



# Acton Senior Bulletin



October 2017

The COA Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm.

Telephone: 978-929-6652. Email: [seniorcenter@acton-ma.gov](mailto:seniorcenter@acton-ma.gov). Visit the COA website at [www.actoncoa.com](http://www.actoncoa.com).

Please send all COA mail to: Acton COA, 30 Sudbury Rd. Rear, Acton, MA 01720

**Registration for NEW programs begins in person or by phone on Monday, October 2<sup>nd</sup> at 1:00.**

**When you see this “▶” in the newsletter it means you must register in advance.**

**▶ Day to Day Mindfulness with Pam Ressler**

**Open to out-of-town seniors/free**

*Thursday, October 12<sup>th</sup>, 6:30-7:30 p.m.*

You may be hearing more about "mindfulness" and "meditation" in the news. Research is beginning to suggest both biological and psychological benefits of mindfulness in our lives. Does the prospect of learning to "meditate" sound daunting? Join Pam Ressler, an expert in teaching mindfulness and meditation to all ages, in an interactive and fun workshop focusing on ways we can all add mindfulness to our lives each day. No experience required -- except the ability to breathe! *Pamela Katz Ressler, RN, MS, HNB-BC* is the founder of *Stress Resources* in Concord, a firm specializing in building resiliency for individuals and organizations through tools of connection, communication and compassion. Pam is a frequent, sought after speaker to local, national and international audiences on strategies of resilience. She is a faculty member at Tufts University School of Medicine in the Pain Research, Education and Policy Program and is a member of the Consumer Health Advisory Board of the MA Health Quality Partners. Additionally, Pam is the first nurse selected to serve on the executive leadership board of Stanford University Medicine X, an organization that is a catalyst for new ideas about the future of medicine and health care. This program is sponsored by *RiverCourt Residences Senior Living Community of Groton*.

**Open House and Ribbon Cutting**

*Monday, October 30<sup>th</sup>, 1:00-4:00*



The long awaited, new Senior Center located at 30 Sudbury Road opened its doors September 5. Please join us to celebrate at our Ribbon Cutting and Open House. Ribbon Cutting ceremony will begin at 1:00. Everyone is welcome to attend. Light refreshments will be served.

**Is Your Medicare Plan Still Right For You?**

**Open to out-of-town seniors/free**

*Tuesday, October 24<sup>th</sup>, 1:00-2:00*

Medicare plans can change every year and your health can too. Come to this presentation by MaryJane Costello of the Minuteman Senior Services SHINE program to learn how to review your options regarding affordability, prescription coverage and other benefits. Make sure you read the Annual Notice of Change you will receive from your current plan prior to Open Enrollment (October 15 - December 7). See page 6 for information on individual appointments with a SHINE counselor. *Sponsored by the SHINE (Serving the Health Information Needs of Everyone) program of Minuteman Senior Services, which provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling.*



**Director's Corner** – We are so happy with our new Senior Center! It really is wonderful. We will be having an official Open House on Monday, October 30<sup>th</sup> from 1-4. For those of you who may still be working and would like to visit, we will be open on Thursday, October 12<sup>th</sup> for an evening program. Stop in for a tour 5:00-6:30 or join us for dinner and Mindfulness (sign up for dinner and/or the program is required). **Sharon, COA Director**

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**How to Use the Gym (Exercise Equipment Room)** - Thanks to donations received through our Fundraising for Furnishings campaign, new exercise equipment has been purchased. The gym will be open when a room monitor is available. (See below on how to become a monitor.) Anyone wanting to use the Gym must sign a waiver, attend a training session focused on safe and proper use of the equipment and adhere to all safety precautions. Information regarding training sessions and room hours will be forthcoming. **Acton residents only.**

**Gym Monitors Needed** – In order for the Gym to be open we are required by the Town to have a monitor in that space. We are looking for people to step up and volunteer perhaps 1 hour per week as a gym monitor. The more people who volunteer to be a monitor the more hours the Gym can be open each week. Please contact Sharon for more information.

**UPCOMING PROGRAM HIGHLIGHTS**

**REGISTRATION BEGINS.....MONDAY, OCTOBER 2<sup>nd</sup> at 1:00**

**Impossible to Forget: The Story of the '67 Red Sox DVD**      **Open to out-of-town seniors/free**  
**Tuesday, October 10<sup>th</sup>, 12:30-1:20**

The 1967 Red Sox are the most beloved, mythical team in the history of Boston sports. Now, 50 years later, experience the magic of this season with this documentary. Here again are the "forever young" heroes of that campaign, including fiery rookie manager Dick Williams; young sluggers George Scott, Rico Petrocelli, and Reggie Smith; cult heroes Jerry Adair, Jose Tartabull, Billy Rohr, John Wyatt, and Elston Howard; the talented and tragic Tony C; pitching ace and Cy Young winner Jim Lonborg; and Triple Crown winner, American League MVP, and All-Everything Carl Yastzremski. Closed captioning not available on this DVD.

► **The Beauty of Bluebirds with Mass Audubon**      **Open to out-of-town seniors for \$5 fee**  
**Wednesday, October 11<sup>th</sup>, 1:00-2:00**



What a wonderful feeling one gets when greeted by a flock of bluebirds singing their soft warbling notes. More than any other New England bird, the Eastern bluebird interacts with people in a very special way. This program, accompanied by many beautiful images of local bluebirds, illustrates the life cycle, housing, food and habitat needs of this very special bird. Learn what you can do to help assure the survival of the Eastern bluebird as well as other native cavity nesters. Presented by Gail Hansche Godin. *Gail is an award-winning nature photographer with a special passion for birds. A life-long naturalist, Gail's photos have been published in Massachusetts Wildlife and National Wildlife magazine. She has won numerous awards in international photography.*

**The Beatles: Band of the Sixties**      **Open to out-of-town seniors/free**  
**Friday, October 13<sup>th</sup>, 2:00-3:00**

Explore the music of The Beatles with Aaron Krerowicz in this multimedia presentation that is part history and part musical analysis. The presentation will span the full decade, beginning with the band's seminal visits to Hamburg, continuing through Beatlemania, and concluding with Abbey Road. The program will include audio clips of music and excerpts from interviews with the band members. This program is a joint offering from the Memorial Library and the COA. *Professional Beatles scholar and Aaron Krerowicz won a research grant through the University of Hartford in 2011 to study the band and has since presented his findings through more than 300 presentations in the US and England. He has authored multiple books on The Beatles and is also a composer.*

**Butterfly: James Whistler Dramatic Performance**      **Open to out-of-town seniors for \$5 fee**  
**Tuesday, October 17<sup>th</sup>, 1:00-2:00**

Performed by Stephen Collins, *Butterfly* is a one-man play about artist and Lowell native James Whistler (1834-1903). A volatile man, Whistler battled mostly in Victorian England for personal expression in the arts. The play presents Whistler in two phases of his life—as a 40-something bankrupt artist on commission in Venice and as an established yet lonely legend in his 60's. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His seminars and performances always meet with rave reviews at the Senior Center.*

► **Indicates that you must register in advance!**

## UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS.....MONDAY, OCTOBER 2<sup>nd</sup> at 1:00



### **The Sputnik Years with Kelly Beatty**

**Open to out-of-town seniors for \$5 fee**

**Wednesday, November 1<sup>st</sup>, 2:00-3:00**

When a Russian rocket lofted Sputnik 1 into orbit on October 4, 1957, the worldwide reaction was a mixture of awe and apprehension. The Space Age — and the Space Race — had begun! To an American public that had grown accustomed to our country's growing global primacy, the orbiting of Sputnik 1 was a traumatic wake-up call. The launch came during the depths of the Cold War, before NASA existed, and when the notion of traveling into orbit, let alone journeying to the Moon and beyond, seemed little more than science fiction. This retrospective by a veteran, award-winning science journalist will explore the events leading up to Sputnik's launch 60 years ago, the political fallout that led to America's response (Explorer 1), the formation of NASA, and the crucial but largely forgotten role that everyday citizens played in tracking the first satellites. *Kelly Beatty has been explaining the science and astronomy since 1974. An award-winning writer and communicator, he specializes in planetary science and space exploration as Senior Contributing Editor for Sky & Telescope magazine, and you'll occasionally hear him on The Weather Channel and National Public Radio. During the 1980s he was among the first Western journalists to gain firsthand access to the Soviet space program. He holds a Bachelor's degree from the CA Institute of Technology and a Master's degree in science journalism from BU.*

### **ArtMatters Art Awareness Series**

**Open to out-of-town seniors for \$20 fee for series**

**Thursdays, October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 1:00-2:00**

The wonderful staff from ArtMatters is returning to present an art series. During this lively, engaging program you will learn about various art forms and artists and view an array of large museum-quality prints. The art will cover an entire wall by the end of each presentation!

**October 5<sup>th</sup>, *The Portrait in Art*:** A portrait is much more than a picture of what someone looks like. It can document the history of a whole family or a single individual's journey. It can be about an era of time, a culture, an event, or the experience of youth or aging. It can tell stories, be self-revealing or serve as a commentary of social values or political institutions.



**October 12<sup>th</sup>, *The History of Illusion and M.C. Escher*:** The hand is quicker than the eye! Join us for a look at the tricks of the art world from Da Vinci and Anamorphic art to Op art and the Magic Eye. We will take a special look at the work of M. C. Escher, a Dutch graphic artist who was a master of the paradox, the tessellation, the dodecahedron, and grand manipulator of the basic laws of nature.

**October 19<sup>th</sup>, *Animals—Beasts of Fame and Fable*:** Humans love animals and especially love art about animals. Many creatures indeed are so important to us that we have imbued them with mythical abilities and magical symbolism that has greatly influenced much of our culture as well as religions. Join us for a journey around the world and throughout history to appreciate how connected we are with the beasts of fame and fable and how we have cultivated these myths and fables to connect us to one another through art.

### **► Living Life Fully with Diabetes**

**Open to out-of-town seniors - Call Now Registration is Open**

**Fridays, October 27<sup>th</sup>, November 3<sup>rd</sup>, 17<sup>th</sup>, December 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>, 9:00-11:30**

Do you have diabetes? Would you like to take control of your health and meet personal goals to improve your quality of life? Join Minuteman Senior Services for this six-week evidence-based program developed by Stanford University. This highly interactive class will teach you techniques to help manage the symptoms of diabetes, the appropriate use of medications, healthy eating for maintaining and improving endurance, and working with healthcare providers. You will also learn some new relaxation exercises to increase energy levels. This program is offered free of charge thanks to support from the Acton-Boxborough United Way and the Cummings Foundations.

**► Indicates that you must register in advance!**

**Smoke Alarm and CO Detectors Replacement** - The Fire Department will replace/install *battery operated* detectors. This program is funded through a grant and is intended for seniors who live alone or are unable to climb a ladder and plan to continue to live in the home. Call the COA at 978-929-6652 to schedule a visit. Please do not call the Fire Department directly.



**Handyman Program** helps seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request.

### **EXERCISE – Continuing into December**

**Classes are on a drop-in basis. No registration required! Classes are open only to Acton seniors (age 60 and up).**

#### **Senior Fitness with Terri Zaborowski**

*Tuesdays, Wednesday, Thursday and Fridays, through December 22<sup>nd</sup>, 8:30-9:30*

*Thursdays, through December 21<sup>st</sup>, 2:30-3:30*

*No class Nov. 23<sup>rd</sup>*

Start with a stretch and warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. No floor work. Weights are available at the COA.

#### **Active Aging with Terri Zaborowski**

*Mondays, through December 18<sup>th</sup>, 8:30-9:30*

*No class October 9<sup>th</sup>*

*Tuesdays and Thursdays through December 19<sup>th</sup>, 9:45-10:45*

*No class November 23<sup>rd</sup>*

This class offers all the same muscle toning and strengthening benefits of the Senior Fitness class, with the option to participate for the last 10-15 minutes of class for an aerobic segment. Designed to help seniors maintain their cardiovascular health, strength and flexibility. All strength training can be done standing or seated.

#### **Stretch and Flex with Terri Zaborowski**

*Tuesdays, through December 19<sup>th</sup>, 2:30-3:30*

Designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA). No floor work.

#### **Tai Chi with Linda Sango**

*Tuesdays, through December 19<sup>th</sup>, 11:00-12:00*

This Tai Chi class is open to all levels. Students will learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi improves the health of body, mind and spirit while improving balance.

#### **Gentle Chair Exercises with Liz Paley**

*Wednesdays and Thursdays through December 21<sup>st</sup>, 10:00-10:30*

*No class Nov. 23<sup>rd</sup>*

A low-impact program is suited for those getting little or no physical activity. All of the exercises are based on the Matter of Balance program and aim to increase strength, balance and coordination.

#### **Yoga Class with Patsy Brightman**

*Wednesdays, through December 19<sup>th</sup>, 10:45-12:00*

*No class November 22<sup>nd</sup>*

This class works the joints and muscles to increase flexibility, strength, balance and circulation. It includes seated and standing postures (using a chair if needed) and optional floor work. Bring water and a yoga mat. Funded by an Executive Office of Elder Affairs grant which requires the COA to ask for donations--a \$1.00 / class suggested.

#### **Taoist Tai Chi with Sue Chase and other Taoist Tai Chi Society Instructors**

*Thursdays, through December 20<sup>th</sup>, 11:00-12:00*

*No class Nov. 23<sup>rd</sup>*

Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit while improving balance. Each fall this class is open to new as well as continuing students. Wear loose comfortable clothing and footwear with a fairly smooth tread.

#### **NouVon Fitness with Yvonne Benelli**

*Fridays, through December 22<sup>nd</sup>, 10:00-10:50*

*No class on Nov. 10<sup>th</sup> and 24<sup>th</sup>*

Strengthen your muscles, build your endurance, improve your posture, strengthen and balance your core and improve your heart and lungs as you begin class with movement and dance and end class with a stretch and relaxation. No floor work. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$1.00 donation per class is suggested.

**Notary Public** The Acton Memorial Library has two staff members who are Notary Publics available by appointment free to the public. Please call Rita Gavelis at 978 929-6534 to set up a time.

## ONGOING ACTIVITIES

### **Federalist Era History Series**

**Open only to Acton residents**

**Tuesday, October 31<sup>st</sup>, 1:00-2:00**

Historian Gary Hylander concludes the series on the Federalist Era (1789-1800). Seldom in our nation's history has there been a period so extraordinary in accomplishment as the first years under the Constitution. Join us as we discuss the battle between Hamiltonians and Jeffersonians over the proper role of the new federal government.

► **Ask the Lawyer – Tuesday, October 3<sup>rd</sup>, 9:00-11:00**

**Registration is open; call now**

Call the COA now 978-929-6652, to schedule an appointment. Elder Law Attorney Margaret Hoag of Eckel, Morgan and O'Connor will offer free 20-minute private legal consultations to Acton seniors.

### **9/11: Sixteen Years Later—Are We Any Safer?**

**Open to out-of-town seniors; \$20 fee for series**

**Wednesday, October 4<sup>th</sup>, 1:00-2:00**

In the aftermath of the terrorist attacks of 9/11, the United States embarked on a massive program at home and abroad to meet this new threat to our national security. From the involvement in the two longest running wars in American history in Afghanistan and Iraq, to the creation of a new security apparatus named the Office of Homeland Security, we have invested billions of dollars and cost the lives of thousands of American service personnel to make us safer. Professor John Ambacher concludes the series this month.

► **Mah Jongg Lessons**

**Fridays, through October 20<sup>th</sup>, 1:00-4:00**

**Open to out-of-town seniors; free**

**Registration is open, call now**

► **Beginner Chess Class**

**Thursdays, through November 30<sup>th</sup>, 1:00-2:00**

**Open to out-of-town seniors; free**

**Registration is open, call now**

► **Intermediate Chess Class**

**Thursdays, through November 30<sup>th</sup>, 2:00-3:00**

**Registration is open, call now**

**Open to out-of-town seniors; free**

► **Beginning Watercolor Class with Sue Chase**

**Fridays, through November 3<sup>rd</sup>, 9:30-11:30** (No class Oct. 20<sup>th</sup>)

**Registration is open, call now**

### **The Bookies COA Book Club**

**Open to out-of-town seniors; free**

**Monday, October 16<sup>th</sup>, 1:00-2:00**

There's nothing like having a lively group discussion to enrich the experience of reading a good book! Call the COA for this month's book title, which wasn't known as press time. Copies of the book are typically available at the Memorial Library (978-929-6655) and the Citizen's Library (978-929-6654), but you may want to call ahead.

### **Needle Arts Group**

**Open to out of town seniors; free**

**Wednesdays, 12:30-2:30** This group is open to anyone interested in sewing, knitting, crocheting.

### **Drop-In Bridge**

**Open to out-of-town seniors; free**

**Mondays, 9:30-11:30 and Wednesdays, 2:30-4:30** (No bridge Mon., 10/9)

Both days have people with a variety of skill levels but playing experience is needed.

### **Drop-In Guided Meditation with Health and Wellness Coordinator Liz Paley**

**Thursdays, October 5<sup>th</sup> and 19<sup>th</sup>, 2:30-3:15**

**Open to out-of-town seniors; free**

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice (in chairs). No experience necessary! *Liz holds an MA in Psychology and completed the UMass Center for Mindfulness Mindfulness-Based Stress Reduction program. She has taught mindfulness programs for the past seven years.*

► **Indicates that you must register in advance!**

## ONGOING ACTIVITIES - continued

### **Mah Jongg Time**

**Open to out-of-town seniors; free**  
*Mondays, 1:00-4:00 for experienced players only (No games on October 9<sup>th</sup> or 30<sup>th</sup>)*

*Fridays, 1:00-4:00 open play for all skill levels*

The Friday group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players, those who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

### **Drop-In Art**

**No art October 9<sup>th</sup>**

**Open to out-of-town seniors; free**

*Mondays and Wednesdays, 9:30-11:00* You may bring your own projects/supplies to work on.

### **Chess Club with Ken LeBow**

**Open to out-of-town seniors; free**

*Thursdays, 2:00-4:15*

For players with some experience to get together at the Senior Center. You only need to know the basics to play.

### **Genealogy Group**

**Open to out-of-town seniors; free**

*Friday, October 13<sup>th</sup>, 1:00-2:30*

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this facilitated group.

### **Computer Club**

**Open to out-of-town seniors; free**

*Wednesdays, October 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00*

Meetings may be self-directed or may have a leader.

### ► **Golf for Seniors at Quail Ridge Country Club at 254B Great Rd. Acton**

*Tuesdays, weather permitting, Tee time at 8:45AM, Please arrive about 8:30*

For seniors from Acton and surrounding towns. Cost is \$25 for 9 holes, payable that day, and includes a cart. Quail Ridge is located at 254B Great Rd. Call the COA to reserve a spot; deadline to sign up each week is Monday.

### **Health Talk with Linda Cullen of Acton Nursing Services**

*Tuesday, October 24<sup>th</sup>, 11:00-11:30*

The Health Discussion this month will be about strokes. What causes it and the risks of getting a stroke.

### ► **Minuteman SHINE (Serving the Health Insurance Needs of Everyone)**

*Mondays, 1:00-4:00*

(No appointments on 10/9.)

*Wednesdays beginning October 25<sup>th</sup>, 9:30-12:30*

A SHINE counselor is available for health care information. Call the office at 978-929-6652 for an appointment.



► **Indicates that you must register in advance!**

ADMIT  
ONE

## SENIOR CINEMA

**Open to out-of-town seniors; free**

**Friday, Oct. 6<sup>th</sup>, 12:30-2:20** *The Sense of An Ending* (2017, PG-13 for language and sexuality) A curmudgeonly Londoner in his 70s is presented with a mysterious legacy that causes him to re-think his role in a past tragedy as well as his current situation. Stars Jim Broadbent, Michelle Dockery, Harriet Walter, and Charlotte Rampling.

**Friday, October 20<sup>th</sup>, 12:30-2:05** *Going in Style* (2017, PG-13 for language) A trio of aging friends who are struggling financially, risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Comedy stars Morgan Freeman, Michael Caine, Alan Arkin, and Ann-Margret.

**Friday, October 27<sup>th</sup>, 12:30-2:00** *Paris Can Wait* (2017, PG) With her daughter at college and her workaholic husband (Alec Baldwin) perpetually absent, a woman (Diane Lane) is ripe for the wooing when one of her husband's associates gives her a lift from Cannes to Paris—a seven-hour journey that turns into two days filled with picturesque sights, fine food and wine, humor, and romance.

**Friday, November 3<sup>rd</sup>, 12:30-2:20**, *A United Kingdom* (2016, PG-13) In the 1940s, the king of Botswana (David Oyelowo) falls in love and marries a British woman (Rosamund Pike), putting his kingdom into turmoil.

## CLINICS

► **Relaxing Reiki Appointments with AnnMarie Durlacher** **Open only to Acton seniors**

*Thursday, October 19<sup>th</sup>, 9:30-10:45(sign up for a 15 minute appointment)*

Reiki is an ancient Japanese holistic therapy used to nurture and heal the body, mind, heart, and spirit. It is a gentle, non-invasive treatment where the practitioner uses a light gentle touch to balance energy in the receiver. When the body is in balance, it is better able to heal and support itself. Reiki is a great form of self-care. AnnMarie is a certified Usui Shiki practitioner and has been practicing Reiki in Carlisle and Boston for the past ten years.

**Podiatry Clinic – Thursdays, October 5<sup>th</sup> and 26<sup>th</sup>**

Offered by the Nursing Services now at 30 Sudbury Rd. The fee is \$35 with a \$20 fine for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time. Call 978-929-6650 to schedule an appointment.

**Blood Pressure & Wellness Clinic Tuesdays, October 10<sup>th</sup> and 24<sup>th</sup>, 9:00-11:00**

A registered nurse from Acton Nursing Services will check blood pressure, pulse, weight, and discuss medication, nutritional or health related questions. No appointment necessary. In the Nursing Office at 30 Sudbury Rd.

*Thank you!*

...to everyone who helped with the First Responder's Lunch. Many of the first responders commented on how nice it was and how grateful they were to be remembered.

...to the Blackbird café for their donation of gift cards for our First Responders.

...to River Court Residences for providing refreshments for our soft opening.

...to Sue Nordhausen for the donation of watercolor paintings of Acton.

## DINING OPPORTUNITIES

**REGISTRATION BEGINS.....MONDAY, OCTOBER 2<sup>nd</sup> at 1:00**

**\*\*Please sign up with the COA office (978-929-6652) for the following meals:**

► **Newbury Court Lunch** **Open only to Acton seniors**

*Wednesday, October 11<sup>th</sup>, 11:45*

The menu is always a delicious surprise. Cost is \$3.00.

► **Town Employee Prepared Dinner** **Open only to Acton seniors**

*Thursday, October 12<sup>th</sup>, 5:30*

Enjoy pizza, salad and dessert. This \$3 meal is for Acton Seniors.

► **Benchmark Senior Living/Robbins Brook Luncheon** **Open to out-of-town seniors**

*Tuesday, October 17<sup>th</sup>, 11:45*

Join us for enjoy roast pork, mashed potatoes, salad and pumpkin cake. This meal is subsidized in part by Minuteman Senior Services. Sign up by 10/10. A \$3 donation is requested. Lunch is served at the Senior Center.

► **Breakfast** **Open only to Acton seniors**

*Friday, October 20<sup>th</sup> 9:00*

Join us for a warm, plentiful breakfast! Typically pancakes or French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes has a surprise in store. \$3.00.

**Please sign up with Joy in the Dining Room (978-263-5053) for the following meals:**

► **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 9:00 the day before. *Minutemen Senior Services meals are open to all residents who live in Minuteman communities.*

**Birthday Day Lunch: Thursday, October 12<sup>th</sup>, 11:45** Free to those celebrating a birthday. Others \$2.

**Joy's Halloween Spaghetti Lunch: Tuesday, October 31<sup>st</sup>, 11:45**

Open to out-of-towners, \$3 donation. Please dress for the occasion.

► **Indicates that you must register in advance!**



**Elizabeth White Fund Grant Applications Available** - The Elizabeth White Fund trustees will be considering applications for the very limited funds available to those in need under the George Robert White will. Applications are available at the COA; the Housing Authority; Memorial Library; West Acton Citizen's Library; the Town Clerk's office; and at [www.acton-ma.gov](http://www.acton-ma.gov). Applications are due to the Clerk's office by 5PM., 11/1.

### **SUPPORT SERVICES**

We are available to help you find resources in the community to address many concerns related to aging. Call Bev Hutchings, Senior Services Coordinator, at 978-929-6652 for a confidential chat.

**Food Pantries and Community Suppers:** Call for a list of local area suppers and pantries. The **Acton Food Pantry** – 235 Summer Rd., Boxborough, is open Wednesdays 10:00am-7:00pm but is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

**Veterans' Services Appointments:** Veterans or surviving spouses needing help with benefits or resources should contact Veterans' Service Officer James MacRae at 978-929-6614 or email [uso@acton-ma.gov](mailto:uso@acton-ma.gov) to schedule an appointment. You can also call Bev Hutchings at 978-929-6652 for information.

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

**SNAP – Supplemental Nutrition Assistance Program** offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit [www.mass.gov/dta](http://www.mass.gov/dta).

**Home Care Services:** Please call the COA if you have questions on how to obtain home care services.

**Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

### **AROUND TOWN...AND BEYOND**



**Mt. Calvary Community Supper** at 472 Mass Ave.

*Every Wednesday, 5:00-6:00 p.m.* Free. Everyone welcome. Call 978-263-5156 for info.

**Indian Hill - Free Bach's Concert, Thursday, 10/12, 11:00 and 1:30** at 36 King St., Littleton

**Concord Players** presents "NOISES OFF", Thursday, November 2, 8pm, 51 Walden Street, Concord. Often referred to as the funniest farce ever written. Open dress rehearsal for seniors - \$5.00. Open seating.

**Memorial Library** – If required call the Reference Dept. at 978 929-6543 to register.

**Archaeology Programs** sponsored by the Friends of Pine Hawk

**Thoreau's "Indian Stride,"** Wednesday, October 11, 7 p.m.

**Adult Archaeology Walk,** Saturday, October 14, 10:00. Rain date: October 21. Wheeler Lane, off Rt. 27

**From Hills to Islands: Ancient Adaptations by Native Americans in Boston Harbor,** Tuesday, Oct. 17, 7:00

**Edward Lodi on His New Book, *The Pequot War*,** Saturday, October 21, 2 p.m.

**Book Discussion: *American Nations: A History of the Eleven Rival Regional Cultures of North America* by**

**Colin Woodard,** Monday, October 23, 7 p.m. The book is available for borrowing at the circulation desk.

**Nashoba Hill: Vision Quest & Nashobah Plantation,** Wednesday, October 25, 7 p.m.

**Stone Prayers: Native American Stone Constructions of the Eastern Seaboard,** Saturday, October 28, 1:00

**Getting Started with Excel** Wednesday, Oct. 4, 6:30-8:30 Registration required

**OverDrive Digital Library** Wednesday, Oct. 11, 3:30-4:30 Registration required

**AML Website Overview** Wednesday, Oct. 18, 3:30-4:30

**Hoopla Digital Content App** Wednesday, Oct. 25, 3:30-4:30 Registration required

**Book Discussion** - Tuesday, October 17, at 7:30 p.m., *Walden Warming: Climate Change Comes to Thoreau's Woods* by Richard B. Primack and *Thoreau and the Language of Trees* by Richard Higgins.

**Recreation Department** - We've moved to the former Senior Center at 50 Audubon Drive! On Friday, Oct. 13 at noon you are invited to attend a Ribbon Cutting Ceremony. Fall and Winter Classes are now registering. Visit [www.acton-ma.gov/register](http://www.acton-ma.gov/register) to sign-up and/or get more information.

**Durable Medical Equipment for Loan:** The Nursing Service has taken over this program. They have a variety of items such as canes, walkers and tub benches to loan. Call Denise weekdays 8:00-5:00 at 978-929-6650. Please allow her a couple of days to gather the equipment. If you have equipment to donate that is in good condition, please call the Nursing Service.

## TRANSPORTATION



**Van Rides:** Monday-Friday, 8:30-4:00. Call weekdays 978-844-6809. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available in Acton, Concord and Maynard as well as parts of Littleton, Westford and Boxborough. Rides are free to seniors going to the Senior Center.

**Fixed Route Shuttle:** Cross-Acton Transit (CAT) is an hourly fixed-route bus service that links residential areas, businesses and the South Acton Commuter Rail station together. The service runs from 8:00am-6:00pm Monday through Friday. To see the schedule visit: <http://www.minutevan.net/Home>.

**Friendly Drivers** may be available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. Call Bev Hutchings at 978-929-6652. We encourage using the van for rides in Acton, Maynard or Concord, 8-4, Monday through Friday. If you need a ride not covered by van transportation, please call the COA.

**MART Van Service to Boston** - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

**Road to Recovery** –Free transportation by volunteers for cancer patients. Call 1-800-227-2345.

## HEALTH NEWS

### **Living with Dementia - Impact on Individuals, Caregivers, Communities and Societies**

An online free 5 week course for family caregivers, friends of and affected individuals, and others interested in learning about dementia and quality care. Led by Drs. Nancy Hodgson and Laura Gitlin, participants will acquire foundational knowledge in the care of persons with Alzheimer's and other neurocognitive disorders. For more information visit: [nursing.jhu.edu/dementiacare](http://nursing.jhu.edu/dementiacare).

### **Support Groups**

**Hearts, Hugs & Hope: An Alzheimer's Support Group** For information and to RSVP call 978-369-4728.

*Second Wednesday of each month, 6:00PM*, Concord Park, 68 Commonwealth Ave., Concord

#### **Emerson Hospital Adult Grief Support**

*Mondays, 6:00-7:30 p.m.*, Donaldson Conference Room, 1<sup>st</sup> floor of John Cummings

For more information or to register call 855-774-5100 or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

**Minuteman Senior Services** provides free in-home consultations. Call 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org) for more information.

### **Healthcare Websites**

- **Alzheimer's Association**, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- **Health Services Comparison Websites** help you find and compare options for home health, hospital and nursing.
  - Home Health Agencies – [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare)
  - Nursing Home – [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html)
  - Hospital – [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)

**Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.

### **► Falling leaves? Need Help Raking Them Up?**

*Tuesday, November 7<sup>th</sup>, 10:00-12:00*

The ABRHS Junior Class will be raking leaves at a limited number of yards. Call the COA beginning at 1:00 on October 2<sup>nd</sup>. A responsible adult must be home on Nov. 7<sup>th</sup>. Rakers may bring their own equipment. Equipment loaned to rakers is the homeowner's responsibility. Leaves can be bagged (provided by homeowner) or raked to a designated area.





Thank you to those who have donated to our Fundraising for Furnishings campaign since our last newsletter: Christmas Motors, Grace Mouille, Helen Berrigan, Edward Ellis, Emerson Hospital, Charlie and Angela Aaronson, John Mason, Janice Hart, Patricia Fleischauer, Bernice Baran, Violet Foster, Isabel Gaffney, Acton Medical Associates and various anonymous donors.



## Medicare Open Enrollment

October 15<sup>th</sup> to December 7<sup>th</sup>

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan. This notice outlines changes to be made to your plan for 2018. During Medicare Open Enrollment, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs. Call the COA at 978-929-6652 to schedule an appointment. See page 1 for information on the Medicare Program.

**Fundraising for Furnishings** - The COA fundraising committee asks that you support the new Senior Center. The goal is to raise \$100,000. Your tax deductible donation will be utilized to help furnish and equip the new Center. All funds donated to this campaign will go directly into a gift account established by the Town of Acton specifically for the Council on Aging's use. No gift is too small! Levels of Giving include:

 **The \$100 Club** - Acknowledgement will be given in the newsletter and on the COA website.

 **Entry Way Plaque** - This board will hang in the entrance of the new building and consists of multiple, smaller, personalized plaques.

- ❖ Bronze \$250-\$999
- ❖ Silver \$1,000 - \$2,499
- ❖ Gold \$2,500+

 **Room Plaque** - Donations at this level will be acknowledged by a larger plaque on the door of specific rooms in the new Center.

- ❖ Silver - \$15,000
- ❖ Gold - \$20,000

Checks can be made out to the Town of Acton, with "COA gift fund" in the memo line, and mailed to the COA at 30 Sudbury Road Rear. Donation forms are also available at the COA. Thank you for your consideration. Please call Sharon Mercurio at the COA if you have any questions.

## Beware of the Medicare "Back Brace Scam" (from the MA Executive Office of Elder Affairs)

Scammers may pretend they represent insurance or healthcare companies and claim to have your new back brace. How the scam works: You answer the phone, and a "Medicare representative" (scammer) either will offer you a back brace through Medicare or claim that a caregiver previously called about receiving a back brace from Medicare. If you show interest in the brace, the scammer will start asking for personal information, such as your Social Security number or a Medicare number to access the benefits. Don't fall for these phony claims!

Protect Yourself from Healthcare Scams:

- If Medicare or another government organization contacts you, they should already have your name, address and other basic information. A call claiming you have been identified for an offer (but doesn't have your name or other information) is probably blasted out to thousands of phone numbers!
- Never share your Medicare number with an unsolicited caller. Treat your Medicare number like your credit card info or other personal details. Do not share it with unsolicited callers.
- For more information about healthcare scams, check [bbb.org/healthcarescam](http://bbb.org/healthcarescam). For more information about Medicare fraud, check out the resources on [Medicare.gov](http://Medicare.gov). To learn more about scams, go to [bbb.org/scamtips](http://bbb.org/scamtips). To report a scam, go to [bbb.org/scamtracker](http://bbb.org/scamtracker).

<b>October</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2017</b>
	<b>2</b> 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00 Registration Begins 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 3:00 COA Board Mtg	<b>3</b> 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:00-11:00 Ask the Lawyer 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 12:30 Friends of the COA Meeting 2:30-3:30 Stretch & Flex	<b>4</b> 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Needle Arts 1:00-2:00 9/11 Program 2:30-4:30 Drop-in Bridge	<b>5</b> 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00 Chair 11:00 Tai Chi 1:00/2:00 Chess Classes 1:00-2:00 Art Matters 2:00-4:15 Chess Club 2:30-3:30 Senior Fitness 2:30-3:15 Drop-in Meditation	<b>6</b> 8:30-9:30 Senior Fitness 9:30-11:00 Watercolor Class 10:00-10:50 NouVon Fitness 12:30-2:20 Movie 1:00-4:00 Mah Jongg – All levels 1:00-4:00 Mah Jongg Lessons	
<b>9</b> <b>COA CLOSED - HOLIDAY</b>		<b>10</b> 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 12:30-1:20 '67 Red Sox DVD 2:30-3:30 Stretch & Flex	<b>11</b> 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Newbury Ct Lunch 12:30-2:15 Needle Arts 1:00-2:00 Bluebird Program 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>12</b> 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00 Chair 11:00 Tai Chi 11:45 Birthday Lunch 1:00-2:00 Art Matters 1:00/2:00 Chess Classes 2:00-4:15 Chess Club 2:30-3:30 Senior Fitness 5:00-6:30 Senior Center Tours 5:30 Town Employee Prepared Dinner 6:30-7:30 Mindfulness Program	<b>13</b> 8:30-9:30 Senior Fitness 9:30-11:00 Watercolor Class 10:00-10:50 NouVon Fitness 1:00-4:00 Mah Jongg – All levels 1:00-4:00 Mah Jongg Lessons 1:00-2:30 Genealogy Group 2:00-3:00 The Beatles	
<b>16</b> 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced 1:00-2:00 Book Group	<b>17</b> 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 11:45 Benchmark/RB Lunch 1:00-2:00 Whistler Performance 2:30-3:30 Stretch & Flex	<b>18</b> 8:30-9:30 Senior Fitness 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Needle Arts 2:30-4:30 Drop-in Bridge	<b>19</b> 8:30-9:30 Senior Fitness 9:30-10:45 Reiki Appts. 9:45-10:45 Active Aging 10:00 Chair 11:00 Tai Chi 1:00-2:00 Art Matters 1:00/2:00 Chess Classes 2:00-4:15 Chess Club 2:30-3:15 Drop-in Meditation 2:30-3:30 Senior Fitness	<b>20</b> 8:30-9:30 Senior Fitness 9:00 Monthly Breakfast 10:00-10:50 NouVon Fitness 12:30-2:05 Movie 1:00-4:00 Mah Jongg – All levels 1:00-4:00 Mah Jongg Lessons - last		
<b>23</b> 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00-4:00 SHINE 1:00-4:00 Mah Jongg – Experienced	<b>24</b> 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:00-11:00 Wellness Clinic/BP 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 11:00-11:30 Nursing Talk 1:00-2:00 Medicare Program 2:30-3:30 Stretch & Flex	<b>25</b> 8:30-9:30 Senior Fitness 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Needle Arts 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>26</b> 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00-10:30 Chair Exercise 11:00-12:00 Taoist Tai Chi 1:00/2:00 Chess Classes 2:00-4:15 Chess Club 2:30-3:30 Senior Fitness	<b>27</b> 8:30-9:30 Senior Fitness 9:00-11:30 Living with Diabetes 9:30-11:00 Watercolor Class 10:00-10:50 NouVon Fitness 12:30-2:00 Movie 1:00-4:00 Mah Jongg – All levels		
<b>30</b> 8:30-9:30 Active Aging 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 1:00-4:00 SHINE 1:00-4:00 OPEN HOUSE	<b>31</b> 8:30-9:30 Senior Fitness 8:45 Golf @ Quail Ridge 9:45-10:45 Active Aging 11:00-12:00 Tai Chi 11:45 Joy's Halloween Lunch 1:00-2:00 Federalist Era Program 2:30-3:30 Stretch & Flex Newsletters Mailed	<b>Nov 1</b> 8:30-9:30 Senior Fitness 9:30-12:30 SHINE 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Needle Arts 2:00-3:00 Sputnik Talk 2:30-4:30 Drop-in Bridge	<b>2</b> 8:30-9:30 Senior Fitness 9:45-10:45 Active Aging 10:00-10:30 Chair Exercise 11:00-12:00 Taoist Tai Chi 1:00/2:00 Chess Classes 2:00-4:15 Chess Club 2:30-3:30 Senior Fitness	<b>3</b> 8:30-9:30 Senior Fitness 9:00-11:30 Living with Diabetes 9:30-11:00 Watercolor Class 10:00-10:50 NouVon Fitness 12:30-2:20 Movie 1:00-4:00 Mah Jongg – All levels		



## Friends Funded Activities

This month the following activities are supported by the Friends of the Acton COA: *Federalist Era series, Post 9/11 series, ArtMatters series, The Beatles, Whistler performance, Watercolor class, Bluebird program, Sputnik talk, Birthday lunch, Tai Chi classes, Reiki, and Senior Cinema.* The Friends greatly appreciate your donations which help support programs at the Senior Center. If you wish to donate, please pick up a donation form at the Center or print it out from the Friends page at [actoncoa.com](http://actoncoa.com).

**Get Your Newsletter by Email** - Why wait for the mail to get your newsletter? Get it early and in **color**! For more information or to switch to the email list, call Judy at 978-929-6652 or email [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov).

**Computer Tech Support Help Needed** – Are you handy around computers, printers, modems? Would you like to help your fellow seniors with their computer related problems? If so, please call Judy at the COA to learn more about this valuable senior program. Phone 978-929-6652 and thanks!

## The Friends of the COA

### HOLIDAY FAIR

Saturday, November 18<sup>th</sup> - 9am to 2pm

We need your help to make it the best Fair ever! Can you donate items for one or more of the following popular tables at the Fair? If you can make a donation, call the person listed for more details.

BAKED GOODS - Carol @ 978-263-7635

BOUTIQUE - Mary @ 978-635-8340

NEEDLE ARTS - Nancy @ 978-263-4368

ARTS/CRAFTS - Lynne @ 978-263-3149

Thank you and see you at the Fair.

## The Council On Aging Board

The reactions to our new Senior Center have been uniformly positive, chief among them are: "large enough for everyone," "comfortable," "it's so attractive." But how did this extraordinary building come to be?

Our Center was created by a staff of people who care very deeply for Acton Seniors, and who worked well beyond the dictates of their employment. The COA Staff rolled up their sleeves and cleaned, moved furniture, and created a center that would meet our needs. Let's make sure we thank them as we pass them in the halls.

PRRST STD  
U.S. Postage Paid  
Acton, MA 01720  
Permit #67

Acton Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
Return Service Requested

### ACTON COA STAFF

Sharon Mercurio, Director  
Judy Peters, Office Manager  
Chris Chirokas, Program Coordinator  
Bev Hutchings, Senior Services Coordinator  
Liz Paley, Health and Wellness Coordinator  
Linda Dallimore, Staff Assistant  
Terri Zaborowski, Exercise Instructor

### ACTON COA BOARD MEMBERS

Bonnie Lobel, Chair  
Michael Chautin  
Lori Cooney  
Ann Corcoran  
Peter Duran  
Ellen Feinsand, Secretary  
Jacquie Friedman  
Michelle Holmberg  
Marion Maxwell, Vice Chair  
Alma Sandman

Acton COA Board will meet on October 2<sup>nd</sup> at 3:00  
Friends of the Acton COA will meet on October 3<sup>rd</sup> at 12:30.