

# Acton Senior Bulletin

April 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, April 1<sup>st</sup> at 1:00**

## **The American Radical Tradition with Gary Hylander**      **Open to out-of-town seniors for \$20/series** *Wednesdays, April 17<sup>th</sup>, 24<sup>th</sup>, May 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>, 1:00-2:00*

The Declaration of Independence and the Constitution mark the onset of the American Radical Tradition. With the Declaration, Americans “unkinged” the king (George III) and declared that all power derives from the people. The Preamble to the Constitution called for a “more perfect Union” and to secure the “Blessings of Liberty” for all Americans. From the very beginning of the Republic, Americans have been inspired by the tradition of dissent and the question of what constitutes “a more perfect Union.” Join us for a six-part series as we discuss how issues such as political freedom, slavery and civil rights, women’s rights, equality before the law and much more have worked to shape the narrative of the American Radical Tradition. *Dr. Gary Hylander earned his Ph.D. at Boston College. He currently is an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State University, on the staff at BU School of Education, and a pedagogical specialist for the National Endowment for the Humanities.*

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

- ▶ **Aging in Place**
- ▶ **Real Estate Talk**
- ▶ **Healthy Living**
- ▶ **Golf**
- ▶ **Garden Therapy**
- ▶ **Twitter**
- ▶ **Ask the Lawyer**
- ▶ **Raking Day**
- ▶ **All Meals**
- ▶ **Watercolor Class**
- ▶ **Chess Lessons**
- ▶ **Trips**
- ▶ **Memory Café**
- ▶ **SHINE Appts.**
- ▶ **Bridge Lessons**
- ▶ **Reiki Appts.**
- ▶ **Gym Training**

## **Senior Clean Out and Conservation Day**      **Acton seniors only** *Monday, April 29<sup>th</sup>, 10:00-1:00*

We have expanded our Shredding Day to include getting rid of a variety of items and helping the community while we’re at it. We will have a shredding company on site to destroy personal documents. Limit: 3 grocery-sized bags/person. The Police Department will be here to dispose of your unused medication. Acton Nursing will be collecting needles (must be in hard plastic covered container), clean tub chairs, tub benches, commodes, transport wheel chairs. Other organizations will be collecting cell phones, eye glasses, button cell batteries, mercury thermometers, miscellaneous crafting items, sheets, towels, blankets and silverware. The Acton Water District will have free conservation devices available and Ban the Bag Acton will be distributing free reusable shopping bags. Contact the COA for further information.



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*Director’s Corner – April is Volunteer Appreciation month. The Acton COA has over 100 volunteers who together have provided over 4,500 hours of their time. We are fortunate to have such wonderful, dedicated people who help us provide services, classes and meals to our residents as well as assist with the day to day operations at the Senior Center. Their commitment and support is greatly appreciated! Please take a moment to thank them for what they do. We couldn’t do it without them!*

**Sharon, COA Director**

**Annual Town meeting begins Monday, April 1 at 7:00 pm.**

## UPCOMING PROGRAM HIGHLIGHTS

**REGISTRATION BEGINS.....MONDAY, APRIL 1<sup>st</sup> at 1:00**

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

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

**Wednesdays, April 3<sup>rd</sup> through June 26<sup>th</sup>, 3:00-4:00**

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. Drop by for the fun and exercise! This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask Acton seniors for donations--a \$1.00 donation per class or \$10 for the full session is suggested. The fee for out-of-town seniors is \$20 for the full session.

### **► Aging in Place Safely**

**Open to all/free**

**Thursday, April 4<sup>th</sup>, 1:00-2:00**

Staff from Stannah Stairlift will discuss a variety of topics essential to aging in place safely: in-home safety issues and solutions, easy fixes and how to avoid falls. Refreshments will be provided.

### **La Traviata Opera Class with Ben Sears**

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

**Tuesdays, April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>, 1:00-2:00**



Giuseppe Verdi's *La Traviata* is the last of the three great operas he wrote at the beginning of his maturity as a composer. It is based on the true story first told by Alexandre Dumas the younger in the play and novel *Camille*. It is the only Verdi opera whose action takes place at a time contemporary to its composition. The opera will be shown over the four sessions, along with background on the Dumas play and novel and other representations of the story. *Ben Sears*

*will be familiar to many as half of the Ben and Brad duo who has presented and performed on Broadway-related themes many times at the Senior Center as well as his series on opera offered at the Senior Center last fall.*

### **► Real Estate Seminar: What to Consider Before Deciding to Sell**

**Wednesday, April 10<sup>th</sup>, 9:30-10:30**

**Open to out-of-town seniors beginning April 8<sup>th</sup>/ Free**

Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, is leading a seminar for people contemplating selling their house in the next few years. She will discuss the many things that should be considered prior to selling your home. Attendees will have a better understanding of the whole picture from possible taxes, fees, potential updating and so on. Time for discussion will be set aside. Heather will be having regular seminars to help inform on the many areas of real estate. Registration is required as space is limited.

### **► Healthy Living for Your Brain and Body: Tips From the Latest Research**

**Wednesday, April 10<sup>th</sup>, 1:00-2:30**

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

**Call now, registration is open**



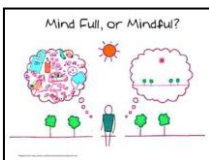
For centuries, we've known that the health of the brain and the body are connected. But now science is able to provide vital insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join staff from the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### **Jumpstart Your Meditation with Liz Paley**

**Acton seniors only**

**Thursdays, April 11<sup>th</sup> and 25<sup>th</sup>, 2:00-3:00**

Whether this is your first time meditating or you have a regular practice, join Liz for helpful tips on mindfulness.



Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. No experience necessary...just bring your breath and curiosity! Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. *Liz is our former Health and Wellness Coordinator, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.*

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

## UPCOMING PROGRAM HIGHLIGHTS- continued

REGISTRATION BEGINS.....MONDAY, APRIL 1<sup>st</sup> at 1:00

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



*Tuesdays, beginning April 16<sup>th</sup> (weather permitting), Tee time at 8:00AM*

Interested in playing golf? The COA has arranged a weekly tee time for seniors (age 60+) from Acton and surrounding 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. A new Ladies League will meet Monday afternoons at 3:00. This group will be open to all ability levels. Start date has yet to be determined. Please contact Mark at Quail Ridge for more information 978-264-0399.

### ► **Garden Therapy: Spring Floral Arrangement**

**Acton seniors only**

*Wednesday, April 17<sup>th</sup>, 10:30-11:30*

Enjoy sharing the experience of working with plants and flowers! This month Cathy Fochtman will guide you in making a spring floral arrangement. Sponsored by the Friends of the Acton Nursing Service. *Cathy has a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, CO, a nine credit college course from University of Colorado. This training enhances her special interest in improving the lives of people through plants, nature and horticultural activities.*

### **ArtMatters Series: Chagall, Matisse, American West**

*Thursdays, April 18<sup>th</sup>, 25<sup>th</sup>, May 2<sup>nd</sup>, 1:00-2:00*

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

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



**April 18<sup>th</sup>: Marc Chagall.** Known as the “Poet”, he was one of the most versatile artists of the 20<sup>th</sup> Century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism, and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions and soul refreshing humor. He never finished a canvas until something in it “surprised” himself. Join us for a retrospective look at his work, his life, and his unique perspective of the world.

**April 25<sup>th</sup>: Henri Matisse.** Enter the world of Matisse. A world of color, enjoyment and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music and art. Matisse’s world has a “calming influence on the mind, like a good armchair.” Indulge yourself and join us for a vacation from stress, into the sanctuary of Matisse’s World.

**May 2<sup>nd</sup>: The American West.** American artists have been like America itself—pioneering, bold and independent. Especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and seduced by the Western American experience. But, it was all over in just 90 years. It took only one life span to end this chapter of our history; from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the total redistribution of Native Americans in the Indian Wars. Look at a very brief but special time in our nation’s history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us.

### ► **Introduction to Twitter**

**Open to out-of-town seniors if space is available/free**

*Friday, April 19<sup>th</sup>, 11:00-12:00*

**\*\*\*Note change in date\*\*\***

**Call now; registration is open**

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!**

## UPCOMING PROGRAM HIGHLIGHTS- continued

**REGISTRATION BEGINS.....MONDAY, APRIL 1<sup>st</sup> at 1:00**

► **Ask the Lawyer**

**Acton seniors only**

*Tuesday, April 23<sup>rd</sup>, 1:00-3:00* Elder Law Attorney Cathleen Summers offers free 20-minute legal consultations.

► **Question, Persuade, Refer (QPR) Training**

**Free and Open to All**

*Thursday, April 25<sup>th</sup>, 6:30-8:30 pm*

You never know when you may be called upon to help. Please join us in saying YES to saving the life of a friend, colleague, child, sibling, or neighbor by learning the three steps anyone can learn to help prevent suicide. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. Sponsored by AB Cares.

► **AB Regional High School Senior Class Community Service Raking Day**



*Friday, May 3<sup>rd</sup>, 9:45-12:45* (Limited to 10 yards.) **Registration for Lottery Open; Call Now**

*A lottery will be used to select the yards to be raked. The deadline to be included in the lottery is end of day April 4.* Every spring the graduating class spends a day doing community service. Students will bring their own rakes when possible. All equipment loaned to rakers is the homeowner's responsibility. A responsible adult must be home the day of the raking. Debris can be bagged

(provided by the homeowner), piled or raked to a designated area. If you'd like to make a donation for the raking send it to ABRHS (Community Service Fund); c/o Melissa Dempsey, 36 Charter Rd, Acton, MA.

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

## DINING OPPORTUNITIES

**REGISTRATION BEGINS.....MONDAY, APRIL 1<sup>st</sup> at 1:00**

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

► **Monthly Breakfast**

**Acton seniors only**



*Friday, April 12<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.

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

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

*Tuesday, April 16<sup>th</sup>, 12:00 at the Senior Center*

Enjoy Swedish meatballs, egg noodles, vegetables, salad and dessert. This meal is subsidized in part by Minuteman Senior Services. A \$3 donation is requested.

► **Life Care Center of Acton Lunch**

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

*Wednesday, April 17<sup>th</sup>, 12:00 at the Senior Center*

Join us for an always delicious lunch. The menu is a surprise.

► **Town Employee Lunch**

**Acton seniors only**

*Tuesday, April 23<sup>rd</sup>, 12:00 at the Senior Center*

The Police Department will be preparing quiche with fruit and dessert. Cost is \$3.00

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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: Wednesday, April 10<sup>th</sup>, 12:00** Free to those celebrating a birthday.

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

## EXERCISE

Exercise classes are on a drop-in basis. No registration required! Because of demand, classes are open only to Acton seniors (age 60 and up).

- If you are new to a class, read the description to judge whether it will be a good match for your fitness level. Instructors have final say on whether a class is suitable for an individual.
- Check with your doctor before starting any exercise program, wear comfortable clothing and bring water in a non-breakable container.

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

***Mondays, April 1<sup>st</sup> through June 24<sup>th</sup>, 8:30-9:30***

**No class April 15<sup>th</sup> & May 27<sup>th</sup>**

***Tuesdays, April 2<sup>nd</sup> through June 25<sup>th</sup>, 9:45-10:45***

***Thursdays, April 4<sup>th</sup> through June 27<sup>th</sup>, 9:45-10:45***

This class focuses on functional fitness designed to help maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging for 16 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

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

***Mondays, April 1<sup>st</sup> through June 24<sup>th</sup>, 10:30-11:00***

**No class on April 15<sup>th</sup> & May 27<sup>th</sup>**

***Wednesdays, April 3<sup>rd</sup> through June 26<sup>th</sup>, 11:30-12:00***

**No class on April 17<sup>th</sup>**

This low-impact program is best suited for people getting little or no activity. All of the exercises are based on the *Matter of Balance* program and aim to increase strength, balance and coordination. Small hand weights and exercise balls are used and are provided by the Center. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. *Mary Morgan is a nutrition and exercise enthusiast with a degree in Exercise Science that included studying exercise and aging. She is also a Human Services/Senior Ctr. Receptionist.*

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

***Tuesdays, April 2<sup>nd</sup> through June 25<sup>th</sup>, 8:30-9:30***

***Wednesdays, April 3<sup>rd</sup> through June 26<sup>th</sup>, 8:30-9:30***

***Thursdays, April 4<sup>th</sup> through June 27<sup>th</sup>, 8:30-9:30***

***Fridays, April 5<sup>th</sup> through June 28<sup>th</sup>, 8:30-9:30***

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.



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

***Wednesdays, April 10<sup>th</sup> through June 26<sup>th</sup>, 10:45-12:00***

**No class on April 3<sup>rd</sup>**

**The last Wednesday of each month is a healthy joint class**

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional for joint class). On the last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. 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. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

## EXERCISE – continued

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

***Tuesdays, April 2<sup>nd</sup> through June 25<sup>th</sup>, 11:00-12:00***

This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. 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. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote for 18 years and has been teaching classes to seniors for 10 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*



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

***Thursdays, April 4<sup>th</sup> through June 27<sup>th</sup>, 11:00-12:00***

New students are welcome and will learn moves as they are covered and refined in each session until the set of 108 moves (many repeated) has been taught. This form of Tai Chi was first introduced to North America 49 years ago by Taoist monk Master Moy and has spread to 28 different countries. It is known to build strength, improve balance and flexibility. Wear loose comfortable clothing and footwear with a fairly smooth tread. *Sue Chase is a trained Taoist Tai Chi instructor. She has been practicing Taoist Tai Chi for nine years, studying in several different countries and attending workshops with instructors and practitioners from all over the world.*

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

***Tuesdays, April 2<sup>nd</sup> through June 25<sup>th</sup>, 3:00-4:00***

***Thursdays, April 11<sup>th</sup> through June 27<sup>th</sup>, 3:00-4:00***

**No class on April 4<sup>th</sup>**

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

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

***Fridays, April 5<sup>th</sup> through June 28<sup>th</sup>, 10:00-11:00***

**No class on April 19<sup>th</sup> & June 7<sup>th</sup>**

This class is truly a total workout designed by Yvonne Benelli, from her many years of experience, education and expertise, to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation! Strengthen, stretch, balance and benefit your muscles, joints, heart & lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Improve your flexibility, comfort and range of motion. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down of stretch & relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! Yvonne will guide you to exercise at your own pace, safely, while challenging yourself. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations—a \$1.00 donation per class or \$10 for the full session is suggested. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for 40 years as well as various fitness classes, including current classes in AquaCize (pools and lakes), Water Aerobics, Pilates and Personal Training (on land and in water).*

### **Walk the Neighborhood**

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

***Wednesdays in April, 10:00-10:30, meet in the reception area***

Enjoy a walk with your fellow seniors in the area around the Senior Center. Join Judy for a walk through the Mews or over to the Thoreau Club. All walking is on sidewalks and the terrain is flat. Wear comfy shoes and bring water.



## CLASSES

**REGISTRATION BEGINS.....MONDAY, APRIL 1<sup>st</sup> at 1:00**

► **Watercolor Workshop with Sue Chase** Open to out-of-town seniors beginning 4/8 for \$20 fee/series  
*Fridays, April 12<sup>th</sup> through May 17<sup>th</sup>, 9:30-11:30*



This class is open to all levels of painting experience from beginner to expert. The instructor will provide assignments to explore a specific technique for each session, but students are encouraged to bring in their own projects to work on as well. A list of supplies is available at the Senior

Center for those who are getting started. *Sue (Grant) Chase taught art in the public school systems at the secondary level after graduating from Massachusetts College of Art with a BS Ed in art education. She has also taught classes for community education in Melrose, Tewksbury and Acton for both children and adults.*

► **Beginner Chess Class with Acton resident Ken LeBow** Open to out-of-town seniors/free  
*Thursdays, April 11<sup>th</sup> through June 13<sup>th</sup>, 12:30-2:00*

Ken will teach a 10-week chess class for beginners. 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 LeBow 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 five years.*

► **Intermediate Chess Class with Acton resident Ken LeBow** Open to out-of-town seniors/free  
*Thursdays, April 11<sup>th</sup> through June 13<sup>th</sup>, 2:00-3:00*

Ken is offering a 10-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!**

## 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 now, 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.

**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.

## ONGOING ACTIVITIES

### ► **Memory Café**

*Friday, April 12<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. Concord Park Assisted Living will be sponsoring lunch. Right at Home of Bedford sponsors the event. Entertainment will be by guitarist Steve Gintz. Space is limited, RSVP at 978-929-6652.

**Open to all/free**

**Call Now: Registration Open**

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

Are you retiring soon or turning 65 in the next few months? Our SHINE counselors can help you navigate the sometimes complicated world of medicare coverage.



### ► **Drawing For All with Sandy Wilensky**

*Tuesdays, through May 14<sup>th</sup>, 9:00-11:00*

**Open to out of towners 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) which will be yours to keep or you may bring your own supplies. Please note the program room can be chilly, so dress accordingly.

### **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. *Sivan Etedgee 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.*

**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.

### **Genealogy Group**

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

*Friday, April 12<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.

### ► **Bridge for Beginners Class Part 2 with Alan Horvitz**

*Tuesdays, through April 9<sup>th</sup>, 1:00-3:00*

**Class closed to new registrants**

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.

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

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

*Monday, April 8<sup>th</sup>, 2:00-4:00 at the Acton Senior Center*

*Monday, April 22<sup>nd</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 April 8 meeting topic is Networking 2.0. On April 22 the focus is Interview Preparation/Strategy. 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.*

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



## ONGOING ACTIVITIES – continued

### **Morning Open Activity Time**

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

**No activity time April 12<sup>th</sup> & 15<sup>th</sup>**

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

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!

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

*Monday, April 29<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. 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!

### **Needle Arts Group**

*Wednesdays, 12:30-2:30*

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

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

### **Laugh For Your Health**

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

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

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. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, and boosting the immune system. See how you can laugh your way to joy and well-being! *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher.*

### **Computer Club**

*Wednesdays, April 10<sup>th</sup> and 24<sup>th</sup>, 1:30-3:00*

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

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**

*Thursdays, 1:30-4:15*

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

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

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

*Monday, April 8<sup>th</sup>, 1:00-2:00*

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

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 Acton Memorial Library (978-929-6655) and the Citizen’s Library may have copies. (978-929-6654).

### **Drop-In Bridge**

*Wednesdays, 2:30-4:30*

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

People with a variety of skill levels are welcome but playing experience is needed.

### **Mah Jongg Time**

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

**No game on April 15<sup>th</sup>**

*Tuesday, April 16<sup>th</sup>, 1:00-4:00 for experienced players*

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

**No game on April 26<sup>th</sup>**

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**

*Tuesday, April 23<sup>rd</sup>, 11:00-11:30*

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

The topic for April’s Health Discussion will be Urinary Tract Infections. What is the anatomy of the urinary tract, what are some symptoms of an infection, and what are the treatment options?

## CLINICS

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

**Acton seniors only**

*Friday, April 12<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 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 - April 9<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> and May 21<sup>st</sup> and 28<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, April 9<sup>th</sup> and 23<sup>rd</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.

## 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 [ctc@actonma.gov](mailto:ctc@actonma.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.

## GYM NEWS

### **\*\*NEW\*\* Gym Hours**

*Mondays, 9:00-2:00*

*Tuesdays, Wednesdays and Fridays, 9:00-12:00*

*Thursdays, 9:00-3:00*

**Acton seniors only**



### ► **Gym Training**

*Wednesdays April 3<sup>rd</sup>, 10<sup>th</sup> and 24<sup>th</sup>, and May 1, All 12:15-1:00*

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.

**Call Now: Registration Open**

### ► **Gym Monitor Training**

*Tuesday, April 30<sup>th</sup>, 1:15-2:00*

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.

**Call Now: Registration Open**

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

ADMIT  
ONE

## SENIOR CINEMA

Open to out-of-town seniors/free

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

**Monday, April 1<sup>st</sup>, 12:45-3:05 *Vanity Fair*** (2004, PG-13) Growing up poor in London, Becky Sharp (Reese Witherspoon) defies her poverty-stricken background and ascends the social ladder alongside her best friend. Also stars Gabriel Byrne, Jonathan Rhys Meyers and Jim Broadbent.

**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.

**Friday, April 12<sup>th</sup>, 12:45-2:20 *Black Widow*** (1954) A young writer insinuates herself into the life of a Broadway producer. Mystery stars Gene Tierney, Van Heflin and Ginger Rogers.

**Friday, April 19<sup>th</sup>, 12:45-2:55 *Green Book*** (2018, PG-13) A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Mahershala Ali and Viggo Mortensen star in this drama based on a real story. Won Oscars for Best Motion Picture, Best Supporting Actor (Ali) and Best Original Screenplay.

**Friday, May 3<sup>rd</sup>, 12:45-2:25 *Stan and Ollie*** (2018, PG) Biopic about Laurel and Hardy, the world's most famous comedy duo, as they attempt to reignite their film careers by embark on what becomes their swan song—a grueling theatre tour of post-war Britain. Steve Coogan and John C. Reilly star.

## AROUND TOWN...AND BEYOND

### **Acton-Boxborough Cultural Council 11<sup>th</sup> Annual Our World Film Series**

**Friday, April 26<sup>th</sup>, 7:00PM at Town Hall Room 204**

*Massachusetts Film Schools A Short Night* – A selection of short films produced by film students from Massachusetts colleges.

**Friday, May 3<sup>rd</sup>, 7:00PM at Town Hall Room 204**

*A Man Called Ove* – A lonely, grumpy ex-railroad employee obsessed with his home association rules. His life is upended when a new Persian family moves in across the street.

**Theatre III presents You're a Good Man, Charlie Brown** at 250 Central St.

Senior Dress Rehearsal Wed., Apr. 3, 7:30pm. Tickets \$5 at the door

**The Concord Players presents The Secret Garden** at 51 Walden St. Concord

Senior Dress Rehearsal Thursday, April 25<sup>th</sup>, at 8:00 p.m. Tickets \$10 at the door, open seating

**Indian Hill Bach Lunch Concert** at Indian Hill Music School, 36 King Street, Littleton

*Thursday, April 18<sup>th</sup>, 11:00 and 1:30*

**39<sup>th</sup> Annual Senior Conference hosted by State Senator Jamie Eldridge**

*Thursday, April 18<sup>th</sup>, 8:00-2:00* at Assabet Valley Reg. Tech HS, 215 Fitchburg St., Marlborough

Workshops, entertainments, exhibits, speakers, prizes, free lunch. Call 617-722-1120 for more information.

**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).



*Thank You!*

... to the Acton Boxborough Lions Club for the annual St. Patrick's Day lunch

... to the Fire Departments for our March delicious lunch

... to Jim MacRae, VSO, for the incredible monthly breakfast

## **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**

The Low Income Home Energy Assistance Program helps eligible households, pay a portion of winter heating bills. 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. Calvary 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.

**Lunch and Listen** at St. John Lutheran Church, 16 Great Rd., Sudbury, *12:00-2:00, 2<sup>nd</sup> Tuesday of the month,* Suggested donation \$8. Reservations at 978-443-8350.

**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.

**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)

**Tax Tips from the COA Board** – Don't forget to apply for the Massachusetts Circuit Breaker Senior tax credit by filing Form CB with your State tax return. The maximum credit for tax year 2018 is \$1,100. To qualify, you must own or rent property that is your principal residence, and be 65 by 12/31/18. Your income must be \$88,000 or lower (for a couple filing jointly) or \$58,000 or lower for an individual. The assessed value of your home must be \$778,000 or less. Renters who receive rent subsidies do not qualify.

## SUPPORT GROUPS

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

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

*Wednesday, April 10<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, April 23<sup>rd</sup>, 11:00-12:00*

**Open to all/free**

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. 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 Cuming

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



**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.

## **Scams Information from the Police Department**

Over the past few weeks several residents have fallen victim to the following on-line and phone scams:

- Outstanding monies owed to the IRS
- Overdue utility bill
- Software and hardware issues with their computers
- Asking for service to be provided and a check received for more than the cost of the service. A request is made to take their payment out and send the remaining funds back to the sender
- A relative or friend in need of funds due to an arrest, illness or accident

Businesses, State and Federal agencies do not operate this way. Prior to sending any money be sure to request the necessary information to verify the call. Please call the police department at 978-929-7711 if you have any questions at all.

## **Police and Fire Inquires**

Do have a question, comment or just want to chat with our local police or fire? The COA has two contacts available to you. Fire Department Liaison for the Senior Center is Brent Carter. His email is [bcarter@actonma.gov](mailto:bcarter@actonma.gov). Police Department Liaison for the Senior Center is Mike Eracleo. His email is [meracleo@actonma.gov](mailto:meracleo@actonma.gov).



...\$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

**Spring Household Hazardous Waste Day** - The Town of Acton Spring Household Hazardous Waste Collection Day will be held on Saturday, June 1<sup>st</sup>, at the DPW Garage at 14 Forest Road from 9:00-11:30 AM. This collection is for Acton residents only and proof of residency is required. For a list of what to bring visit: [www.acton-ma.gov/141/Hazardous-Waste](http://www.acton-ma.gov/141/Hazardous-Waste) or call the Health Department at 978-929-6632.

## April 2019

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>1</b>            8:30 Active Aging            9:00-11:30 Open Activity Time            9:00-2:00 Gym Open            10:30 Chair Exercise            12:45 Movie            1:00 Mah Jongg            1:00 Registration Begins</p>	<p><b>2</b>            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            3:00 Stretch &amp; Flex</p>	<p><b>3</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-12:00 Gym Open            10:00 Walking Group            11:30 Chair Exercise            12:15 Gym Training            12:30 Needle Arts            2:30 Drop-in Bridge            3:00 Line Dancing</p>	<p><b>4</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-3:00 Gym Open            9:45 Active Aging            11:00 Tai Chi            1:00 Aging in Place            1:30 Chess Club</p>	<p><b>5</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</p>
<p><b>8</b>            8:30 Active Aging            9:00-11:30 Open Activity Time            9:00-2:00 Gym Open            10:30 Chair Exercise            12:45 Friends Mtg.            1:00 Mah Jongg            1:00 Book Club            2:00 Job Networking Group</p>	<p><b>9</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-12:00 Gym Open            9:00 Drawing for All            9:00-11:00 Wellness Clinic/BP            9:45 Active Aging            10:00 COA Board Meeting            11:00 Tai Chi            1:00 La Traviata            1:00 Beginner Bridge Pt. 2            3:00 Stretch &amp; Flex</p>	<p><b>10</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-12:00 Gym Open            9:30 Real Estate Seminar            10:00 Walking Group            10:00 Widow/Widowers Group            10:45 Yoga            11:30 Chair Exercise            12:00 Birthday Lunch            12:15 Gym Training            12:30 Needle Arts            1:00 Healthy Living            1:30 Computer Club            2:30 Drop-in Bridge            3:00 Line Dancing</p>	<p><b>11</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-3:00 Gym Open            9:45 Active Aging            11:00 Laugh for Your Health            11:00 Tai Chi            12:30/2:00 Chess Classes            1:00 Classical Music            1:30 Chess Club            2:00 Meditation            3:00 Stretch &amp; Flex</p>	<p><b>12</b>            8:30 Senior Fitness            9:00-12:00 Gym Open            9:00-10:20 Reiki Appts.            9:15 Monthly Breakfast            9:30 Watercolor with Sue            10:00 Java with John            10:00 NouVon Fitness            11:30 Memory Café            12:45 Movie            1:00 Mah Jongg            1:00 Genealogy Group</p>
<p><b>15</b>   <b>COA/Senior Center Closed            Patriot's Day</b></p>	<p><b>16</b>            8:00 Golf at Quail Ridge            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            12:00 Benchmark/RB Lunch            1:00 Mah Jongg            1:00 La Traviata            3:00 Stretch &amp; Flex</p>	<p><b>17</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-12:00 Gym Open            10:00 Walking Group            10:30 Garden Therapy            10:45 Yoga            12:00 LifeCare of Acton Lunch            12:30 Needle Arts            1:00 Amer. Radical Tradition            2:30 Drop-in Bridge            3:00 Line Dancing</p>	<p><b>18</b>            8:30 Senior Fitness            9:00-11:30 Open Activity Time            9:00-3:00 Gym Open            9:45 Active Aging            11:00 Tai Chi            12:30/2:00 Chess Classes            1:00 Art Matters            1:30 Chess Club            3:00 Stretch &amp; Flex</p>	<p><b>19</b>            8:30 Senior Fitness            9:00-12:00 Gym Open            9:30 Watercolor with Sue            11:00 Twitter            12:45 Movie            1:00 Mah Jongg</p>

<p><b>22</b>  8:30 Active Aging  9:00-11:30 Open Activity Time  9:00-2:00 Gym Open  10:30 Chair Exercise  1:00 Mah Jongg</p>	<p><b>23</b>  8:00 Golf at Quail Ridge  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-12:00 Gym Open  9:00-11:00 Wellness Clinic/BP  9:00 Drawing for All  9:45 Active Aging  11:00 Grandparent Group  11:00 Tai Chi  11:00 Nursing Talk  12:00 Town Employee Lunch  1:00 Ask the Lawyer  1:00 La Traviata  3:00 Stretch &amp; Flex</p>	<p><b>24</b>  8:30 Senior Fitness  9:00-11:30 Open Activity  9:00-12:00 Gym Open  10:00 Walking Group  10:45 Yoga  11:30 Chair Exercise  12:15 Gym Training  12:30 Needle Arts  1:00 Amer. Radical Tradition  1:30 Computer Club  2:30 Drop-in Bridge  3:00 Line Dancing</p>	<p><b>25</b>  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-3:00 Gym Open  9:45 Active Aging  11:00 Tai Chi  12:30/2:00 Chess Classes  1:00 Art Matters  1:30 Chess Club  2:00 Meditation  3:00 Stretch &amp; Flex  6:30PM QPR</p>	<p><b>26</b>  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-12:00 Gym Open  9:30 Watercolor with Sue  10:00 NouVon Fitness  2:00 Volunteer Reception</p>
<p><b>29</b>  8:30 Active Aging  9:00-11:30 Open Activity Time  9:00-2:00 Gym Open  10:00-1:00 Clean Out Day  10:30 Chair Exercise  1:00 Mah Jongg  1:00 LitLovers Group</p>	<p><b>30</b>  8:00 Golf at Quail Ridge  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 La Traviata  1:15 Gym Monitor Training  3:00 Stretch &amp; Flex  Newsletters Mailed/Emailed</p>	<p><b>May 1</b>  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-12:00 Gym Open  10:15 Red Sox Trip  10:45 Yoga  11:30 Chair Exercise  12:15 Gym Training  12:30 Needle Arts  1:00 Amer. Radical Tradition  2:30 Drop-in Bridge  3:00 Line Dancing</p>	<p><b>2</b>  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-3:00 Gym Open  9:45 Active Aging  11:00 Tai Chi  12:30/2:00 Chess Classes  1:00 Art Matters  1:30 Chess Club  3:00 Stretch &amp; Flex</p>	<p><b>3</b>  8:30 Senior Fitness  9:00-11:30 Open Activity Time  9:00-12:00 Gym Open  9:30 Watercolor with Sue  9:45-12:45 Raking Day  10:00 NouVon Fitness  12:45 Movie  1:00 Mah Jongg</p>

*The Acton Council on Aging Honors Our Volunteers*

*Friday, April 26<sup>th</sup>, 2:00-3:30*

(If you are a volunteer and haven't received your invitation by April 5<sup>th</sup>, please call the office.)

**Art Exhibit** - Continuing in 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.

**Disclaimer:** The programs and services offered by the COA are for education and information. We encourage you to be an informed consumer when you consider using a product or service. The Acton Council on Aging does not recommend any specific service, speaker or product.

**Friends Funded Activities** - This month the following activities are supported by the Friends of the Acton COA: *La Traviata opera class, ArtMatters, The American Radical Tradition, Drawing for All, watercolor class, 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).

**Get Your Newsletter by Email** – Go Green!! Please consider having your newsletter e-mailed to you. Not only will you receive it earlier than if it was mailed, it will also be in color! For information or to switch to email, call Judy at 978-929-6652 or [jpeters@actonma.gov](mailto:jpeters@actonma.gov).

**Java with John**

*Friday, April 12<sup>th</sup>, 10:00-11:00*

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

**Coffee with a Cop** will be at Legends Café at 5 Spruce St., *Monday, April 22<sup>nd</sup>, 9:00am-11:00am*

**The Friends of the COA**

The Friends of the COA are very grateful recipients of a generous donation from Middlesex Savings Bank. We were one of 84 community service organizations to receive a gift which celebrates the Acton COA, its staff and volunteers providing services and programs for Acton seniors. Middlesex Savings Bank values its commitment to community through its Charitable Foundation. A fun Wine & Cheese Paint evening is planned for next month; details in the May newsletter!

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**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 April 9<sup>th</sup> at 10:00.  
Friends of the Acton COA on April 8<sup>th</sup> at 12:45.