



Arlington Family Connection

supporting children six and under and those who care for them

Volume VIII, Issue 4 • August 2009

www.arlingtonfamilyconnection.org

It's Membership Renewal Time!

August brings in the summer heat, and reminds us that it's time again to renew your Arlington Family Connection membership. All memberships start fresh in September, so please renew your membership now to make sure you don't miss a beat—or a newsletter!

How to Renew

By Mail

Please fill out a membership form (we ask you to do this each year to ensure we have your correct information).

The membership form is included with this newsletter, or you can print it out from the AFC website:

www.arlingtonfamilyconnection.org/membership

Mail the form, along with your check for \$20 to:
Arlington Family Connection
P.O. Box 150
Arlington, MA 02476

In Person

You can renew in person at the pizza party on Saturday, August 8, or at Arlington's Town Day, Saturday, September 26, at the AFC booth.

Thank You!

Thank you for renewing your membership and continuing to support AFC. We wouldn't be able to provide resources for families in and around the Arlington community without your continued commitment as members.

Enjoy the summer and we look forward to seeing many of you at the Pizza Party or at Town Day!

If you have any questions, please email membership@arlingtonfamilyconnection.org, or call Lauren at 781-648-4631.

Saturday, August 8, 5:00pm–7:00pm Parallel Playground, Medford Street AFC's Annual Pizza Party!

Join us at our annual pizza party on Saturday, August 8, from 5 pm to 7 pm (rain date: August 9). The party will be held at Parallel Playground, at the corner of Medford St. and Mystic Valley Parkway, near the Medford rotary.

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

At this year's party, we will also be gathering back-to-school items and art supplies for Cradles to Crayons (www.cradlestocrayons.org), an organization that serves low-income and homeless children. This fall, they are trying to fill 20,000 backpacks with art supplies and back-to-school items for children in need. Anyone interested in contributing can bring one of the following to the party, and we will deliver it to CTC.

- **Arts and crafts:** beads, jewelry, clay, craft kits, painting, drawing/coloring supplies, paper crafts, stamps, weaving/knitting supplies.
- **School supplies:** calendars/planners/journals, notebooks/binders/files, calculators, chalk/erasers, drafting supplies, maps/globes, rulers, staplers, scissors, writing instruments and supplies.

Note: 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 (requested, not required) or to volunteer to help at community@arlingtonfamilyconnection.org

Kindergarten Connections: August 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 and children who will enter kindergarten in September. Unless otherwise noted, rain date events are held at the same time as the originally scheduled events.

Bishop: Sunday, August 30, 4pm–6 pm, Bishop playground, followed by family picnic. Rain date: Sunday, September 13. Contact: Catherine Hoffman (catherinewhoffman@hotmail.com), Amy Juodawlakis (ajuodawlakis@informedhorizons.com, 781-648-0073).

Brackett: Saturday, August 15, 10 am–12 pm, Robbins Farm Playground. Look for signs at one of the picnic tables. Rain date: Sunday, August 16. Contact: Mary Wagner (marywags99@gmail.com, 781-777-2777).

Dallin: Saturday, August 15, 10 am–12 pm, McClellan Park (on Summer St.). Contact: Lauren Boyle (lvarian@aim.com), Karen Connors (ckconnors@rcn.com, 781-643-0773), Julie Powell (tompowell@rcn.com, 781-316-8554).

Hardy: Saturday, August 15, 9:30–10:30 am, Hardy School playground. Also Sunday, August 30, 2:30–3:30 pm, Hardy School playground. Contact: Sarah Albers (sjalbers@hotmail.com, 781-316-8181), or Heather Smith (harchersmith@yahoo.com), 781-526-7929

Peirce: Friday, August 28, 9:30am–11:30 am, Peirce School “kindergarten playground.” Contact: Amy Cooper (amyd2@earthlink.net), Sarah Forney (skaforney@yahoo.com, 781 859 5085), Betsy Lawson (betsy01@verizon.net, 781 646-5812).

Stratton: Wednesday, August 5, 6pm–7pm, Stratton playground. Rain date: Thursday, August 6. Also, Sunday, August 23, 4pm–6 pm, Stratton playground. Rain date: Monday, August 24. Contact: Megan Caradonna (megnpete@verizon.net).

Thompson: Thursday, August 13, 3pm–4:30 pm, Parallel Park, Medford St. at Mystic Valley Parkway Rotary. Rain date: Thursday, August 20. Also, Sunday, August 30, 5pm–7pm, Thompson School playground/Lussiano Park. Bring a picnic dinner. Rain date: Saturday, September 12. Contact: Kristen Holmstrand (fieryboots@yahoo.com, 781 646-5065).

Homeschoolers: Wednesdays in August are “Spray Park Days” with the Arlington homeschool group A-OK HomeLearners. Meet at spray parks in the Arlington area from 12pm–3pm. Contact Jean Rudd for specific locations. ruddjean@yahoo.com, 617 335-6120).

Arlington Children's Center (ACC): Friday, August 14, 5–7pm, Spy Pond playground. Bring a picnic. Rain date: Saturday, August 15. Also, Saturday, August 29, 11:30 am–1 pm, ACC playground. Bring a lunch if you wish. Rain date: Sunday, August 30. Contact: Usha (dreamermama@gmail.com).

Look for announcements about dates for future get-togethers at www.arlingtonfamilyconnection.org. For general information about Kindergarten Connections, contact Mary Ellen Aronow at kinderconnect@arlingtonfamilyconnection.org

AFC Directory

General Information – Glendalys Gandhi, 781-316-8676
info@arlingtonfamilyconnection.org

AFC Playtime– Glendalys Gandhi
playtime@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 – Mary Ellen Aronow
kinderconnect@arlingtonfamilyconnection.org

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

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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 ©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; calendar listings to calendar@arlingtonfamilyconnection.org

AFC in Action

July Highlights



K-9 Outing



DeCordova Outing

August AFC Events

In September we will resume with the AFC drop-in playgroup on the first Tuesday of every month.

Sing-along with Music Together **Tuesday, August 4** **of Arlington**

10–11 am. Together in Motion, 1 Broadway, Arlington. Did you know that ALL children are musical? What can you do to nurture your child’s musical development? Come sing along, dance, play, and have fun in a free Music Together demo class this summer. While you’re there, check out the fall Music Together schedule. Free. Karen, 781-643-0773 or outings@arlingtonfamilyconnection.org

Monthly Planning Meeting **Wednesday, August 5**

7:30 pm. All members, feedback and ideas welcome! Please contact Glendalys for location and details. 781-316-8676, info@arlingtonfamilyconnection.org

Dad’s Book Group **Wednesday, August 5**

7:30 pm. Starbucks, Arlington Center. The book is *The Time Traveler’s Wife* by Audrey Niffenegger. Come even if you don’t have a chance to read the book, and bring suggestions for the next month’s book. Mike, 781-643-6391, mikesch@alum.mit.edu

Beaver Brook Spray Park **Monday, August 10**

3:00–5:00 pm. Beaver Brook Spray Park, by the intersection of Waverly Oaks Road (Route 60) and Trapelo Road, Waltham. Come and cool off at this local spray park. There is also a playground, covered picnic area, a bathroom (always a plus), and over 59 acres of open fields, wetlands and woodlands. There is a parking lot on Mill Street if there are no on-street spaces available. Free. Karen, 781-643-0773 or outings@arlingtonfamilyconnection.org

Together in Motion **Monday, August 17**

10:00–11:30 am. Together in Motion, 1 Broadway, Arlington. Come play with us at this local tumble gym. Open to AFC members and their friends. Cost is \$5 per family (please bring exact change). Marion, 781-648-2410; Eileen, 617-620-1772; or outings@arlingtonfamilyconnection.org

Working Moms Group **Wednesday, August 19**

7:30 pm. Isis Maternity, 387 Mass. Ave., Arlington Center. Meets the 3rd Wednesday of the month. Over 40 percent of AFC moms are juggling both careers and families. Get together with other working moms—new and experienced! RSVP to workingmoms@arlingtonfamilyconnection.org

Help Out With Outings!

Are you out and about with your kids to the playground, the museum, the spray park or for a hike? Join the Outings Committee and help organize group outings! The commitment can be as big or small as you like. Run an outing once a month or once a year -- or just help plan one. There are plenty of opportunities. To volunteer, please contact Karen at 781-643-0773 or outings@arlingtonfamilyconnection.org.



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Membership Form

New member **Renewal** Date: _____

Name(s): _____

Street: _____

City/State/Zip: _____ Phone: _____

Email Address(es) (*please print clearly*): _____

Membership Fees (*fee assistance is available; please contact membership@arlingtonfamilyconnection.org or Lauren at 781-648-4631*):

Check the month in which you are joining to figure out your initial fee.
All memberships renew in August and begin again September 1st for a flat \$20 per year.

- \$20 (August/September/October)
- \$15 (November/December/January)
- \$10 (February/March/April)
- \$5 (May/June/July)
- Send a gift membership to the person below, and say it's from me!

Recipient's Name(s): _____

Address/City/State/Zip: _____

Phone: _____ Email: _____

Please make check payable to **Arlington Family Connection**, and mail it to us with this form to: P.O. Box 150 • Arlington, MA 02476

The monthly AFC newsletter is sent out via email. If you need a printed newsletter, please email or call us with your request.

Do you wish to wish to receive AFC event announcements, event reminders and special announcements via email?

- Yes No, please send the newsletter only

We'd like to hear from you! Let us know if you have suggestions on ways to better serve our members:

Questions? Contact membership@arlingtonfamilyconnection.org or Lauren at 781-648-4631

Thank you and welcome!

A Big Thank You to AFC's 2008-2009 Volunteers!

Arlington Family Connection is an all-volunteer organization. From the fall Options Night to the summer Pizza Party--and every event, activity, and email in between--AFC relies on the energy, creativity, and commitment of its volunteers. Below is a list of people and organizations who have volunteered with AFC in ways large and small over the past year. (Our apologies if anyone was overlooked.) Thanks to all our volunteers for making this a great year for AFC!

Aimee Linker
Alison Carrier
Amy Juodawlkis
Amanda Rush - Isis Maternity.
Julie Powell
Amy Speare
Amy Weitzman
Amy Yelin
Betsy Lawson
Carrie Finison
Catherine Hoffman
Charlotte Pierce
Christine - The Dance Place
Christine Power Thielman
Eileen Coleman
Erik Kondo - Together in Motion
Grace Carpenter
Heather Mansfield
Helen Ragovin James
Jana Quinn
Jean Rudd
Jennifer Cunningham
Jessica Burke
Julie Powell
Karen Connors
Katie Colello
Kelly Chiu
Kerry Anglin
Kristen Strechay
Kristen Holmstrand
Kristin Crotty
Laura Muller

Lauren Boyle
Lauren Maugoun
Leah Nelson
Lizzie Casanave
Liz Katzman
Louise Friel
Marci Cohen
Marion Goodwin
Mary Ellen Aronow
Mary Wagner
Mike Schneider
Mimi Wan,
Megan Caradonna
Nathalie Fonsny
Nicole Gallant
Rebecca Bromark
Rob Simring
Ruth Schmidt
Sandra Mostajo
Sara Wilkinson
Sarah Albers
Sarah Aloisi.
Sarah Forney
Sarah Endo
Sarah Hugenberger
Sarah Wilkinson
Seth Maislin
Shannon LeMay-Finn
Sonya Coleman
Su Joun
Susan Goetcheus
Wendy Paramore

**September 26, 10am-3pm
Mass Ave, Arlington Center**

Visit AFC on Town Day

Arlington's Town Day is Saturday, September 26, from 10am-3pm in Arlington Center (rain date: October 3). Meet up with friends old and new at the AFC booth and take the opportunity to renew your membership and to find out about upcoming events. Have fun creating colorful crafts with your children.

Volunteer at the booth!

Volunteering at the AFC booth is a great way to meet members. If you can spare an hour (between 8:00am and 4:00pm), please contact Lauren Boyle at lvarian@aim.com or 781-777-4052.

Local Events & Activities – August

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.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

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.robbinslibrary.org

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

Special Events for Families

Animal Ambassadors

Mon. Aug. 10, 10am, Garden in the Woods, 180 Hemenway Rd., Framingham. Learn about and see some live owls up close! \$4/members, \$5/nonmembers. Info: 508-877-7630 or www.newenglandwild.org

Bolton Fair

Aug. 12-16, 318 Seven Bridges Rd, Lancaster. Come and see animals up close, milk a cow, participate in many fun activities and games, listen to musical groups, and watch a variety of performers. Info: www.boltonfair.org.

Corn and Tomato Festival

Aug. 15 & 16, 12-4pm, Verrill Farm, 11 Wheeler Rd. Concord. Over 30 varieties of these vegetables. Tastings and samples of dishes prepared in the farmland kitchen. Entertainment will include music by Monadnock Bluegrass, Giddy Up Ponies, and hayrides (\$1). \$8/person, \$4/children 10 and under. Info: 978-369-4494 or www.verrillfarm.com

A Day Out with Thomas at Edaville USA

Aug. 29, 30, Sept. 4, 5, 6, 7 at 7 Eda Ave, South Carver. Take a ride with Thomas the Tank Engine, meet Sir Topham Hatt, and enjoy storytelling, live music, and other activities. Tickets and info: www.edaville.com.

Musical, Theater and other Performances

Honk Jr., the story of the ugly duckling

Aug. 2 & 9 at 2pm, Aug. 6 at 7pm, and Aug. 8 at 10am, Regent Theater, Arl. Presented by the Arlington Children's Theater. Tickets are \$15 at the Regent Theater. Info: regenttheatre.com.

Kids Summer Music Series

Sun. Aug. 2 & 16, 4:30pm, (preshow activities begin at 4pm) Regattabar at the Charles Hotel, Cambridge, 1 Bennett St. Performances include Laughing Pizza (2nd) and Ben Rudnick (16th) \$12/advance or \$12/at door, Info: 617-661-5000 or http://www.regattabarjazz.com/special_events/
Grab supper at Henrietta's Table after the show and kids will receive a free dessert.

Wed 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 tickets. Pick up in person at 7pm beginning on the dates above or by phone after 7:30 on those dates, 781-862-6288. Info: www.carylrary.org.

SteveSongs in Concert

Sat. Oct. 10, 10:30am & 3pm, Regent Theatre. Come have fun with Steve & the Sensational Sillies! \$12.50/advance, \$15/door, Info: 781-646-4849 or www.regenttheatre.com

Puppet Showplace and Theater

Wed. and Thurs. at 10:30am and Sat. & Sun. at 1pm & 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.

BosTix Junior

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

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

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

Ben Rudnick and Friends in Concert

Thurs., Aug 6 at 6 pm (Raindate: Aug. 13) All ages, on the lawn behind the library.

Kidstock

Old Mac-Draw-Nald Had a Frame

Fri., Aug. 14, 2:30 pm. Join Pablo Pig-asso, Claude Moo-net, and Vincet Van-Goat for a paint splattered good time. Show is for ages 3 and up. Pick up ticket ½ hr. prior to show.

Create Your Own Space Invader Craft

Mon. Aug. 17, 10am. Using recycled goods, we'll make our own space aliens and robots to bring home or for display. Ages 4 -10 (4 & 5 bring parent). Call 781-316-3198 to sign up.

Battle of the Bands

Thurs., Aug. 20, 4:30 pm. On the Robbins House Lawn behind the library. Performed by students in middle school and high school.
Vote for the best teen band in Arlington!

FOX LIBRARY:

Game Night

Wed., Aug. 5 & 19 at 6pm.

Movie Night

Wed., Aug. 12 at 6pm – **Lost in Space/My Favorite Martian**

Wed., Aug. 26 at 6pm – **Wallace and Gromit/Grand Day Out**

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

Thursday

Henry Bear's Park for ages 3-6

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.

Barnes & Noble for preschoolers

6:30pm, 98 Middlesex Tpke., Burlington. Free. Info: 781-273-3871.

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 or

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 & Girls Club

Offers many fun summer classes including swimming. Info: www.abgclub.org

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.

Reservoir Beach – SUMMER FUN

10am-8pm daily. Lowell St, Arl. Swimming classes offered by rec. dept. To purchase summer tags or daily passes contact 781-316-3880 or visit 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

Arlington Recreation Dept.

Offers many fun summer classes for children. Info: 781-316-3880 or www.arlingtonma.gov.

Artbeat Tot Art

Tues. & Wed., 10:30-11:30am, offering a special art project for ages 18mos-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.

Batting Cages Open

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

Capitol Theater Movies for Caregivers with Babies

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

Arlington Indoor Playspaces

Isis Maternity

Programs & products for expecting & new parents. *AFC member discount-1st month free, Drop-in Playgroups:*
Non-mobile babies Thurs. 1:45pm-2:45pm.
Mobile babies to 3yrs. Mon. 3:30pm-4:30 pm.
Free for members, \$5 for non-members. Info: www.isismaternity.com.

Together in Motion

Drop-in playspace 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

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 cts/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.

The Klubhouse

Play on a two-story pirate ship or in a castle, ride on a toy racetrack or giant bouncies, or play in the craft room. Separate toddler room as well. 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.

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.

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 & craft 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

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.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

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.

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 gardening class. Info: 781-259-0456 or 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.

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 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.

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests and 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.

Miniature Golf

Here are a few locations in the area:
In Billerica and
Salisbury: www.rangewaygolf.com;
In Lancaster: www.lancastergolfcenter.com;
In Westford: 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.

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.

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, ages2-15yrs/\$1.50, seniors \$2. Info: 617-522-1966 or 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, and 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.

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

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 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.

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. Free for 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 storytimes 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.

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

Harvard University Lab for Developmental Studies

Child scientists wanted! Looking for infants and children 2 mos. to 12 yrs. old to study their natural curiosity and learn how they perceive the world. Most studies take less than 20 minutes and each child goes home with a little gift. www.wjh.harvard.edu/~lds or 617-384-7930.

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.

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 on the 1st Thurs. of the month, 9:30-11am in Northwest Cambridge. Registration required, \$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 yrs. welcome. PLEASE RSVP by contacting Becky Moyer at (617) 721-6783 or beckym678@yahoo.com. Upcoming dates: 12/6, 1/3, 2/7, 3/7, 4/4

Boston Babywearers

3rd Wed. of each month, 10:30am-12:30pm, College Avenue United Methodist Church, 14 Chapel Street, Somerville. Find the right baby carrier for you and/or learn how to use the carrier you own. Enjoy their free 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 0-5yrs. 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/.

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.

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 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

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 Svcs.

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**

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