



# Arlington Family Connection

supporting children six and under and those who care for them

Volume VIII, Issue 7 • October, 2009

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

## Saturday, October 24, 10:30 am Regent Theatre, 7 Medford St., Arlington AFC Presents the Tanglewood Marionettes

Come and enjoy a special performance of *The Dragon King* by the Tanglewood Marionettes, sponsored by AFC to mark our annual membership renewal season.



An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid grandmother who journeys to the bottom of the sea to seek the Dragon King, and the answers to why he has forsaken the land above. You'll be treated to colorful sea creatures, an exciting adventure, and a Dragon King that will knock your socks off!

AFC is sponsoring this performance to highlight the great activities and resources our organization offers. We hope you'll drop by the AFC table at the theatre to renew your membership—or bring a friend to join!

AFC is subsidizing the ticket cost for members and non-members alike. Admission is \$5 for adults and \$3 for children under 12. Tickets can be purchased at the Regent Theatre box office or at the website:

[www.regenttheatre.com](http://www.regenttheatre.com). Info: Mimi at [treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org)

## Have You Renewed?

If you want to continue receiving this newsletter and all the great information and resources that AFC makes available to its members, please renew your membership now! Just fill out the membership form in this newsletter and send it to us with your check or money order. You can also renew at any AFC event in October. The October newsletter will be the last one you'll receive if you haven't renewed. If you've already renewed your membership, thanks for your continued support, and we look forward to seeing you at more great AFC events.

## Celebrate Halloween with AFC

### Friday, October 30, 3:30-5:00 pm Together in Motion Halloween Party

Join us in celebrating Halloween and give the kids another reason to dress up in costume! We'll have the climbing structures available in the gym portion of Together in Motion and crafts and fun Halloween goodies (tattoos, glow sticks, etc.) in the sitting area. This is an AFC-only event and is free to all AFC members. Karen 781-643-0773, [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### Saturday, October 31, 11:00 am Spy Pond Field Halloween Parade

Come in costume and have a spooktacular parade with AFC! Begin at Spy Pond Field, the field opposite the Boys & Girls Club (on Pond Lane), and end at the Spy Pond Playground. Expect the parade to last 45 to 60 minutes (we will walk slowly as we know there will be little feet following along). Invite your friends with young kids to come along—all are welcome. Info: Lauren 781-777-4052, or [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org).

## The Flu: Where to Get Shots

The push is on for flu vaccinations—and this year we parents have to worry about scheduling both ourselves and our children for not one but two flu vaccines.

The CDC recommends vaccinations against both seasonal flu and the H1N1 virus for all children over six months, as well as their caregivers and household contacts, including pregnant women. If you can't make it to your doctor's or pediatrician's office, there are several other opportunities around town for older children and adults to get vaccinated.

For seasonal flu vaccines, the town is offering clinics on two dates in October. On Thursday, October 8, from 4 pm to 7 pm, anyone over the age of 5 can receive a vaccine at Arlington Town Hall. Another clinic for people ages 18 and older will be held on Thursday, October 15, from 9 am to 12 noon at the Arlington Senior Center, at 27 Maple Street. On both dates there is a charge of \$10 per vaccine. You can view the clinic schedule on the [Town of Arlington website](#).

The Arlington Board of Health is also hoping to encourage vaccination against H1N1 by offering the vaccine to students in the public schools, according to Health and Human Services Director Christine Connolly Sharkey. Once the vaccine becomes available, it will be administered through the school nursing department to students whose parents have signed a consent form. More information will be sent to parents and posted on the town website as soon as details are finalized.

Many local pharmacies offer flu vaccinations to older children and adults, although usually at a steeper price than the town clinics. (Walgreens offers flu shots for \$24.99. Call the store for more information.)

For more information on both types of flu and on the vaccines, you can visit the U.S. government's [flu website](#). AFC wishes you a healthy and happy autumn!

## Child Safety Seat Inspection Station Comes to Arlington

*(reprinted from the Town of Arlington website)*

The Arlington Police Department is now offering child safety seat installations and inspections. Officers are trained and certified to install and inspect car seats and are available by appointment, every other Tuesday, between the hours of 4:00 p.m. and 8 p.m., at police headquarters, 112 Mystic St. To schedule an appointment please call 781-316-3905 or email [rbongiorno@town.arlington.ma.us](mailto:rbongiorno@town.arlington.ma.us).

## AFC Welcomes a New Volunteer

AFC welcomes new volunteer **Julie Powell**, who recently joined the AFC Outings team.

Julie and her family are still adjusting to life in New England after moving to Arlington from Cocoa, Florida, in September 2008. Julie's husband Tom is a PhD student at Harvard and she has two children, Mary Thomas, 5, and Sarah Grace, 3. Mary Thomas is starting kindergarten at Dallin and Sarah Grace is in preschool at Arlington Children's Center. The Powell family has loved living in Arlington. Welcome Julie!

### AFC Directory

**General Information** – Glendalys Gandhi, 781-316-8676  
[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  
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**Options in Childcare & Preschool booklet**- Eileen Coleman  
[options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org)

**Outings** – Eileen Coleman, Karen Connors, and Julie Powell  
[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)

# Make Your Own Shadow Puppet Theater

by Amy Speare

My kids are forever diving into the recycling bin to create pirate ships and castles from cereal boxes or airplanes from yogurt cups. They also have a very large (and creative) collection of homemade Popsicle stick puppets. So, after attending a shadow puppet show at the Puppet Showplace Theater in Brookline ([www.puppetshowplace.org](http://www.puppetshowplace.org)) recently, my kids raced home inspired to make their own shadow theater. Within 30 minutes, we made the theater, and my kids spent the rest of the afternoon creating puppets and putting on shows.



With just a small box (Amazon book boxes are perfect), paper, cardboard, and bendy straws, you can create hours of entertainment. Here's how:

- Find a cardboard box and mark the bottom with the shape of your shadow screen (size of an 8½ x 11 sheet of white paper is perfect). Leave at least a 1-inch frame all around for structural integrity. Cut out the bottom of the box.
- Paint or decorate your theater as you like.
- Tape your screen (a white sheet of paper is easiest) across the bottom of the box.
- Set the theater on a stable surface and place a heavy object (such as a book) inside to keep it from falling over.
- Place a small light (such as a desk lamp) slightly above and behind the screen. Flashlights work too.

Make the puppets out of cardboard, and tape to the short bendy part of a bendy straw. This way the puppet can be right up against the screen and little hands don't get in the way. Tip: Try to make the outline of the puppets as detailed as you can—they show up better in shadows.

## Save the Date!

### Veteran's Day

**Wednesday, November 11, 3:30-4:50pm**

Veteran's Memorial Skating Rink, 422 Summer St., Arl. Come introduce your kids to skating and socialize with other AFC members while enjoying a *gentle* skating experience with your children, ages 6 and under *only* please. Snacks, drinks, and tot skates provided. Free. Ages 2-6. Info: [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

## Notes from Around Town (and Beyond)

### Spy Pond Playground Resurfacing

Due to problems with sand wasps over the summer, the Spy Pond Playground is scheduled to be resurfaced in late October. Dates haven't been finalized, so you may want call the Arlington Recreation Department or visit its [website](#) before heading out with your little one(s).

### Pick Raspberries While You Can

If you're looking for a great fall activity to do with your kids, look no further than raspberry picking at the Wright-Locke Farm, right over the Arlington border in Winchester. This community farm is staffed by volunteers who encourage taste-testing, and it's also right down the street from a great fenced-in playground.

Although the availability of berries depends on weather, organizers say they'll stay open until the first hard frost, which usually happens in mid- to late October. The farm is located at the corner of Ridge and Lockeland in Winchester. For information, call 781-721-7128 or visit [www.winchester.us](http://www.winchester.us).

### The Last of the Harvest

The Arlington Farmer's Market will be open for the last Wednesday of the season on October 28. If you can't bear the thought of doing all your shopping inside after October 28, check out this [list of markets](#). A number of markets—in Davis Square, Central Square, and Charles Square (Cambridge)—continue through November.

### No-Sort Recycling

Just in case your preschooler(s) hasn't told you about the new recycling trucks making the rounds, single stream recycling is here. This means you no longer have to separate your metal, plastic, and glass recyclables from paper. You can continue to put out the blue recycling containers, or you can put everything in one trashcan labeled "recycling." For more information, visit the [Arlington Recycling Department website](#).

## September Highlights



## Puddlestompers Outing

## October AFC Events

*With the exception of the Dad's Book Group, AFC's other book groups are filled to capacity. If you are interested in starting another group, please contact Karen at [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org) or 781-643-0773.*

### Monthly Planning Meeting

**Monday, October 5**

**7:45 pm.** All members, feedback and ideas welcome! Please contact Glendalys for location and details. 781-316-8676, [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

### Dad's Book Group

**Wednesday, October 7**

**7:30 pm.** Starbucks, Arlington Center. The book is *How the Mighty Fall: And Why Some Companies Never Give In* by Jim Collins. 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](mailto:mikesch@alum.mit.edu)

### Poet's Corner Playground

**Tuesday, October 6  
(rain date Thursday, October 8)**

**9:30–11:30 am.** Poet's Corner Playground, Arlington Heights, corner of Route 2 service drive and Dow Avenue. Come play with us! Bring sand toys and riding toys if you like. There is street parking on Shelley Road. Julie, 781-316-8554; or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### Working Moms Group

**Wednesday, October 21**

**7:30 pm.** Isis Maternity, 387 Massachusetts Avenue, 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! Please RSVP at [workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

### AFC Presents the Tanglewood Marionettes

**Saturday, October 24**

**10:30 am.** Regent Theatre, 7 Medford Street, Arlington. Enjoy a performance of *The Dragon King* by the Tanglewood Marionettes, and renew your AFC membership while you're at it. Admission is \$5 for adults and \$3 for children under 12, and tickets can be purchased at the Regent Theatre box office or at the website: [www.regenttheatre.com](http://www.regenttheatre.com). Info: Mimi at [treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org). For a full description, see page 1.

### AFC Halloween Party

**Friday, October 30**

**3:30–5:00 pm.** Together in Motion, 1 Broadway, Arlington. What can be better than another reason to wear a Halloween costume? Have the kids come in costume, do Halloween crafts and play in Together in Motion's space. This is an AFC-only event and is free to all AFC members. Karen, 781-643-0773 or [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### Halloween Parade

**Saturday, October 31**

**11:00 am.** Come in costume and have a spooktacular parade with AFC! Begin at Spy Pond Field, the field opposite the Boys & Girls Club, on Pond Lane and end at the Spy Pond Playground. Expect the parade to last 45 to 60 minutes (we will walk slowly as we know there will be little feet following along). Lauren, 781-777-4052 or [community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)



# Arlington Family Connection

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P.O. Box 150 • Arlington, MA 02476 • [www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)

## 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](mailto: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 1 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, then please email or call us with your request.**

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

Yes       No, please send the newsletter only

*To help us serve our members better, we'd like to hear from you. How did you hear about us? How can we best serve your needs? Is there anything else that you'd like to tell us?*

Questions? Contact [membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org) or Lauren at 781-648-4631

**Thank you and welcome!**

# Local Events & Activities – October

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

## Arlington Venues

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

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

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

**Fox Branch Library**, 175 Mass. Ave. (East Arlington, at Cleveland St.). 781-316-3198.  
<http://www.robbsinlibrary.org/about/fox-branch>

**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.robbsinlibrary.org](http://www.robbsinlibrary.org)

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

## Special Events

### Topsfield Fair

Oct 2–12. Oct. 2, 4–10 pm, Oct. 3–12, 10–10 pm, Rt. 1, Topsfield Activities include blacksmith, milking, and wood carving demonstrations, chick hatching and miniature train exhibits, giant pumpkin contest winner, petting farm, Kiddy Korral, racing pigs, sand sculpture, live music, rodeo, honey bee house with live observation hives, and more. Weekday tickets \$10/adults, weekend tickets \$12/adults, children under 8 free. Parking \$8. Info: 978-887-5000 or [www.topsfieldfair.org](http://www.topsfieldfair.org).

### Drumlin Farm Celebrates Fall

Oct. 3 & 4: **Fall Festival**. Join us as we celebrate all things autumn! 10 am–4 pm. All ages. Pre-registration required, 781-259-2206 or [www.massaudubon.org/drumlin](http://www.massaudubon.org/drumlin).

### Honk Festival

Davis Square, Somerville Oct. 9-11. A street party to celebrate with the community. Bands perform from 12 to 9 pm on Saturday and join the parade from Davis Square to Harvard Square on Sunday at 12 pm. Info: [www.honkfest.org](http://www.honkfest.org)

### Family Fun Saturdays

Oct. 10 – Steve Songs (10:30 am, 3 pm shows)  
Oct. 24 – *The Dragon King* (sponsored by AFC)

Oct. 31 – Flookie and the Beans

For information on individual shows, show times, ticket prices, and purchase, visit [www.regenttheatre.com](http://www.regenttheatre.com) or call 781-646-4849.

### Fall Family Festival

Oct. 10, 1–3 pm, Arlington Boys and Girls Club, 60 Pond Lane. Bring the whole family and enjoy face painting, pumpkin painting, music, moon bounces, and light refreshments. Info: 781-648-1617.

### Ringling Bros. Barnum & Bailey Circus

Oct. 14-18, TD Banknorth Garden, 100 Legends Way, Boston. Over the Top Show. Ticket prices vary. Info: 617-931-2000 or [www.tdbanknorthgarden.com](http://www.tdbanknorthgarden.com).

### Arlington's Halloween Window Painting Sat., Oct. 17, 9 am-1 pm.

Decorate with a Halloween theme the outside windows of designated local businesses using specialized paint. Applications available at Rec. Dept. \$15/person, \$25/two people. **Rain Date, Oct. 18.** Info [www.arlingtonma.gov](http://www.arlingtonma.gov).

### Annual Field Day

Sat. Oct. 17, 1-5pm, Robbins Farm Park, Eastern Ave. Arl. (across from the Brackett School) Activities and fun for the whole family. Info: [www.robbsinfarmpark.org](http://www.robbsinfarmpark.org).

### Newton Harvest Fair

Sat. Oct. 17, 10am-5pm and Sun., Oct. 18, 11-5pm, Newton Ctr Common (Langley & Centre St.) Amusement rides, crafts, face painting, pumpkin decorating, children's activities, sand art, food, live music. Info 617-796-1540 or [www.newtonpride.org/harvestFair.html](http://www.newtonpride.org/harvestFair.html).

### Arlington Open Studios

Sat.-Sun. Oct. 17 & 18, 12-5pm, Arlington Center for the Arts, 41 Foster St. View art from 80 visual artists, see live music and dance, Info: 781-648-6220 or [www.acarts.org](http://www.acarts.org).

### Halloween Events

#### Drumlin Farm Celebrates Halloween

Oct. 29 & 30, **Tales of the Night** 6-9pm, \$9/family, kids under 2 free. All ages. Pre-registration required, 781-259-2206 or [www.massaudubon.org/drumlin](http://www.massaudubon.org/drumlin).

#### Boo at the Zoo

Oct. 17 & 18, 11-3pm, The Stone Zoo, 149 Pond St. Stoneham, Go to the zoo to enjoy a trick-or-treat trail, creepy crafts, a haunted maze, and howling and costume contests hosted by Radio Disney. Info: 781-438-5100 or [www.zoonewengland.com](http://www.zoonewengland.com).

### Great Pumpkin Fest

Sat. Oct. 24, 12-9pm, Ecotarium, 222 Harrington Way, Worcester, train rides, costume parade, & games, \$14 non-members, \$10 members, Info: 508-929-2700 or [www.ecotarium.org](http://www.ecotarium.org).

### Cary Library Celebrates Halloween

Oct. 24: **Creepy Crafts**, 10am-12pm, all ages  
Oct. 22: **Once Upon a Halloween** with Diane Edgecomb, 3:30-4:30pm, ages 4 and up  
Oct. 28: **Spooky Storytime**, 7pm, ages 4 and up. Cary Library, 1874 Mass Ave, Lexington. Children off all ages are invited to make Halloween crafts of all kinds. Info: 781-862-6288 or [www.caryllibrary.org](http://www.caryllibrary.org)

### Zoo Howl

Oct. 24 & 25, 11-3pm, Franklin Park Zoo, 1 Franklin Park Rd. Dorchester, Haunted happenings include: creature encounters, creepy crafts, ghoulish games, a haunted maze, and a trick-or-treat trail. Radio Disney hosts howling and costume contests on the main stage while playing spooky tunes. Info: 617-541-5466 or [www.zoonewengland.com](http://www.zoonewengland.com).

### The Graveyard Book Halloween Party

Oct. 30, 5-9pm. Curious George Bookstore, 1 JFK St, Camb. Come in your funerary finest ready to celebrate Halloween with Graveyard Book-themed goodies, activities, contests, and a costume parade! Info: 617-498-0062.

### Davis Farmland Halloween

145 Redstone Hill, Sterling  
Oct. 21 & Nov. 1, **Halloween Costume Weekend**  
**Oct. 18-Nov. 1 Farm Open Sat & Sun. ONLY,**  
ALSO: The MagaMaze is open  
Farm: 978-422-6666, Maze: 978-422-8888  
or [www.davisfarmland.com](http://www.davisfarmland.com)

## Musical, Theater and other Performances

### **Puppet Showplace and Theater**

Wed. and Thurs. at 10:30am and Sat. and Sun. at 1 and 3pm. 32 Station St, Brookline (across from Brookline Village T.) New shows each week and weekend, last 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)

## Other Events

### **Programs at Drumlin Farm**

Oct. 17: **Leaves, Glorious Leaves!** Sunny days and cool nights are the recipe for fabulous fall colors! Explore the farm to discover trees with the best color. Make a leaf critter to take home! 1-2:30pm. Ages 4 and up. Oct. 28-Nov. 18: **Autumn Adventures**, Join in as we explore fall. Each week will bring a different adventure. Wed. 3:30-5pm. Prices vary, pre-registration is required. Info: 781-259-2206 or [www.massaudubon.org/drumlin](http://www.massaudubon.org/drumlin)

### **Davis Farmland Weekend Fun**

145 Redstone Hill, Sterling  
Oct. 3 & 4, **Fall Fun Weekend**  
Oct. 10 & 11, **Kindermusik sing-a-long** with Pam Espinosa,  
Oct. 17 & 18, **Pumpkin Fest**  
Oct. 18-Nov. 1 **Farm Open Sat & Sun. ONLY**,  
ALSO: The MagaMaze is open  
Farm: 978-422-6666, Maze: 978-422-8888  
or [www.davisfarmland.com](http://www.davisfarmland.com)

## Story Times and Library Programs

### **ROBBINS LIBRARY**

#### **Drop-In Crafts**

Wed., Oct. 21, 3:30-5pm. Drop-In to create some fabulous fall crafts. All Ages.

#### **Storytime**

**Mon.** Oct. 5, 19 & 26 (drop in)

#### **Wiggle Worms**

**10 am** for ages 1½ to 2½.

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

#### **Kangaroo**

**11am** for ages 2½ and up

Longer stories followed by a craft.

#### **Book with Beat**

Wed., Oct. 7, 14, 21 & 28, for 3-5 year olds. Longer stories followed by a craft. Drop in.

#### **Special Saturday Storytime**

Oct. 10 & 31

**10am**, ages 2.5-5. Longer stories and songs. Drop in.

### **Spanish Storytime**

Sat., Oct. 24, 9:45am.

Sing songs, listen to stories, learn new words and make new friends. Songs All Ages, drop in.

### **FOX LIBRARY**

#### **Sing along**

Thurs., Oct. 8, 15, 22 & 29 at 10am. For infants and preschoolers. Drop in.

#### **Storytime**

Tues., Oct. 6, 13, 20, 27 at 10 am. Ages 2 and up.

## Sing-alongs & Music

### **Monday**

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

### **Tuesday**

11 am. Toddler Time, Henry Bear's Park, Porter Square Shopping Center, Mass. Ave, Cambridge. Free. Info: 617.547.8424. [www.henrybear.com](http://www.henrybear.com)

### **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., Camb., Porter Sq. Free Sing along. Info: 617-864-6290.

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

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

### **Saturday**

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

## Storytimes

### **Tuesday**

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

### **Harvard Coop** for ages 2-4

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

### **Pottery Barn Kids**

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

### **Wednesday**

#### **Porter Square Books**

11am, Porter Sq. Shopping Ctr. Camb. Free Info: 617-491-2220, [www.portersquarebooks.com](http://www.portersquarebooks.com)

### **Thursday**

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

11 am, 685 Mass. Ave. Arl. Free. Info: 781-646-9400 or [www.henrybear.com](http://www.henrybear.com)  
11 am (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 1+

10:30am, 1771 Mass. Ave. Camb. A fun hour of 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 classes for children. 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).

### **Arlington Recreation Dept.**

Offers many fun 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).

### **Capitol Theater Movies for Caregivers with Babies**

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

## Music Together

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

## Arlington Indoor Playspaces

### Fidelity House

25 Medford St. Arl. Offers classes for preschoolers that also have a 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). 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 Mon. 3:30-4:30 pm, (to 3 yrs)  
Free for members, \$5 for non-members. Info: [www.isismaternity.com](http://www.isismaternity.com).

### Toddlers and Twos

Every Weds. And Fri. 9:30-11am, Gibbs Gym, Foster St. Indoor play program for tots (15-36 months) and parents, emphasizing development of gross and fine motor skills. Kitchen area, bouncy house, riding and climbing toys. \$45/10 visit pass or \$5/drop-in/child. **Through Dec. 22.** (Closed during holidays and inclement weather). Info: 781-316-3880 or [www.arlingtonma.gov](http://www.arlingtonma.gov)

### Together in Motion

Drop-in play space entirely padded with soft play blocks, modules, balls etc. Mon-Fri 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.bfctoday.com](http://www.bfctoday.com).

### TumbleKids Open Gym

Tues. 12-1:30pm, 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).

## 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).

### 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 as well. Mon-Fri: 9am-3:45pm, Sat-Sun: 9am-1:45pm. \$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).

## 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 and 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

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

### 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 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).

## Habitat Wildlife Sanctuary

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

## Miniature Golf

In Billerica and Salisbury: [www.rangewaygolf.com](http://www.rangewaygolf.com); in Lancaster: [www.lancastergolfcenter.com](http://www.lancastergolfcenter.com); in Westford: [www.kimballfarm.com](http://www.kimballfarm.com).

## Southwicks Zoo

2 Southwick St, (off Rt. 16), Mendon. Open daily, 10am-5 pm. Animals, shows, kiddie and 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).

## Take a Walk at Gore Place

52 Gore St., Waltham, Mon-Fri, 10am-4pm; Sat 11-3pm. Visit llama, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9. Backpack rental, \$5. Info: 781-894-2798 or [www.goreplace.org](http://www.goreplace.org).

## 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](http://www.bostonkids.org).

### Children's Discovery Museum

177 Main St., Acton. Open daily, 9am-4:30pm. Victorian house with transformed into 10 hands-on exhibit areas. Ages 6 & under. Check website for special programs. \$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. 40ft 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. to adults accompanied by child 12 and under. \$12 general admission. Info: 617-478-3234 or [www.icaboston.org](http://www.icaboston.org).

### **Museum of Fine Arts**

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

### **Museum of Science**

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

### **National Heritage Museum**

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

### **New England Aquarium**

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

## **Seminars and Open Houses**

### **Harvard University Lab for Developmental Studies**

Child scientists wanted! Looking for infants and children between the ages of 2 months and 12 years to study their natural curiosity to 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](http://www.wjh.harvard.edu/~lds) or 617-384-7930.

### **Lesley Ellis School Open House**

Nov 1, 9:30-11am, 41 Foster St., Arlington. Meet the faculty, staff and current parents. Visit classrooms, and attend an information session with the Head of the School. Children welcome. For more info. Including directions call 781-641-1346 or [www.lesleyellis.org](http://www.lesleyellis.org).

## **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](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)

### **AD/HD 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).

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

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

**October 2009**

**Have you renewed?**

**See page 5 for  
our membership form!**