



# Arlington Family Connection

supporting children six and under and those who care for them

Volume VIII, Issue 3 • July 2009

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

**Saturday, August 8, 5:00–7:00pm**  
**Parallel Playground, Medford Street**

## **AFC's Annual Pizza Party! (and back-to-school drive for Cradles to Crayons)**

Come meet other AFC members and chow down on some free pizza at our seventh annual "Pizza at the Playground" event, Saturday, August 8, 5pm-7pm (rain date August 9). The party will be held at Parallel Playground, at the corner of Medford Street and Mystic Valley Parkway, near the Medford rotary.

AFC will bring pizza and lemonade, plus juice, freeze pops, and watermelon. You bring picnic blankets and the kids! AFC members may also bring family and friends, and anyone interested in exploring what AFC has to offer. This is a good opportunity to join AFC or to renew memberships.

This year we've added a community service component to the party. We will be gathering back-to-school items and/or art supplies to donate to the organization Cradles to Crayons ([www.cradlestocrayons.org](http://www.cradlestocrayons.org)). CTC provides low-income and homeless children (birth to pre-teen) with the basic essentials they need to be safe, warm, valued, and ready to learn. This fall, they are trying to fill 20,000 backpacks with back-to-school and art supplies for children in need. Anyone interested in donating to this important effort can bring one of the following suggested items to the pizza party, and we will deliver it to CTC (new items only, please):

- **Arts and crafts:** beads, jewelry, clay, play dough, craft kits, paint, paper crafts, stamps, drawing/coloring and weaving/knitting items. **All supplies must be new and unused.**

- **School supplies:** calendars/planners/journals, notebooks/binders/files, calculators, chalk/ erasers, drafting supplies, maps/globes, rulers, staplers, scissors, and writing instruments/supplies. **All supplies must be new and unused.**

Thanks in advance, and we look forward to seeing you on August 8!

Contact Liz Katzman or Mary Wagner to RSVP or to volunteer to help at [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)

## **SAVE THE DATE FOR Circus Smirkus**

**Saturday, August 1, 1:00 pm**  
**Beachmont School, Revere**

Join us in seeing the Circus Smirkus Big Top Tour. *Smirkus Ever After* is a mix of treasured tales and fractured fables retold in the center ring.

Circus Smirkus is a non-profit, award-winning international youth circus founded with a mission to promote the skills, culture and traditions of the traveling circus and to inspire youth to engage in life-changing adventures in the circus arts.  
<http://www.circusmirkus.org>

**\$10/ticket**, with children under 2 free if on a lap (one child per adult lap).

**RSVP by July 18** to Karen 781-643-0773,  
[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

# Kindergarten Connections: July Events

AFC's Kindergarten Connections volunteers have scheduled lots of play dates for incoming kindergartners and their families to meet one another this summer! The following events are FREE and open to all families of children entering kindergarten in September.

Additional events will be announced in upcoming newsletters. Unless otherwise noted, rain date events are held at the same time as the originally scheduled events.

**Bishop:** Saturday, July 25, 3pm–5pm. Thompson School Spray Park. Rain date: Sunday, July 26. Contact: Catherine Hoffman ([catherinewhoffman@hotmail.com](mailto:catherinewhoffman@hotmail.com)), Amy Juodawlkis ([ajuodawlkis@informedhorizons.com](mailto:ajuodawlkis@informedhorizons.com), 781 648 0073).

**Brackett:** Wednesday, July 22, 5pm–7pm. Robbins Farm playground/grass area. Join us for a fun evening of play and bring a picnic dinner, if you like. Rain date: Thursday, July 23. Contact: Mary Wagner ([marywags99@gmail.com](mailto:marywags99@gmail.com), 781-777-2777).

**Dallin:** Friday, July 17, 4:30pm–6:30pm. Dallin playground and field (not the kindergarten playground). Join us for late afternoon play and a bring-your-own picnic dinner. Rain date: Friday, July 24. Contact: Lauren Boyle ([lvarian@aim.com](mailto:lvarian@aim.com)), Karen Connors ([ckconnors@rcn.com](mailto:ckconnors@rcn.com), 781-643-0773), Julie Powell ([tompowell@rcn.com](mailto:tompowell@rcn.com), 781-316 8554).

**Hardy:** Sunday, July 12, 3pm–5pm. Gibbons Park, North Cambridge (just across Rte. 16 from East Arlington). Rain date: Sunday, July 19. Contact: Sarah Albers ([sjalbers@hotmail.com](mailto:sjalbers@hotmail.com), 781 316-8181).

**Peirce:** Sunday, July 12, 5pm–7pm. Peirce “big playground.” Join us for a picnic and some baseball. Bring your gloves and a picnic dinner. We’ll provide the popsicles. Rain date: TBA. Contact: Amy Cooper ([amyd2@earthlink.net](mailto:amyd2@earthlink.net)), Sarah Forney ([skaforney@yahoo.com](mailto:skaforney@yahoo.com), 781-859 5085), Betsy Lawson ([betsy01@verizon.net](mailto:betsy01@verizon.net), 781-646-5812).

**Stratton:** Contact: Megan Caradonna ([megnpete@verizon.net](mailto:megnpete@verizon.net)).

**Thompson:** Saturday, July 18, 2pm–4pm. Thompson Spray Park. We’ll provide beach balls and popsicles. Rain date: Sunday, July 19. Contact: Kristen Holmstrand ([fieryboots@yahoo.com](mailto:fieryboots@yahoo.com), 781 646-5065).

**Homeschoolers:** Contact: Jean Rudd ([ruddjean@yahoo.com](mailto:ruddjean@yahoo.com) 617 335-6120).

**Arlington Children’s Center (ACC):** Saturday, July 18, 3pm–5pm. ACC playground. Rain date: Saturday, July 25. Contact: Usha ([dreamermama@gmail.com](mailto:dreamermama@gmail.com)).

Look for monthly announcements about upcoming dates for future get-togethers at [www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org). For general information about Kindergarten Connections, contact Mary Ellen Aronow at [kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)

## AFC Directory

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

**AFC Playtime**– Glendalys Gandhi  
[playtime@arlingtonfamilyconnection.org](mailto:playtime@arlingtonfamilyconnection.org)

**Book Group** – Shannon LeMay-Finn and Michael Schneider  
[bookgroup@arlingtonfamilyconnection.org](mailto:bookgroup@arlingtonfamilyconnection.org)

**Clerk** – Eileen Coleman

**Community Service** – Lauren Boyle, Liz Katzman, Mary Wagner, and Amy Yelin  
[community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)

**Kindergarten Connections** – Mary Ellen Aronow  
[kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)

**Membership** – Kelly Chiu and Lauren Magoun  
[membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

**Newsletter Editors** – Grace Carpenter and Shannon LeMay-Finn  
[newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org)

**Newsletter Copyeditor** – Robert Simring

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

**Options in Childcare & Preschool booklet**– Eileen Coleman  
[options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org)

**Outings** – Eileen Coleman and Karen Connors  
[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 and Sara Wilkinson  
[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 for bylined articles remains with the individual author. All other materials are ©2009 Arlington Family Connection. 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. Send editorial submissions to [newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org); calendar listings to [calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

# AFC in Action

## June Highlights



**Nature Walk at Whipple Hill**



**Spinners Outing**

## July AFC Events

*Please be aware that the July meeting of the Dad's Book Group met in late June, and the other AFC book group is on summer hiatus until the fall. Also, this July's drop-in playgroup on the 7th is the last one until September (i.e., no August drop-in group).*

### **Monthly Planning Meeting** **Wednesday, July 1**

**7:30 pm.** Robbins Library, 4th Floor. All members, feedback, and ideas welcome! Please contact Amy for details. 781-646-5417, [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

### **Outing to Bergin Park** **Tuesday, July 7** **[Rescheduled from June]**

**10:00 am.** Bergin Park, Haskell St. off of Pemberton St. (by the Peabody School), North Cambridge. Come beat the heat with us at this sprinkler park and playground. Free. Eileen, 617-620-1772 or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### **Drop-in Playgroup – last drop-in playgroup until fall!!** **Tuesday, July 7**

**3:30-5 pm.** Fox Library Community Room, East Arlington. First Tuesday 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](mailto:playgroup@arlingtonfamilyconnection.org)

### **Working Moms Group** **Wednesday, July 15**

**7:30 pm.** Isis Maternity, 387 Mass. Ave., Arl. Ctr. Meets the 3rd Wednesday 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.org](mailto:workingmoms@arlingtonfamilyconnection.org)

### **K-9 Demonstration & Tour of the Arlington Police Station** **Friday, July 17**

**10:00 am.** Arlington Police Department, Community Safety Building, 112 Mystic St., Arlington. Come see a demonstration of Arlington's own award-winning K-9 team and meet K-9 Dasty. After the demonstration, join us for a brief tour of the Arlington Police Station. Free. Space is limited, so please RSVP to Karen, 781-643-0773 or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### **DeCordova Sculpture Park** **Monday, July 20**

**9:30-11:30 am.** 51 Sandy Pond Road, Lincoln, MA. The DeCordova Sculpture Park, encompassing 35 acres of rolling woodlands and lawns, is the largest park of its kind in New England. Come explore the sculptures and enjoy the beautiful surroundings. Free (the Sculpture Park is free on Mondays). Karen, 781-643-0773 or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

## AFC Grows Its Leadership Structure

Since its founding over seven years ago by two Arlington moms, AFC has established itself as an invaluable community resource. Our membership has grown to nearly 400 families, and local parents know they can count on us for information and support.

This past year we've realized the need for a more formal organizational structure that will provide continuity as we grow. Going forward, the AFC president will serve a one-year term. There will also be a vice president who serves one year, and then one year as president.

This structure will help provide AFC with consistent and experienced leadership, and will give volunteers an opportunity to take a leadership role without having to make an indefinite commitment.

Participants at recent planning meetings put this new structure in place with the election of Glendalys Gandhi as the new AFC president.

Glendalys is taking over from longtime volunteer Amy Speare, who has served as president for three years. Lauren Magoun is stepping into the newly-created position of vice president.

The AFC president serves as a go-to person for both the planning committee and outside organizations. The president also serves as the organization's "memory," and is responsible for ensuring that the organization continues our most successful events, such as Options Night, Kindergarten Connections, and our annual pizza party.

Incoming president Glendalys Gandhi has been a volunteer with AFC since early 2008, when she began hosting Playtime, our Monday morning playgroup. She led the search to find a new space for Playtime, and has also continued to serve as its volunteer coordinator. Glendalys has two children, ages four and two-and-a-half, and has a background in international business and sales.

Our new vice president, Lauren Magoun, currently volunteers as membership co-coordinator. Lauren has a son, Jack, and is expecting a new arrival this summer.

We want to thank outgoing president Amy Speare for her years of hard work and dedication. Amy has been involved in AFC since 2003, when she volunteered to edit the monthly calendar. Two years later she took on the role of outings coordinator, and continued to organize outings even after former president Ruth Schmidt passed the torch

to her in 2006. After nearly six years of volunteering, Amy is eager to give somebody else a chance.

"It's just a natural transition to let people with younger children take a leadership role in the organization," said Amy, whose two children will turn six and four this summer.

Amy is looking forward to putting her formidable organizational skills to use in the Arlington public schools.

## Stay in the Loop on Town Activities

*Reprinted and edited from the **Town of Arlington** website*

Now you can receive timely news from Town Hall via email with Town of Arlington Notices. Notices include public works and public health alerts, election information, trash and recycling schedules, special meetings, town events, and more. On average, one to five emails are sent per week.

In addition to Town of Arlington Notices, other email notices available include Recreation Notices, Field Closings, Board of Selectmen and School Committee agendas, and more. Sign up at [arlingtonma.gov/subscriber](http://arlingtonma.gov/subscriber).

## Town Hall Request/Answer Center – Find Answers, Make Requests 24 Hours a Day

Find answers, ask a question, make a request, and track your requests at the Request/Answer Center. The Request/Answer Center is an online customer service center designed to provide residents with an easier way to connect to Town Hall - anytime. You can learn about Town government or report a pothole. Find a recycling tip or ask about a permit.

The Request/Answer Center is filled with helpful answers and an easy way to make requests for Town services. Since launching in early 2008, over 100,000 Answers have been viewed and 2,000 Requests completed.

Check out the Request/Answer Center anytime at [arlingtonma.gov](http://arlingtonma.gov).

# Outdoor Swimming Pools

by Mimi Wan

My definition of summer is the smell of Coppertone and a beautiful outdoor pool. I have fond memories of sitting in a wet bathing suit freezing, eating a hot dog, and having my mom slather Coppertone all over me in Southern California. Summers are short and fickle in New England, running from Memorial Day to Labor Day - a little over 100 days - and that doesn't factor in rain days. But nothing can get me through a hot and sticky July day than a visit to a sparkling pool.

Depending on the experience you are looking for, your budget, and how far you want to travel, there are a number of options for a public outdoor pool in the area, ranging from community pools to hotel pools and private clubs.

I have compiled a table below, not at all comprehensive, but representing a range of options for families. Some I have visited personally, and others are word of mouth from other families, and information from various websites and lists. Please double check the information and locations before visiting.

Pool Name	Location	Costs	Notes
<b>Free Wading Pools</b>			
Charlestown Navy Yard Baby Pool	Terry Ring Way Charlestown, MA	Free	In the Navy Yard, close to boats.
Frog Pond	Boston Common	Free	Available in July and August. There is a new carousel to try as well.
<b>Community Pools</b>			
Underwood Pool	Belmont	\$10 adult/\$5 child	Belmont's outdoor pool now requires a check for a day pass with an imprinted Belmont address. Double-check before going or find a kindly Belmont family.
Town Pool	Lexington	\$350 per season \$125 if you work in Lexington	2009 non-resident tags are sold out, but you can plan for next year.
Waltham YMCA	Waltham	\$265—one parent pass \$305—two parent pass	Great pool with slide and toddler wading area. Lifeguards, lounge chairs and tables with umbrellas. You can bring in your own food. Basic changing rooms and bathrooms.
<b>Hotel Pools</b>			
Royal Sonesta	Cambridge	\$30 adult \$20 child \$15 senior	Indoor/outdoor pool with retractable roof. No lifeguards. Chlorine-free pool with a specialized filtration system.
Seaport Hotel	South Boston	\$15	Not really an outdoor pool, but has windows along the ceiling. Also one of the more reasonably priced hotel pools in the area. Towel service but no lifeguards.
Colonnade Hotel	Boston	\$30	The only roof-top pool in the Boston area. The fees are outrageous but the surroundings are beautiful—a real splurge.
<b>Private Clubs</b>			
Sun Valley Swim and Tennis	Lexington	\$950 + \$500 joining fee	Private swim and tennis club, off Route 2A and close to Arlington. Good size pool, lifeguards, free swim lessons. Currently a two-year waiting list to join. If you are a good planner, put your name on the list now and decide when your children are older.
Meadow Breeze Swim and Tennis Club	Lexington	\$150 for first family member, \$150 for the second, and \$100 each thereafter	On Lexington Christian Academy campus and open in the afternoons until early evening (11am to 8pm on weekends).
Boston Sports Club	Lexington	Variable and slightly complex. You can get a season pass for just the outdoor pool (\$1,500) or a reduced rate if you are already a member (\$950 for a family of 3).	Four pools, geared toward small children, with a number of slides, some specifically for very small children as well as a slide for older children. Snack bar, towel service, and lifeguards.
Leventhal-Sidman JCC	Newton	\$850 family + \$450 initiation fee	Two pools, lounge chairs, café. Play area, inflatable slides.

# Local Events & Activities – July

## Arlington Venues

**Arlington Boys & 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\\_Recreation/index](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Recreation/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](http://www.robbinslibrary.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](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

### July 4th Celebrations

#### **July 4<sup>th</sup> @ Robbins Farm Park**

Fri. Jul. 4, 7pm. John Penny Band, refreshments, and large-screen simulcast of the Boston Pops concert and fireworks. Free. Eastern Ave. (across from Brackett School). Info: [www.robbinsfarmpark.org](http://www.robbinsfarmpark.org).

#### **Boston Harborfest 2009**

Jun. 30–Jul. 5 in Boston, Children's day on Jul. 1. Enjoy a 6-day long 4<sup>th</sup> of July Festival that showcases the colonial and maritime heritage of the cradle of the American Revolution: the historic city of Boston. Children's day includes music, games, performers, and more, all at city hall plaza. Info: [www.bostonharborfest.com](http://www.bostonharborfest.com).

#### **Carnival and Youth Games**

Jul. 1–Jul. 5. The Lexington Lions are sponsoring a Carnival with fireworks on Jul. 3<sup>rd</sup> and Youth Games Jul. 4<sup>th</sup>, which include historical and original costumes, bubble gum blowing contest, and watermelon eating for all ages. More games for older kids. Info: [www.lexingtonlions.org](http://www.lexingtonlions.org).

#### **Benefit Event**

##### **Robbins Library Benefit Concert with Liz, Sulhina, and Gordon**

Thurs., Jul. 23 6-7pm on library lawn (rain date Jul. 30). Come and sing and dance to this mix of original music. Bring your checkbook to help support sing-alongs at the library year round.

#### **Other Events**

##### **Tall Ships**

Jul. 8-13, Boston Harbor. See sail boats both old and new as well as cadets and crewmembers from all over the world. Info: [www.sailboston.com](http://www.sailboston.com).

##### **Pixie Sticks Concert**

Sun., Jul. 15, 4:30pm, Waldo Park, Arl. Bring your shakers and other instruments to sing and

dance with the Pixie Sticks. Meet your neighbors & bring a picnic dinner. After the Pixie Sticks play, all are welcome to come up with your kids and sing a song. Bring your instruments! Sponsored by Friends of Waldo Park. Rain will cancel. Visit the band website for band and concert info.

[www.myspace.com/pixiesticksband](http://www.myspace.com/pixiesticksband)

#### **8th Annual Truck Day**

Fri. Jul. 17, 10am-12pm, parking lot behind Cary Library, Lex. Check out your favorite vehicles from Lexington's Dept. of Public Works, Police Dept., Fire Dept., and LEXPRESS. Info: 781-862-6288 or [www.caryllibrary.org](http://www.caryllibrary.org).

#### **Blueberry Pancake Breakfast**

Sat. Jul. 18, 9am-12pm, Verrill Farm, 11 Wheeler Rd. Concord. Enjoy breakfast & a pie eating contest. Live Dixieland music by The Yankee Stompers, and hayrides. \$6.50/person, \$4/kids under 10. Info: 978-369-4494 or [www.verrillfarm.com](http://www.verrillfarm.com)

#### **Explore the Universe with Buzz Lightyear**

Wed. Jul. 22, 10:30am, Cary Library, 1874 Mass Ave, Lexington. Listen to stories & visit with Buzz Lightyear at this storytime. Parents & children are invited to take photos with Buzz after the stories. Ages 3-6. Pick up tickets beginning Jul. 13 at 7pm, phone reservations at 7:30pm, 781-862-6288. [www.caryllibrary.org](http://www.caryllibrary.org).

#### **Historic Waltham Days at Gore Place**

Throughout July Waltham is celebrating its history. Gore Place will host weekly Sunday shows including birds of prey, a concert, giant puppets and magic. Visit [www.goreplace.org](http://www.goreplace.org) for more info.

#### **Programs at Drumlin Farm**

Jul. 8 – **Moonlit Hayride** Enjoy a hayride on a moonlit dusk. Journey through the fields and explore hidden habitats of Drumlin Farm. Arrive at a campfire and visit with a nocturnal

animal, share stories and s'mores. 5–6:30pm or 7–8:30pm. \$18/person, raindate Jul. 15.

Jul. 14 – **Ladybug, Ladybug**, Explore the sanctuary looking for insects and see how many kinds and shapes we can find! Create a splendid ladybug craft. 3:30-5pm, all ages, \$12/person. Pre-registration for both programs is required. Info: 781-259-2206 or

[www.massaudubon.org/drumlin](http://www.massaudubon.org/drumlin)

#### **Musical, Theater and other Performances**

##### **Kidstock Creative Theater**

Jul. 15, 2:30pm: **Billy GHOSTS Gruff**

tickets available Jul. 6

Jul. 29, 2:30pm: **The Tail of Peter ROBOT**

tickets available Jul. 20

Aug. 12, 2:30pm: **Ol' Mac-DRAW-nald Had a FRAME** tickets available Aug. 3

Winchester's KidStock Creative Theater is appearing with original musicals performed by middle school students. Cary Library, 1874 Mass Ave, Lex. Ages 3-8. Free. Pick up tix in person at 7pm (or by phone after 7:30) beginning on the dates mentioned above 781-862-6288. Info: [www.caryllibrary.org](http://www.caryllibrary.org).

##### **Puppet Showplace and Theater**

Wed. & Thurs. at 10:30am, Sat. & Sun. at 1 & 3pm. 32 Station St, Brookline (across from Brookline Village T.) New shows each week and weekend, run 45mn to 1hr, and are for ages 3+. \$10/person. Tickets and info: 617-791-6400 or [www.puppetshowplace.org](http://www.puppetshowplace.org).

##### **BosTix Junior**

Bring your child to the theater to see family friendly plays and musical productions. Info: [www.BosTix.org](http://www.BosTix.org)

## Sing-alongs & Music

### **Monday**

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

### **Wednesday**

3pm, **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)

#### Thursday

11am, **Stellabella Toys** (except holidays) 1967 Mass. Ave., Prtr Sq., Camb. 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-along, \$2/person, \$5/family, Info: [www.dianetaraz.com](http://www.dianetaraz.com)

#### Saturday

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

### Story times and Library Programs

#### ROBBINS LIBRARY

**Amazing Alien Adventures Drop-In Crafts**  
Thurs. Jul. 2, 9, 23, and 30 from 2 to 4pm. Join our friendly teen volunteers as you create fun alien-themed crafts. Ages 3 to 10.

#### Margot Fox in Concert

Thurs., Jul. 16 6pm (Raindate Jul. 30), on the library lawn. Clap your hands and wiggle your toes to Margot Fox's family-friendly folk-rock!

#### Kidstock

##### Three Billy Ghosts Gruff

Fri., Jul. 17, 2:30 pm.  
Come join us for a "ghoulishly" good time with this interactive, kid acted and produced music show.

##### The Tale of Peter Robot

Fri., Jul. 31, 2:30pm  
Hop aboard for futuristic fun with the cotton-tailed crusader!  
All shows are for ages 3 and up. Pick up ticket ½ hr. prior to show.

#### FOX LIBRARY

##### Cat Mountain – Behind the Mask Productions

Wed., Jul. 22, 4pm. The story of Sho and her journey to a far off mountain to find freedom and her cat. Performed solo with masks, music and Japanese theater styles. Ages 4 and up  
Pick up tickets ½ hr prior to show

##### Create Your Own Space Invader Craft

Tues., Jul. 28, July 28, 10am. Using recycled goods we'll make our own space aliens and robots to bring home or for display. Ages 4 -10 (4 and 5 bring parent). Call 781-316-3198 to sign up.

#### Sing-alongs

Thurs, Jul. 2, 9, 16, 23, 30 at 10am. For infants and toddlers. Join Sulinha for singing dancing and fun.

#### Game Night

Wed., Jul. 8 and 22 at 6pm.

#### Movie Night

Wed., Jul. 15 at 6pm – ET

Wed., Jul 29 at 6pm – **Back to the Future**

### Storytimes

#### Tuesday

**Barnes & Noble** for preschoolers  
10:30am, 98 Middlesex Tpke., Burlington. Free. Info: 781-273-3871.

**Harvard Coop** for ages 2-4  
11am, 1400 Mass. 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  
Info: 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://store.thecoop.com>

### Arlington – Other Activities

#### Arlington Boys and Girls Club

Offers many fun summer classes including swimming. Info: [www.abgclub.org](http://www.abgclub.org)

#### Arlington Center for the Arts

Offers many fun classes for children  
Info: 781-648-6220 or [www.acarts.org](http://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 and up offered as well. Info and registration at 781-316-8090 or [act.arlington.ma.us](http://act.arlington.ma.us).

#### Reservoir Beach – SUMMER FUN

10am-8pm daily. Lowell St, Arl. Swimming classes being offered by rec. dept. To purchase summer tags or daily passes contact 781-316-3880 or visit [www.arlingtonma.gov](http://www.arlingtonma.gov)

#### Spray Pool – SUMMER FUN

10am-7pm daily, free. At the Lussiano Park next to the Thompson School on North Union Street. Info: 781-316-3880 or visit [www.arlingtonma.gov](http://www.arlingtonma.gov)

#### Arlington Recreation Dept.

Offers many fun summer classes for children. Info: 781-316-3880 or [www.arlingtonma.gov](http://www.arlingtonma.gov).

#### Artbeat Tot Art

Tues. & Wed., 10:30-11:30am, offering a special art project for ages 18mos to 4yrs, adult supervision required, \$6/child.

#### Artbeat 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](http://www.artbeatonline.com).

#### Batting Cages Open

Rent a cage for \$45/hour at the Arl. Sports Center/Veteran's Memorial Rink, 422 Summer St. Hours: Mon.-Fri. 9-9pm, and by appt. on weekends. Call 781-316-3880 or David Cunningham for appt. at 781-316-3882 [www.arlingtonma.gov](http://www.arlingtonma.gov)

#### 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, and changing diapers are never frowned upon. Info: 781-648-6022, [www.somervilletheatreonline.com](http://www.somervilletheatreonline.com).

#### Music Together

Explore what music sounds, looks, and feels like. Now enrolling for 2009 sessions. Call 781-648-4084 or visit [www.musictogetherofarlington.com](http://www.musictogetherofarlington.com)

### Arlington Indoor Playspaces

#### Arlington Boys and 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](http://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, and social skills (parent remains w/child), \$5 drop-in fee (space permitting). 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 to 3 yrs. Mon. 3:30-4:30 pm,

Free for members, \$5 for non-members. Info: [www.isismaternity.com](http://www.isismaternity.com).

### **Together in Motion**

Drop-in play space entirely padded with soft play blocks, modules, balls, etc. Mon-Fri 3-5pm for ages 0-6. Tues 11:15am-1:05pm 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)

### **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](mailto:currymn@comcast.net) or [www.kidsplaybedford.com](http://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, **2<sup>nd</sup> & 4<sup>th</sup> Sun.** 2-5, **3<sup>rd</sup> Sun. of the month** 2-5pm for special children. See website for admission info. [www.belmontkidspace.org](http://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](http://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](http://www.gymnasticacademyofboston.com).

#### **Kids Playground**

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

#### **The Klubhouse**

Play on a two-story pirate ship or in a castle, ride on a toy race track or giant bouncies, or play in the craft room. Separate toddler room. Mon-Fri: 9am-4pm, Sat-Sun: 9am-2pm. \$7-9/child, adults free. 90 Cummings Park, Woburn. Info: 781-937-KLUB or [www.theklubhouse.com](http://www.theklubhouse.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).

#### **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](http://www.tumblekidsusa.com).

### **Beyond Arlington – Other Activities**

#### **Family Fun night at Uno Chicago Grill, Porter Square**

Let the kids make their own pizza and enjoy a balloon artist and an arts & crafts station. Meals for kids are about \$5, entertainment is free. Wednesdays, 5:30-8:30pm, 820 Somerville Ave, Camb. Info: 617-864-1916.

#### **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

#### **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.caryllibrary.org](http://www.caryllibrary.org)

### **Outdoor Local Attractions**

#### **Butterfly Place**

120 Tyngsboro Rd., Westford. Open daily 10am-5pm. Large, warm atrium with some 500 butterflies representing species from all over the world. \$10/adult, \$7/child 3-12, under 2 free. Info: 978-392-0955, [www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

#### **SUMMER FUN**

##### **Canoeing on the Charles River**

Rent a boat and paddle on the Charles. The rental kiosk is located at Artesani Park off Soldiers Field Road. Open until Oct. 15. Info: (617) 965-5110

##### **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.com](http://www.chip-infarm.com).

##### **Codman Community Farm**

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

##### **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, \$.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](http://www.ecotarium.org).

#### **Frog Pond Wading Pool**

Boston Common, Bos. Play in the water in the heart of Boston. Also visit the new carousel which is running for the summer. Info: [www.bostoncommonfrogpond.org](http://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](http://www.massaudubon.org).

#### **Miniature Golf**

Here are a few locations in the area: Billerica & Salisbury: [www.rangewaygolf.com](http://www.rangewaygolf.com); Lancaster: [www.lancastergolfcenter.com](http://www.lancastergolfcenter.com); Westford: [www.kimballfarm.com](http://www.kimballfarm.com).

#### **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; 2 and under free. WGBH & AAA discounts. Info: 800-258-9182 or [www.southwickszoo.com](http://www.southwickszoo.com).

#### **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](http://www.zoonewengland.com).

#### **Swan Boat Rides**

Boston Public Garden. Open 10am-5pm weekdays and 10am-4pm weekends, June 21- Labor Day. Weekdays 10am-4pm Sept. 8-Sept. 20. \$2.75/adults, ages 2-15yrs/\$1.50, seniors \$2. Info: 617-522-1966 or [www.swanboats.com](http://www.swanboats.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](http://www.goreplace.org).

#### **SUMMER FUN**

##### **Water spray parks and wading pools**

Visit the following website run by the Department of Conservation and Recreation for locations. [www.mass.gov/dcr/recreate/pools.htm](http://www.mass.gov/dcr/recreate/pools.htm)

## Indoor 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 play space. New, expanded space and exhibits, including 3-story climbing structure. Info: [www.bostonkids.org](http://www.bostonkids.org).

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

177 Main St., Acton. Open daily, 9am-4:30pm. Victorian house with 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](http://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](http://www.concordmuseum.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](http://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 for 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+, interactive art activities, 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 story times 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).

## 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 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. 2:30-8pm, on the upper level of the Fox Library. Benefiting the Fox Library, the shop includes toys, books, children's gear, as well as maternity clothes, kids shoes, games, and sports equipment. Info: [www.littlefoxshop.com](http://www.littlefoxshop.com).

### Support 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 1<sup>st</sup> Thurs. of the month 9:30-11am in northwest Cambridge. Registration required, \$25/meeting. Info: 617-441-0758 or [www.yourclearvoice@msn.com](mailto: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](mailto:beckym678@yahoo.com). Upcoming dates: 12/6, 1/3, 2/7, 3/7, 4/4

#### **Boston Babywearers**

3rd Wed./month, 10:30am-12:30pm, College Ave United Meth. Church, 14 Chapel St., Somerville. Find the right baby carrier and/or learn how to use the carrier you own. Enjoy a free carrier lending library too. **Weekend meeting Jul. 18, 10am-12pm** at the Peabody Inst. Library (82 Main St in downtown Peabody). Info: [www.bostonbabywearers.com](http://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](http://www.isismaternity.com).

#### **Grandparents' Support Group**

2<sup>nd</sup> 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 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://www.lleus.org/web/ArlingtonCambridgeMa.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 mos old to meet with other mothers and a leader for support and discussion. 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. 10:30am-12pm, Temple Isaiah, 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 30s and 40s. 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.

#### **Postpartum Support Hotline**

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

#### **We Are Family**

3<sup>rd</sup> Thurs/month, 7-9pm. Community Agencies bldg., Emerson Hosp, 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/).

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

**July 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-bulletin, 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