



# Acton Senior Bulletin

June 2018

The COA Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm.  
Telephone: 978-929-6652. Email: 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, June 4<sup>th</sup> at 1:00**



► **AARP Smart Driver Program Registration open: call now.**  
**Wednesday, June 6<sup>th</sup>, 10:00-3:00 Open to out-of-town seniors**

Cars have changed! So have traffic rules, driving conditions and the roads we drive on. Be a smart, safe driver and brush up on your driving skills. There is no written exam or driving test—just an opportunity to better understand new technologies, the rules of the road, and strategies to compensate for age-related changes in vision, hearing and response time. A certificate will be awarded to all participants, which may qualify you for an insurance discount. You will receive a *Smart Driver* workbook. \$15 for AARP members; \$20 for non-members. Pay in advance at the Center, by cash or check made out to AARP. There will be a lunch break, so bring a lunch (refrigerator available) or call 978-263-5053 to reserve lunch in the dining room.

► **Planning for Medicare: Countdown to 65 Seminar**

**Thursday, June 7<sup>th</sup>, 6:00-7:00PM Registration open: Call now. Open to all/free**

If you are approaching Medicare eligibility, whether you will be retiring or continuing to work, come learn about the ins and outs of Medicare with Heather Hurd, Senior Plan Consultant at Blue Cross Blue Shield. This seminar simplifies Medicare options for people who might be choosing a health plan for the first time without an employer's assistance. See page 5 for information on dinner being served before the presentation.

**Man of the Century: Albert Einstein Performance**

**Wednesday, June 13<sup>th</sup>, 1:00-2:00**

**Open to out-of-town seniors/\$5**

Actor and storyteller George Capaccio invites you to enter the boundary-breaking universe that is the mind of physicist and humanitarian Albert Einstein. You will discover that time and space are inseparable, that time actually slows down the faster you go, and that if you could travel at the speed of light, time would actually stop! George focuses on the scientist's human qualities, including his sense of humor, his fondness for Jewish jokes, and his trials and tribulations as a family man. You will time travel with George on the trajectory of Einstein's life—from lowly patent clerk to world-class physicist—gaining insight into two of his greatest scientific achievements.

**Director's Corner**

*- Summer is almost here! Keep in mind that the Senior Center is air-conditioned and you are more than welcome to stop in and cool off. As New Englanders we know that there can be intense storms during the summer. Be prepared. Make sure you have a plan should you lose power and essential items on hand. Consider registering your home and cell phones with the Town's notification system to be notified of shelter openings and other information. You can register on the Town's website, clicking on "notify me" at the bottom of the page and following the instructions. Sharon, COA Director*

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*These events require pre-registration. Please see details in this newsletter.*

- **Driving Program**
- **Medicare Program**
- **Sleep Program**
- **Resilience Program**
- **Ask the Lawyer**
- **Hearing Screening**
- **Reiki Appts.**
- **All Meals**
- **Trips**
- **Ask the Lawyer**
- **Chess Lessons**
- **Gym Training**
- **SHINE Appts.**
- **Line Dancing**
- **Garden Therapy**
- **Golf**

## UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS.....MONDAY, JUNE 4<sup>th</sup> at 1:00

► **Relaxation for a Good Night's Sleep with Jean Popovich** Open to out-of-town seniors/free  
*Thursdays, May 31<sup>st</sup> and June 7<sup>th</sup>, 1:00-2:00* Registration open: Call now.

In this two part series, you will learn tips to help you sleep deeply and leave you feeling refreshed in the morning. Jean will help you rejuvenate by teaching you some simple guided meditations and yoga postures done in a chair. *Jean teaches yoga in Maynard and has been practicing the art of yoga for the past 15 years. She is also an Ayurveda Wellness Counselor and helps clients bring their bodies into balance through diet, yoga, and meditation.*

► **Cultivating Resilience at Any Age with Pam Katz Ressler, RN, MS, HNB-BC** Open to out-of-town seniors/free  
*Tuesday, June 5<sup>th</sup>, 1:00-2:00* Registration open: Call now.

Resilience is the ability to bounce back or recover from adversity or change. Throughout our lives we are faced with opportunities, change and adversity; are we prepared to be the most resilient we can be? Do you want to learn some research validated strategies of cultivating resilience to help you during challenging times? Learn some quick tools of relaxation, the S.T.O.P. technique, and tips for integrating resilience during challenging times. *Pamela Katz Ressler is the founder of Stress Resources in Concord. She is a faculty member at Tufts Univ. School of Medicine in the Pain Research, Education and Policy Program and is a Consumer Health Advisory Board member of the MA Health Quality Partners. This program is sponsored by RiverCourt Residences Senior Living Community of Groton and Always There HomeCare.*

**Live Storytelling Event** Open to out-of-town seniors/free  
*Wednesday, June 6<sup>th</sup>, 1:00-2:00*

Participants in the recent Storytelling Workshop led by Sal Lopes will tell their stories at the Center. Everyone has a story to tell and sharing them is as old as the beginning of humanity. Come be entertained and inspired!

**Greater Boston Philharmonia Singers Voices of Spring Performance** Open to out-of-town seniors/free  
*Tuesday, June 12<sup>th</sup>, 1:00-2:00*

This live choral performance will celebrate spring with a variety of Chinese songs, including classical melodies, minority tribe folk songs, 20<sup>th</sup> century art songs and pop songs. The audience will experience a taste of Chinese songs from a variety of time periods and genres. Last year's performance at the Senior Center met with rave reviews! *Founded in 2006, GBPS is led by Liwen Wang, a soprano and an active musician on Greater Boston and international stages. GBPS performs an annual concert and collaborates with local choruses to bring the joy of music to area communities. This program is supported in part by a grant from the AB Cultural Council, a local agency which is supported by the MA Cultural Council.*



**Food Safety with Denise Mercury, Registered Dietician Nutritionist from Minuteman Senior Services** Open to out-of-town seniors/free  
*Thursday, June 14<sup>th</sup>, 11:00-12:00*

Do those expiration dates really matter? How long is food safe for? Join us to look at food safety concerns. You'll learn about expiration dates, how to cook and store food safely at home, and why food safety is so important.



**Bicycling for Seniors Seminar with Doug Hobkirk** Open to out-of-town seniors/free  
*Tuesday, June 19<sup>th</sup>, 12:30-2:00*

Considering recreational bike riding? Start by thinking about how long you would like to spend riding on an ideal day (15 minutes? 2 hours?), how isolated you'd like to be, what's your speed comfort level, and who you would like to ride with (friend, solo, club, grand kids?). Cycling is easier to start and continue if you pick the type of riding best for you—rail trail, mountain biking, road riding, indoor exercise bike, casual just with the kids, recumbent (rider is lying on back while riding), tandems (2-rider bikes), etc. We will discuss what to look for when buying a new or used bicycle, what to wear, rules of the road/trail, making friends, getting help, as well as concerns with safety, comfort, pain, and embarrassment. Doug will also bring a sample bike, clothing and accessories. And he will discuss costs. *Acton resident Doug Hobkirk started cycling at age 65, averages about 3,500 miles per year, is a member of the Charles River Wheelers, and leads local rides.*

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

## UPCOMING PROGRAM HIGHLIGHTS - continued

### **Protect Yourself from Medicare Fraud**

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

*Wednesday, June 20<sup>th</sup>, 1:00-2:00*

Healthcare errors cost both consumers and Medicare billions of dollars annually. Join a representative from the Massachusetts Senior Medicare Patrol (SMP) and learn how to become a better educated and engaged health care consumer. You will gain tools to help protect yourself and your loved ones from Medicare fraud and deceptive marketing tactics. SMP is a non-profit organization dedicated to empowering and assisting Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors and abuse.

### **Understanding Cryptoassets, Blockchain and “Bitcoin Fever” with Andrew Rodwin**

*Thursday, June 21<sup>st</sup>, 1:00-2:00*

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

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don't understand the basic principles of how cryptoassets like bitcoin work. This presentation explains the technologies “under the hood,” as well as relevant tools and the crypto ecosystem. The course covers coin types, mining, forking, wallets, cryptography, blockchain, transactions, and exchanges. While the presentation avoids recommendations, it will provide the knowledge to understand how cryptoassets and blockchain might affect them personally, as well as influence society at large. *Acton resident Andrew Rodwin spent four decades working in high tech and has been a cryptoassets investor since 2015. He has spent countless hours learning how cryptoassets work through research and practice and keeps abreast daily of the tidal wave of change in this dynamic field. Andrew provides training, research, and consulting services for wealth managers, educational institutions and individuals curious about how these technologies are transforming investing, finance, and society. His website is <https://cryptotrainer.boston>.*



### **Birds' Nests: High, Low, and Housekeeping**

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

*Thursday, June 28<sup>th</sup>, 1:00-2:00*

Mass Audubon presents an *Introduction to Nests: Types, Locations, and Ways That Birds Raise Young*. Join Margaret McCandless, birdwatcher and nest enthusiast, for a visual presentation exploring the magic of birds, eggs and nests. Margaret began bird watching years ago on Block Island, and is a photographer, artist and knitter (she'll share some of her knitted nests, too!). You'll walk away savoring the variety and richness of bird nesting and parental behaviors, and learn ways to become protectors of bird-habitat so nesting can succeed.

ADMIT  
ONE

## SENIOR CINEMA

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

*Shown with closed captioning when available*

**Friday, June 1<sup>st</sup>, 12:45-2:30** *The Greatest Showman* (2017, PG) Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum (Hugh Jackman). This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with singer Jenny Lind. Academy Award nominee for Best Original Song.

**Friday, June 8<sup>th</sup>, 12:45-2:40** *The Post* (2017, PG-13) A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join a battle between the press and the government. Meryl Streep and Tom Hanks star. Best Picture and Best Lead Actress Academy Award nominee.

**Friday, June 15<sup>th</sup>, 12:45-2:40**, *Crooked House* (2017, PG-13) In Agatha Christie's most twisted tale, a spy turned private detective is lured by his former lover to catch her grandfather's murderer before Scotland Yard exposes dark family secrets. Cast includes Gillian Anderson, Terence Stamp, Max Irons, Christina Hendricks, Glenn Close, and Julian Sands. Screenplay by Julian Fellowes.

**Friday, June 22<sup>nd</sup>, 12:45-2:55** *Phantom Thread* (2017, R for language) In 1950's London a renowned dressmaker (Daniel Day-Lewis) finds his fastidious life disrupted by a young, strong-willed woman who becomes his muse and lover. Won Oscar for best costume design; five other nominations including Best Picture and Best Lead Actor.

**Friday, June 29<sup>th</sup>, 12:45-2:35** *Secondhand Lions* (2003, PG) In 1960s Texas, a timid boy (Haley Joel Osment) is forced to spend the summer with his rich and eccentric great-uncles (Robert Duvall and Michael Caine) on their farm, where he learns surprising tidbits about their mysterious and dangerous pasts.

**THANK  
YOU!**

*to those who have donated to our Fundraising for Furnishings campaign: Diane Ramsey and the Steinberg-Lally Charitable Organization for the Human Services @ Senior Center Bldg.*

## CLASSES

REGISTRATION BEGINS.....MONDAY, JUNE 4<sup>th</sup> at 1:00

### **LitLovers Study Group \*\*New\*\***

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

*Monday, June 11<sup>th</sup>, 1:00-2:00*

This new, monthly group will center around *The English Novel*, the Great Courses series featuring lectures on DVD by Professor Timothy Spurgin, Ph.D. This first meeting will include viewing of a 30-minute lecture on DVD that is an overview of the course, followed by a discussion period. The handout on "What is a Novel" is available to pick up in the reception area if you'd like to read it ahead of time. Starting next month, each meeting will also include a discussion on a specific English novel and occasionally a film adaptation of that novel will be shown on a separate day. In July two novels will be discussed to compare English and French literature: Dickens's *David Copperfield* and Balzac's *Lost Illusions*. Group will be facilitated by COA Program Coordinator Chris Chirokas.

### ► **Beginner Chess Class** with Acton resident Ken LeBow

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

*Thursdays, June 14<sup>th</sup> through September 6<sup>th</sup>, 12:30-2:00 No class on August 23<sup>rd</sup>*

Ken LeBow will teach a 12-week chess beginners class. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards supplied by the COA. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. *Ken has been playing chess for over 50 years. He started a chess club and lessons for seniors in Pennsylvania and has been teaching and leading chess club in Acton for four years.*

### ► **Intermediate Chess Class** with Acton resident Ken LeBow

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

*Thursdays, June 14<sup>th</sup> through September 6<sup>th</sup>, 2:00-3:00 No class on August 23<sup>rd</sup>*

Ken LeBow is offering a 12-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.

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

## CLINICS



### ► **Hearing Screenings with Audiologist Megan Ford of Hear Smart Audiology**

*Tuesday, June 26<sup>th</sup>, 10:00-1:00*

**Acton seniors only**

Dr. Megan Ford will provide hearing screenings, ear wax checks, and basic hearing aid checks. Please allow 15 minutes for your appointment. *She began her career at the MA Eye and Ear Infirmary before becoming the Assistant Director of the Cochlear Implant program at University Hospitals in Ohio. Dr. Ford holds a Doctor of Audiology degree and is currently adjunct faculty at Northeastern University. She opened her private practice in Littleton after returning to Massachusetts. For more information visit [www.hearsmartaudiology.com](http://www.hearsmartaudiology.com).*

### ► **Relaxing Reiki Appointments with AnnMarie Durlacher**

**Acton seniors only**

*Friday, June 29<sup>th</sup>, 9:00-10:45 (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 – June 14<sup>th</sup> and 28<sup>th</sup> and July 5<sup>th</sup> and 26<sup>th</sup>**

Offered by the Acton Nursing Services. 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, June 12<sup>th</sup> and 26<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.

*Thank You!*

... to Jennifer Friedman (Citizen's Library Director) and Rich Burrows (Police Chief) for cooking dinner for us in May.

... to all the groups who participated in our "cleanout" day.





**Cell Phone Use at the Senior Center** - Please remember to silence or turn off your cell phone during presentations, classes and movies at the Senior Center. Also refrain from playing games or texting on your phone during these programs as it is a distraction to presenters and attendees. The lounge is an option for cell phone use at the Center. Thank you for your cooperation.

**DINING OPPORTUNITIES**

**REGISTRATION BEGINS.....MONDAY, JUNE 4<sup>th</sup> at 1:00**

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

- ▶ **Town Employee Dinner** **Open to everyone**  
*Thursday, June 7<sup>th</sup>, 5:00PM* **Registration open: Call now.**  
 The COA will be serving a light dinner of assorted sandwiches, salad, watermelon and dessert. \$3 cost.
- ▶ **Monthly Lunch by Benchmark Senior Living/Robbins Brook** **Open to out-of-town seniors**  
*Tuesday, June 19<sup>th</sup>, 12:00 noon, at the Senior Center*  
 Enjoy chicken with barbeque sauce, potato salad, garden salad and strawberry shortcake for dessert. \$3.00.
- ▶ **Life Care of Acton Luncheon** **Open only to Acton seniors**  
*Thursday, June 28<sup>th</sup>, 12:00 noon, at the Senior Center*  
 We never know what they will be bringing for lunch but it is always a delicious surprise! \$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 12:00. 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.*



**Community Salad - Fridays, starting June 1<sup>st</sup>** - Joy will provide the lettuce and all participants should bring in a garden veggie that is appropriate for a salad. For those who do not drive, salad dressing, croutons, olives, chick peas, etc are all acceptable. If everyone contributes we have a lovely salad to serve with lunch each Friday through the summer!

**Birthday Lunch: Wednesday, June 13<sup>th</sup>, 12:00** Free to those celebrating a birthday this month.

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

**Durable Medical Equipment for Loan:** The Nursing Service has 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, call the Nursing Service.



**Council on Aging Trip Policies**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check. Trips are open to seniors from outside Acton one week after registration begins.
2. Payment is due as specified in each trip description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: "Friends of the Acton COA." Drop it off at the Senior Center or mail to: Acton COA, 30 Sudbury Rd., Rear, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip.
4. Parking is at the Senior Center overflow parking lot (second entrance into the 30 Sudbury Rd. complex). If that lot is full, park in the main Center lot close to Sudbury Rd. If you need directions, call the COA at 978-929-6652.
5. The Friends of the Acton Council on Aging offer partial trip scholarships for those in need. Call COA Director Sharon Mercurio at 978-929-6652 for more information.
6. Always bring your FILE OF LIFE card with you on trips. Extra copies are available at the Senior Center. Please make sure all sections of the card are filled out and up-to-date.
7. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
8. If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
9. If a senior has a medical emergency on a trip, trip leader will procure medical assistance as needed but cannot accompany someone to the hospital.

## TRIPS

**REGISTRATION BEGINS.....MONDAY, JUNE 4<sup>th</sup> at 1:00**

► **Webster Lake Riverboat Cruise**                      **Registration open: Call now. Open to out-of-town seniors**  
*Wednesday, June 27<sup>th</sup>, leaving from Senior Center overflow parking lot at 8:30 a.m.*

Spend the day at Indian Ranch in Webster, Massachusetts. Webster Lake was originally called Lake Chargoggagoggmanchauggagoggchaubunagungamaugg by Native Americans. We will have a narrated cruise on board the Indian Princess, a modern-day replica of the grand riverboats that once traveled the Mississippi River. The lower level deck is enclosed, has large viewing windows and is climate controlled. There is an open air, partially covered upper deck, accessed by a flight of stairs. There are restrooms on board. After the cruise, we will have lunch on-site at the Indian Ranch function room. Menu includes choice of Garlic & Herb Crusted Pork Loin, Baked Cod or Chicken Marsala, Chef's choice of potato, vegetable, dessert and coffee. Please indicate your entrée choice when you sign up. After lunch we will stop at a local farm stand. There is limited walking on this trip; taking stairs to the upper deck is optional.

**Depart: 8:30 a.m. from Senior Center overflow parking lot;** approximate return time is 4:30 p.m.

**Cost: \$79, due June 6<sup>th</sup>** includes coach bus transportation (with restroom), cruise, lunch, and all gratuities.



► **Day in Gloucester and Rockport with Beauport Princess Cruise/Lobster Bake**  
*Tuesday, July 24<sup>th</sup>, leaving from Senior Center overflow parking lot at 9:45 a.m.*

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

**Registration open: Call now.**

Enjoy a summer day on the North Shore complete with a cruise and lobster! Start the day with a cruise on board the 124-foot Beauport Princess, which has an open air top deck and two levels of indoor seating with plenty of windows. The three-hour cruise includes spectacular views, a DJ offering music and light narration, sumptuous cuisine and impeccable service. You'll see views, only seen by water, of the city's historic skyline, working waterfront, iconic Man at the Wheel statue, Rock Neck Art Colony, the famous Greasy Pole, America's first lighthouses and more. Feast on a lobster clambake served right on board! Lunch includes fresh steamed lobsters or BBQ chicken, corn on the cob, coleslaw and more. Afterwards explore the quaint shops and galleries of Rockport. The first deck of the ship is fully accessible; the upper two decks are accessed by flights of stairs.

**Depart: 9:45 a.m. from Senior Center overflow parking lot;** approximate return time is 5:00 p.m.

**Cost: \$90, due July 3<sup>rd</sup>,** includes coach bus transportation (with restroom), cruise with lunch, and all gratuities.

► **A Golden Day Trip: Squam Lake Cruise**                      **Open to out-of-town seniors**  
*Wednesday, August 22<sup>nd</sup>, leaving from Senior Center overflow parking lot at 7:30 a.m.*

Take a delightful pontoon boat ride on beautiful Squam Lake in the Lakes Region of New Hampshire. During this narrated 90-minute tour, you will learn about the natural history of the lake and the wildlife that makes Squam so special, including Loons and Bald Eagles. You will view locations where the movie *On Golden Pond* was filmed over 30 years ago. The boat is one level and is canopied; there are no restrooms on board. After the cruise, the boat will dock at Walter's Basin restaurant where our group will disembark for delicious food with great views. Lunch will include choice of Grilled Chicken Saltimbocca with mashed potatoes and vegetable or Broiled Lemon Pepper & Garlic Haddock with orzo and vegetable. The last stop will be Kellerhaus, a gift shop where the candies and ice cream are homemade. Please indicate your entrée choice when you sign up. If you'd like to see *On Golden Pond* before the trip, we are showing it at the Senior Center on Friday, August 17<sup>th</sup>, at 12:45.

**Depart: 7:30 a.m. from Senior Center overflow parking lot;** approximate return time is 5:00 p.m.


**Cost: \$87, due August 1<sup>st</sup>,** includes coach bus transportation (with restroom), boat cruise, lunch, and all gratuities.

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



**Handyman Program** helps Acton seniors with small repairs and simple household jobs.

Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer/DVD issues and more. Summer is coming! It's not too early to request your air conditioner to be installed. This is not an emergency service so please plan ahead. Call the COA at 978-929-6652 to make a request.

 **Donations Wanted:** Individually wrapped candy for the candy bowl at the reception desk. Thanks!

## EXERCISE

The **summer exercise class schedule** will be listed in the July/August newsletter. The schedule is slightly reduced from the rest of the year. Most classes will not meet the week of July 2<sup>nd</sup> and classes taught by Terri also will not meet the week of July 9<sup>th</sup>. Remember the Senior Center gym is a great option for exercise!

Exercise classes are on a drop-in basis. Because of demand, classes are open only to Acton seniors age 60 and up.

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

*Tuesdays, through June 26<sup>th</sup>, 8:30-9:30*

*Wednesdays, through June 27<sup>th</sup>, 8:30-9:30*

*Thursdays, through June 28<sup>th</sup>, 8:30-9:30*

*Fridays, through June 29<sup>th</sup>, 8:30-9:30*

This class uses low-impact movements to energize your active lifestyle. Work on building your muscle strength and flexibility. We finish with a full body stretch and relaxation. Entire class is done seated or standing.

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

*Mondays, through June 25<sup>th</sup>, 8:30-9:30*

*Tuesdays, through June 26<sup>th</sup>, 9:45-10:45*

*Thursdays, through June 28<sup>th</sup>, 9:45-10:45*

Start with flexibility training to increase your range of motion, followed by balance exercises and then proceed to resistance training to build muscle and increase bone! The last 15 minutes is an optional cardio training.

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

*Tuesdays, through June 26<sup>th</sup>, 2:30-3:30*

*Thursdays, through June 28<sup>th</sup>, 2:30-3:30*

This class helps maintain strength, flexibility and independence. Entire class is done seated or standing.

### **Yoga Class and Healthy Joint Class with Patsy Brightman**

*Wednesdays, through June 27<sup>th</sup>, 10:45-12:00*

On June 27 a Healthy Joint Class will be offered to improve range of motion. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--\$1/class is suggested.

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

*Tuesdays, through June 26<sup>th</sup>, 11:00-12:00*

Open to all levels. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately.

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

*Wednesdays, through June 27<sup>th</sup>, 10:00-10:30*

*Thursdays, through June 28<sup>th</sup>, 10:00-10:30*

Best suited for people getting little or no physical activity and aims to increase strength, balance and coordination.

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

*Thursdays, through June 28<sup>th</sup>, 11:00-12:00*

New students are welcome. Tai Chi is known to build strength and improve balance.

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

*Fridays, through June 29<sup>th</sup>, 10:00-10:50*

Funded by an Exec. Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1/class.

## GYM NEWS

### **Gym Hours**

*Mondays, Wednesday and Fridays, 8:30-11:30*

*Tuesdays and Thursdays, 9:30-2:30*

Through June the Gym will be open 19 hours/week. Watch for the reduced summer hours in the next newsletter.

**Want to Use the Gym?** – The Gym is open to Acton seniors to use when there is a volunteer monitor available. Acton seniors wanting to use the Gym must sign a waiver and attend a training session focused on safe and proper use of the equipment. Gym users must adhere to all of the gym rules. See page 8 of this newsletter for gym user training dates. Advanced registration required for training.



## ONGOING ACTIVITIES

▶ **Ask the Lawyer with Elder Law Attorney Margaret Hoag**

*Tuesday, June 12<sup>th</sup>, 9:00-11:00* Free 20-minute private legal consultations.

▶ **Laugh for Your Health with Susan Phillips**

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

*Tuesday, June 12<sup>th</sup>, 2:30-3:30*

Laughter can really be one of the best medicines. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being. Susan combines clapping, breathing, and laughter exercises so that you will leave feeling energized and refreshed!

▶ **Beginner Chess Class with Acton resident Ken LeBow**

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

*Thursdays, through June 7<sup>th</sup>, 12:30-2:00*

**Closed to new students**

▶ **Intermediate Chess Class with Acton resident Ken LeBow**

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

*Thursdays, through June 7<sup>th</sup>, 2:00-3:00*

**Closed to new students**

▶ **Gym User Training**

**Open only to Acton seniors**

*Friday, June 8<sup>th</sup>, 11:30-12:15 and Tuesday, June 19<sup>th</sup>, 8:30-9:15*

To use the Gym you must attend a training session focused on safe and proper use of the equipment. Trainings are limited to 4 people/timeslot. Training may be cancelled if not enough seniors sign up on a particular day.

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

*Wednesdays, 9:30-12:30 and Fridays, 1:00-4:00* A counselor is available for health care information.

▶ **Line Dancing with Kari McHugh**

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

*Wednesdays, through June 27<sup>th</sup>, 3:00-4:00*

**Registration open: Call now.**

Come see for yourself why so many love this fabulous activity. As each dance uses foot patterns only, beginner dances can be learned within minutes. Dancing is easiest and gentler on your joints with shoes that have flat, smooth bottoms. Sneakers with worn bottoms or dress shoes typically provide some slide, as do any type of dance shoes. Kari has many years of experience teaching line dancing, including at local senior centers.

▶ **Garden Therapy hosted by Cathy Fochtman**

**Open only to Acton seniors**

*Tuesdays, June 5<sup>th</sup> and July 10<sup>th</sup>, 10:30-11:30*

**Registration open: Call now.**

Cathy's training from the Horticultural Therapy Institute of Denver enhances her special interest in improving the lives of people through plants, nature and horticultural activities. Sponsored by Acton Nursing Services.

**June 5:** Floral arranging for the home **July 10:** Container planting with annuals to take you through the summer

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

*Tuesdays, Tee time at 8:45AM, please arrive at 8:30*

The COA has arranged a weekly tee time for seniors (60+) from Acton and area towns. Cost is \$25 for 9 holes, payable that day, and includes a cart. Call the COA to reserve a spot; deadline to sign up each week is Monday.

▶ **Classical Music Series with Sivan Etedgee**

**Open to out of towners for \$5/lecture**

*Thursdays, June 14<sup>th</sup>, July 12<sup>th</sup>, 12:30-1:30*

Classical pianist and teacher Sivan Etedgee continues this once-a-month series through July that combines lecture, live performance and classical music recordings. Attendees are sure to come away with a greater understanding and appreciation of classical music. *Sivan appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy.*

**June 14<sup>th</sup>:** Women and Music **July 12<sup>th</sup>:** Music and Politics

▶ **Drop-In Art**

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

*Mondays and Wednesdays, 9:30-11:00*

Participants bring their own projects/supplies to work on.

▶ **Drop-In Bridge**

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

*Wednesdays, 2:30-4:30* People with a variety of skill levels are welcome but playing experience is needed.

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



## ONGOING ACTIVITIES - continued



### **Game Day**

*Tuesday, June 19<sup>th</sup>, 1:00-4:00*

Enjoy a fun afternoon playing games with your peers. Mah Jongg, Scrabble, Cribbage, and cards are available at the Senior Center or feel free to bring your favorite game along.

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

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

*Thursdays, 1:30-4:15*

For players with some experience to get together for games. You only need to know the basics to play.

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

### **Widows and Widowers 101**

*Wednesday, June 20<sup>th</sup>, 1:00-2:00*

It does not matter if you lost your spouse this year or 20 years ago, we have all encountered similar circumstances when a loved one dies. This self-led group will allow us to discuss our experiences and share solutions to issues we have encountered. Let's have a cup of coffee together, share a few laughs and realize that we are not alone.

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

### **Mah Jongg Time**

*Mondays, 1:00-4:00 for experienced players only*

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

The Friday Mah Jongg players must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. Try to be on time for 1:00 start; leaving early is fine. If you have a Mah Jongg set, bring it along.

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

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

*Monday, June 18<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 Council on Aging at 978-929-6652 for the title of this month's book. Copies are usually on reserve at the Acton Memorial Library and the Citizen's Library sometimes has a copy as well.

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

### **Needle Arts Group**

*Wednesdays, 12:30-2:30*

This friendly, social group is open to anyone interested in sewing, knitting or crocheting. People work on individual projects or items for the Friends of the COA annual fair.

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

### **Computer Club**

*Wednesdays, June 13<sup>th</sup> and 27<sup>th</sup>, 1:30-3:00*

All seniors are welcome. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware with you. This club has no formally instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve computer issues from Windows difficulties, email setups/usage, networking issues, upgrades and assistance. MAC and Chrome/Android users are welcome.

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

### **Genealogy Group**

*Friday, June 8<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.

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

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

*Thursday, June 14<sup>th</sup> and 28<sup>th</sup>, 2:30-3:15*

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 guided practice.

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

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

*Tuesday, June 26<sup>th</sup>, 11:00-11:30*

Cheryl Ball from the Health Department will talk about what are ticks, where are they found, their life cycle, how they survive, what diseases they spread, what to do if you should get a tick bite, and how to remove ticks.



## HEALTH NEWS

### **Support Groups**

**Decluttering Group** at Minuteman Senior Services, 26 Crosby Dr., Bedford

*Wednesdays, 1:30-3:00*, The group will meet into June. Call Susan at 781-221-7052 to register.

**Care Giver Support for Families & Friends of Loved Ones with Dementia**

*1<sup>st</sup> Wednesday of month 10:30-12 & 6:00-7:30pm* RiverCourt Residences, 8 West Main St, Groton, 978-448-4122

**Coping with Loss of a Loved One**

*Six Thursdays, through July 5, 6:30-8:00pm*, Donaldson Conference Room, John Cumings Bld., 1<sup>st</sup> floor

Please register by calling Care Dimensions at 781-373-6530.

**Grandparents Raising Grandchildren Support Group** at the Acton Senior Center

*Tuesday, June 19<sup>th</sup>, 11:00-12:00*, Contact Joe O'Leary at 978-760-0360 for more information.

**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** at Donaldson Conference Room, 1<sup>st</sup> floor of John Cummings

*Mondays, 6:00-7:30 p.m.*, For more information call 855-774-5100 or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

**Healthcare 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)

## AROUND TOWN...AND BEYOND

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

**Dyeing to Wear It: Creating Community through Color** - Saturday, June 9, 1:00-1:00.

**Bike Maintenance Basics** – Thurs., June 7, 6:30 p.m. Register at <http://bit.ly/AML-BikeBasics>

**Technology Classes** - Registration required for all classes

**Buy and Sell on Craigslist** Wednesday, June 6, 7-8:30      **Using Your iPad** Thursday, June 14, 3:30-4:30

**Libby App by OverDrive** Thursday, June 21, 3:30-4:30      **Hoopla Digital Content** Thurs., June 28, 3:30-4:30

**Book Discussion** - Tues, June 19, 7:30, *Shattered: Inside Hillary's Doomed Campaign* by J. Allen and A. Parnes

**West Acton Farmer's Market** opens for the season on Sunday, June 10<sup>th</sup>, 10:00-1:00

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

*Wednesdays, 5:00-6:00 p.m.* Free. Everyone welcome. Call 978-263-5156 for information.

**Indian Hill**– Free Bach's Lunch Concert, *Thursday, June 21<sup>st</sup>, 11:00 and 1:30* at 36 King St., Littleton



## TRANSPORTATION

**Transportation** - Van rides are available Monday-Friday, 8:30-4:00. Call Transaction's dispatcher 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. There is also a Cross-Acton Transit van which is an hourly fixed-route bus service. The service runs from 8:00am-6:00pm Monday through Friday. To see the schedule visit: [www.minutevan.net/Home](http://www.minutevan.net/Home).

Questions?? Call Doug Halley, Acton's Transportation Coordinator, at 978-929-6451 or email [ctc@acton-ma.gov](mailto:ctc@acton-ma.gov).

**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 Bev.

**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.



<b>June</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2018</b>
					<b>1</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg	
<b>4</b> 8:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Art 12:45 Friends of the COA Mtg 1:00 New Program Registration 1:00 Mah Jongg 3:00 COA Board Mtg	<b>5</b> 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 10:30 Garden Therapy 11:00 Tai Chi 1:00 Resilience Program 2:30 Stretch & Flex	<b>6</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 9:30 Drop-in Art 10:00 AARP Driving Program 10:00 Chair Exercise 10:45 Yoga 12:30 Needle Arts 1:00 Live Storytelling 2:30 Drop-in Bridge 3:00 Line Dancing	<b>7</b> 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Sleep Program 1:30 Chess Club 2:30 Stretch & Flex 5:00 Town Employee Dinner 6:00PM Medicare Planning	<b>8</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 10:00 NouVon Fitness 11:30 Gym Training 12:45 Movie 1:00 Genealogy Group 1:00 Mah Jongg		
<b>11</b> 8:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Art 1:00 Mah Jongg 1:00 LitLovers Group	<b>12</b> 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-11:00 Ask the Lawyer Appts. 9:00-11:00 Wellness Clinic/BP 9:30-2:30 Gym Open 9:45 Active Aging 11:00 Tai Chi 1:00 Boston Philharmonia Performance 2:30 Laugh for your Health 2:30 Stretch & Flex	<b>13</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga 12:00 Birthday Lunch 12:30 Needle Arts 1:00 Einstein Performance 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>14</b> 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 11:00 Food Safety 12:30/2:00 Chess Classes 12:30 Classical Music Series 1:30 Chess Club 2:30 Meditation 2:30 Stretch & Flex	<b>15</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg		
<b>18</b> 8:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Art 1:00 Book Group 1:00 Mah Jongg	<b>19</b> 8:30 Gym Training 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 11:00 Tai Chi 11:00 Grandparents Group 12:00 Benchmark/RB Lunch 12:30 Biking for Seniors 1:00 Game Day 2:30 Stretch/Flex	<b>20</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga 12:30 Needle Arts 1:00 Medicare Fraud Talk 1:00 Widow/Widowers Group 2:30 Drop-in Bridge 3:00 Line Dancing	<b>21</b> 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:00 Bitcoin Talk 1:30 Chess Club 2:30 Stretch & Flex	<b>22</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg		
<b>25</b> 8:30 Active Aging 8:30-11:30 Gym Open 9:30 Drop-in Art 10:00 Senior Work Talk 1:00 Mah Jongg	<b>26</b> 8:30 Golf @ Quail Ridge 8:30 Senior Fitness 9:00-11:00 Wellness Clinic/BP 9:30-2:30 Gym Open 9:45 Active Aging 10:00-1:00 Hearing Screenings 11:00 Nursing Talk 11:00 Tai Chi 2:30 Stretch & Flex	<b>27</b> 8:30 Senior Fitness 8:30 Webster Cruise Trip 8:30-11:30 Gym Open 9:30 Drop-in Art 10:00 Chair Exercise 10:45 Yoga 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing	<b>28</b> 8:30 Senior Fitness 9:30-2:30 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:00 LifeCare Lunch 12:30/2:00 Chess Classes 1:00 Bird Nests Talk 1:30 Chess Club 2:30 Meditation 2:30 Stretch & Flex	<b>29</b> 8:30 Senior Fitness 8:30-11:30 Gym Open 9:00-10:45 Reiki Appts. 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg		

## Friends Funded Activities

This month the following activities are supported by the Friends of the Acton COA: *Einstein performance, Laughter for All, Tai Chi classes, classical music series, sleep yoga, day trips, Birthday lunch, line dancing, and Senior Cinema.* The Friends appreciate your donations which help support programs at the 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** – Go Green!! Please consider having your newsletter e-mailed to you. Not only will you receive it earlier, it will also be in color! For information or to switch to email, call Judy at 978-929-6652 or [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov).

**Are You a Member of the Senior Center?** – Yes! if you are 60 or older and live in Acton. There is no registration and no annual fees. If you've never visited the Center please drop in for a tour. We're open weekdays 8:00AM-5:00PM. The Council on Aging staff is happy to help you.

## Senior Work Program

**Monday, June 25<sup>th</sup>, 10:00-11:00**

Did you know Acton has a Senior Work Program? Learn what it is and how to apply. The program can provide up to earnings up to \$1,260 per year through employment with the Town which can be applied toward property taxes.

**The Friends of the COA**  
Every Wednesday, knitters, quilters and crocheters meet at the Senior Center. The group has a range of abilities and there's always someone to help with a troublesome stitch or pattern. The energy and commitment of the Needle Arts Group is evident at the Friends Fair. The Friends of the COA are very grateful for their creative, hard work.

A Look Ahead-NOT YOUR AVERAGE JOE'S will again be supporting the Friends. Every Tuesday in July, 15% of your (non-alcoholic) tab goes to help fund activities at the Senior Center.

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30 Sudbury Rd. Rear  
Acton, MA 01720  
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### 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  
Terri Zaborowski, Exercise Instructor  
Fiona Starr, Staff Assistant  
Mary Morgan, Human Services Receptionist  
Rosie Atherton, Human Services Receptionist

### ACTON COA BOARD MEMBERS

Bonnie Lobel, Chair	Peter Duran
Michael Chautin	Ellen Feinsand, Secretary
Chunsheng (Bill) Fu	Jacque Friedman
Lori Cooney	Marion Maxwell
Ann Corcoran	Alma Sandman

Acton COA Board will meet June 4<sup>th</sup> at 3:00  
Friends of the Acton COA will meet June 4<sup>th</sup> at 12:45