



Arlington Family Connection

supporting children six and under and those who care for them

Volume VII, Issue 12 • March, 2009

www.arlingtonfamilyconnection.org

Help Make “Kindergarten Connections”

Would you like your kindergartener to see lots of familiar faces the first day of school this fall? Would you like to meet other parents in your school district? Do you have an hour or two to plan events?

Then please volunteer for the Kindergarten Connections program! Organized by the AFC, this program gives incoming kindergarteners and their families a chance to meet and play during the summer. We’re looking for volunteers from each school, as well as an overall coordinator, to do the following:

- Each school volunteer schedules activities (playground outings, potluck dinners, etc.) for June-August, and sends the information to the KC coordinator. Volunteers' names and contact info are published in the AFC newsletter. Volunteers are needed for Brackett, Hardy, Stratton, and Thompson. We also welcome volunteers for St. Agnes and private schools. We are all set with volunteers for Bishop, Dallin, Peirce, and home-schoolers -- thanks!
- The coordinator collects the activity information and publishes it to AFC and the Arlington email lists. This requires good organizational skills but not a lot of time.

To volunteer, please contact Susan Goetcheus at kinderconnect@arlingtonfamilyconnection.org



Working Mothers Group Going Strong



The Working Mothers Group is going strong after six years! The group meets on the third Wednesday of every month from 7:30 PM to 8:30 PM at its new location, Isis Maternity in Arlington Center (397 Mass. Ave. [use the rear entrance on Broadway; the front entrance is locked after 6PM]). The group is led by Sara Wilkinson, mother of one, and Su Joun, mother of two. The group meets sans children (a survey of working AFC mothers showed that they wanted the meetings on weekday evenings and without children, so they can talk freely).

Every meeting we discuss a topic, such as “Has being a parent affected your career decisions?” Attendees can find out the topic or recommend a topic by emailing Sara and Su at workingmoms@arlingtonfamilyconnection.org. We discuss careers, childcare, and challenges/benefits of being a working parent.

The goal is to connect working mothers in Arlington, and to be available when working mothers need it. RSVP to workingmoms@arlingtonfamilyconnection.org is recommended, but not required to attend. Join us for our next meeting!

Welcome New Volunteers

Lauren Boyle, who has been our **community service** chair, and who just had her third baby, is delighted that three new volunteers will be joining her on the community service committee:

- **Mary Wagner**, who will be a co-chair, has lived in Arlington Heights with her husband, Hartman, for over seven years. They have two children, Samuel and Elyse. After many years of working in the corporate world, Mary is now staying home with her family and looking forward to getting more involved with the events in the Arlington community.
- **Liz Katzman**, also a co-chair, lives in Arlington Heights with her husband and two boys, Cooper (2½) and Jacoby (almost 1). Liz is a social worker, but is currently staying at home with her kids. She is pleased to be joining the community services committee, as she wants her children to learn the importance of volunteering and social justice at a young age.
- **Amy Yelin** will also be working on community service initiatives. She lives in the Arlington Center area and is mom to two boys, Ethan and Jonas. She works part-time for Lahey Clinic in Burlington and previously worked for the Anti-Defamation League of New England. She has volunteered for and/or raised funds for Little Brothers Friends of the Elderly, the National Ovarian Cancer Coalition - Massachusetts Chapter (based in Arlington), the Leukemia Society of America, and other organizations.

Karen Connors is volunteering as an **outings coordinator**. She and her husband, Curt, have lived in the Heights for just over eight years. They have a two-year-old son, Jackson, and a daughter, Tessa, who will be starting kindergarten at Dallin in September. Karen is looking forward to lots of fun outings with AFC members and welcomes any suggestions on great places for future outings

Michael Schneider organizes the **Dads' Book Group**. He lives in Arlington with his wife Dana Buske and his three-year-old twins, Benjamin and Clara.

AFC Directory

General Information - Amy Speare, 781-646-5417
info@arlingtonfamilyconnection.org

AFC Playtime - Glendalys Ghandi
playgroup@arlingtonfamilyconnection.org

Book Group - Shannon LeMay-Finn and Michael Schneider
bookgroup@arlingtonfamilyconnection.org

Clerk - Eileen Coleman

Community Service - Lauren Boyle, Liz Katzman, Mary Wagner, and Amy Yelin
community@arlingtonfamilyconnection.org

Kindergarten Connections - Susan Goetcheus
kinderconnect@arlingtonfamilyconnection.org

Membership - Kelly Chiu and Lauren Magoun
membership@arlingtonfamilyconnection.org

Newsletter Editors - Grace Carpenter and Shannon LeMay-Finn
newsletter@arlingtonfamilyconnection.org

Newsletter Copyeditor - Robert Simring

Newsletter Calendar - Aimee Linker and Louise Friel
calendar@arlingtonfamilyconnection.org

Options in Childcare & Preschool booklet - Sarah Hugenberger
options@arlingtonfamilyconnection.org

Outings - Eileen Coleman, Karen Connors, and Amy Speare
outings@arlingtonfamilyconnection.org

Treasurers - Catherine Hoffman and Mimi Wan
treasurer@arlingtonfamilyconnection.org

Web Site - Seth Maislin
webmaster@arlingtonfamilyconnection.org

Working Moms - Su Joun and Sara Wilkinson
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 for bylined articles remains with the individual author. All other materials are copyright Arlington Family Connection, 2009. 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

Thank you to all our new volunteers!

AFC in Action

February Highlights



Together in Motion Outing

March AFC Events

AFC Playtime **Mondays, March 2, 9, 16, 23**

10-11:30am. The Dance Place, 174 Broadway, Arl. Ctr. Drop-in playtime for kids 0-4 years old with their parent/caregiver. Come and socialize with other families, and watch your little ones play in a contained space with age-appropriate toys. Playtime ends each week with circle time, including songs and stories. \$3/family. Glendalys, 617-308-3349, playgroup@arlingtonfamilyconnection.org

Drop-in Playgroup **Tuesday, March 3**

3:30-5pm. Fox Library Community Room, E. Arl. First Tues. of month. Drop in any time. Perfect for non-mobile babies! A great place for caregivers to get to know each other. Ages 0-4. Free. Sandra, 781-859-5050, playgroup@arlingtonfamilyconnection.org

Monthly Planning Meeting **Wednesday, March 4**

7:30 pm. Call for location. All members, feedback, and ideas welcome! Amy, 781-646-5417, info@arlingtonfamilyconnection.org

Dad's Book Group **Wednesday, March 4**

7:30pm. Starbucks, 327 Broadway, Arl Ctr. This just-for-dads group meets on the first Wednesday of the month. This month's title will be *Longitude*, by Dava Sobel. Come even if you don't have the chance to read the book, and bring suggestions for the next book. Mike, 781-643-6391, bookgroup@arlingtonfamilyconnection.org

Book Group **Wednesday, March 11**

7:30pm. Kayuga, 444 Mass. Ave, Arl Ctr. This month's title is *Broken for You*, by Stephanie Kallos. Come even if you don't have the chance to read the book. Shannon, 781-777-2636, bookgroup@arlingtonfamilyconnection.org

Working Moms Group **Wednesday, March 11**

7:30pm. Isis Maternity, 387 Mass. Ave., Arl. Center. Meets the 3rd Wed. of the month. Over 40% of AFC moms are juggling careers and families. Get together with other working moms - new and experienced! RSVP to workingmoms@arlingtonfamilyconnection.com

Maple Sugaring Tour at Habitat **Thursday, March 12**

7:10am. Habitat Audubon Sanctuary, 10 Juniper Rd., Belmont. Join us for a guided walk through Habitat and learn more about maple trees and maple sugaring. \$3 per person. Ages 4 & up; backpack babies are okay (and free). **RSVP by Tuesday, March 10.** Amy, 781-646-5417, outings@arlingtonfamilyconnection.org

Local Events & Activities – February

Arlington Venues

Arlington Boys & Girls Club, 60 Pond Lane (Pleasant St. to Wellington St.). 781-648-1617. 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_Recreation/index

Fidelity House, 25 Medford St. 781-648-2005. www.fidelityhouse.org

Fox Branch Library, 175 Mass. Ave. (East Arlington, at Cleveland St.) 781-316-3198. www.robbsinlibrary.org

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

Regent Theatre, 7 Medford St. 781-646-4849. www.regenttheatre.com

Robbins Library, 700 Mass. Ave. (near Pleasant St./Rt. 60). 781-316-3234. www.robbsinlibrary.org

Together in Motion, 1 Broadway, at Route 16. 781-643-1377. www.togetherinmotion.com

Special Events for Families

Snowman Contest

Whenever it snows this winter, make a snowman or snow sculpture with your family & friends. Take a picture of yourself with your creation and send it to the Arl. Rec. Dept. The winner will be on the cover of the 2010 Winter Recreation Brochure. All other pictures will be displayed in the office. Arlington residents only. Submit as many pictures as you like. Deadline is Mar. 31. Send to: Arl. Rec. Snowman Contest, c/o Dan McGrath, 422 Summer St. Info: 781-316-3880 or RecOffice@town.arlington.ma.us

Special Benefit Events

SteveSongs Marvelous Musical Concert to support Baby Basics.

Sat. Mar. 7, 9:30am, 11:30am, & 1:30pm, Congregational Church, 1154 Great Plain Ave., Needham. \$10/advance, \$12/door. Info: 1-800-937-3397 (10-6pm, Mon.-Fri.) or www.stevesongs.com

Ben Rudnick and Friends Concert to support the Children's Cancer Unit at Mass. General Hospital and community programs at Brigham and Women's Hospital, supporting local under-served women and their families.

Sat. Mar. 21, 3pm, Dallin Elementary School, 185 Florence Ave, Arl., \$7. Tickets sold at Henry Bear's Park, Belmont Toys, and Catch A Falling Star. Tickets also sold at the door.

Musical, Theater and other Performances

Magic Ark

Sun. Mar. 1, 2pm – **Magic of Bonaparte**
Sun. Mar. 15, 1 & 3pm – **Goodnight Moon and the Runaway Bunny**
Leventhal-Sidman Jewish Community Center, 333 Nahanton St., Newton Center, Ages 3 yrs.+, \$9/member, \$10/general admission, Info: 617-558-6522 or www.lsjcc.org/home/cultural_magic.html

Once Upon a Time with Kidstock

140 Clarendon St. Boston,
Mar. 7 & 8, 11am

Goldilocks & the Three Little Pigs

All ages, \$10/person. Children under 3yrs. free, 617-585-5678 or www.lyricstage.com

Playtime Theatre

Sat. Mar. 7, **The Wizard of Oz**

Sat. Mar. 14, **Chicken Little**

Sat. Mar. 21, **Pinocchio**

Sat. Mar. 28, **The Princess & The Pea**

Shows are at 10:30am, Harvey Wheeler Community Center, 1276 Main St. W. Concord, This classic fairy tale is given a twist when the audience is strongly encouraged to participate. All ages, \$5/person, no advance ticket sales. Info: www.concordyouththeatre.org

Family Concert

Sun. March 22, 2pm, National Heritage Museum, 33 Marrett Rd., Lex. Winchester High School Orchestra and Symphonetta will perform a concert celebrating America's cultural heritage. Member price: \$10/adult & \$5/child, non-member price: \$12.50/adult & \$6/child, Info: 781-861-6559 or www.monh.org

Family Fun Saturdays

Mar. 28 – **Billy Jonas**

For information on the individual shows, show times, ticket prices & purchase, visit: www.regenttheatre.com or call 781-646-4849

Big Apple Circus

Apr. 4–May 10. Boston City Hall Plaza, Boston. Tickets & info at www.bigapplecircus.org

BosTix Junior

Bring your child to the theater to see family-friendly plays and musical productions. Info: www.BosTix.org

Other Events

Ben Rudnick and Friends Video Shoot

Sun. Mar. 1, 3pm, Regent Theater, Arl. The Band will be making a music video for “A Frog named Sam” during a one-hour concert. Entry is FREE but you will need to sign a legal document allowing you and your child(ren) to be filmed. Dress the kid(s) up as frogs. More info: www.benrudnick.com

Children's Magic Show and Fair

Sat. Mar. 14, Methodist Weekday School, 2600 Mass Ave., Lex. Shows are 25 min. each at 9, 9:45, & 10:30am. The fair will feature preschool-oriented crafts, games, an obstacle course, face painting and tattoos, treasure bags, and refreshments. Fair hours are 8:30-11:30am. Magic Show is \$5. Info: 781-862-8489.

BugFest 2009 Family Festival at Harvard Museum of Natural History

Sat. Mar. 14, 11am-5pm. The museum will be buzzing with dozens of activities. Staff and volunteers are on hand with investigation stations throughout the galleries. Families can explore the amazing world of arthropods – insects, spiders, and the other crawling creatures that comprise nearly 80% of all animals on Earth. See “Local Attractions” for info on the museum.

Baby Loves Disco

One Sunday each month, 2-5pm, Revolution Rock Bar, 200 High St., Boston, \$15 (non-walkers free). Childproof disco/dance party with “real” music by the legendary DJ Kon, healthy snacks by Wild Oats, bar available for mom & dad. Info: www.babylovesdisco.com

Sing-alongs & Music

Monday

11am, **Stellabella Toys**, 1967 Mass. Ave., Porter Sq., Camb., Free. Info: 617-864-6290.

Wednesday

3PM, **Finagle a Bagel**, 91 Middlesex Tpke, Burl. Ed Morgan performs fun original & classic children's songs. Free 781-273-6500, www.finagleabagel.com

Thursday

Cary Library 1874 Mass Ave, Lex.

Mar. 5, 12, 19, 26

9:30AM 0-15months

10:30AM 16-24 months

11:15AM 25-30 months.

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

1st & 3rd Friday of the month

10AM, **Calvary Church**, 300 Mass. Ave.

Join Diane Taraz for a fun sing-along,

\$2/person, \$5/family, Info:

www.dianetaraz.com

Saturday

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

Storytimes and Library Programs

ROBBINS LIBRARY

Rumpelstiltskin

Presented by the Dream Tale Puppets.

Sat. Mar. 2, 2-3PM. For ages 3 and up. Space is limited. Program is free. Tickets will be available at the Children's Services desk one hour before the performance.

Sale of Children and Young Adult Books

To benefit the Arlington Public Library.

Sat. Mar. 7, 9AM. Organized activities & crafts will also be offered.

Donations of books CDs and DVDs can be put in drop-off boxes at Robbins or Fox Libraries, and Dallin, Ottoson, and Arlington High School.

English Story Time

Mon. Mar. 16, 23, 30 (drop in)

10:30AM 18-30 months

Stories, rhymes and fingerplays for the first 15 minutes followed by a simple craft

11AM 2½ & up

Longer stories followed by a craft.

Wed. Mar. 11, 18, 25 at **10:30AM**, 3-5 yrs.

Longer stories followed by a craft. Drop in.

Spanish Story Time

Sat. Mar. 14 at 9:30AM. Stories, songs, books and poems. All ages. Drop in

Sing-alongs for Infants & Toddlers

Tues. Mar. 10, 17, 24, 31. Space is limited; tickets given out one hour before program begins.

FOX LIBRARY:

Sing-alongs

Thurs. Mar. 5, 12, 19, 26 at 10AM, (first Thursday of every month). For infants & toddlers. Join Sulinha for singing, dancing, and fun.

English Story Time

Tues. Mar. 3, 10, 17, 24, 31

10:00AM 2-3 yrs.

10:30AM 4-5 yrs.

Stories and finger plays followed by a craft. Drop in.

Monday

Starbucks

10:15AM, Mass. Ave., Arl. Ctr. Free. Info:

781-641-2893.

Tuesday

Barnes & Noble for preschoolers

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

Free. Info: 781-273-3871.

Cary Library, Lexington

2PM, 1874 Mass. Ave., Lex. 4-6 yrs. Info:

781-862-6288 (Mar. 3, 10, 17, 24)

Harvard Coop for ages 2-4

11AM, 1400 Mass. Ave., Camb. Free. Info:

617-499-2000.

Pottery Barn Kids

10AM, Burl. Mall. Free. Info: 781-221-5833

Wednesday

Cary Library,

10:30AM 2.5 yrs.

2PM 4-6 yrs.

(Mar. 4, 11, 18, 25) Info: 781-862-6288

Porter Square Books

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

Info: 617-491-2220,

www.portersquarebooks.com

Concord Museum Story Hour

Mar. 18, Concord Museum,

200 Lexington Rd., Concord. 3-5 years;

adult/child program, \$5/pair - members,

\$8/pair - nonmembers. Activity & snack,

registration required. Info: 978-369-9763 or

www.concordmuseum.org

Thursday

Henry Bear's Park 3-6 yrs.

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

646-9400 or www.henrybear.com

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

Free. Info: 617-547-8424 or

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.

Cary Library Lexington

2PM. For age 3yrs. Info: 781-862-6288 (Mar.

13, 20, 27)

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

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 & craft. Free, 617-499-

2000 or <http://store.thecoop.com>

In Arlington – Indoor Playspaces

Arlington Boys & Girls Club

Parent-Tot Connection, Fri. 9:30-11AM.

Drop-in playgroup for toddlers and

preschoolers with caregiver. Play, crafts,

stories, music. Free. Info: www.abgclub.org

Fidelity House

25 Medford St., Arl., offers classes for

preschoolers (drop-in option). **Tot Time**,

Fridays, 9:30AM or 10:30AM, Open gym with

different activities to develop fine/gross motor

& social skills (parent remains w/child), \$5

drop-in fee (space permitting). Info: 781-648-

2005 or www.FidelityHouse.org.

Isis Maternity

Programs & products for expecting & new

parents. *AFC member discount-1st month free,*

Drop-in Playgroups:

Thurs. 1:45-2:45PM Non-mobile babies

Mon. 3:30-4:30PM Mobile babies (to 3 yrs.)

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

www.isismaternity.com.

Toddlers and Twos

Every Wed. & Fri. 9:30-11AM, Gibbs Gym,

Foster St. Indoor play program for tots (15-36

months) and parents, emphasizing

development of gross & fine motor skills.

Kitchen area, bouncy house, riding & climbing

toys. New this year: music program with sing-

along & instruments in the lower classroom on

Wed. & scheduled art project on Fri. \$45/10

visit pass or \$5/drop-in/child. Info: 781-316-

3880 or 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 11:15am-

12:45PM 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

Veteran's Memorial Skating Rink

422 Summer St. \$3/children under 16, \$6/adult

Open until March 30. Public Skating: **Mon.**

12-1:50PM, **Thurs.** 9-11AM, **Fri.** 11-1PM, 2:30-

4:30AM, & 7-9PM, **Sat.** 4-5:50PM, **Sun.** 9:30-

11:30AM, & 2-4PM, Info: 781-316-3880 or

www.arlingtonma.gov

In Arlington – Other Activities

Arlington Boys & Girls Club

Register for spring classes.

Arlington Center for the Arts

Offers many fun classes for children.

Info: 781-648-6220 or www.acarts.org.

Arlington Children's Theater

Register for fall workshops including Musical Theater, Creative Movement, and Story Theater, all for ages 3-5. Other classes for ages 6 & up offered as well. Info and registration at 781-316-8090 or act.arlington.ma.us.

Arlington Recreation Dept.

Offers many fun spring classes for children.

Info: 781-316-3880 or www.arlingtonma.gov.

Artbeat

Tot Art Tuesdays, 10:30-11:30am, offering a special art project for ages 18 mos. to 4 yrs. Adult supervision required. \$6/child.

Weekend Workshops, Sat., 3-6pm, 212A Mass. Ave., Arl. A different project each week, free instruction, pay for materials. Ages 4yrs+
Info: 781-646-2200, www.artbeatonline.com.

Capitol Theater Movies for Caregivers with Babies

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

Les Petits Amis – French classes

Join instructor Lisa Richtmann for a fun, interactive French class for children ages 2-5 yrs. Weds. Apr. 1 - May 27 OR Thurs. Apr. 2- May 28, 10-10:45am at Fox Library. \$150/session. Register online at the Arlington recreation department website or call the department at 781-316-3880.

Music Together

Explore what music sounds, looks, and feels like. Now enrolling for 2009 sessions. Call 781-648-4084 or visit www.musictogetherofarlington.com

Beyond Arlington – Indoor Playspaces

Bedford Family Connection Playroom

Mon.-Fri. 9:30-11:30am, 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 or www.kidsplaybedford.com.

Belmont Kidspace

Payson Park Church (lower level) 365 Belmont St. Belmont, This indoor playspace is a parent run co-op where families with infants, toddlers, and preschoolers can have lots of fun. **Mon. & Thurs.** 1-5:30pm, **Fri.** 5-8pm, **Sat.** 9am-12, **2nd & 4th Sun.** 2-5, **3rd Sun. of the month** 2-5pm for special children. See website for admission info. www.belmontkidspace.org

Energized Athletics

100 Parker St, Watertown. Open gym Tues.-Thurs. 10am-12pm, Tues. & Thurs. 1-3pm. Ages 5mos-5yrs. There are ride-on toys, soft climbing structures, a "tumble track," and an enormous moonwalk that is used when there are enough kids. \$5/hour. Info: 617-393-9714 or www.energizedathletics.com.

Gymnastics Academy of Boston

Open gym Mon-Fri & Sun 11:30am-1pm. Drop-in and explore. \$5/members, \$10/non-members 128 Smith Place, Camb. Info: 617-441-9700 or www.gymnasticacademyofboston.com.

Kids Playground

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

Lexington PTA Drop in

Fri, 9:30-11:30am, Kennedy Hall in St. Brigid's School at St. Brigid's Church, 2001 Mass Ave, Lex. (use Worthen Rd. entrance). This indoor playspace is for 0-5yr olds and their parents/caregivers to play, relax, and socialize. \$1/child, Info: 781-862-6965 or www.lppta.org.

Lexington PTA Winter Fun

Every other Wed, 9:30-11am. 146 Maple St, Lex. Drop-in arts and crafts program for toddlers and preschoolers. \$2/child. Info: 781-674-225 or www.lppta.org/winterfun

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.

TumbleKids Open Gym

Thurs. 10:30am-12pm, Fri. 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.

Waldorf Park

Fri. 12-1:30pm at Waldorf School, 739 Mass. Ave. Lex. Unstructured playtime. Ages 0-3yrs. Drop-in, donation \$5-10/family. Info: 781-863-1062 or www.thewaldorfschool.org.

Beyond Arlington – Other Activities

Puppet Showplace Theatre

Shows Sun. 1PM, Wed. & Thurs. at 10:30AM & 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.

Home Depot Kid's Workshop

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

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.carylibrary.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.

Children's Discovery Museum

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

Concord Museum

200 Lexington Rd, Concord. Open daily, Mon-Sat 9am-5pm, Sun 12-5pm. Historical, literary, artistic treasures of the area. \$10/adults, children under 6 free. Info: 978-369-9763 or www.concordmuseum.org.

Ecotarium

222 Harrington Way, Worcester. Open Tues-Sat 10am-5pm, Sun 12-5pm. Monthly family preschool programs. Members free, \$10/Non-member adult, \$8/Non-member ages 3-18. Explorer Express train ride, \$2.50/person. Info: 508-929-2700 or www.ecotarium.org.

Frog Pond, Boston Common

The Frog Pond offers concessions, skate rentals, rest rooms, and a warming area. **Closing Mar. 17.** Info: 617-635-2120 or www.bostoncommonfrogpond.org.

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests & wetlands, across meadows, and around two ponds. Programs for kids. Members free, \$4/non-memb. adult, \$3/non-memb. child. Info: 617-489-5050 or 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. 40-ft dinosaur replica. \$9/adult, \$6/ages 3-18. Free for MA residents every Sun. 9am-noon, Wed. 3-5pm. Info: 617-495-3045 or www.hmn.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.

Museum of Fine Arts

465 Huntington Ave., Boston. Family Place, for families with children 4+, interactive art activities, Sat-Sun, 11am-4pm. Info: 617-267-9300 or 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.

National Heritage Museum

33 Marrett Rd., Rt. 2A, Lexington. Open daily 10am-5pm, Sun 12-5pm. Great monthly programs including story times with crafts. Free admission. Info: 781-861-6559 or 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.

Stone Zoo

149 Pond St. Stoneham. Open daily 10am-4pm, 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.

Take a Walk at Gore Place

52 Gore St., Waltham, Mon-Fri, 10am-4pm; Sat 11-3pm. Visit llamas, 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.

Seminars and Open Houses

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 3-7 months old. There are

also ones for older children. If you are interested in participating call 617-627-3478 or email babylab@tufts.edu.

Benefit

Little Fox Resale Shop

Open Tues. & Thurs. 9am-12pm, Wed. 2:30-8pm, on the upper level of the Fox Library. 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.

Support Groups

40-something Mom's Group

Suzan Wolpow, 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 2nd Mon. of the month, 9:30-11am in northwest Cambridge \$25/meeting. Info: 617-441-0758 or www.yourclearvoice@msn.com

ADHD Support Group for Women

New session begins every few months. 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.

Adoptive Families Chat & Play

First Sat. of each month, 3:30-4:30pm, ISIS Maternity, Arl. A collaboration between Isis and ACONE, join us for an hour of playtime, support and networking. Children 0-3 welcome. PLEASE RSVP by contacting Becky Moyer at (617) 721-6783 or beckym678@yahoo.com. Upcoming dates: 3/7, 4/4

Boston Babywearers

2nd Tues. of each month, 10:30am-12:30pm, College Avenue United Methodist Church, 14 Chapel Street, Somerville, Rm 24 (ring bell once for entrance). Find the right baby carrier for you and/or learn how to use the carrier you own. Enjoy their carrier lending library too. Info: www.bostonbabywearers.com.

Breastfeeding Drop-in Group

Thurs. 3pm, Isis Maternity, For nursing moms and babies, Free, Staffed by certified lactation consultants, Info: www.isismaternity.com.

Grandparents' Support Group

2nd Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free. Info: 781-316-3410.

La Leche League

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

(175 Harvey St.). Free For info contact Heather 781-648-2988 or <http://www.lleus.org/web/ArlingtonCambridgeMa.html>

Learn & Play Adoption Group

For parents and adopted children ages 0-5 yrs. 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/.

New Babies/New Moms Group

First-time mothers bring infants up to 6 mos. old to meet with other mothers and a leader for support and discussion. Info: 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 Services. Info: 617-558-1278.

New Mothers Group

Tues. 10:30am-12pm, Temple Isaiah, 55 Lincoln St, Lexington, Sponsored by the Parent Connection of BIDMC. Free 8 week sessions, Reg. required. Info: 617-667-2229.

Older First-Time Moms

3rd 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 Services.

Postpartum Support Hotline

The Postpartum Support International of MA telephone WARMLINE provides toll-free and confidential information, support, and listings of local resources such as PPD groups and clinicians. A therapist volunteer covers the email & phone line, and returns messages to individuals, family, friends, and professionals looking for mental health resources: 1-866-472-1897 or <http://postpartum.net/local-support/?state=MA>

We Are Family

3rd 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/.

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

March 2009

AFC Membership/Renewal Form

New member **Renewal** Date: _____

Gift membership from: _____

Name(s): _____

Address: _____

City/State/Zip: _____

Email Address(es): _____

AFC newsletters are sent out via email. If you prefer to receive a printed newsletter, please email or call us with your request and we will be happy to mail it to you.

Would you like to receive occasional AFC emails?

(e-bulletins, special event announcements, etc.)

Yes No, please send the newsletter only

Please list your child(ren): (if applicable)

Name Gender Date of Birth (mo/year)

School District: (circle one for geographic location)

Bishop Brackett Dallin Hardy

Peirce Stratton Thompson Out-of-Town

Would you like to be contacted about volunteering?

Yes No

Volunteer Interests

(check all that apply)

Events/Parties New Parent Outreach

Newsletter Outings with Kids Playgroups

Outings without Kids Seminars Web Site

Email Bulletin Childcare & Preschool Options

Publicity Membership Working Moms

Community Service Kindergarten Connections

Treasurer/Clerk Other _____

Membership Fees: All memberships renew in August, 2009 and begin September 1st for a flat \$20 per year.

Sponsor Member (\$25). Enjoy the usual membership benefits and make a donation to support new programs.

Standard Member. Circle the month you are joining:

\$20 (August/September/October)

\$15 (November/December/January)

\$10 (February/March/April)

\$5 (May/June/July)

Please mail membership form and check to:

Arlington Family Connection

P.O. Box 150

Arlington, MA 02476