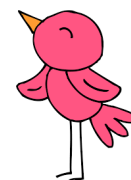




# Acton Senior Bulletin



March 2019

The Council on Aging (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 mail to: Acton COA, 30 Sudbury Rd. Rear, Acton, MA 01720

**Registration for NEW programs begins in person or by phone on Monday, March 4<sup>th</sup> at 1:00**

## History of 1950s Music: Rhythm & Blues

Wednesday, March 27<sup>th</sup>, 1:00-2:00

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

John Clark presents a multimedia program that combines historical facts and anecdotes with lots of music and video clips. The presentation will include a brief survey of “race music” in the late 40’s and early 50’s, including jump blues, urban blues and doo-wop by the likes of Louis Jordan, Joe Turner, Howlin’ Wolf, Muddy Waters, Hank Ballard, the Platters and the Coasters and the crossing over of gospel-based black artists like Ray Charles, Little Richard, Sam Cooke, Jackie Wilson, James Brown and the Drifters into the mainstream. Don’t forget Fats Domino, Lloyd Price and the rollicking music of New Orleans! *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. Through his Great American Music Experience programs, he shares his passion for music with senior centers and senior residences.*



## Registry of Motor Vehicles Workshop on License Renewal and REAL ID

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

Open to out-of-town seniors/free

The Registry of Motor Vehicles is offering a free workshop on license renewal and REAL ID.

Topics covered: difference between “Standard ID” and “Real ID” driver’s licenses and ID cards; how to renew a Massachusetts Driver’s License or Massachusetts Identification (ID) Card; and what are the new federal and state requirements for renewing a Driver’s License or ID card.

## ► Ask the Realtor®

Wednesday, March 20<sup>th</sup>, 9:30-11:00

Acton seniors only

Wondering about the real estate market, mortgage rates or which renovations are worth doing prior to selling? Are you simply looking for good, reliable tradespeople? Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years will be hosting office hours at the Senior Center. Sign up for a 15-minute meeting.

**Director’s Corner** – Did you know that each year, the Acton COA prepares and submits annual reports to the Town and the MA Executive Office of Elder Affairs? Compiling these reports provides the COA with an opportunity to showcase our robust program offerings and share information about our services. The reports contain detailed data on program participation, meals, social services, and volunteerism. It is

very important that we have “good data” available – our reports must accurately reflect our operation. Reports never include individual names, only numbers such as volunteer hours and program counts. My request to each of you is this... please swipe your key tag at the touch screen each and every time you visit the Senior Center and make sure to record everything you do while you’re here (including socializing). Throughout the year, staff are generating reports and using the information to help us make well-informed decisions and secure funding for programs and activities.

Annual Town meeting will begin Monday, April 1 at 7:00 pm. I encourage you to attend as this is your opportunity to decide what you feel is best for your Town.

Thank you! **Sharon, COA Director**

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

- Ask the Realtor®
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- Intro to Twitter
- Reiki Appts.
- Tax Prep
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- SHINE Appts.
- Chess Lessons
- All Meals
- Trips
- Gym Training

## UPCOMING PROGRAM HIGHLIGHTS

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

► **Bridge for Beginners Class Part 2 with Alan Horvitz**                      **Registration is open, call now**  
*Tuesdays, March 5<sup>th</sup> through April 9<sup>th</sup>, 1:00-3:00*                      **Open to out-of-town seniors for \$20 for series**

Alan Horvitz will continue beginner bridge classes with a “Part 2” session. It will be a blend of review from the last session and brand new material. You will learn the rules and the fundamentals of bidding, play of the hand and defense. Instruction will be balanced with an opportunity to play the game under experienced supervision. New students welcome. Please register whether you are a new or continuing student. *Alan Horvitz is a retired clinical social worker, a Bronze Life Master in the American Contract Bridge League, and an experienced bridge teacher.*

**Intergenerational Program Presentation**                      **Open to out-of-town seniors/free**  
*Tuesday, March 5<sup>th</sup>, 1:00-2:00*

Seniors! Share your life experiences with the younger generation. The non-profit organization, Sages & Seekers, will discuss the opportunity for seniors (62+) to participate in a seven-week intergenerational program with 10<sup>th</sup> graders at The Rivers School in Weston. Share your life experiences and invaluable knowledge--your maturity and experience allows for a larger perspective of life from which younger generations can learn. This free program runs Tues/Wed April 2<sup>nd</sup>-May 14<sup>th</sup>, and there are eight class times to choose from. Past participants rave about the program! If you can't attend, contact Susan Blumenfeld for information 508-277-0669, [sages.seekers@gmail.com](mailto:sages.seekers@gmail.com).



### **Meet the Board of Selectmen Candidates**

*Thursday, March 7<sup>th</sup>, 10:00-11:00*

The League of Women Voters is sponsoring a Candidates Forum at the Senior Center for the contested race for Board of Selectman. There will be two vacant seats on the March 26 ballot and there are three people running. Jim-Snyder-Grant, David Martin and Dean Charter have all agreed to take part in the Q&A Forum which will begin with opening remarks by the candidates, followed by a few questions from the League as well as written questions from the audience. LWV Voter Services Chair Lori Cooney will moderate.

### ► **Real Estate Seminar: Tips and Tricks for Selling and Purchasing**

*Wednesday, March 13<sup>th</sup>, 9:30-10:30*                      **Open to out-of-town seniors beginning March 11<sup>th</sup>**

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, leads a series of seminars for seniors contemplating selling their house in the next few years. This month's topic is Tips and Tricks for Selling Your Current Home and Purchasing a New One. It can be overwhelming and daunting to sell your home, never mind finding and moving to another home. With the right people and process in place, the process can be simplified and less overwhelming. Time for discussion will be set aside. Registration required; space is limited.



### **Java with John**

*Friday, March 15<sup>th</sup>, 10:00-11:00*

Enjoy a cup of coffee and conversation with the Town Manager, John Mangiaratti.

### **Kelley's Corner Presentation by the Acton Planning Department**

*Monday, March 18<sup>th</sup>, 1:00-2:00*

**Open to all/free**

Are we still talking about Kelley's Corner? Yes we are! In fact the Board of Selectmen has identified the Kelley's Corner project as one of their top goals. Join us to learn about the plan, ask questions and give feedback.

### ► **Home Safety 101**

**Open to all/free**

*Tuesday, March 19<sup>th</sup>, 1:00-2:00*

Occupational Therapist Whitney Rohrer of Nashoba Nursing Service & Hospice will review safety techniques utilized within the various rooms of your home. Participants will learn to maximize independence through education, equipment and adaptation. Modified techniques for low vision, memory issues, impaired balance, and mobility issues will also be discussed. There will be a demonstration of equipment and environmental aids, and discussion of real-life scenarios will be encouraged.

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

**UPCOMING PROGRAM HIGHLIGHTS- continued**

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

**► Trivia Contest led by Acton resident Peter Duran                    Acton seniors only**

**Wednesday, March 20<sup>th</sup>, 1:00-2:15**

Trivia contests are a great way to flex your brain muscles, trigger fond memories and have some fun. Teams of a maximum of four people answer questions on a variety of subjects and keep score. Prizes are given by a drawing. When you call to sign up, mention if you'd like to be on a specific team, otherwise you'll be randomly assigned. Congratulations to the winning teams (it was a tie) from January: Tom Crowdis, Bev Davis, Martin Segal & Nancy Lenicheck, Marion Maxwell, Walter Tetschner, Carol Wood. Lucky prize winners: Marie Trescott & Ron Zollner.

**Healthy Recommendations As We Age with Acton resident John Blute, MD**

**Tuesday, March 26<sup>th</sup>, 1:00**

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

Join semi-retired physician John Blute, MD as he shares the latest information on topics including how important it is to keep moving, when to seek a diagnosis and treatment for pain, nutrition and maintaining a healthy weight, general health, and educating/giving back. *Dr. Blute had a 36-year career with a practice in Concord and an affiliation with Emerson Hospital, specializing in orthopedic surgery. He has taught financial literacy courses for medical students and young physicians at the Mass Medical Society and UVM College of Medicine.*

**► Drawing For All with Sandy Wilensky**

**Tuesdays, March 26<sup>th</sup> through May 28<sup>th</sup>, 9:00-11:00    Open to out of towners beginning March 11<sup>th</sup> for \$20 fee**

Folks with all levels of experience are welcome! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Drawing subjects will include still life, landscape and the natural world. Group sharing of drawings will have a goal of positive affirmation of learning. If you are new to this class, you may purchase a drawing set for \$12 (payable to Sandy at the first class) which will be yours to keep or you may bring your own supplies. Please note the program room can be chilly, so dress accordingly. *Sandy Wilensky has had a career in education, is a certified art instructor and has recently been teaching art classes in area senior centers, Acton Community Education and in her studio at ArtSpace in Maynard.*



**► Introduction to Twitter**

**Open to out-of-town seniors beginning March 11<sup>th</sup>/free**

**Friday, April 5<sup>th</sup>, 11:00-12:00**

Join Mike Gilronan for an introduction to using Twitter, a social media microblogging service that allows members to broadcast short posts called tweets. Twitter members can broadcast tweets and follow other users' tweets by using multiple platforms and devices. You are welcome to bring your smartphone, tablet or laptop. *Mike Gilronan is an Acton resident who has been consulting and training businesses on Microsoft technologies for nearly 20 years. From Microsoft Office productivity tools to web platforms to social media, he brings a "power user" point of view and has presented to user groups and other events throughout New England.*

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

**CLINICS**

**► Relaxing Reiki Appointments with Ann Marie Durlacher**

**Acton seniors only**

**Friday, March 8<sup>th</sup>, 9:00-10:20 (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. Reiki is now funded through a grant from the Executive Office of Elder Affairs; a \$5 donation is recommended. *Ann Marie is a certified Usui Shiki practitioner and has been practicing Reiki for the past ten years.*

**Podiatry Clinic - March 12, 19 and 26 AND April 9, 23 and 30**

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, March 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. Offered by the Acton Nursing Services.

## ONGOING ACTIVITIES

### ► **AARP Free Tax Preparation**

*Monday, March 4<sup>th</sup>, 9:00-1:00*

*Monday, March 18<sup>th</sup>, 9:00-1:00*

*Monday, March 25<sup>th</sup> 9:00-1:00*

*Friday, March 15<sup>th</sup>, 9:00-1:00*

*Friday, March 22<sup>nd</sup>, 9:00-1:00*

*Friday, March 29<sup>th</sup>, 9:00-1:00*

**Call Now: Registration Open**

*Monday, April 1<sup>st</sup>, 9:00-1:00*

*(snow date)*

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers *whose income is less than \$88,000 per household* or \$58,000 for individuals at the Senior Center. Call 978-929-6652 for an appointment. The service covers most Federal and Massachusetts tax returns, but those who rent out property, operate their own business, or have out-of-state returns are not eligible. Please note that only those who fit these guidelines will have their taxes done. Others will be turned away. The Memorial Library also has appointments and they can be scheduled by calling 978-760-9146. Please see page 8 for information on what to bring with you.

### ► **Memory Café**

*Friday, March 8<sup>th</sup>, 11:30-1:00*

**Open to all/free**

**Call Now: Registration Open**

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. Entertainment will be by accordion player Tony D'Eramo.

### ► **Minuteman SHINE (Serving the Health Insurance Needs of Everyone) Call for an appointment**



#### ► **Beginner and Intermediate Chess Classes with Acton resident Ken LeBow**

*Beginners on Thursdays, through March 14<sup>th</sup>, 12:30-2:00*

*Intermediate on Thursdays, through March 14<sup>th</sup>, 2:00-3:00*

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

**Call Now: Registration Open**

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

*Monday, March 25<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 *Novelists of the 1840s—Thackeray*. The suggested novel to read is *Vanity Fair* by William Makepeace Thackeray. Copies of the book are on reserve at the Acton Memorial Library (978-929-6655). New attendees welcome!

### **Classical Music Series with Sivan Etedgee**

**Open to out of town seniors for \$5/lecture**

*Second Thursdays of the month, 1:00-2:00 (see exact dates below)*

Pianist and teacher Sivan Etedgee continues this monthly series that combines lecture, live performance and classical music recordings. Attendees come away with a greater understanding and appreciation of classical music.

**March 14<sup>th</sup>:** Art of the Lieder. Songs of Schubert and Schumann.

**April 11<sup>th</sup>:** Music for Children. Music inspired by childhood, featuring Schumann and Debussy.

**May 9<sup>th</sup>:** Erwin Schulhoff. Explore the life and music of this fascinating yet underappreciated composer.

**June 13<sup>th</sup>:** Golden Age of Piano. Learn about & listen to recordings from the so-called "Golden Age" of the piano.

### **50+ Job Seekers Regional Networking Group**

**Open to all age 50 plus/free**

*Monday, March 11<sup>th</sup>, 2:00-4:00 at the Acton Senior Center*

*Monday, March 25<sup>th</sup>, 2:00-4:00 at Concord's Harvey Wheeler Center*

If you are age 50 plus and looking for a new job, a new career direction or an encore career, this is the group for you! The March 11<sup>th</sup> meeting topic is Creating a LinkedIn Profile. On March 25<sup>th</sup> the focus is Using LinkedIn as a Powerful Job Search Tool. Guided 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 pre-register at [www.mcoaonline/50plus](http://www.mcoaonline/50plus). *This program is funded by the MA Executive Office of Elder Affairs and managed by the MA Councils on Aging.*

### **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.

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

## ONGOING ACTIVITIES - continued

### **Line Dancing with Kari McHugh!**

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

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

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

### **Genealogy Group**

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

*Friday, March 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.

### **Laugh for Your Health**

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

*Thursday, March 21<sup>st</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.” 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!

### **Morning Open Activity Time**

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

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

**No activity time March 15<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, cribbage, 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!

### **Computer Club**

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

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

Bring your questions, problems and related issues. 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.

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

**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.

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

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

*Monday, March 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 COA for the book title, which wasn't known at press time. Copies of the books are typically on reserve at the Memorial Library (978-929-6655) and the Citizen's Library may have copies. (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 must know the basics of the American game. The Monday group is for those who can play a game in 15 minutes. Games follow Nat'l. Mah Jongg League rules. Bring your Mah Jongg set if you have one.

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

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

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



The topic for the March Health Discussion will be getting your body in condition for spring yard and lawn work. One of the Nursing Department's Physical Therapists will lead this discussion about body conditioning strategies. She will discuss some ideas on keeping your back safe.

## EXERCISE

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

### **Gentle Chair Exercises with Mary Morgan**

*Mondays, through March 25<sup>th</sup>, 10:30-11:00*

**\*Note new instructor and new schedule!\***

*Wednesdays, through March 27<sup>th</sup>, 11:30-12:00*

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

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

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

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

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

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

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

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

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

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

*Tuesdays, through March 26<sup>th</sup>, 3:00-4:00*

*Thursdays, through March 28<sup>th</sup>, 3:00-4:00*

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

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

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

*Wednesdays, March 6<sup>th</sup> through 27<sup>th</sup>, 10:45-12:00*

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

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

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

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

*Fridays, through March 29<sup>th</sup>, 10:00-11:00*

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

### **Winter Walking at the Senior Center** *Weekdays, 8:05-8:30 and 3:30-4:30*

ADMIT  
ONE

## SENIOR CINEMA

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

*Movies are shown with closed captioning/subtitles when available.*

**Friday, March 1<sup>st</sup>, 12:45-2:40** *The Bookshop* (2018, PG) In a small, conservative 1950s town in England, a woman decides, against polite but ruthless local opposition, to open a bookshop. Stars Emily Mortimer, Bill Nighy and Patricia Clarkson.

**Friday, March 8<sup>th</sup>, 12:45-2:25** *The Wife* (2018, R for language and sexual content) A wife questions her life choices as she travels to Stockholm with her husband, where he is to receive the Nobel Prize for Literature. Glenn Close, in an Oscar nominated role, and Jonathan Pryce co-star.

**Friday, March 15<sup>th</sup>, 12:45-2:10** *Pot O' Gold* (1941) Romantic comedy/musical with Jimmy Stewart (in a rare role where he sings!) as a down-on-his-luck musician who meets beautiful Molly (Paulette Goddard), whose Irish family is considered his uncle's enemy. No closed captioning available.

**Friday, March 22<sup>nd</sup>, 12:45-2:45** *Tea With Mussolini* (1999, PG) An orphaned Italian boy is raised among a circle of older British and American women living in Mussolini's Italy before and during World War II. Cast includes Maggie Smith, Joan Plowright, Judi Dench, Cher, and Lily Tomlin.

**Friday, March 29<sup>th</sup>, 12:45-2:20** *Old Man & the Gun* (2018, PG-13) Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 and his unprecedented string of heists that confounded authorities and enchanted the public. Robert Redford and Sissy Spacek co-star.

**Friday, April 5<sup>th</sup>, 12:45-2:35** *Butch Cassidy and the Sundance Kid* (1969, PG) Paul Newman and Robert Redford star as legendary outlaws, displaying their gifts for perfect comedic timing as they pull off heist after heist. To evade a posse, the men flee to Bolivia, but trouble finds the charming pair of desperadoes wherever they go. Best Picture Academy Award nominee.

## DINING OPPORTUNITIES

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

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

▶ **Monthly Breakfast**

**Acton seniors only**



*Friday, March 15<sup>th</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. Stay after breakfast to hear from Town Manager John Mangiaratti.



▶ **Acton Lions Club Annual St. Patrick's Day Luncheon**

*Sunday, March 17<sup>th</sup>, 1:00-2:30*

**Acton & Boxborough Seniors only**

Everyone's Irish on St. Patrick's Day! A traditional corned beef and cabbage lunch will be prepared and served by Lions Club members. It is free and open to seniors from Acton and Boxborough only.

Lunch is followed by entertainment, usually Irish step dancers. Please sign up by March 11<sup>th</sup>. Thank you to the Lions Club members for providing great food, camaraderie and entertainment to our seniors again this year!

▶ **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

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

*Tuesday, March 19<sup>th</sup>, 12:00 at the Senior Center*

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

▶ **Town Employee Lunch**

**Acton seniors only**

*Tuesday, March 26<sup>th</sup>, 12:00 at the Senior Center*

The Police Department will be preparing lunch. Call the COA for the menu as it was not available in time for the newsletter. Cost is \$3.00

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

▶ **March for Meals Fundraiser**

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

*Thursday, March 14<sup>th</sup>, 12:00*

Join us for Joy's "Comfort Food" with meatloaf with gravy, roasted red potatoes with sour cream, steamed carrots, cole slaw and homemade dessert. \$5.00 donation. Door prizes! All proceeds benefit MMSS Meals on Wheels Program. There will also be a coin drive the month of March, so bring your spare change to donate anytime.

▶ **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: Wednesday, March 13<sup>th</sup>, 12:00** Free to those celebrating a birthday.

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

## AROUND TOWN...AND BEYOND

**Acton Citizens Police Academy**

*Wednesdays, April 3<sup>rd</sup>-May 22<sup>nd</sup>, 4pm to 6pm (8 weeks)*

This is a great opportunity to find out what your police department and dispatch center does on a daily basis. Topics will include a facility tour, the history and structure of the police department, patrol procedures, traffic enforcement, use of force, drug investigations, domestic violence, mental health issues, criminal investigations, juveniles and restorative justice, prosecution and criminal law, dispatch operations and more. For more information call 978-929-7512 or email Rich Burrows, Chief of Police at [rburrows@actonma.gov](mailto:rburrows@actonma.gov).

**Community Gardens** - The Natural Resources Division has limited garden plots to rent at: Morrison Farm at 116 Concord Rd, Community Garden at 845 Main St and the Hebert Farm Community Garden at 88 Prospect St. One plot/household. The season runs 4/6 - 11/2. Registration is by walk-in at the Kennedy Bldg., Woodlawn Cemetery, 104 Concord Rd. For information, contact Kim at 978-929-6642 or [cemetery@acton-ma.gov](mailto:cemetery@acton-ma.gov).



## TRIPS

### ► **Boston Red Sox vs the Oakland A's at Fenway Park**

**Trip is full; call about waitlist**

**Wednesday, May 1<sup>st</sup>, leaving Acton Senior Center overflow parking lot at 10:15** **Open to out-of-town seniors**  
Join the Acton and Concord COA for a trip to Fenway Park to see the 2018 World Champion Boston Red Sox play the Oakland A's! We have excellent seats in the grandstand on the 3<sup>rd</sup> base line. Lunch bags and backpacks will be left on the bus. Fenway allows each person to bring in one unopened, sealed bottle of water up to 16 ounces.

**Depart: 10:15 a.m. from Senior Center overflow parking lot;** approximate return time is 5:45 p.m.

**Cost: \$101, due by March 15<sup>th</sup>, non-refundable check made out to "Fox Tours,"** includes game ticket, coach bus transportation (with restroom) and driver gratuity.

### **Council on Aging Trip Policies**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified. Refunds will only be issued if a trip is canceled by the COA or trip provider.
3. Drop your check off at the Senior Center or mail to: Acton COA, 30 Sudbury Rd., Rear, Acton, MA 01720.
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. Always bring your completed FILE OF LIFE card with you. Extra copies are available at the Senior Center.
6. Trip attendees must attend each segment of a day trip and may not stay behind on the bus.
7. 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.
8. 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.



**AARP Free Tax Preparation** - The American Assoc. for Retired Persons and the IRS are sponsoring free tax prep for eligible taxpayers (single-person households with less than \$58,000 in annual income and married couples with less than \$88,000 in annual income). See page 4 for the appointment dates and times. This service does not cover returns for those who own rental property, those who operate their own businesses, investment advice, complex capital gains transactions, or state returns other than MA. You should bring all tax forms mailed to you for 2018, including any W2, 1099R, 1099DIV, 1099INT, Social Security, mutual fund or brokerage statements. Also, bring copies of last year's Federal and State tax returns. You may be eligible for the MA Circuit Breaker tax credit refund even if you do not usually owe any MA income tax.

## SUPPORT GROUPS

**Widows and Widowers 101** at the Acton Senior Center

**Wednesday, March 13<sup>th</sup>, 10:00-11:00**

This self-led group discusses experiences and shares solutions to issues that have been encountered.

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

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

**4<sup>th</sup> Tuesday of month, 10:30- 12:00** at Concord COA, 1276 Main St. Concord, 781-863-1166 x104

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

**Tuesday, March 19<sup>th</sup>, 11:00-12:00**

For more information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

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

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

**Emerson Hospital Adult Grief Support Group** at Donaldson Conference Room, 1<sup>st</sup> floor of John Cummings

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



## 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 helps eligible households, pay a portion of winter heating bills. Eligibility is based on gross annual income of household members 18 and older and family size. Call the COA at 978-929-6652 for more information.

### **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. 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.

**Guest Table at First Parish Church, 353 Great Rd., Stow, First Friday of the month, 5:30-6:30 p.m.** Free/Donations accepted. Everyone welcome. Doors open at 5:00. Call 978-897-8149 for more 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).

**Tax Tips from the COA Board** – Did you know that you may qualify for an exemption from the Community Preservation Act Surcharge? The income limit changes every year. You must be 60 or older as of January 1, 2018. Income from 2017 is used to qualify and the income limit for a family of one is \$75,717 and for family of two \$86,534. There is no asset limit. You must own and occupy the home as your primary residence. Contact the Assessor's office at 978-929-6621 for an application to receive 100% exemption from the surcharge.

*Thank you!*

... to Conant Elementary students for the cookies and valentines  
... to Jim MacRae for the wonderful breakfast  
... to the Town Finance Department for the delicious lunch  
... to Rebecca Wu and friends for celebrating Chinese New Year with food and dance

## GYM NEWS



**ALL gym users must wear clean, dry, indoor shoes appropriate for working out. We suggest you change into your gym shoes once you are in the Center. Monitors have been asked to be diligent about checking footwear to insure the safety of the users and the health of the equipment.**

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

**Afternoon Gym Hours** - We are in the process of filling monitor spots for afternoon gym hours on Mondays and Thursdays. This could happen during March, so watch for notices and/or inquire at Reception.

### **► Gym Training**

**Wednesdays March 6<sup>th</sup>, 13<sup>th</sup> and 27<sup>th</sup>, All 12:15-1:00**

**Call Now: Registration Open**

To use the gym, you need to sign a waiver and complete a 45 minute gym training. Sign up now for training and become part of a fun and active atmosphere.

### **► Gym Monitor Training**

**Wednesday, March 20<sup>th</sup>, 12:15-1:00**

**Call Now: Registration Open**

Monitors are not only required by the Town, but we rely on them to keep our gym running smoothly, ensure gym rules are being followed and to monitor the safety of users. The commitment is just 1 hour/week. There is also an option of just being a sub as needed. For more information on becoming a monitor, speak to Mary or Judy.

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

**Time to Update Your Contact Information** - The front desk will be working to update everyone's contact information and emergency contacts this month. Please fill out a yellow contact form and return to the Reception desk. This information is kept confidential and is used to contact you when a class is cancelled or in case of emergency.

**Unclaimed Funds** - The Town of Acton is in possession of checks which have been issued by the Town and not cashed and therefore presumed to be abandoned. As required by Massachusetts State law, a notice has been sent to the last known address of the apparent owner. Any interested party may obtain information about these checks. For the complete list of unclaimed funds please visit the Town's website at [www.actonma.gov](http://www.actonma.gov).

**Coffee with a Cop** will be at Dunkin' Donuts, 100 Powder Mill Rd., *Saturday, March 16<sup>th</sup>, 9:00am-11:00am*

Mon	Tue	Wed	Thu	Fri
<p><b>March 2019</b></p> <p>Walk the Senior Center Weekdays 8:00-8:30 and 3:30-4:30</p>				<p><b>1</b></p> <p>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</p>
<p><b>4</b></p> <p>8:30 Active Aging 9:00-1:00 Tax Appts. 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Registration Begins</p>	<p><b>5</b></p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing for All 9:45 Active Aging 11:00 Tai Chi 1:00 Beginner Bridge Pt. 2 1:00 Intergenerational Program 3:00 Stretch &amp; Flex</p>	<p><b>6</b></p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Training 12:30 Needle Arts 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>7</b></p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 10:00 Meet the Candidates 11:00 Tai Chi 12:30/2:00 Chess Classes 1:30 Chess Club 3:00 Stretch &amp; Flex</p>	<p><b>8</b></p> <p>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</p>
<p><b>11</b></p> <p>8:30 Active Aging 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 12:45 Friends Mtg. 1:00 Mah Jongg 2:00 Job Networking Group</p>	<p><b>12</b></p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 10:00 COA Board Meeting 11:00 Tai Chi 1:00 Beginner Bridge Pt. 2 3:00 Stretch &amp; Flex</p>	<p><b>13</b></p> <p>8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:30 Real Estate Seminar 10:00 Widow/Widowers Group 10:30 Seed Workshop 10:45 Yoga 11:30 Chair Exercise 12:00 Birthday Lunch 12:15 Gym Training 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>14</b></p> <p>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 12:00 March for Meals Lunch 12:30/2:00 Chess Classes 1:00 Classical Music 1:30 Chess Club 3:00 Stretch &amp; Flex</p>	<p><b>15</b></p> <p>8:30 Senior Fitness 9:00-1:00 Tax Appts. 9:00-12:00 Gym Open 9:15 Monthly Breakfast 10:00 NouVon Fitness 10:00 Coffee with TM 12:45 Movie 1:00 Mah Jongg</p>

<p><b>17</b> 1:00 St. Patty's Day Lunch</p> <p><b>18</b> 8:30 Active Aging 9:00-1:00 Tax Appts. 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 Book Club 1:00 Kelly's Corner Talk</p>	<p><b>19</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 Home Safety Talk 1:00 Beginner Bridge Pt. 2 3:00 Stretch &amp; Flex</p>	<p><b>20</b> 8:30 Senior Fitness 9:00-11:30 Open Activity 9:00-12:00 Gym Open 9:30 Ask the Realtor 10:30 Seed Workshop 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Monitor Training 12:30 Needle Arts 1:00 Trivia Contest 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>21</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:45 Active Aging 11:00 Laugh for Your Health 11:00 Tai Chi 1:00 RMV Workshop 1:30 Chess Club 3:00 Stretch &amp; Flex</p>	<p><b>22</b> 8:30 Senior Fitness 9:00-1:00 Tax Appts. 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg</p>
<p><b>25</b> 8:30 Active Aging 9:00-1:00 Tax Appts. 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:30 Chair Exercise 1:00 Mah Jongg 1:00 LitLovers Group</p>	<p><b>26</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 9:00 Drawing Class 9:00-11:00 Wellness Clinic/BP 9:45 Active Aging 11:00 Nursing Talk 11:00 Tai Chi 12:00 Town Employee Lunch 1:00 Beginner Bridge Pt. 2 1:00 Healthy Recommendations 3:00 Stretch &amp; Flex Newsletters Mailed/Emailed</p>	<p><b>27</b> 8:30 Senior Fitness 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:45 Yoga 11:30 Chair Exercise 12:15 Gym Training 12:30 Needle Arts 1:00 History of 1950's Music 1:30 Computer Club 2:30 Drop-in Bridge 3:00 Line Dancing</p>	<p><b>28</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 3:00 Stretch &amp; Flex</p>	<p><b>29</b> 8:30 Senior Fitness 9:00-1:00 Tax Appts. 9:00-11:30 Open Activity Time 9:00-12:00 Gym Open 10:00 NouVon Fitness 12:45 Movie 1:00 Mah Jongg</p>



**Daylight Savings Time / File of Life / Smoke Alarm Check and Replacement** - Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 9<sup>th</sup>! It's also a great time to update your File of Life information. Cards are available at the COA Office. And don't forget to change the batteries in your smoke alarms.

**Phone Apps for Storing Membership Information** –Are you tired of digging around for your MySeniorCenter card or library or store reward cards with bar codes? There are a number of free apps you can download onto your phone to help declutter your keyring. While the COA does not recommend particular apps here are two that we've seen used in the building: StoCard, Key Ring.

**Senior Center Free Table** – There is a small table in the dining room where seniors may leave new and gently used items which might be of interest to other seniors. We ask that donations are in small quantities to make room for others to donate. Also, please no food, used cosmetics or personal hygiene products, worn or broken items, appliances, clothing or footwear. For information on where to donate these items please ask at the front desk. Lastly, items that remain on the table for a period of time will be moved on by COA staff.



**Art Exhibit** - During the months of March and April we are delighted to present the work of students from the COA Drawing for All class, run by popular local artist Sandy Wilensky. Students are learning and experimenting with many drawing techniques. The group welcomes artists from the beginner to the more experienced. Self Portraits, Still Life and The Natural World are all displayed in this exhibit.

**Friends Funded Activities** - This month the following activities are supported by the Friends of the Acton COA: *Drawing for All, History of 50s music, bridge lessons, Tai Chi classes, Birthday lunch, classical music series, and Senior Cinema.* The Friends appreciate your donations which help support programs at the Senior Center. If you wish to donate, forms are available at the Center or print one out from the Friends page at [actoncoa.com](http://actoncoa.com).

**Volunteers Save the Date:** Our annual Volunteer Reception will be on Friday, April 26<sup>th</sup>. Invitations will be mailed soon.

**Pajama Drive** - The Memorial Library has teamed up with the Boston Bruins for their annual pajama drive to benefit the Dept. of Children and Families and Cradles to Crayons. There will be a donation bin at the Senior Center through March 15 for collecting new pajamas for babies, children, and teens.

► **Seed Library Program** - The West Acton Citizens' Library, with the generous support of the Garden Club, is opening a Seed Library in March. There are 22 varieties of fruit and vegetable seeds, many heirloom and most organic available for free. The idea is for patrons to "borrow" seeds to plant at home and when they bear fruit, harvest the seeds to "return" to the library where they will be stored. There will be a program on the seed library **March 13<sup>th</sup> and 20<sup>th</sup> both at 10:30** here at the Senior Center. For more information about the seed library call 978-929-6654 or email [jfriedman@actonma.gov](mailto:jfriedman@actonma.gov).

**The Friends of the COA**

A snack basket has been made available by the Friends in the kitchenette area. Maybe you've just finished a late afternoon class of line dancing or senior fitness and you have a few errands on the way home. Whether you have a yen for something salty or sweet, check out the snack basket for an energy boost!

Your continued support of the Friends with your giving to our Annual Appeal is much appreciated. The Annual Appeal is our primary fund-raising effort.

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Acton, MA 01720  
Permit #67

Acton Council on Aging  
30 Sudbury Rd. Rear  
Acton, MA 01720  
Return Service Requested

**ACTON COA STAFF**

Sharon Mercurio, Director  
Judy Peters, Office Manager  
Chris Chirokas, Program Manager  
Bev Hutchings, Senior Services 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	Jacquie Friedman, Vice Chair
Lori Cooney	Marion Maxwell
Ann Corcoran	Alma Sandman
	Nirupama Velankar

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