)

### Thursday

11am. **Stellabella Toys** (except holidays) 1967 Mass. Ave., Camb., Porter Sq. Free Sing along. Info: 617-864-6290.

### Saturday

11am. **Stellabella Toys**, 1360 Cambridge St. Inman Sq. Camb. Sing songs, play games Free. Info: 617-491- 6290.

### Sunday

#### Baby Loves Disco

Last Sunday of each month, 2-5pm, Revolution Rock Bar, 200 High St. Boston, \$12 (non-walkers, free) Childproof disco/dance party with "real" music by the legendary DJ Kon, healthy snacks by Wild Oats, bar available for mom and dad. Info: [www.babylovesdisco.com](http://www.babylovesdisco.com)

## Story times and Library Programs

### ROBBINS LIBRARY

#### Story time

Mon. Sept. 22 & 29 (drop in)  
**10:30 am** for ages 18-30 months. Stories, rhymes and fingerplays for the first 15 minutes followed by a simple craft  
**11am** for ages 2½ and up  
Longer stories followed by a craft.

#### Story time for 3-5 year olds

Wed. Sept. 24 & Oct. 1 at 10:30-11:00am  
Longer stories followed by a craft. Drop in.

### FOX LIBRARY:

#### Sing alongs

Thurs, Sept. 4, 11 & 25, 10-10:30am. With Liz Buchanan and on Sept. 11, special guest Paula Jordan. For infants and preschoolers.  
Thurs, Sept. 18 "I Love to Read" sing along with Rick Goldin at 10am. For ages 2-10.

## Story time

Tues. Sept. 23 & 30

10:00 for ages 2-3

10:30 for ages 4-5

Stories followed by a craft. Drop in.

## Tuesday

**Barnes & Noble** for preschoolers

10:30am , 98 Middlesex Tpke., Burlington.

Free. Info: 781-273-3871.

**Harvard Coop** for ages 2-4

11am, 1400Mass. Ave. Camb. Free, Info: 617-499-2000.

**Pottery Barn Kids**

10am, Burlington Mall. Free. Info: 781-221-5833

## Wednesday

**Porter Square Books**

11am, Porter Sq. Shopping Ctr. Camb. Free

617-491-2220, [www.portersquarebooks.com](http://www.portersquarebooks.com)

## Thursday

**Henry Bear's Park** for ages 3-6

11am, 685 Mass. Ave. Arl. Free. Info: 781-

646-9400 or [www.henrybear.com](http://www.henrybear.com)

11am (call to confirm) 361 Huron Ave, Camb.

Free. Info: 617-547-8424 or

[www.henrybear.com](http://www.henrybear.com).

## Friday

**Barefoot Books** for ages 1yr +

10:30am, 1771 Mass. Ave. Camb. A fun hour of age- appropriate stories, coloring and refreshments, Free. Info: 617-349-1610 or [www.barefootbooks.com](http://www.barefootbooks.com).

**Barnes & Noble** for preschoolers

6:30pm, 98 Middlesex Tpke. Burlington,

## Saturday

**Barefoot Books** for ages 1yr +

10:30am. 1771 Mass. Ave. Camb. A fun hour of age- appropriate stories, coloring and refreshments, Free. Info: 617-349-1610, [www.barefootbooks.com](http://www.barefootbooks.com).

**Barnes & Noble** for preschoolers

11am , 98 Middlesex Tpke., Burlington. Free. Info: 781-273-3871.

**Harvard Coop** for ages 2-4

11am, 1400 Mass. Ave. Camb. Preschool story hour with snack and craft, Free, 617-499-2000 or <http://harvardbkstore.com>.

## Other Arlington Fun Stuff

**Arlington Boys and Girls Club**

Offers many fun, fall classes for children and a

**Parent and Child Drop-in Swim** (Sept. 9-

Nov. 25) Tuesdays at 10:30- 11:15, \$5/child

Info: [www.abgclub.org](http://www.abgclub.org)

**Arlington Center for the Arts**

Offers many fun, spring classes for children

Info: 781-648-6220 or [www.acarts.org](http://www.acarts.org).

**Arlington Recreation Dept.**

Offers many fun, spring classes for children.

Info: 781-316-3880 or [www.arlingtonma.gov](http://www.arlingtonma.gov).

**Artbeat Weekend Workshops**

Sat., 3-6pm, 212A Mass. Ave, Arl.

Free instruction, pay for materials, Ages 4yrs+

**Sept. 6**, Mini Monogram Masterpiece

**Sept. 13**, Refrigerator Magnets Reinvented

**Sept. 20**, Make alphabet marbles for a “best friends” frame or doorknob hanger

**Sept. 27**, Make a mosaic monogram (pre-order initial)

Special Sunday, **Sept. 7** (12-5pm),

**Grandparents Art Day**, bring grandparents in for a fun afternoon of art, and paint for FREE (pay only for your surfaces). Info: 781-646-2200, [www.artbeatonline.com](http://www.artbeatonline.com).

**Capitol Theater Movies for Caregivers with Babies**

Mon. 204 Mass. Ave. Arl. Begin between 1-2pm. New movies chosen weekly. \$5/adult Nursing, bottle feeding, fussing, changing diapers are never frowned upon. Info: 781-648-6022, [www.somervilletheatreonline.com](http://www.somervilletheatreonline.com).

**Fidelity House**

25 Medford St. Arl. Info: 781-648-2005 or

[www.FidelityHouse.org](http://www.FidelityHouse.org).

**Isis Maternity**

Programs & products for expecting & new parents. *AFC member discount-1<sup>st</sup> month free*,

**Drop-in Playgroups:**

Non-mobile babies Thurs. 1:45-2:45pm,

Mobile babies Fri. 3:30-4:30 pm,

Free for members, \$5 for non-members. Info:

[www.isismaternity.com](http://www.isismaternity.com).

**Music Together**

Explore what music sounds like, looks like, and feels like. Call 781-648-4084 or visit [www.musictogetherofarlington.com](http://www.musictogetherofarlington.com)

**Toddlers and Twos**

Every Weds. and Fri. 9:30-11am, Gibbs Gym, Foster St. Indoor play program for tots (15-36 months) and parents, structured for the development of gross and fine motor skills. Kitchen area, bouncy house, riding and climbing toys. New this year: a music program with singalong and instruments in the lower classroom on Wednesdays and scheduled art project on Fridays. \$45/10 visit pass or \$5 drop-in/child, Info: 781-316-3880 or [www.arlingtonma.gov](http://www.arlingtonma.gov).

**Together in Motion**

Drop-in play space entirely padded with soft play blocks, modules, balls etc. Mon-Fri 2:30-5pm for ages 0-6. Tues 10am-12:30pm for ages 0-24 months only. \$7/ages 1-6; \$5, 6-12 mos; under 6 mos, free with paying sibling. Group rates offered for 8 or more children. Various classes offered as well, see website for more info. Info: 781-643-1377 or [www.togetherinmotion.com](http://www.togetherinmotion.com)

## Indoor Playspaces

**Bedford Family Connection Playroom**

Mon.-Fri. 9:30-11:30am (reopens Sept. 15), First Parish Church 75 The Great Rd. Bedford (use Elm St. entrance). Members 50 cents/child, non-members \$2/child. Info: contact Niki Curry at [currymn@comcast.net](mailto:currymn@comcast.net) or [www.kidsplaybedford.com](http://www.kidsplaybedford.com).

**Gymnastics Academy of Boston**

Open gym Mon.-Fri. 11:30am-1pm. Drop-in and explore. \$5/members, \$10/non-members

128 Smith Place, Camb. Info: 617-441-9700 or [www.gymnasticacademyofboston.com](http://www.gymnasticacademyofboston.com).

**TumbleKids Open Gym (beg. Sept. 6)**

Thurs. 10:30am-12pm, Fri. 12:30-2pm, Sun. 12:30-2pm in Winchester, only Fridays in Watertown. \$10/child. Classes offered for an additional fee. 38 River St., Winchester 781-721-1144 and 201 Arl. St., Watertown, 617-926-2640 or visit [www.tumblekidsusa.com](http://www.tumblekidsusa.com).

**Kids Playground**

15 Normac Rd., Woburn Indoor playground with playspace, tubes and tunnels, mini golf. Info: 781-935-2300, [www.kidsplayground.com](http://www.kidsplayground.com).

**Perpetual Motion**

345 Chelmsford St., Lowell (off Rt. 3) Indoor playground for kids 0-6yrs. **New separate play area for 5yrs+** Info: 978-452-0777 [www.perpetualmotioninc.com](http://www.perpetualmotioninc.com).

**MyGym**

1065 Comm. Ave. (behind Shaw's) Boston, New indoor playspace for babies and toddlers. Open gym: Mondays 2-4pm and Fridays 4:30-5:30pm at 2:15pm, Info: 617-789-3669 or [www.mygymboston.com](http://www.mygymboston.com).

## Beyond Arlington

**Puppet Showplace Theatre**

Shows on Sun. 1pm, Wed. & Thurs. at 10:30am and 1pm. 32 Station St., Brookline. Ages 3 and up. Age appropriateness varies per show. \$7.50/members, \$9.50/non-members. Reservations recommended. Info: 617-731-6400, [www.puppetshowplace.org](http://www.puppetshowplace.org).

**Home Depot Kid's Workshop**

1<sup>st</sup> Sat. of the month, 10am-noon, 10 1<sup>st</sup> Ave., Waltham. Drop-in build-it-yourself project, Ages 2+ with an adult. Call 781-672-0900

**Play Academy**

25 Riverside Ave. Medford. Offers classes for infants-age 5yrs; Drop-off program. Info: 781-738-PLAY, [www.play-academy.com](http://www.play-academy.com).

**Pre-school Movies**

Tues. 10:30am. Cary Mem. Library 1874 Mass. Ave., Lex. Drop-in movies for ages 2-6. Free. Info: 781-862-6288 or [www.carylbrary.org](http://www.carylbrary.org)

## Local Attractions

**Boston Children's Museum**

300 Congress St., Boston. Open daily, 10am-5pm, Fri until 9pm. Hands-on approach to history, science, etc.; toddler PlaySpace. New, expanded space and exhibits, including 3-story climbing structure. Info: [www.bostonkids.org](http://www.bostonkids.org).

**Butterfly Place**

120 Tyngsboro Rd., Westford. Open daily 10am-5pm. Large, warm atrium with some 500 butterflies representing species from all over the world. \$9.50/adult, \$6.50/child 3-12, under 2 free. Info: 978-392-0955, [www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

### **Children's Discovery Museum**

177 Main St., Acton. Open daily, 9am-4:30pm. Victorian house with transformed into 10 hands-on exhibit areas. Ages 6 & under. Check website for special programs. \$8, free under 1. Info: 978-264-4200 or [www.discoverymuseums.org](http://www.discoverymuseums.org).

### **Chip-In Farm**

201 Hartwell Rd, Bedford. Open daily 10am-6pm. Small family-owned farm with free petting zoo. Store with fresh eggs and produce. Info: 781-275-2545 or [www.chip-infarm.org](http://www.chip-infarm.org).

### **Codman Community Farm**

58 Codman Rd, Lincoln. Open Tues-Sun 9am-6pm. \$1.50/person. Non-profit, historical working farm that produces hay, meat, eggs and other products. Get close to the animals and learn about agriculture. Also offers children gardening class. Info: 781-259-0456 or [www.codmanfarm.org](http://www.codmanfarm.org).

### **Concord Museum**

200 Lexington Rd, Concord. Open daily 9-5pm, Historical, literary, artistic treasures of the area. Monthly children's programs, \$10/adults, children under 6 free., Info: 978-369-9763 or [www.concordmuseum.org](http://www.concordmuseum.org).

### **Davis Farmland**

145 Redstone Hill, Sterling. **Sept. 2-Oct. 12 Open Thurs.-Sun. ONLY**, admission 9:30-5pm, **Sept. weekdays buy 1, get 1 free after 2pm**, weather permitting. Meet barnyard animals and learn how a farm works. \$13.95/ages 2 and up; free under 2. 978-422-6666 or [www.davisfarmland.com](http://www.davisfarmland.com)

### **Drumlin Farm Wildlife Sanctuary**

208 S. Great Rd., Lincoln. Explore the fields, forest and farmyard. Weekly programs for kids. 9am-5pm, closed non-holiday Mondays. \$6/non-member adults, \$4/non-member ages 3-18. Info: 781-259-2200 or [www.massaudubon.org](http://www.massaudubon.org).

### **Ecotarium**

222 Harrington Way, Worcester. Open Tues-Sat 10am-5pm, Sun 12-5pm. 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 or [www.ecotarium.org](http://www.ecotarium.org).

### **Habitat Wildlife Sanctuary**

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, wetlands. Programs for kids. Members free, \$4/non-memb. adult, \$3/non-memb. child. Info: 617-489-5050 or [www.massaudubon.org](http://www.massaudubon.org).

### **Harvard Museum of Natural History**

26 Oxford St, Cambridge. Open daily 9am-5pm. Wide array of stuffed animals in the mammal exhibit. 40ft dinosaur replica. \$7.50/adult, \$5/ages 3-18. Free every Sun. 9am-noon. Info: 617-495-3045 or [www.hmnh.harvard.edu](http://www.hmnh.harvard.edu).

### **Institute of Contemporary Art**

100 Northern Ave., Boston. Open Tues-Sun 10am-5pm, Thurs & Fri until 9pm. Free Family Fun Playdates, last Saturday of every

month, 10 am-4 pm. to adults accompanied by child 12 and under. \$12 general admission. Info: 617-478-3234 or [www.icaboston.org](http://www.icaboston.org).

### **Museum of Fine Arts**

465 Huntington Ave., Boston. Family Place, for families with children 4 and up, interactive art activities. Wed-Fri, 3-4:45 pm; Sat-Sun, 11am-4pm.. Info: 617-267-9300 or [www.mfa.org](http://www.mfa.org).

### **Museum of Science**

Science Park, Boston. Open daily 9am-7pm, Fri until 9pm. Hands-on Discovery Zone, with children's gallery for those 5 and under. Info: 617-723-2500 or [www.mos.org](http://www.mos.org).

### **National Heritage Museum**

33 Marrett Rd., Rt. 2A, Lexington. Open daily 10am-5pm, Sun 12-5pm. Great monthly programs including storytimes with crafts. Free admission. Info: 781-861-6559 or [www.monh.org](http://www.monh.org).

### **New England Aquarium**

Central Wharf, Boston. Open daily 9am-5pm, Sat & Sun until 6pm. \$19.95/adult, \$11.95/children ages 3-11, free for children under 3. Info: 617-973-5200 or [www.neaq.org](http://www.neaq.org).

### **Southwicks Zoo**

2 Southwick St, (off Rt. 16), Mendon. Open daily, 10am-5 pm. Animals & birds, shows, kiddie rides, animal rides (ponies, camels, elephants). \$18.75/adults; \$12.75/ages 3-12; under age 2, free. WGBH & AAA discounts. Info: 800-258-9182 or [www.southwickszoo.com](http://www.southwickszoo.com).

### **Stone Zoo**

149 Pond St. Stoneham. Open weekdays 10am-5pm & weekends 10am-6pm, Small zoo, with a petting barnyard, playground and many animal exhibits. \$9/Adult, \$6/Ages 2-12, under 2yrs. free. Info: 781-438-5100 or [www.zoonewengland.com](http://www.zoonewengland.com).

### **Take a Walk at Gore Place**

52 Gore St., Waltham, Mon-Fri, 10am- 3pm; Sat 11-3pm. Visit llama, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9yrs. Backpack rental, \$5. Special Concert Sept. 14. Info: 781-894-2798 or [www.goreplace.org](http://www.goreplace.org).

### **Verrill Farm**

11 Wheeler Rd. Concord, 9am- 7pm daily, Info: 978-369-4494 or [www.verrillfarm.com](http://www.verrillfarm.com).

## **Seminars and Open Houses**

### **Children's Art Corner Open House**

Sept 6, 2-4pm, 1403 Mass Ave., Lexington. Meet the teachers, view past projects and browse classrooms. Info: 781-862-3117 or [www.artscorner.com](http://www.artscorner.com).

### **Child Studies**

Have you ever wondered what your infant is thinking when they meet a new person or play with a new toy? The Tufts University Emotion, Brain, and Behavior Lab is seeking subjects for studies whose goal is to gain new knowledge that will ultimately contribute to

the healthy development of children of all ages. The lab is currently conducting research studies with infants between the ages of 3 to 7 months old. There are also ones for older children. If you are interested in participating call 617-627-3478 or email [babylab@tufts.edu](mailto:babylab@tufts.edu).

## **Benefit**

### **Little Fox Resale Shop**

Open Tues & Thurs 9am-12pm, Wed. 2-8pm, on the upper level of the Fox Library. The shop will be closed Sept. 2, 3, 4. Benefiting the Fox Library, the shop includes toys, books, children's gear, the shop as well as maternity clothes, kids shoes, games, and sports equipment. Info: [www.littlefoxshop.com](http://www.littlefoxshop.com).

## **Groups**

### **40-something Mom's Group**

Suzan Wolpov, a licensed therapist with a specialty in women's issues and an older mom herself, has started a new group. This monthly discussion & support group for moms of babies &/or young children meets on Mon. from 9:30-11am in North Cambridge \$25/meeting. Info: 617-441-0758 or [www.yourclearvoice@msn.com](mailto:www.yourclearvoice@msn.com)

### **AD/HD Support Group for Women**

New Session begins Sept. 9 and meets Tues. 6-7:30pm twice a month in Lexington, cost is approx. \$50. Contact Heidi Lack, Ph.D., A.T.R.-BC, at 781-863-8696 for more info.

### **Arlington Area Adoption Moms**

Contact Rachel Silverman for date and location info. 781-641-2947 or [rachelannathome@yahoo.com](mailto:rachelannathome@yahoo.com)

### **Belmont Food Allergy & Asthma Support Group**

Parents group meets monthly to discuss and advocate for children living with food allergies and asthma. For info contact Theresa Normile 617-489-6668 or [Tnormile@foodallergyfacts.com](mailto:Tnormile@foodallergyfacts.com).

### **Breastfeeding Drop-in Group**

Thurs. 3pm, Isis Maternity, For nursing moms and babies, Free, Staffed by certified lactation consultants, Info: [www.isismaternity.com](http://www.isismaternity.com).

### **Grandparents' Support Group**

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

### **International Adoptions**

Free 8 week support and education group for parents accompanied by their children. Meets Tues 10-11:30am at 1430 Main St, Waltham. Info: 781-693-5677 or [eberne@jfcscoston.org](mailto:eberne@jfcscoston.org).

### **La Leche League**

Dedicated to providing education, information, and support to breastfeeding women . Meetings in the basement of Fox Library on the 3<sup>rd</sup> Tues. of each month at 7:30pm, or 2<sup>nd</sup> Thurs. of the month at 10am in Cambridge

(175 Harvey St.). Free For info contact Heather 781-648-2988 or <http://home.comcast.net/~jrsladkey/III/index.html>.

**Learn & Play Adoption Group**

For parents and adopted children ages 0-5yrs. Facilitated by First Connections. Community Agencies bldg., Emerson Hospital, 111 Old Rd. to 9-Acre Corner, Concord. Registration required \$30. Info: 978-287-0221 or [www.jri.org/cfys/](http://www.jri.org/cfys/).

**New Babies/New Mom's Group**

First time mothers bring infants up to 6 months old to meet with other mothers and a leader for support and discussion. Session begins Sept 18. Info: [www.warmlines.org](http://www.warmlines.org).

**New Mothers' Drop-in Group**

For mothers with children under 1yr. Fri. 10-11:30am. Calvary United Methodist Church, 300 Mass. Ave. Arl. Free, non-sectarian, facilitated group. Sponsored by Jewish Family & Children's Svcs. Info: 617-558-1278.

**New Mother's Group**

Tues. 11:30am-1pm, Temple Isiah, 55 Lincoln St, Lexington, Sponsored by the Parent Connection of BIDMC. Free 8 week sessions, Registration required. Info: 617-667-2229.

**Older First -Time Moms**

3<sup>rd</sup> Wed. of each month , 7pm Fox Library. Social and support group for first-time moms in their late 30's and 40's, Free, Suggested \$1 donation. Info: 781-674-2029.

**Postpartum Adjustment Support Group**

Fri. 1-2:30 in West Newton. Drop-in. Contact Haven Fyfe-Kiernan, MSW, LICSW to register (617-739-1022) or to discuss private therapy specializing in postpartum adjustment and parenting issues. Sponsored by Jewish Family & Children's Svcs.

**Spanish Playgroup for ages 3-5**

Learn from a native speaker by playing, making crafts and singing. No prior knowledge required. Group meets weekly beginning Tues, Sept. 9<sup>th</sup> 2-4pm. \$16/class. Contact Regina Velasquez for info and sign up at: Letslearns spanish@live.com

**Spanish Playgroup for ages 1-8**

Formed by an Arlington-based group of parents, the age range is 1-8 yrs old. Spanish skill ranges from beginner to bilingual. Most of the families have one parent who speaks some Spanish. For info contact Deb Savage at [debsavage@juno.com](mailto:debsavage@juno.com).

**We Are Family**

3<sup>rd</sup> Thurs. of the month, 7-9pm Community Agencies bldg., Emerson Hospital , 111 Old Rd. to 9-Acre Corner, Concord , Support group for parents of older (3yrs.+ ) internationally adopted children or children previously in DSS custody. Info: 978-287-0221 or [www.jri.org/cfys/](http://www.jri.org/cfys/).

**Working Moms Group.**

3<sup>rd</sup> Wed. of the month, 7:30 pm, Arlington Enrichment Collaborative, 1100 Mass. Ave - 2nd floor, (across from Jimmy's Steerhouse). Get together with other working moms! This is for ALL working mothers - both new and experienced! Please RSVP to [workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

**Thanks to AFC Volunteers for a Great 2007-2008...**



AFC's monthly Craft Time at the Fox Library keeps away the winter blahs.

Kids have a blast at AFC's annual Beach Party in March.



Kindergarteners connect with new friends all summer long.



Feeding the animals at Old Frog Pond farm.



AFC kids take to the ice at the annual Skating party.



Kids collect food for the annual AFC Food Pantry drive in April.

