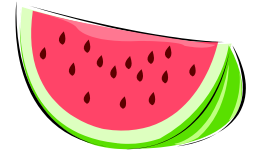


Acton Senior Bulletin



July/August 2014

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm.

Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Registration for all programs begins in person or by phone on Monday, June 30th at 1:00.

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► The Statue of Liberty Presentation

Tuesday, July 8th, 1:00-2:00

The Statue of Liberty is an international icon, a symbol recognized around the world. Yet, many people do not know the story behind the statue. This presentation will explore how and why the statue was built, what the original symbolism of the statue meant and what the statue means to millions of people today. Along the way we will meet some of the colorful characters who were involved in creating this symbol of our nation and learn some interesting facts about Lady Liberty. *G. A. Di Gregorio, the Artifactual Scholar, is an historian, archaeologist and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and world history. Mr. Di Gregorio is a Visiting Lecturer in the History Dept. at Bridgewater State University and an Instructor in the Anthropology Department at Wheaton College. Additionally, he has several years of experience as a Park Ranger with the National Park Service and as a professional archaeologist.*

► Diabetes 101

Wednesday, July 16th, 12:30-1:30

Join Karen Orband for an overview of basic diabetes information and tips for staying healthy and active. Learn what has evolved over the years in the care of diabetes. Ms. Orband is a certified diabetes nurse educator with 15 years experience as well as a staff nurse at Massachusetts General Hospital. This program will help those living, or caring for someone with diabetes, help understand the condition more fully.

The September Newsletter will have information on the Fall Session of Exercise Classes.



► Awakening Creative Expression

Thursday, July 17th, 1:00-2:30

Are you looking to be inspired in your creative process? Whether you are starting from scratch or are proficient in an art form, you will have an experience in broadening your inspiration, perception and creative productivity. Join Niela Miller for some creative fun and discovery - there are no mistakes! She will provide a variety of activities such as drawing, writing, music and simple movement. Ms. Miller has lived in Acton for the past 30 years. She has an M.S. in Education/Communications and is a semi-retired elder who has been a multi-artist all her life.

Director's Corner - Summer is here! Please keep in mind that the Senior Center is air-conditioned and you are more than welcome to come in and cool off. As New Englanders we know that there can be intense storms during the summer. Make sure you have a plan in place should you lose power. This includes registering your home and cell phones with the Town's Connect CTY system to be notified of shelter openings and other pertinent information. To register, go to the Town's website, click on "notify me by phone" (on the left side of the page) and follow the instructions.

Annual Town Meeting approved funds to update the Center's kitchen. We plan to have these renovations done over the summer but do not have a definite date at this time. During renovations, the dining room will be closed. We will keep you informed of other dining options while work is scheduled. Thank you for your patience. **Sharon, COA Director**

The COA and Senior Center will be closed on Friday, July 4th.

CLASSES

REGISTRATION BEGINS..... MONDAY, JUNE 30th at 1:00.

Great Courses: Turning Points in Modern History Lectures on DVD

Select Mondays and Tuesdays, 12:30-1:30 (see schedule below)

Go back to school this summer - minus the homework and tests! Get a unique and rewarding view of world history by immersing yourself in the fascinating story of the discoveries, inventions, upheavals, and ideas that shaped the modern world. What do the fall of Constantinople, the French Revolution, the Transcontinental Railroad, and the invention of the Internet all have in common? If any one of these turning points had not occurred, or had unfolded differently, the trajectory of modern history would have been dramatically altered. Taught by award-winning history professor Vejas Gabriel Liulevicius of the University of Tennessee, Knoxville. The DVD series will be available to borrow from the COA after August 18th.

Monday, July 7th, The Great Voyages of Admiral Zheng He (1433) and The Fall of Constantinople (1453)

Monday, July 14th, Gutenberg's Print Revolution (1455) and The Columbian Exchange (1492)

Tuesday, July 15th, The British East India Company (1600) and The Treaty of Westphalia (1648)

Monday, July 21st, Van Leeuwenhoek's Microscope (1676) and Diderot's Enlightenment Encyclopedia (1751)

Tuesday, July 22nd, The American Experiment (1787) and The French Revolution (1789)

Monday, July 28th, The British Slavery Abolition Act (1838) and The Opium War in China (1839)

Tuesday, July 29th, Darwin and the Origin of Species (1859) and Binding Continents (1869)

Monday, August 4th, First Women Voters in New Zealand (1893) and The Invention of Motion Pictures (1896)

Tuesday, August 5th, Kitty Hawk and Powered Flight (1903) and The Russo-Japanese War (1904)

Monday, August 11th, The Discovery of Penicillin (1928) and The Dawn of the Atom (1942)

Tuesday, August 12th, Walking on the Moon (1969) and China Enters the World Balance (1972)

Monday, August 18th, The Fall of the Berlin Wall (1989) and The Rise of Social Media (2004)

Turning Points in American History Film Series

If you have been watching the *Turning Points in American History* lectures and want to learn more, check out these films! With the exception of *Creation*, DVDs are available to borrow from the COA office after the viewing dates. Some contain extra information not shown at the COA viewing.

Thursday, August 7th, 12:30-2:20, *Creation* (2009, PG-13) English naturalist Charles Darwin (Paul Bettany) struggles to find a balance between his revolutionary theories on evolution and his relationship with religious wife (Jennifer Connolly), whose faith contradicts his work.

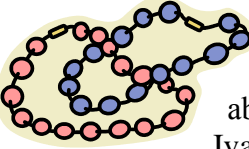
Thursday, August 14th, 12:30-2:30 *Kitty Hawk: The Wright Brothers' Journey of Invention* (2003) This PBS documentary tells the tale of hardship, perseverance and true genius of Orville and Wilbur Wright. Follow the brothers through their epic and historic journey of discovery that culminated in the first successful manned flight. Neil Armstrong and John Glenn provide the voices of the brothers.

Thursday, August 21st, 12:30-2:15 *Moonwalk One* (1970; re-released in 2009) NASA commissioned director Theo Kamecke to make this documentary six weeks before Apollo 11's flight to the Moon in July 1969. Filmed across the world as the mission unfolded, *Moonwalk One* uniquely captures the essence of Apollo 11.

Thursday, August 28th, 12:30-1:55 *China: The Rebirth of an Empire* (2011), China's unprecedented growth has placed it on the verge of overtaking the United States as the world's preeminent power. But what type of power will China become? In today's interconnected and globalized world, the answer affects each of us.

► Beaded Jewelry Making

Thursday, July 31st, 9:00-10:30

 If you haven't tried it, beading is fun and easy! You may make earrings, a bracelet or a necklace, choosing from a variety of supplied beads or bring your own. We use elastic for bracelets and necklaces, making them easy to make and effortless to wear. We have an abundance of beads, so we won't be charging a supply fee this month! Chris Chirokas and Joy Ivanov will be on hand to help, as needed.

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, JUNE 30th at 1:00.

► Trivia Contest

Tuesday, August 19th, 12:30-2:00

Acton resident Peter Duran is going to lead a fun trivia contest! Pete has been running trivia contests for a number of years - they're a great way to flex your brain muscles, trigger memories and have a fun time. Teams of two or three people will answer questions on a variety of subjects and the team with the highest score wins. When you call to sign up, please mention if you'd like to be on a team with specific people, otherwise we'll assign you to a team.

► Golf for Seniors at Quail Ridge Country Club

Thursdays, 9 a.m.

Interested in playing golf this summer? The Acton Council on Aging has organized a weekly tee time open to seniors (age 60 plus) from Acton and surrounding towns. Tee time is Thursdays at 9:00 a.m. (arrive about 8:30 to check in). Cost is \$25 for 9 holes, payable that day, and includes a golf cart. Quail Ridge is located at 254B Great Road, Acton. Call the COA at 979-929-6652 to reserve a spot; deadline to sign up each week is Tuesday.

MBTA CharlieCard Event

Thursday, July 31st, 12:30-2:00

Stop by the Senior Center to apply for a MBTA CharlieCard. Seniors (considered by the MBTA to be anyone 65 or older) are eligible for reduced rates. The process is simple: Bring a photo ID with you, fill out a short form and let us take a photo of you. Your card will be sent to your home address within 2-6 weeks. This service is free.

► Indicates that you must register in advance!



SENIOR CINEMA

You may call the office to confirm the selection in case a change needs to be made.

****Movies are shown using the closed-captioning feature, when available****



Thursday, July 3rd, 12:30-2:10 *Frozen* (2013, PG) Animated film enjoyed by children and adults alike tells the story of a fearless optimist who sets out on an epic journey to find her sister who has trapped the kingdom in eternal winter. Won Oscars for Best Animated Film and Best Achievement in Music. **Note this is on a Thursday!**

Friday, July 18th, 12:30-2:20 *The Monuments Men* (2014, PG-13 for violence) An unlikely World War II platoon (including George Clooney, Matt Damon and Bill Murray) is tasked with rescuing art masterpieces from Nazi thieves and returning them to their owners.

Friday, July 25th, 12:30-2:25 *The Secret Life of Walter Mitty* (2013, PG) Ben Stiller stars as a day dreamer who usually escapes his mundane life by disappearing into a fantasy world whose real life is suddenly filled with romance and action. Kristen Wiig co-stars in this romantic comedy.

Friday, August 1st, 12:30-1:55 *Tim's Vermeer* (2013, PG-13) Documentary follows Inventor Tim Jenison as he seeks to understand the painting techniques used by Dutch Master Johannes Vermeer. Narrated by Penn Jillette.

Friday, August 15th, 12:30-2:20 *The Invisible Woman* (2013, R for sexual content) Ralph Fiennes directs and stars in this drama about the secret affair Charles Dickens began with a teen actress (Felicity Jones) while at the height of his career.

Friday, August 22nd, 12:30-2:40 *Keeping the Faith* (2000, PG-13) Despite their different religious backgrounds, a Priest and a Rabbi are longtime friends who enjoy working together to spread "the word" until a love triangle threatens their friendship. Jenna Elfman, Ben Stiller and Edward Norton star in this comedy.

Friday, August 29th, 12:30-2:00 *Gambit*, (2012, PG-13) In this remake of the 1966 caper flick, a London art curator (Colin Firth) decides to seek revenge on his abusive boss (Alan Rickman) by conning him into buying a fake Monet, but his plan requires the help of an unpredictable Texas rodeo queen (Cameron Diaz).

Senior Center Art Exhibit - July continues Alice Brunton and Linda Gilberti's shared mixed-media presentation, "Art Is a Verb – What Would *You* Say?" In August we welcome Catherine Meeks who will display her fine art pastel and oil paintings. Each of our featured artists this summer is back by popular demand! Please call the COA office for exhibit viewing times.

SENIOR CENTER CLINICS



Podiatry Clinic with Dr. Gregorian

Wednesday, July 2nd, 1:30-4:00 and Tuesday, July 8th, 8:15-11:00

Wednesday, August 6th, 1:30-4:00 and Tuesday, August 12th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$30 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, July 8th, 22nd and August 12th, 26th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.



TRIPS

REGISTRATION BEGINS..... MONDAY, JUNE 30th at 1:00.

► Lake Sunapee Luncheon Cruise

Wednesday, July 9th, leaving NARA Park Lower Lot at 9 a.m.

(Call now; registration is open.)

Enjoy a relaxing day on the water! We will have the MV Kearsarge restaurant ship to ourselves for a 90 minute narrated cruise of Lake Sunapee in NH. A buffet lunch will include baked stuffed chicken, macaroni and cheese, vegetable lasagna, scalloped potatoes, salad bar, coffee, soda and assorted cakes. The two-level antique steamship has restrooms on board. The ship's lower level has a covered outdoor deck and an enclosed dining area. The upper level, accessible only by stairs, has another enclosed area and an open deck. Lake Sunapee is a glacial lake, about 10 miles long, with three lighthouses, multiple islands and an array of wildlife.

Depart: 9:00 a.m. from NARA Lower Lot; Approximate return time: 3 p.m.

Cost: \$64 due by June 18th includes cruise, lunch, coach bus transportation (w/restroom), and all gratuities.

► Foster's Downeast Clambake and Nubble Lighthouse in York, Maine

Tuesday, August 5th, leaving NARA Park Lower Lot at 10 a.m.

(Call now; registration is open.)



Come with us on a getaway to the Maine coast. We will go to Foster's in York, Maine for a traditional downeast clambake. Foster's has 60 years of experience preparing clambakes. We will feast on NE clam chowder, steamers, mussels, Maine lobster, corn on the cob, roasted potatoes, blueberry crumb cake, iced tea or lemonade, coffee or tea. Let us know when you register if you'd prefer BBQ chicken or eggplant parmesan instead of fish. There will also be

live musical entertainment. Lunch will be served in an enclosed pavilion area with no stairs involved. After lunch and the show, we will stop at the Nubble Lighthouse for a photo opportunity and to breath in the sea air.

Depart: 10:00 a.m. from NARA Lower Lot; Approximate return time: 4:30 p.m.

Cost: \$62 due by July 15th includes lunch w/ show, coach bus transportation (w/restroom), and all gratuities.

► Day in Deerfield - Historical Tours, Lunch at Deerfield Inn, Yankee Candle

Thursday, October 9th, leaving NARA Park Lower Lot at 8 a.m.

Spend a fall day in the colonial era village of Historic Deerfield! We will start with a video at the Visitors' Center, have an on-bus tour of Old Main St. that is lined with gorgeous 18th and 19th century homes and working farms and tour the 1817 Williams House. A buffet lunch will be served at the 1884 Deerfield Inn and includes clam chowder, apple brandy pork loin,



chicken with mushroom sauce, vegetable lasagna, Indian pudding, coffee or tea. After lunch there is an optional visit to the gift/book shop and then we'll board the bus for a visit at the Flynt Center of Early

New England Life to view textile and furniture exhibits. We'll close out the day with a stop at the Yankee Candle flagship store in South Deerfield, which in addition to a plethora of candles has extensive Christmas displays, items for the home and a bakery. The museum and house tours require a fair amount of walking and some stairs.

Depart: 8:00 a.m. from NARA Lower Lot; Approximate return time: 5:30 p.m.

Cost: \$58 due by September 18th includes tours fees, lunch, bus transportation (w/restroom), and all gratuities.

► Indicates that you must register in advance!

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 in each trip description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: "Friends of the Acton COA." Drop your check off at the COA office at 50 Audubon Dr. or mail to: COA, Town Hall, 472 Main St., Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. Parking for trips is at NARA Park in the Lower Parking Lot, unless otherwise noted. Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right. Please check the trip description in the newsletter to confirm the parking location.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. These are available at the COA Office if needed. Please make sure that all sections of the card are filled out and up to date.
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 medical emergency arises on a trip, COA staff will procure treatment if needed, but cannot accompany someone to the hospital.

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, JUNE 30th at 1:00.

****Please sign up with the COA office staff for the following meals:**



► **Make Your Own Ice Cream Sundae**

Tuesday, July 8th, 12:30

Join us in the Dining Room to make your own Sundae. If you're going to the Minuteman Lunch beforehand be sure to sign up with Joy. No Cost!

► **Newbury Court/Birthday Lunch**

Wednesday, July 9th, 11:45

Enjoy a catered meal from Newbury Court. Menu to be announced at a later date. Sign up in the COA office. A \$3 donation is requested.

► **Benchmark Senior Living at Robbins Brook Lunch**

Tuesday, July 15th, 11:45

BBQ chicken breast, vegetables, Cole slaw and dessert. A \$3 donation is requested. Please sign up in the office.

Tuesday, August 12th, 11:45

Chicken Caesar salad, bread and dessert. A \$3 donation for lunch is requested. Please sign up in the COA office.

Please sign up with Joy in the Dining Room for the following meals:



► **Soup Bar**

Fridays, July 11th, 18th and 25th, and August 1st, 8th, 15th, 22nd and 29th, 11:45

For a list of the weekly soup base and the add-ons see Joy in the dining room. \$2 donation.

► **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Joy's July Lunch: Wednesday, July 2nd Joy is preparing an All-American lunch with choice of hotdog or sloppy Joe, plus tossed salad, her homemade potato salad and watermelon. \$3.

4th of July Lunch: Tuesday, July 8th

Birthday Lunch: Wednesdays, July 9th and August 13th, 11:45

Summer and August Birthday Lunch: Wednesday, August 13th

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

EXERCISE

► "Stretch and Flex" with Terri Zaborowski

(Space available. Call now.)

Mondays, through August 25th, 8:30-9:30

(No class on July 14th)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA).

► "Senior Cardio-Flex" with Terri Zaborowski

(Class is full. Call about waitlist.)

Tuesdays and Thursdays, through August 28th, 8:30-9:30

(No class on July 15th & 17th)

► "Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski

(Space available. Call now.)

Tuesdays and Thursdays, through August 28th, 9:45-10:45

(No class on July 15th & 17th)

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or sitting in a chair. Bring your own hand weights or use those available at the Senior Center.

Tai Chi for Beginners with Alice Hogan and Other Taoist Tai Chi Society Instructors

Tuesdays, through September 2nd, 11:00-12:00

Those who attended the 2013-14 class are invited to continue to meet over the summer. No registration required.

Continuing Tai Chi Class with Taoist Tai Chi Society Instructors

Thursdays, through August 28th, 11:00-12:00

(No class on Sept. 4th)

Those who attended the 2013-14 class are invited to continue to meet over the summer. No registration required.

Drop-in Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, through September 3rd, 10:00 -10:30, meets in living room

(No class 8/13 or 8/20)

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

Striders Walking Group

Mondays, July 7th, 14th, 21st and 28th, 9:00-9:45 at the Senior Center (** Note the summer time change.)

Mondays, August 4th, 11th, 18th and 25th, 9:00-9:45 at the Senior Center

Join us for a 1 or 2 mile energetic morning walk. If the weather is questionable, call the COA office.

Exercise DVDs will be shown on a drop-in basis. They are appropriate for a variety of fitness levels, but check with your doctor before beginning a new exercise program. Participants are required to sign a waiver of liability.

Easy Does It Strength and Tone DVD

Tuesdays, July 15th and September 2nd, and Thursday, July 17th, 9:30-10:20

Craig Marcacci's muscle-toning exercise regimen helps with flexibility, balance, strength, and cardiovascular health. This DVD routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center.

Start Walking Two Mile Walk/Low Impact Aerobics DVD

Wednesdays, July 9th through September 3rd, 9:00-9:30

This walking workout, similar to low-impact aerobics, is hosted by Leslie Sansone and produced by Exercise TV and the American Heart Association. It is a brisk pace, equivalent to walking two miles. No equipment needed.

Yoga for the Rest of Us DVD

Fridays, July 11th through September 5th, 9:00-10:00

This program, led by Peggy Cappy and seen on PBS, is for almost anyone, regardless of age or fitness level. The DVD consists of three 20-minute segments, so you can participate in one, two or all three. The first is a series of warm-up stretches that can be done seated in a chair. The second focuses on poses that are done standing, holding the back of a chair if needed. The final segment is a more challenging flowing series of sun salutation poses that build stamina and a small amount of floor work. Bring a yoga mat if you are doing the floor work.

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

ONGOING ACTIVITIES

Drop-In Activities: To reflect the carefree days of summer, there are plenty of drop-in activities available. No sign-up required! Drop-in activities are open to seniors from other towns. See the monthly schedule for meeting times or give the COA staff a call at 978-929-6652. So, if you've been thinking about revisiting a hobby or starting a new one, drop in at the air-conditioned Senior Center!

- Bridge games are played Mondays at 9:30 and Wednesdays at 2:30
- Artists get together to paint on Monday and Wednesday mornings at 9:30
- The Knit and Thread Ladies knit, crochet and sew their own projects or work on items for the craft fair on Wednesdays at 12:30
- Computer Club meets on the second and fourth Wednesday afternoon of the month at 1:30
- Chess Club plays Thursdays at 2:00
- Harmonica Club meets Thursdays at 1:00
- Genealogy Group meets the second Friday of each month at 1:00

Other activities not requiring registration include movies, Turning Points in Modern History lecture series and related films on DVD, exercise DVD workouts, meditation, chair exercise and Wii video games.

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

Tuesday, August 12th, 9:00-11:00

Free 20-minute private legal consultations to Acton seniors. Call the COA at 978-929-6652, for an appointment.

Drop-In Guided Meditation with Health and Wellness Coordinator Liz Jewell

Thursdays, July 10th and 24th and August 7th and 28th, 2:30-3:15

Join us as we practice mindfulness meditation. Mindfulness is paying attention in a particular way; intentionally, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching and guided meditation. No experience necessary – just drop by!

Support Group for Tablet Users

Thursdays, July 10th and August 14th, 9:30-10:30



Do you have a tablet that you don't use as much as you'd like or one that's causing you problems? Join us in the dining room for help with your problem, to offer your help and suggestions to others or just to listen to the conversation. Bring your charged tablet with you. All are welcome, even those without a tablet but who are thinking about getting one.

► **French without Tears led by Acton resident Alan Barrett**

(Registration is open. Call now.)

Wednesdays, July 16th through August 6th, 10:45-11:45

(Please note changes in the dates.)

This is an experimental, hands-on course designed for the older student. Formal language teaching usually requires students to grasp rules of grammar and memorize lists of vocabulary, conjugations and declensions. This method is daunting for the older brain! The class will encourage a high degree of participation by the members, with their ideas of topics and directions they would like to pursue, and their ongoing critique of what is effective. The aim is to provide a comfortable and entertaining environment in which to pick up a usable French vernacular in a fairly short time: a light hearted approach to a serious endeavor. After four weeks, a decision will be made about whether to extend the class. *Alan Barrett, educated mainly in England where he was born, came here in his 20s. He has advanced degrees in modern languages and business. He has experienced various language teaching methods, but has never taught languages until now.*

Wii Video Games

Fridays, July 11th, 25th, August 8th, 22nd, 10:30-11:30

Have you tried Wii video games? They are a super way to sneak in some physical and mental exercise while having a lot of fun! You can try bowling, tennis, golf, baseball or boxing. Anyone can learn! Staff will be available if you need help getting started.

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

ONGOING ACTIVITIES - continued

Dining Room Drop-In

Fridays, July 11th through September 5th, 12:30-4:30

This summer, the air-conditioned Senior Center dining room will be available for drop-in use on Friday afternoons. Play cards or other games, use the computers, work on the puzzle, peruse the available books, magazines and DVDs, or just sit, chat and have a snack. The Center has cards, Mah Jongg, chess, Mexican Train/dominoes, cribbage, and Scrabble available. There's also WiFi if you want to bring your own laptop or tablet. Come on your own or bring some friends!



► **Intermediate Chess Class with Ken LeBow**

(Space available. Call now.)

Thursdays, through August 28th, 1:00-2:00

(No class on July 31st.)

For players who have some chess playing experience. You should already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback.

Chess Club

Thursdays, 2:00-4:15 (No chess on July 31st.)

Players with some chess-playing experience get together for drop-in games on Thursday afternoons.

Genealogy Group

Fridays, July 11th and August 8th, 1:00-2:30

Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history with like-minded people.

Computer Club - Meetings may be self-directed or they may have a leader depending on availability.

Wednesdays, July 9th and 23rd, and August 13th and 27th, 1:30-3:00

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

Mondays, July 14th and 28th, and August 11th and 25th, 1:00-4:00

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

Free Stamp Collection Evaluation

Thursdays, 12:30-1:00 (No evaluations on July 31st)

Do you have a stamp collection collecting dust in the attic? Or even just one stamp you think might be special? If so, bring your stamps to the Senior Center dining room on one of the days listed above and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

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

TRANSPORTATION

Van Transportation runs Monday-Friday. Call 978-844-6809 weekdays 8:30-4:00. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough.

Friendly Drivers may be available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use van transportation. If you need a ride not covered by the existing van transportation, please call the COA.

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

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd, at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information and current cost.

OUTREACH & SUPPORT SERVICES

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

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

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

Home Care Services: Please call the COA if you have questions on how to obtain home care services. **Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

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.

Veterans' Services Appointments: Veterans or surviving spouses needing help with benefits or resources should contact Veterans' Service Officer James MacRae at 978-929-6614 or email vso@acton-ma.gov to schedule an appointment anytime at the COA. You can also call Bev Hutchings at 978-929-6652 for information.

Support Groups

Alzheimer's, Memory Loss and Dementia Care Givers Support Group with Eileen Lawson
4th Wednesday of each month, 4:00-5:30, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parkinson's Disease Support Group with Mary Ann Wonn
3rd Monday of each month 2:00-3:00, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parenting Mentally Ill Adult Children
Six Wednesdays over the summer, 1:30-3:00, Minuteman Senior Services, 26 Crosby Dr., Bedford. Call Trisha Lane at 781-202-3501 to register.

HEALTH NEWS

Alzheimer's Services

- **Alzheimer's Association Helpline** 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 or visit www.minutemansenior.org for more information.

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

- Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – www.medicare.gov/homehealthcompare
- Hospital – www.medicare.gov/hospitalcompare/search.html
- Nursing Home – www.medicare.gov/nursinghomecompare/search.html



Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulbs, flip mattresses, make computer/DVD connections and more. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652 to make a request.

AROUND TOWN...AND BEYOND

Recreation Department - Why be home when you can enjoy beautiful NARA Park all summer long? We have an individual senior (64 & up) season beach pass for \$25. Be sure to visit our webpage to see the variety of free events and two special low priced ticketed events, The Glenn Miller Orchestra (Big Band) on Friday, July 11th (\$10) and No Duh (Rock Band, music of Gwen Stefani & No Doubt) on Friday July 25 (\$15-20). www.acton-ma.gov/events. Please contact our office if you need further information at 978-929-6640 x0.

Memorial Library - For more about programs and/or to join the email list: www.actonmemoriamlibrary.org.
Film Masterpieces of the '60's - A discussion follows each film; sponsored by the Friends of the Acton Libraries. *Andrei Rublev*, Wed., July 9, 7 p.m.; *Breathless*, Wed., July 16, 7 p.m.; *Lawrence of Arabia*, Wed., July 23, 7 p.m.; *8½*, Wed., July 30, 7 p.m.; *Dr. Strangelove*, Wed., August 6, 7 p.m.; *Persona*, Wed., August 13, 7 p.m.
Drop-In Computer Help, Wednesdays, July 16 and August 20, 3-4 p.m. No registration required.
Email Basics, Tuesday, July 8, 3-4 p.m. Registration required; call 978-929-6543.
Internet Basics, Tuesday, August 12, 3-4 p.m. Registration required; call 978-929-6543.
Family Movie Nights at 7 p.m. on Fridays, July 18 and Aug. 15. *The Jungle Book* is the July movie; watch the library's website or the local papers for the August. film.
Summer Library Hours - Monday - Thursday 9-9, Friday 9-5, and Saturday 9-1.

Mt. Calvary Community Supper at 472 Massachusetts Ave.
Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

West Acton Farmer's Market *Sundays all summer, 10:00-1:00*. Located on Pearl St., the market has local vendors selling fruits, vegetables, baked goods, meats, seafood, cheeses, flowers, wine and more.

Concord Band performs at Fruitlands Museum in Harvard through July 24th. Concerts begin at 7:15pm, gates open at 6:00 to picnic. Call 978-897-9969 for more information.



Durable Medical Equipment: The COA has items such as canes, walkers and tub benches to borrow. Call Mary Lou weekdays after 1:30 at 978-929-6652, and please allow her a couple of days to gather the equipment.

Natural Resources Department - Volunteers are needed to remove invasive water chestnut plants from the surface Robbins Mill Pond (843 Main St.) on July 19th, 10-2. Messy, wet work. Refreshments provided. You must pre-register and sign waiver. Your own boat not required. Email Bettina Abe at babe@acton-ma.gov or call Conservation at 978-929-6634 for more information.

Check out the Resource Shelf in the COA Office where there are books and DVDs for seniors to borrow. Some of the DVDs include Ken Burns *Jazz* series, *John Adams* mini-series, *I Love Lucy* episodes, *Planet Earth* series, *Gardens of the World*, college-level lectures on *American Bestsellers* and *Louvre Masterpieces* and some COA programs that were recorded for local cable. Books cover a multitude of subjects including cooking for one, Alzheimer's disease, mindfulness, hoarding/clutter control, and the aging intellect. There are no strict borrowing guidelines; we just ask that you sign out an item and return it within a few weeks. Drop by the office to see if there's anything you are interested in!

FRAUD ALERT - The Microsoft Phone Support Scam – There have been reports of people receiving calls from unknown persons claiming to be from Microsoft, and stating that multiple issues have been detected on their computer. The purpose of these calls is to get easy money by scaring you into thinking there's something wrong with your computer and that they can fix it for you. They might know your name and other personal information when they call you and even guess what operating system you're using. Microsoft does NOT make unsolicited phone calls to charge you for computer security or software fixes. If you receive a call like this, just hang up!

Spring Activities at the Senior Center



Concentrating on Chess with Acton youth.



Celebrating with our 90+ year old Actonians.



Meeting of the Genealogy Group.



Focusing on Tai Chi movements.



Creating in One-Stroke Art class.

July	Mon	Tue	Wed	Thu	Fri
	30	July 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi	2 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 11:45 Joy's Special Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-2:10 Movie 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00-2:00 Inter. Chess Lessons 2:00-4:15 Chess Club	4 COA CLOSED
7 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 12:30-1:30 Modern History DVD	8 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 4 th of July Lunch 12:30-1:30 Ice Cream Sundaes 1:00-2:00 Statue of Liberty Talk	9 9:00-9:30 Two Mile Walk DVD 9:00 Sunapee Trip 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 11:45 Newbury Ct/Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	10 8:30-9:30 Cardio Flex 9:30-10:30 Tablet Support Group 9:30-10:30 Senior Work Update 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Inter. Chess Lessons 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:30-3:15 Meditation	11 9:00-10:00 Yoga DVD 10:30-11:30 Wii Games 11:45 Soup Bar 12:30-4:30 Dining Room Drop-in 1:00-2:30 Genealogy	
14 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30-1:30 Modern History DVD 1:00-4:00 SHINE	15 9:30-10:20 Easy Does It DVD 11:00-12:00 Beginner Tai Chi 11:45 Benchmark at RB Lunch 12:30-1:30 Modern History DVD	16 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons Begin 12:30-1:30 Diabetes Talk 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	17 9:30-10:20 Easy Does It DVD 11:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Inter. Chess Lessons 1:00-2:00 Creative Expression 1:00 Harmonica 2:00 Chess Club	18 9:00-10:00 Yoga DVD 11:45 Soup Bar 12:30-2:20 Movie 12:30-4:30 Dining Room Drop-in	
21 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30-1:30 Modern History DVD	22 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-1:30 Modern History DVD	23 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	24 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 Inter. Chess Lessons 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:30-3:15 Meditation	25 9:00-10:00 Yoga DVD 10:30-11:30 Wii Games 11:45 Soup Bar 12:30-2:25 Movie 12:30-4:30 Dining Room Drop-in	
28 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30-1:30 Modern History DVD 1:00-4:00 SHINE	29 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-1:30 Modern History DVD	30 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	31 8:30-9:30 Cardio Flex 9:00-10:30 Beaded Jewelry 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-2:00 MBTA Charlie Cards 1:00-3:00 Harmonica Club		

August	Mon	Tue	Wed	Thu	Fri	2014
					1 9:00-10:00 Yoga DVD 11:45 Soup Bar 12:30-1:55 Movie 12:30-4:30 Dining Room Drop-in	
4 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 12:30-1:30 Modern History DVD	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00 Downeast Clambake Trip 11:00-12:00 Beginner Tai Chi 12:30-1:30 Modern History DVD	6 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons - last 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	7 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-2:20 Creation DVD 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00-2:00 Inter. Chess Lessons 2:00-4:15 Chess Club 2:30-3:15 Meditation	8 9:00-10:00 Yoga DVD 10:30-11:30 Wii Games 11:45 Soup Bar 12:30-4:30 Dining Room Drop-in 1:00-2:30 Genealogy		
11 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30 Friends of the COA Meeting 12:30-1:30 Modern History DVD 1:00-4:00 SHINE	12 8:15-11:00 Podiatry Clinic 8:30-9:30 Cardio Flex 9:00-11:00 Ask the Lawyer 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-1:30 Modern History DVD	13 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 11:45 Birthday /Summer Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	14 8:30-9:30 Cardio Flex 9:30-10:30 Tablet Support Group 9:45-10:45 Stretch/Tone 11:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-2:30 Kitty Hawk DVD 1:00-2:00 Inter. Chess Lessons 1:00 Harmonica 2:00-4:15 Chess Club	15 9:00-10:00 Yoga DVD 11:45 Soup Bar 12:30-2:20 Movie 12:30-4:30 Dining Room Drop-in		
18 8:30-9:30 Stretch/Flex 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30-1:30 Modern History DVD	19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Benchmark at RB Lunch 12:30-2:00 Trivia Contest	20 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-2:15 Moonwalk One DVD 1:00-2:00 Inter. Chess Lessons 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	22 9:00-10:00 Yoga DVD 10:30-11:30 Wii Games 11:45 Soup Bar 12:30-2:40 Movie 12:30-4:30 Dining Room Drop-in		
25 8:30-9:30 Stretch/Flex-last 9:00-9:45 Walking at COA 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:30 Newsletter Sealing 1:00-4:00 SHINE	26 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi	27 9:00-9:30 Two Mile Walk DVD 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	28 8:30-9:30 Cardio Flex -last 9:45-10:45 Stretch/Tone-last 11:00-12:00 Continuing Tai Chi 12:30-1:55 China DVD 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00-2:00 Inter. Chess Lessons 2:00-4:15 Chess Club 2:30-3:15 Meditation	29 9:00-10:00 Yoga DVD 11:45 Soup Bar 12:30-2:00 Movie 12:30-4:30 Dining Room Drop-in		

If You Don't Get a Newsletter in September

Here's Why... The names and addresses used for the newsletter mailing come from the annual Town census. Each July the COA mailing list is updated with the new census information. We remove people not listed on the current census and add new seniors from the census. *If you do not receive a September newsletter and still live in Town,* please contact Judy at 978-929-6652 or jpeters@acton-ma.gov to be put back on the mailing list. This will not affect those on the email list.

Save this Newsletter! This is a **two-month** publication covering activities in both July and August.

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

Senior Work Program is an option for residents 60 and older which allows you to work for the Town for tax relief purposes. Beginning July 1st the maximum allowable hours increases to 90/year, the hourly rate increases to \$14/hour and the total stipend/year increases \$1,260. The "year" as stated above is defined as July 1st to June 30th. We hope that

these changes will help both our seniors and Departments with on-going and upcoming projects. There will be an information session on *Thursday, July 10th at 9:30* at the Senior Center. Light refreshments served. For more information or an application, contact Human Resources at 978-929-6613, or email HR@acton-ma.gov.

The Friends of the Acton COA WE ALL NEED FRIENDS

The Senior Bulletin is sent to all Acton seniors. Some read it fervently while others only scan it and these people may miss out on trips, activities, and programs. We encourage you to read your bulletin so you will not miss out on all the good stuff, and come to the Center to meet new and old friends in our air conditioned facility.

In June the Friends elected their slate of officers: Norma Wu, President; Barbara Panza, VP; Lynne Osborn, Treasurer; and Jean Bachman, Secretary. The Friends is currently a group of 21 people who meet once a month to support programs and activities so our seniors can enjoy them at little or no cost. If you would like to join the Friends contact a member.

Have a wonderful and healthy summer.

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Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
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Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.

ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Willson, Chair
Stephen Baran, Vice Chair
Ann Corcoran, Secretary
Jacquie Friedman
Bonnie Lobel
Marion Maxwell
Sally Thompson, Treasurer
Paul Turner

Acton COA Board will meet on again in September
Friends of the Acton COA will meet on August 11th at 12:30