



Arlington Family Connection

supporting children six and under and those who care for them

Volume VIII, Issue 6 • September, 2009

www.arlingtonfamilyconnection.org

October 1, 6:30-8:00 pm Stratton Elementary School Considering Preschool or Childcare? AFC Can Help!

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

Open House on October 1

AFC's 8th annual Child-care and Preschool Options night will be held in the Stratton Elementary School cafeteria from 6:30pm-8pm on Thursday,



October 1. Many of Arlington's childcare providers and preschools will be on hand to help you learn about your options. You can find out about the different programs, ask questions, and pick up brochures and enrollment forms. There will be a play area for children, and light refreshments. Stratton Elementary is located on Mountain Ave., off Overlook Rd., near the Lexington and Winchester border. There is plenty of parking, admission is free and open to the public. For more information, contact options@arlingtonfamilyconnection.org.

Childcare Options Booklet Updated for 2009

The updated 2009 *Childcare and Preschool Options in Arlington* booklet will be available for purchase (\$8) during the open house. This booklet lists information on each licensed preschool, daycare, and family provider in Arlington, and also provides tips on choosing the right program for your child.

September 26, 10am-3pm Mass Ave., Arlington Center AFC at Town Day

Drop by AFC's booth at Arlington's Town Day celebration, on Saturday, September 26, from 10am-3pm in Arlington Center (rain date: October 3). There will be a fun craft for the kids. Take the opportunity to renew your membership, find out about upcoming events and activities, and meet other AFC members and their families. And be sure to tell friends and new neighbors with young children to look for AFC, too!

Volunteer at the Booth

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

Going to the Zoo, Zoo, Zoo

Arlington Family Connection is offering our members a great new discount program to Southwick's Zoo in Mendon.

AFC members can purchase up to three tickets for just \$9 each, a big savings off the regular admission price of \$18.75 for adults and \$12.75 for ages 3 - 12. (Admission is free for children 2 and under.)

Southwick's Zoo is a great destination for toddlers, preschoolers and children of all ages, and is well-shaded and maintained. In addition to some terrific animals (giraffes, tigers, lions and rhinos), there is a petting zoo and a wonderful deer park where you can hand-feed deer. There are other rides like a small merry-go-round, pony rides, and a tram that goes around a lake. (Rides are a separate charge.) The really adventurous can ride an elephant or camel.

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You can bring your own food, but there are concession stands, as well as an ice cream shop. The park is not too big and everything can be seen in a day. The zoo is located in Mendon, MA, near Franklin, about a 45-minute drive from Arlington. For more detailed information, visit their website:

www.southwickzoo.com

Tickets do not expire, so if you don't get to the zoo before it closes October 18, you can use your discounted pass next year.

To ensure that a majority of AFC members get tickets, there is a limit of 3 tickets per family. Please email discountpasses@arlingtonfamilyconnection.org for tickets.

Kindergarten Connections: September Events

The following events are FREE and open to all families and children who will enter kindergarten in September.

Stratton: Tuesday, September 8, 5pm-7pm, Stratton playground. Rain date: Wednesday, September 9. Contact: Megan Caradonna (megnpete@verizon.net).

Peirce: "September Practice Run," Friday, September 11, at Peirce kindergarten playground, 8am-9:30am. Come see the big kids arriving for school and have a trial run getting up and out for Monday morning's 8:10am bell. Contact: Amy Cooper (amyd2@earthlink.net), Sarah Forney (skaforney@yahoo.com, 781 859 5085), Betsy Lawson (betsy01@verizon.net, 781 646-5812).

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

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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

Save the Dates! Upcoming Fall Events from AFC

See page 3 for a complete list of September AFC events. Mark your calendar for the upcoming fall events below!

AFC's 8th Annual Childcare & Preschool Options Night Thursday, Oct. 1

6:30pm-8pm. Stratton School, 180 Mountain Ave. Don't miss this trade show, which evaluates the early childcare programs in our community. AFC's updated booklet of all Arlington providers will be for sale. Kristen 781-643-1184,
options@arlingtonfamilyconnection.org

Puppet Show Saturday, Oct. 24

10:30am. Regent Theatre, Arlington Center. Come see the Tanglewood Marionettes' production of The Dragon King, sponsored by AFC. An underwater fantasy based on Chinese folklore, this show features colorful sea creatures, an exciting adventure, and a dragon king that will knock your socks off! Stay tuned for more information about tickets.

AFC Halloween Party Friday, Oct. 30

Together in Motion, 1 Broadway, Arlington. Join us for a late-afternoon party and some not-so-spooky Halloween fun for the little ones. More details to come.

AFC's 5th Annual Tot Skating Party Wednesday, Nov. 11

Veteran's Memorial Skating Ring, 422 Summer St., Arlington. Join us at this low-key and fun event for AFC members only. Tot skates provided. Snacks and drinks available. \$1/person. Ages 2-6. Info: outings@arlingtonfamilyconnection.org

August Highlights



September 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 or 781-643-0773.

Drop-In Playgroup

Resuming in October

The Drop-In Playgroup will resume in October. Please watch for it in AFC's October newsletter.

Dad's Book Group

Wednesday, September 2

7:30 pm. Starbucks, Arlington Center. The book is *What Is the What* by Dave Eggers. 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

Monthly Planning Meeting

Tuesday, September 8

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

Raspberry Picking

Tuesday, September 8

10:00 am. Rain date Tuesday, September 15. The Farm, 78 Ridge Street, Winchester, MA. Come and pick some local raspberries at this Winchester Farm – just a hop, skip, and a jump from Arlington's Morningside area. The cost for the raspberries will be approximately \$4 per pint. Eileen, 617-620-1772; or outings@arlingtonfamilyconnection.org

Walden Pond

Friday, September 11

9:30am – 11:30 am. Walden Pond State Reservation, Concord, MA. While the Arlington Reservoir may be closed, Walden Pond is open, so join us for a morning of swimming and splashing in the Pond. Parking is \$5 per vehicle in the lot off Route 126 (or free if you have a yearly DCR pass). Parking is limited, so come early! Karen, 781-643-0773 or outings@arlingtonfamilyconnection.org

Working Moms Group

Wednesday, September 16

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

Outing to Mullen Playground

Thursday, September 24

10:00-12:00 am. Mullen Playground, 100 Lockeland Road, Winchester, MA. Just across from The Farm (and a stone's throw from Morningside) is a great enclosed playground. Come play with us! Free. Karen, 781-643-0773 or outings@arlingtonfamilyconnection.org

Apple Picking

by Liz Katzman

With the hot weather this last month and the beautiful green trees and colorful flowers all around, it is hard to believe that fall is just around the corner. But the back-to-school sales are everywhere, and soon the crisp days and beautiful foliage will arrive. Apple picking is a must-do activity each fall season. Whether you are looking just to go pick apples or for a full day of fun including hay rides, animals, and cider donuts, we hope this list provides your family with the perfect fall outing. Most orchards open for apple picking around early September, but it is a good idea to call ahead or check the website to see what types of apples and other produce are available. This is just a small sampling of the orchards that are some of the favorites of AFC families. To find a more comprehensive list, go to the Massachusetts Department of Agriculture website at http://www.mass.gov/agr/massgrown/apple_py0.htm

Farm Name and Website	Address and Phone Number	Hours of Operation	Produce available for Pick your Own	Activities	Comments
Belkin Family Lookout Farm www.lookoutfarm.com	89 Pleasant St., South Natick (508) 651-1539	Daily 10am-5pm	Apples, peaches, plums, pears, and pumpkins	Train rides, moon bounce, maze, play area, and petting zoo	Plenty of activities to spend an entire day here. There is an admission charge per person in addition to the price of whatever you pick so it can be expensive.
Honeypot Hill Orchard www.honeypothill.com	144 Sudbury Rd., Stow (978) 562-5666	Daily 11am-5pm	Apples and pears	Farm animals, hay rides, hedge maze and tunnel maze (ages 4 to 10)	Cash or check only. Additional charges for hay rides and mazes. Lots of traffic and very crowded so go early.
Russell Farm www.russellorchardsma.com	143 Argilla Rd., Ipswich (978) 356-5366	Daily 9am-5pm	Apples, peaches, plums, and lots of vegetables	Hay rides, cider pressing, farm store and winery	Main activity is picking. Weekend music series in September and October. Right next to Crane's Beach.
Shelburne Farm www.shelburnefarm.com	106 West Acton Rd., Stow (978) 879-9287	Daily 10am-4pm	Apples, peaches, pumpkins, and strawberries	Hay rides, pony rides, moon bounce, farm animals, sandbox, pedal tractors, farm stand	Charge for all activities except the animals. Can purchase a "fun pass" for unlimited admission. Smaller and less crowded but with lots of activities.
Parlee Farm www.parleefarms.com	Farwell Rd., Tyngsboro (878) 649-3854	Tue.-Sun. 10am- 4:45pm	Apples, raspberries, pumpkins, peaches, flowers	Animal barns, hay play area, farm stand.	More low-key with fewer activities but great fruit.
Smolak Farms www.smolakfarms.com	315 S. Bradford Rd., North Andover (978) 682-6332	Daily (call for exact hours)	Apples, peaches, pumpkins, heirloom tomatoes, winter squash, Christmas trees	Hay rides, playground, animals, wagons, rubber duck races, and farm stand	Charge for hay rides. One orchard is handicap accessible, as is the farm stand.
Old Frog Pond Farm www.oldfrogpondfarm.com	38 Eldridge Rd., Harvard (978) 456-9616	Wed.-Sun. 10am-5pm	Apples and raspberries	Sculpture exhibit	Certified Organic

Local Events & Activities – September

For even more resources refer to www.arlingtonfamilyconnection.org

Arlington Venues

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

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.
<http://www.robbinslibrary.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

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

Kindergarten Arts Week at ACA

Arlington Center for the Arts is offering a special Kindergarten Arts Week, "Harvest Moon Days," during the week following Labor Day, Tue-Fri, Sept. 8-11. The Kindergarten Arts Week will celebrate the beginning of autumn with art, music & movement. We'll make paintings and prints with an autumn theme, as we explore how plants and animals get ready for fall. The full-day program runs from 9:00am through 4:30pm, with a program fee of \$220 for ACA members, \$240 for non-members. Half-day fee is \$120 for ACA members, \$140 for non-members. Morning hours: 9:00am-Noon; afternoon hours: 1:30-4:30. Info: 781-648-6220 or www.acarts.org.

A Day Out with Thomas at Edaville USA

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.

Preschool Story Hour at Gore Place: Harvest Time

Wed., Sept. 9, 10-11am or 2-3pm. 52 Gore St, Waltham. Listen to stories about growing and harvesting vegetables and do a related craft activity, then take a hayride to the farm to see the raised-bed gardens and farm animals. Ages 3 & 4. \$5/child, \$3/additional child. Register by Sept. 8. by emailing tamar.agulian@goreplace.org, or, calling 781-894-2798 ext. 18. More info: www.goreplace.org.

Annual Verrill Farm BBQ

Sun. Sept. 13, 12-4pm, Verrill Farm, 11 Wheeler Road, Concord. Traditional BBQ food with all the fixings prepared in the farm-stand kitchen, Entertainment includes: live music by Sprit Fiddle, Giddy Up Ponies, and hayrides, Info: 978-369-4494 or www.verrillfarm.com

Turn Sibling Rivalry into Harmony with Creative Play

Tues. Sept. 17, 4:30-6pm, ArtBeat, 9 Summer St, Franklin. Learn how to turn sibling rivalry into harmony when identical twin sisters (and Bellingham residents) Heather Kempskie and Lisa Hanson will feature their award-winning "The Siblings' Busy Book: 200 Fun Activities for Kids of Different Ages." Info: 508-528-5001 or www.artbeatonline.com.

Arlington Town Day Festivities

Fri. Sept. 25, 5:30pm, Spy Pond Field, entertainment, kid's activities, food, fireworks at dusk, **Sat. Sept. 26**, 10am-3pm, along Mass. Ave. (from Pleasant St.- Mill St.) Street fair with booths, vendors, live entertainment, and kid's activities, (**Rain dates Oct. 2 & 3**) Info: arlingtonma.gov/townday.

TOWN DAY Library Book Sale

Sat. Sept. 26, 10am in Community Room, all other depts. closed. **Donations accepted beginning 9/12.**

Kids Fest

Sept. 26 & 27, 10-5pm, Wachusett Mountain. Special side stage shows from local vendors, plus main stage entertainment featuring live music performances, BMX bike stunts, and frisbee dog shows. This event has something for everyone! Info: 978-464-, 2300 or www.wachusett.com

Musical, Theater and Other Performances

Regent Theater shows

Jaguza! Celebrate the Children of Uganda! (a benefit) – Sun., Oct 4, 2pm. \$20/adult, \$10/student, free for 5 and under
SteveSongs - 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. & Thurs. at 10:30am and Sat. & Sun. at 1 & 3pm. 32 Station St, Brookline (across from Brookline Village T.) New shows each week & weekend, last 45min 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

Other Events

Davis Farmland Weekend Fun

145 Redstone Hill, Sterling,
Sept. 5&6, Flippo the clown and balloons
Fall Schedule starts 9/10,
Sun. Sept. 13, Grandparents Day, Children bring their grandparents for Free
Sept. 12&13, Apple Fest Weekend, pick your own apples
Sept. 19&20, Birds of Prey returns
Sept. 26&27, Harvest Celebration
ALSO: The MagaMaze is open!
Farm: 978-422-6666, Maze: 978-422-8888 or www.davisfarmland.com.

Programs at Drumlin Farm

Sept. 16– **Caterpillar Caper**. Join us as we share in Eric Carle's book, *The Very Hungry Caterpillar*, and then explore the fields and gardens in search of caterpillars and chrysalises.
Sept. 17– **Apple Honey Harvest**. Would we have apples or honey without the honeybee? Come and find out as we visit with the bees and taste some delicious honey and apple combinations! We will share apple and bee stories and songs, then round out the afternoon with some apple crafts. 3:30-5pm, all ages.
Sept. 18 – **Friday Evening Hayride**. Join us as the season changes from summer into fall. Listen to the crickets sing as you ride in our hay wagon through the meadows. Stop at our campfire for stories, S'Mores and a special night time visitor. Watch for the colors in the

sky as the sun begins to set. 4:-5:30 or 6-7:30pm, all ages.

Sept. 19 – **Morning Chores**. Come on in early and join the farmers for morning chores. We will feed the animals, do some stall mucking, and help out with whatever else needs to be done. When we finish, we will prepare and eat a hearty breakfast using some of our farm products. 7:30-9:30am, ages 4 and up, no backpack babies.

Sept. 22 - **Fall Equinox**. Join us as we mark the turning of the year from summer into autumn. From now until the spring, the nights will be longer than the days. We will celebrate the harvest with a hayride through the meadows filled with insect songs (weather permitting), and make corn husk dolls, share some stories, and enjoy a harvest treat. 3:30-5pm, ages 4 and up.

Sept. 23 - **Autumn Meadow Magic**. Butterflies float on sunny breezes and crickets sing in the grass. Explore the meadows of Drumlin Farm. Who makes those long tunnels under the grass? Meet a meadow dweller and make a craft to preserve the memories of your autumn explorations. 1-2:30pm, all ages. Prices vary, pre-registration is required. Info: 781-259-2206 or www.massaudubon.org/drumlin

Storytimes and Library Programs

ROBBINS LIBRARY

Kiltie School of Scottish Dance

Thurs., Sept. 3, 5pm. Scottish dance history and demonstration. Ages 4-7. Sign-up by calling 781-316-3234

Beautiful Future – Concert

Sat., Sept. 12, 11am. Multicultural music for all ages. Drop in.

Storytime

Mon. Sept., 21 & 28 (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., Sept. 16, 23, 30 for 3-5 year olds.

Longer stories followed by a craft. Drop in.

FOX LIBRARY:

Sing-alongs

Thurs, Sept., 3, 10, 17, 24 at 10am. For infants and toddlers.

Sing-alongs & Music

Monday

11am, **Stellabella Toys**, 1967 Mass. Ave., Camb., Porter Sq. 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

Thursday

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

1st and 3rd 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

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

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,

Saturday

Barefoot Books for ages 1yr + 10:30am. 1771 Mass. Ave. Camb. A fun hour of age- appropriate stories, coloring and refreshments, Free. Info: 617-349-1610, www.barefootbooks.com

Barnes & Noble for preschoolers

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

Harvard Coop for ages 2-4

11am, 1400 Mass. Ave. Camb. Preschool story hour with snack 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.

Spray Pool – SUMMER FUN

10am-7pm daily, free. At the Lussiano Park next to the Thompson School on North Union Street. **Closes a few days before school begins** (Sept. 14), call 781-316-3880 or visit www.arlingtonma.gov

Arlington Recreation Dept.

Offers many fun 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.

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. 9-9pm, 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 is 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

Fidelity House

25 Medford St. Arl. offers classes for preschoolers (drop-in option).
Tot Time, Fridays, 9:30am or 10:30am, open gym with different activities to develop fine/gross motor & social skills, parent remains w/child, \$5 drop-in fee (space permitting). Call to find out when it starts in Sept. 781-648-2005 or www.FidelityHouse.org.

Isis Maternity

Programs & products for expecting & new parents. *AFC member discount-1st 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.

Toddlers and Twos

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

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

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

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.

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-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, Fridays in Watertown. \$10/child. Classes offered for an additional fee. 38 River St., Winchester 781-721-1144, 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 & 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

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

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.

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.

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 llama, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9yrs. Backpack rental, \$5. Special Concert Sept. 14. Info: 781-894-2798 or www.goreplace.org.

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. Adults accompanied by child 12 and under. \$12 general admission. Info: 617-478-3234 or www.icaboston.org.

Museum of Fine Arts

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

Museum of Science

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

National Heritage Museum

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

New England Aquarium

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

Seminars and Open Houses

Child Studies

Have you ever wondered what your infant is thinking when they meet a new person or play with a new toy? The Tufts University Emotion, Brain, and Behavior Lab is seeking subjects for studies whose goal is to gain new knowledge that will ultimately contribute to the healthy development of children of all ages. The lab is currently conducting research studies with infants 3-7 months old. There are also ones for older children. If you are interested in participating call 617-627-3478 or email babylab@tufts.edu.

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 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, the shop as well as maternity clothes, kids shoes, games, and sports equipment. Info:

www.littlefoxshop.com.

Gently Used Children's Clothing Sale

Sat., Sept. 26., 10am-1pm, Winchester HS, 80 Skilling Rd, Winch. Offering high-quality children's clothing, toys, equipment & books. Clothing sizes range from infant to size 14. \$1/person, Free/13 and under. Sponsored by Mass. Mother's of Twins -Founding Chapter. Info: www.mmota-founding.org

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 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 welcome. PLEASE RSVP by contacting Becky Moyer at (617) 721-6783 or 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.

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://potpartum.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

September 2009

AFC Membership/Renewal Form

New member **Renewal** Date: _____

Name(s): _____

Address: _____

City/State/Zip: _____

Email Address(es): _____

AFC newsletters are sent out via email. *If you need a printed newsletter, please email or call us with your request.*

Check here if you don't wish to receive event announcements, event reminders, and bulletins from AFC

Please send the newsletter only

Membership Fees (*fee assistance is available, please email membership@arlingtonfamilyconnection.org*):

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

Circle the month you are joining:

\$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!

Name(s): _____

Address: _____

City/State/Zip: _____

Email Address(es): _____

Please make check payable to *Arlington Family Connection* and mail it with this form to:

Arlington Family Connection

P.O. Box 150

Arlington, MA 02476

To help us serve Arlington and 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 you'd like to tell us?

Questions: contact Lauren Magoun at membership@arlingtonfamilyconnection.org