

# Acton Senior Bulletin

December 2018

The COA Office/Senior Center at 30 Sudbury Road Rear, is open weekdays 8am-5pm.  
Telephone: 978-929-6652. Email: seniorcenter@actonma.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, December 3<sup>rd</sup> at 1:00**

## ABRHS Madrigal Singers Holiday Performance

Friday, December 7<sup>th</sup>, 1:45-2:15

Open to out-of-town seniors/free

The Madrigals, a choral group from Acton-Boxborough Regional High School, will be spreading holiday cheer at the Senior Center with Christmas carols and other a cappella specialties. The group's talent, enthusiasm and costumes always leave a lasting impression! See page 7 for information on a special lunch preceding the concert.

## ► Grief and Grace: Getting through the Holidays

Open to out-of-town seniors/free

Thursday, December 13<sup>th</sup>, 2:00-3:00

Certain events and gatherings seem overwhelming when we are grieving a major loss. For some it's an escape from the pain; others feel too wounded to face a group of cheery faces. What to do? How to respond? Let's go together on this journey to discover grace in the midst of sorrow. Facilitated by Allie Kussin, MA. *Allie is retired but continues to work in the field of grief. Allie is president of the Umbrella Community Arts Center in Concord and is an artist and speaker. She maintained a private practice for over 20 years and runs local support groups.*

## Holiday Performance with Ben and Brad

Tuesday, December 18<sup>th</sup>, 1:00-2:00

Open to out-of-town seniors/free

Join Ben Sears and Brad Conner for a program of seasonal standards including *Winter Wonderland*, *Let It Snow*, *Let It Snow*, *Sleigh Ride*, and, of course, *White Christmas*. *Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Their programs and performances are always well received at the Senior Center.*

**Town of Acton – Connect with Us!** Join our online community and stay in the know with exclusive news and updates on Facebook: <https://www.facebook.com/ActonMAGov/>. Follow us on Twitter@ActonMAGov: <https://twitter.com/ActonMAGov>. Sign up for Town notifications, emergency alerts and general alerts - subscribe, unsubscribe or manage your subscriptions: <https://www.acton.ma.gov/list.aspx>.

## Coffee with a Cop

December 11<sup>th</sup>, 9:00-11:00 at Starbucks, 411 Mass Ave



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

- Grief & Grace
- Holiday Tea
- Gym Training
- Scarf Painting
- Bridge Lessons
- Reiki Appointments
- Ask the Lawyer
- Memory Café
- SHINE Appts.
- Chess Lessons
- All Meals

**Director's Corner** –I would like to thank our Friends group for another fantastic Holiday Fair. I see first-hand all of the hard work they do to make this event the success it is. Their ongoing fundraising efforts allow the COA to offer Acton seniors so many wonderful programs free of charge. Please take time to thank them. During the hustle and bustle of this Holiday Season let's take time to share a smile and think of others. A little kindness can go a long way! Merry Christmas and Happy Holidays, Sharon, COA Director

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## UPCOMING PROGRAM HIGHLIGHTS

**REGISTRATION BEGINS.....MONDAY, DECEMBER 3<sup>rd</sup> at 1:00**

### **Live Storytelling Program**

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


*Tuesday, December 4<sup>th</sup>, 1:00-2:30*

Participants from the recent storytelling workshops in Acton and Concord will tell their stories at the Senior Center. The theme is Animal Stories, but there may be a few storytellers whose story is outside the theme. The last event featured amazing stories—some caused laughter, some caused eyes to well up, but they all were compelling.

### **Let's Talk Teeth: Senior Dental Care**

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

*Wednesday, December 5<sup>th</sup>, 1:00-2:00*


 As we grow older, certain health concerns earn our full attention, especially the importance of good oral health. Dr. Padma of North Acton Dental will talk about denture care, dry mouth, implant decisions, as well as other dental concerns for seniors. *Dr. Padma graduated with a DMD from Tufts School of Dental Medicine in 1997, and was a practicing dentist in India prior to that. Her childhood was spent in Zambia, Africa. In the US, she has worked in various MA dental offices prior to acquiring her own practice in Acton. She is a member of the American Dental Assoc., MA Dental Society and Middlesex District Dental Society.*

### **► Holiday Tea Party**

**Open only to Acton seniors**

*Thursday, December 6<sup>th</sup>, 2:00-3:30*

**Registration is open; call now**

 Come celebrate the season in style! Join us for tea, mulled cider, and a plentiful array of tea sandwiches and sweets. The party is free for all Acton seniors, thanks to the support of the Friends of the Acton Council on Aging. Registration for this event is required.

### **Holiday Concert with the Acton Community Chorus Chamber Group**

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

*Monday, December 17<sup>th</sup>, 1:00-1:30*

Get into the holiday spirit with a concert performed by the Acton Community Chorus Chamber Group! The chorus will sing a variety of holiday music plus a selection of favorite songs from recent and upcoming concerts. *Acton Community Chorus is a non-profit organization dedicated to bringing the joy of music to communities since 1984.*

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

## GYM NEWS

**Gym Hours - Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 9:00-12:00**

### **► Gym Training**

**Call Now: Registration Open**

*Wednesday, December 5<sup>th</sup>, and Tuesday, December 18<sup>th</sup>, 1:30-2:15*

Have you been trained to use our COA gym equipment? Cardio workouts get your heart pumping, improving endurance for daily activities. The Gym is open to Acton Seniors to use when there is a volunteer monitor available. Users must adhere to all gym rules. To use the gym, you need to sign a waiver and complete a 45 minute gym training. Sign up now for a training and become part of a fun and active atmosphere.

### **► Gym Monitor Training**

**Call Now: Registration Open**

*Wednesday, Dec 12<sup>th</sup>, 1:30-2:15*

Please consider becoming a Gym Monitor to help us reach our goal of expanded gym hours, and to have substitutes available as needed. Monitors are not only required by the Town, but we rely on them to keep the gym running smooth, ensure gym rules are being followed and to monitor the safety of users. The commitment is just 1 hour/week, and available times depend on how many monitors we have. As more seniors volunteer, gym hours will be expanded. If you would like more information on becoming a monitor, speak to Mary or Judy.

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

**AARP Tax Aide Volunteer Opportunities** for the upcoming tax season. Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who cannot afford a tax preparation service. To learn about our volunteer opportunities contact Paul Motyka at paul@pmotyka.com or 978-263-2612.

## CLASSES

**REGISTRATION BEGINS.....MONDAY, DECEMBER 3<sup>rd</sup> at 1:00**

### ► **Scarf Painting**

**Acton Seniors only**

*Wednesday, December 12<sup>th</sup>, 1:00-2:00*

Let your creative side shine through! Join Karen Halloran, community liaison at CareOne At Concord, for a silk scarf painting class. You will leave with a lovely scarf for yourself or a holiday gift for a friend! No experience necessary and all materials included.

### **Laugh for Your Health**

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

*Thursdays December 13<sup>th</sup>, January 10<sup>th</sup>, February 14<sup>th</sup>, 11:00-12:00*

Laughter can really be one of the best medicines. In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or “yoga breaths.” This practice is called Laughter Yoga, but there are no mats or yoga poses. It is easy and accessible for all! Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! Drop by for one session or all! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. She delivers workshops to community and senior centers, as well as workplaces, to promote laughter as a tool to build joy, resilience, connection, and collaboration.*



### ► **Bridge for Beginners Class with Alan Horvitz**

**Open to out-of-town seniors beginning Monday, December 10<sup>th</sup> for \$20 for series  
Tuesdays, January 15<sup>th</sup> through February 19<sup>th</sup>, 1:00-3:00**

If you would like to learn to play bridge, but do not know the rules and have no experience playing, this is the course for you. Alan will teach you the rules and introduce you to the fundamentals of bidding, play of the hand and defense. Instruction will be balanced with an opportunity to play the game under experienced supervision. Students will acquire new skills and have fun! *Alan Horvitz is a retired clinical social worker, a Bronze Life Master in the American Contract Bridge League, and an experienced bridge teacher.*

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

## CLINICS

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

**Acton seniors only**

*Friday, December 14<sup>th</sup>, 9:00-10:30 (sign up for a 15 minute appt.)*

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 - December 4<sup>th</sup>, 11<sup>th</sup> and 18<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 Tuesday, December 11<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. Offered by the Acton Nursing Services.



- ...\$10 gift cards from local businesses to use for trivia prizes are always needed and appreciated!
- ...Individually wrapped candy for the candy bowl at the reception desk.
- ...The Needle Arts group is in need of clean, mostly full skeins of acrylic or cotton yarns.

**Acton Town Emails** and web site address are now hyphen-free. The Town web site is [www.actonma.gov](http://www.actonma.gov) and email addresses end in @actonma.gov. The hyphenated versions will continue to work (permanently).



## ONGOING ACTIVITIES

### ► Ask the Lawyer

Acton seniors only

*Tuesday, December 11<sup>th</sup>, 1:00-3:00*

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA beginning Monday December 3<sup>rd</sup> at 1:00 for an appointment.

### ► Memory Café

Open to all

*Friday, December 14<sup>th</sup>, 11:30-1:00*

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. We do ask attendees to bring their care partners. Right At Home of Bedford sponsors the event. Space is limited, RSVP at 978-929-6652. Enjoy lunch and guitarist Steve Gintz.

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

*Call the COA for days/times.* A counselor is available for health care information.

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

Open to out-of-town seniors/free

*Thursdays, through December 20<sup>th</sup>, 12:30-2:00 No class on Dec. 6<sup>th</sup>* Registration open now

Learn how the pieces move, what are check and checkmate and some basic strategies.

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

Open to out-of-town seniors/free

*Thursdays, through December 20<sup>th</sup>, 2:00-3:00 No class 12/6.* Registration open now

For players who already know how the pieces move and the concepts of check and checkmate.

### Chess Club with Ken LeBow

*No chess on 12/6*

Open to out-of-town seniors/free

*Thursdays, 1:30-4:15* For players with some experience to get together. You only need to know the basics.

### 50+ Job Seekers Regional Networking Group

Open to all age 50 plus

*Monday, December 10<sup>th</sup>, 2:00-4:00 at the Acton Senior Center*

If you are age 50 plus and looking for a new job, a totally new career direction or an encore career, this is the group for you! The group is meeting once this month and the topic is Interview Preparation/Strategy. Guided group networking and the issue of ageism are integrated into each session. Develop new skills, tools and strategies to help in your career transition. Meetings are led by Tom Patria, a career services professional. Check-in/informal networking begins at 1:30. Newcomers please pre-register at [www.mcoaonline/50plus](http://www.mcoaonline/50plus). *This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging.*

### Widows and Widowers 101

*Wednesday, December 12<sup>th</sup>, 10:00-11:00*

Open to out-of-town seniors/free

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.

### Morning Open Activity Time

*Weekday mornings, 9:00-11:30*

Open to out-of-town seniors/free

No activity time on Dec. 21<sup>st</sup> and 25<sup>th</sup>

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project or borrow an iPad. Ask your friends to meet here or make new ones!

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

*Thursdays, December 20<sup>th</sup> and January 3<sup>rd</sup>, 2:30-3:15*

Open to out-of-town seniors/free

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.

► Indicates that you must register in advance!

## ONGOING ACTIVITIES - continued

### **LitLovers Study Group facilitated by Program Manager Chris Chirokas**

*Tuesday, December 11<sup>th</sup>, 1:00-2:15*

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

This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D. Group is facilitated by Program Manager Chris Chirokas. Lecture topic is *Austen and the Comedic Tradition*, followed by a discussion period. Novel to be discussed: *Pride and Prejudice* by Jane Austen. Copies of the book are on reserve at the Memorial Library (978-929-6655). New attendees welcome!

### **Computer Club**

*Wednesdays, December 12<sup>th</sup> and 26<sup>th</sup>, 1:30-3:00*

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



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 formal 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.

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

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

*Monday, December 17<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! Please call the COA for the book being discussed this month. Typically copies of the book are on reserve at the Acton Memorial Library (978-929-6655) and the Citizen's Library often has a copy (978-929-6654).

### **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.

### **Mah Jongg Time**

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

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

*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 game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow Nat'l. Mah Jongg League rules. Try to be on time for 1:00 start; leaving early is fine. If you have a Mah Jongg set, please bring it. *Please note that Mah Jongg will end at 3:00 on Dec. 24<sup>th</sup> and 31<sup>st</sup>.*



### **Needle Arts Group**

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

*Wednesdays, 12:30-2:30*

This friendly, social group is open to anyone interested in sewing, knitting or crocheting.

### **Genealogy Group**

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

*Friday, December 14<sup>th</sup>, 1:00-2:30*

This month, genealogy group member Tom Best will speak on "Making the Most of Your Ancestry DNA Test Results." The group is always open to new attendees who are researching their family history!

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

No Talk in December. Join Linda in January for her next Health Talk.

### **Taoist Tai Chi Practice**

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

*Wednesdays, 11:00-12:00*

Students from the Thursday Taoist Tai Chi class are welcome to practice on Wednesday mornings. Although an instructor sometimes attends practices, this is not a class and is for people with Taoist Tai Chi experience only.

**From the Highway Department**-Winter Parking Ban is in effect from now until April 1. On street parking is not allowed between the hours of 1:00 a.m. and 6:00 a.m. The parking ban also includes the Municipal Parking areas located behind the W. Acton Fire Station, S. Acton Fire Station, Railroad St., rail trail terminus at Maple St. and at the end of Sylvia St. Your cooperation is greatly appreciated.

## **EXERCISE**



**Reminder: There are no exercise classes Dec. 24<sup>th</sup> through January 1<sup>st</sup>**  
**Exercise classes are on a drop-in basis. Classes are open only to Acton seniors (age 60 and up).**

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

*Tuesdays, through December 18<sup>th</sup>, 8:30-9:30*      *and*      *Thursdays, through December 20<sup>th</sup>, 8:30-9:30*

*Wednesdays, through December 19<sup>th</sup>, 8:30-9:30*      *and*      *Fridays, through December 21<sup>st</sup>, 8:30-9:30*

Work on building your muscle strength and flexibility with upper and lower body exercises using hand weights in both standing and seated positions. Finish with a 5-10 minute full body stretch and relaxation segment.

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

*Mondays, through December 17<sup>th</sup>, 8:30-9:30*

*Tuesdays, through December 18<sup>th</sup>, 9:45-10:45*      *and*      *Thursdays, through December 20<sup>th</sup>, 9:45-10:45*

This class is designed to maintain strength, balance and independence. Start with flexibility movements, followed by balance exercises, proceed to resistance training and end with a stretch segment.

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

*Tuesdays, through December 18<sup>th</sup>, 3:00-4:00*      *and*      *Thursdays, through December 20<sup>th</sup>, 3:00-4:00*

This class helps maintain strength, flexibility and independence with both standing and seated exercises using resistance bands. Resistance bands provided.

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

*Tuesdays, through December 18<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 Dec. 19<sup>th</sup>, 10:00-10:30*      *and*      *Thursdays, through Dec. 20<sup>th</sup>, 10:00-10:30*

This low-impact program is best suited for people getting little or no physical activity. All of the exercises aim to increase strength, balance and coordination. The exercises can be modified for those wishing to stay seated.

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

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

This class works the joints and muscles to increase flexibility, strength, balance and circulation. It includes seated and standing postures and optional floor work. Bring a yoga mat (optional for joint class). On the last Wednesday of each month a Healthy Joint Class. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1 donation/class or \$10/session is suggested.

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

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

New students are welcome. Focus will be on learning set of 108 moves. Tai Chi is known to build strength and improve balance. Wear loose comfortable clothing and footwear with a fairly smooth tread.

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

*Fridays, through December 21<sup>st</sup>, 10:00-11:00*

This class is suitable for all fitness levels, focusing on balance, stability, core strengthening, posture, strength, cardio, stretching and relaxation! This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$1.00 donation per class or \$10 for the full session is suggested.

**Durable Medical Equipment for Loan** – Acton 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.

**Rides to Special Town Meeting** – Free van rides will be available for the Special Town Meeting on Monday, Dec. 3<sup>rd</sup>. Call 978-844-6809 to schedule a trip.

## DINING OPPORTUNITIES

**REGISTRATION BEGINS.....MONDAY, DECEMBER 3<sup>rd</sup> at 1:00**

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

► **Special Lunch** **Open only to Acton seniors**

*Friday, December 7<sup>th</sup>, 12:00 at the Senior Center*

The Woman's Club will be preparing meatballs, stuffed shells, salad and cake. Cost is \$3.00.

► **Life Care Center of Acton Luncheon** **Open only to Acton seniors**

*Wednesday December 12<sup>th</sup>, 12:00 at the Senior Center*

The menu is always a surprise but enjoyable. Cost is \$3.00.

► **Town Employee Lunch** **Open only to Acton seniors**

*Monday, December 17<sup>th</sup>, 12:00 at the Senior Center*

The Land Use Departments will be preparing lasagna (veggie and meat), salad and garlic bread. Cost is \$3.00

► **Monthly Lunch by Benchmark Senior Living/Robbins Brook** **Open to out-of-town seniors**

*Tuesday, December 18<sup>th</sup>, 12:00 at the Senior Center*

Enjoy pot roast, mashed potatoes, garden salad and cheese cake. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.



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

*Friday, December 21<sup>st</sup>, 9:15*

Join us for a warm, plentiful breakfast! Typically French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes surprises us. Cost is \$3.00.

► **“Noon” Year’s Luncheon**

*Monday, December 31<sup>st</sup>, 11:45*

Join us in ringing in the New Year at with a sparkling cider toast and Chinese food served at noon. Please sign up at the COA. This special luncheon will be \$5.

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**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.*

**Birthday Lunch: Tuesday, December 11<sup>th</sup>, 12:00** Free to those celebrating a birthday.

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

## TRANSPORTATION

**Transportation** - Van rides are available Monday, Tuesday, Thursday and Friday, 8:30-4:00. On Wednesdays the van is available until 5:00. 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 [etc@actonma.gov](mailto:etc@actonma.gov).

**Holiday Shopping Trip** to Solomon Pond Mall on Tuesday, December 11<sup>th</sup>. Call Transaction for details.

**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.





## SENIOR CINEMA

Open to out-of-town seniors/free

*Shown with closed captioning when available*

**Friday, November 30<sup>th</sup>, 12:45-2:40 *Mamma Mia! Here We Go Again*** (2018, PG-13) In this sun-soaked sequel, a pregnant Sophie (Amanda Seyfried) is now running the family villa. She is worried about facing motherhood minus her mom's (Meryl Streep) guidance, but her mom's best friends reassure her with tales from the past. The original cast returns, with the additions of Lily James and Cher.

**No movie on Dec. 7<sup>th</sup>**

**Wednesday, December 12<sup>th</sup>, 12:45-2:45 *Pride and Prejudice*** (1940) Greer Garson and Laurence Olivier star in this film adaptation of the Jane Austen novel. Academy Award winner for art direction. DVD will be available to borrow from Senior Center Resource Shelf after viewing.

**Friday, December 14<sup>th</sup>, 12:45-2:30 *The Man Who Invented Christmas*** (2017, PG) It is 1843 and Charles Dickens is at a low point in his career, when he quickly writes and self-publishes *A Christmas Carol*. Stars Dan Stevens of *Downton Abbey* fame.

**Friday, December 21<sup>st</sup>, 12:45-2:15 *Miss Potter*** (2006, PG) The story of Beatrix Potter, the author of the beloved and best-selling children's book *The Tale of Peter Rabbit*, and her struggle for love, independence, happiness, and success. Stars Renee Zellweger, Ewan McGregor and Emily Watson.

**Friday, December 28<sup>th</sup>, 12:45-2:30 *Home Alone*** (1990, PG) In this comedy, an eight-year-old troublemaker protects his house from a pair of burglars when he is accidentally left home alone during Christmas vacation. Stars Macaulay Culkin, Joe Pesci, Daniel Stern, John Heard, and Catherine O'Hara.

**Monday, December 31<sup>st</sup>, 1:00-3:05 *Ocean's Eleven*** (1960, NR) Frank Sinatra leads an all-star cast as Danny Ocean, who plans to rob a few Las Vegas casinos on New Year's Eve. One of the merriest heist movies ever! Cast also includes Dean Martin, Sammy Davis Jr., Joey Bishop, and Peter Lawford.

**Friday, January 4<sup>th</sup>, 12:45-2:50 *The Guernsey Literary and Potato Peel Pie Society*** (2018, TV-14) In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their war-time experiences. Based on the best-selling historical novel by Mary Ann Shaffer and Annie Barrows. Stars Jessica Brown Findlay, Lily James and Tom Courtenay. DVD will be available to borrow from Senior Center Resource Shelf after viewing.

## SUPPORT GROUPS

**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

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

*Tuesday, December 18<sup>th</sup>, 11:00-12:00*

**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 Group** 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)

**Attention Acton Veterans and Surviving Spouses** - Do you know what benefits you are entitled to?

Please contact James MacRae, Acton Veterans' Service Officer, if you are curious and would like an overview of State and Federal Benefits. Potential financial, medical and additional benefits for those who meet the criteria.

Please call 978-929-6614 or email at [vso@acton-ma.gov](mailto:vso@acton-ma.gov).

**Medicare Open Enrollment - Ends December 7<sup>th</sup>**

Now is the time to change your plan for next year. Call the Acton COA at 978-929-6652 to schedule an appointment with a trained SHINE counselor.

**Donations for Raking** - If anyone would like to make a donation in appreciation of their yard raking you can make a check out to ABRHS and write "Community Service Program" in notes and mail it to ABRHS, Community Service Program, 36 Charter Road, Acton MA 01720.



## SUPPORT SERVICES

Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Please call 978-929-6652 to speak with her or to set up a time to meet with her.

### **South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance**

Need help paying your heating bill? The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households, including households whose cost of heat is included in the rent pay a portion of winter heating bills. Applications for 2018/19 fuel assistance have started. Eligibility is based on gross annual income of household members 18 and older, and family size. Look below to see if you may qualify for fuel assistance as well as discounts on other utility bills. If you are over the income guidelines you may be eligible for other fuel assistance programs call the COA at 978-929-6652 for more information.

Family Size	60% of estimated State income
1	\$35,510
2	\$46,437
3	\$57,363

### **Food Assistance**

**Acton Food Pantry - 978-635-9295** Boxborough Business Park, 235 Summer Road, Boxborough. Open Wednesdays 10:00AM-7:00PM and Thursdays 9:30-11:30AM. Closed on the 4<sup>th</sup> Wednesday of each month. Free clothing is available during pantry hours. On your first visit please bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency. For more visit: [www.actonfoodpantry.org](http://www.actonfoodpantry.org).

**Mt. Cavalry Community Supper - Mt. Cavalry Church, 472Mass Ave. Wednesdays, 5:00-6:00 p.m.** Free. Everyone welcome. Call 978-263-5156 or visit [www.mtcalvaryacton.org/communitysupper](http://www.mtcalvaryacton.org/communitysupper) for information.

**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, provides a variety of services including:

- **Care Management** - In home assessment, service coordination and decision support to help seniors and disabled adults accomplish activities of daily living and help caregivers manage their responsibilities.
- **Minuteman By Your Side** - Private pay care management option available to seniors and disabled adults to coordinate in home services, support transitions from hospital or rehab to home, assist with relocation and support individuals and caregivers in a wide variety of ways.
- **Other Services:** Caregiver Support, Home Care, Legal, Meals on Wheels and Nursing Home Ombudsman
- **Minuteman Senior Services** can be reached at 1-888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).
- **SHINE (Serving Healthcare Insurance Needs for Everyone)** help is available by phone at 781-221-7029 or by calling the Acton COA to schedule an appointment with a counselor.

### **Alzheimer's Services**

- Alzheimer's Association: visit [www.alz.org](http://www.alz.org) or call the helpline 1-800-272-3900. Available for calls 24/7.
- Cooperative Elder Services, Inc. 978-318-0046. Provides local adult day health and Alzheimer's day programs.

**Senior Tax Relief** – Call 978-929-6621 or visit the Assessor's Office located at Town Hall. They can answer your questions about your property taxes and inform you about the tax assistance programs available in Acton.

**Healthcare Websites** help you find and compare options for home health, hospital and nursing.

- 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)



**Sand/Salt Mix** - A mixture of sand and salt is available *free* to Acton residents (no transfer sticker required) at the designated area at the Highway Department, 14 Forest Rd. Please use caution while entering/exiting. You will need to bring your own shovel and container. If you are physically or logistically unable to collect your own sand, please call Bev Hutchings at the COA at 978-929-6652.

<b>December</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2018</b>
<b>3</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Friends of the COA Mtg 1:00 Mah Jongg 1:00 Registration Begins		<b>4</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 1:00 Storytelling Event 3:00 Stretch & Flex	<b>5</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Chair Exercise 10:45 Yoga 11:00 Tai Chi Practice 12:30 Needle Arts 1:00 Dental Talk 1:30 Gym Training 2:30 Drop-in Bridge	<b>6</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 2:00 Holiday Tea 3:00 Stretch & Flex	<b>7</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:00 Special Lunch 1:00 Mah Jongg 1:45 Madrigal Singers	
<b>10</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 Mah Jongg 2:00 Job Networking Group		<b>11</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-11:00 Wellness Clinic/BP 9:00-12:00 Gym Open 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 12:00 Birthday Lunch 1:00-3:00 Ask the Lawyer 1:00 LitLovers Group 3:00 Stretch & Flex	<b>12</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Chair Exercise 10:00 Widow/Widowers Group 10:45 Yoga 11:00 Tai Chi 12:00 LifeCare of Acton Lunch 12:30 Needle Arts 12:45 Movie 1:00 Scarf Painting 1:30 Gym Monitor Training 1:30 Computer Club 2:30 Drop-in Bridge	<b>13</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 11:00 Laugh for Your Health 12:30/2:00 Chess Classes 1:30 Chess Club 2:00 Grief & Grace 3:00 Stretch & Flex	<b>14</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-10:30 Reiki Appts. 10:00 NouVon Fitness 11:30 Memory Café 12:45 Movie 1:00 Mah Jongg 1:00 Genealogy Group	
<b>17</b> 8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:00 Town Employee Lunch 1:00 Mah Jongg 1:00 Book Club 1:00 Community Chorus		<b>18</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Grandparent Group 11:00 Tai Chi 12:00 Benchmark/RB Lunch 1:00 Holiday Performance 1:30 Gym Training 3:00 Stretch & Flex	<b>19</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 Chair Exercise 10:45 Yoga 11:00 Tai Chi Practice 12:30 Needle Arts 2:30 Drop-in Bridge	<b>20</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Chair Exercise 11:00 Tai Chi 12:30/2:00 Chess Classes 1:30 Chess Club 2:30 Meditation 3:00 Stretch & Flex	<b>21</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:15 Monthly Breakfast 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg	
<b>24</b> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:00 Mah Jongg		<b>25</b> <b>Senior Center Closed Christmas</b>	<b>26</b> 9:00-11:30 Open Activity 9:00-12:00 Gym Open 11:00 Tai Chi Practice 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge Newsletters Mailed/Emailed	<b>27</b> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 1:30 Chess Club	<b>28</b> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 12:45 Movie 1:00 Mah Jongg	

<b>31</b> 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:45 Noon's Day Lunch 1:00 Movie 1:00 Mah Jongg	<b>January 1</b>  <b>Senior Center Closed            New Year's Day</b>	<b>2</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 11:00 Tai Chi Practice 12:30 Needle Arts 1:00 Registration Begins 2:30 Drop-in Bridge	<b>3</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Tai Chi 1:30 Chess Club 2:30 Meditation 3:00 Stretch & Flex	<b>4</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg
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**Handy Helper 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. This is not an emergency service so plan ahead. Please call the COA at 978-929-6652 and speak to Fiona to make a request or if you are interested in becoming a handy helper.

### Winter Weather Exercise/Program Policy

*If Acton Schools are closed:* All Senior Center exercise, classes and programs will be canceled and the Minuteman meal site will be closed. The Council on Aging office will remain open. Check school cancellation information on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.



*If Acton Schools are delayed:* ALL classes, exercise and programs beginning before 10:00 will be canceled. Please call the COA for classes beginning at 10:00 or later to see if they will be held. If there is a storm during school vacations or holidays, call the COA before heading out. *If in doubt, call the COA at 978-929-6652 with questions.*

If the COA has to cancel classes beyond the scope of the cancellation policy, we often use an automated calling system. Be sure to check your phone for messages especially in bad weather.

**The Health Department Needs to Hear from You!** What do you think Acton needs to do to be a healthier community? Please complete a brief survey at <https://tinyurl.com/healthyacton>. A similar survey was conducted approximately 8 years ago and received 800 responses! Also, if you wish to have your name added to their mailing list, please email the Health Department at [health@acton-ma.gov](mailto:health@acton-ma.gov). Thank you.

**Thank You!**

- ... to Girl Scout Cadette Troop 68143 for leading a fabulous cell phone class
- ... to Rashida, Niru, Sushil, Shahnaz, Asmat, Vito and Abid for the delicious Indian food they prepared
- ... to Mary Schatz for her donation of gift cards
- ... to Alice Schafer for the stereo donation
- ... to Jim MacRae, Veteran Services Officer, for preparing the monthly breakfasts
- ... to the Friends of the Acton COA for another successful fair. Your hard work is greatly appreciated!
- ... to Natural Resources and Recreation Departments for preparing lunch

**Friends Funded Activities** - This month the following activities are supported by the Friends of the Acton COA: *Madrigals Performance, Holiday Program with Ben and Brad, Laughter For All, Tai Chi classes, Birthday lunch, bridge lessons, Grief and Grace, Holiday Tea, 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).

**The Friends of the COA**  
A big THANK YOU to all who made our Holiday Fair a resounding success. It was a fun, festive day!  
A warm welcome to new Friends members, Carolyn Hoff and Jackie Scheibel.

**Signing In:** Just a reminder to sign in for every activity you participate in at the Senior Center. You can do it just once when you first come in for the day, but if you decide to add an activity be sure to stop back at the sign-in kiosk to update the computer. Also, almost everyone should be checking “visit/chat/tour” each time you visit.

**Municipal Monthly** - Keep current with all the newest Town Departments Information! This electronic newsletter will be available the first business day of the month (Dec., Feb., March, May, June, Aug., Sept., and Nov.) on the Town website. The Municipal Quarterly will be mailed to all taxpayers in addition to being posted on the Town website (Jan., April, July and Oct.). To view the Monthly visit: <http://www.acton-ma.gov/ArchiveCenter/ViewFile/Item/10825>. If you wish to receive it directly to your email inbox, subscribe to receive Acton Town News under the Newsflash category at <http://actonma.gov/list.aspx>.

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**ACTON COA STAFF**

Sharon Mercurio, Director  
Judy Peters, Office Manager  
Chris Chirokas, Program Manager  
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, Vice Chair
Lori Cooney	Marion Maxwell
Ann Corcoran	Alma Sandman
	Nirupama Velankar

COA Board will meet December 11<sup>th</sup> at 10:00.  
Friends of the Acton COA will meet December 3<sup>rd</sup> at 12:45