



# Acton Senior Bulletin



June 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](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

**Registration for all EXERCISE classes begins by phone ONLY on Monday, June 2<sup>nd</sup> at 1:00.**

**Registration for all new programs begins in person or by phone Tuesday, June 3<sup>rd</sup> at 1:00.**

 **► Learn Through Stamps: Boston Post Road History Presentation**  
*Monday, June 23<sup>rd</sup>, 1:00-2:00*

Learn about America's first "information highway" through this presentation that uses images of stamps! Henry Lukas, museum Education Director from the Spellman Museum of Stamps & Postal History, is offering this entertaining and educational program. Learn about the creation of this historic first road and its impact on the early development of our nation. Images of various U.S. stamps are used to help explain the importance of this road in the development of colonial America, its role during the American Revolution and its impact on economic growth.

 **► Train Program Pulling Into Acton Senior Center**  
*Tuesday, June 17<sup>th</sup>, 1:00-2:00*



Grab your coat and hat and climb aboard! Storytellers Katie Green and Bob Reiser present *Hear that Whistle Blow: America's Fabled Railroad Years in Story and Song*. Ms. Green and Mr. Reiser will celebrate heroes, heroines, scoundrels and the everyday folk who worked and traveled on America's railroads. These stories about America's railroads often encourage others to tell stories of their own railroad experiences. There are even a few railroad songs for all to sing along to. This performance will appeal to all who are interested in trains. When you call to register, let us know if you'd like to come for lunch beforehand. *Katie Green, from Princeton, and Bob Reiser, from Easthampton, are nationally recognized storytellers. This program is supported by the Friends of the COA and a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



 **► Healing with Humor: The Mind and the Body**  
*Tuesday, June 24<sup>th</sup>, 1:00-2:00*



Do you know the difference between hoping humor, coping humor and gallows humor? Do laughter and humor always go together? How can humor help make you more resilient? Join Pam Ressler, founder and president of Stress Resources in Concord, for a look into how humor can enrich your life and help your health. *Pam is a nationally certified holistic nurse and is a frequent keynote speaker, as well as author, on topics of stress resiliency.*

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**Director's Corner** - As of July 1 our drivers will no longer be employed by the Town. Transaction Associates will be supplying drivers. Thank you for your patience during this time of transition. We have been lucky to have such wonderful drivers and wish them well. Priscilla Cotter resigned in April. Peter Tenneson has been with the COA for over three years and has been an incredible asset to our staff. Jim Hodiak joined us in May to help provide coverage until July 1. Thank you for going above and beyond helping the seniors you've served! Please join us to say goodbye at a dessert reception after the Father's Day lunch on June 18<sup>th</sup>. Thank you,

**Sharon, COA Director**

**\*Summer Exercise Registration\***  
Please see page 5-6 for details.

## UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.

### ► Stay Connected with Talking Books

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



Nothing can keep you connected with the world like reading. The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost – all in a format that is accessible to anyone who is unable to read or hold a book. Applications will be available during the presentation.

Gayle is totally blind and has been a Talking Book Library patron for almost 50 years. She will show you how easy it is to keep reading your favorite books and magazines.

### Support Group for Tablet Users

Thursdays, June 12<sup>th</sup>, July 10<sup>th</sup> and August 14<sup>th</sup>, 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 living 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.

### ► Ukraine in Crisis: What Does This Mean for American-Russian Relations?

Monday, June 16<sup>th</sup>, 1:00-2:00



We have all seen the many news reports on the crisis in Ukraine and know it is a complicated, delicate situation. Dr. Lawrence Lowenthal will help clarify and answer many of the questions regarding the crisis. Are we entering a new phase of the old Cold War? Is Putin a continuation of the failed Soviet experiment? How serious is the threat of war between Ukraine and Russia or between America and NATO and Russia? Can America continue to be the one and only true protector of the western world? Is the ongoing Ukrainian

crisis an example of the "Clash of Civilizations?" *Dr. Lawrence Lowenthal is the recently retired National Senior Advisor to the American Jewish Committee. His wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his Ph.D. in English from New York University. Offered in partnership with Sage Educational Services.*

### ► Dessert Reception for COA Van Drivers

Wednesday, June 18<sup>th</sup>, 12:30-1:15

Please join the COA staff in saying thanks and farewell to our van drivers with a dessert reception after the Father's Day lunch.

### ► Concord Traveling Players Performance

Thursday, June 19<sup>th</sup>, 1:00-2:00

The Concord Traveling Players, senior members of the Concord Players, are delighted to return for a program of staged readings of comic one-act plays and excerpts from Broadway shows. The program will include a one-act comedy, an excerpt from a Pulitzer Prize winner of the 1930s, two comic skits, a classic satire on Victorian ideas about love and marriage, and a musical number from the world's longest running musical *The Fantastiks*. The troupers are all lifelong thespians who have acted, directed, produced, and worked in various administrative capacities to make Concord's community theatre one of the best in New England. Among them are Acton resident Tillie Sweet, Michael Henchman, Sandy Armstrong, Rik Pierce, Birgitta Knuttgen, Tom Veirs, Dorothy Schecter, Robert Runck, and Tom Ruggles. Please come and enjoy an hour of the kind of theatre we all love!

► Indicates that you must register in advance!

## UPCOMING PROGRAM HIGHLIGHTS - continued

REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.

### ► Clutter Control

*Friday, June 27<sup>th</sup>, 9:30-10:30*

We all have STUFF! Why do we acquire and save more possessions than we need? What happens when our stuff starts to own us? Why can't we just throw things away? With his upbeat and unique approach, Dave Downs explores the many reasons that our drawers, closets and garages get filled with STUFF. Downs offers helpful hints for managing this difficult problem and uses colorful stories throughout the talk to engage as well as inform the audience. You may recognize a part of yourself in these stories. You will leave knowing that if we are thoughtful about what we acquire; what we keep and what we discard, we will start to reverse the tendency to bury ourselves in "treasures!" A continental breakfast will be served.

► Indicates that you must register in advance!



## TRIPS

REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.

### ► Hawthorne's House of Seven Gables Tour in Salem and Lunch at Danversport Yacht Club

*Thursday, June 5<sup>th</sup>, leave NARA Park Lower Lot at 10:30 a.m.*

**(Call now, registration is open.)**

Lunch includes salad, bread, potatoes, vegetable, dessert and either baked scrod with cracker crumb topping or boneless fried chicken breast with honey and bacon. After lunch, we will have a guided tour of the *House of Seven Gables* where we learn about Nathaniel Hawthorne as well as some of Salem's vast history. There are seaside gardens to view on your own and a gift shop. Please note there are staircases to view the upper buildings levels.

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

**Cost: \$59 due now** includes tour, lunch, coach bus transportation (w/restroom), and all gratuities.

### ► Lake Sunapee Luncheon Cruise

*Wednesday, July 9<sup>th</sup>, leaving NARA Park Lower Lot at 9 a.m.*

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 70-foot steamship has restrooms on board. You may stay on the lower level of the ship which has a covered outdoor deck and an enclosed dining area complete with linen tablecloths and curtains. 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 - occasionally a moose can be seen swimming in the lake!

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

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



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

*Tuesday, August 5<sup>th</sup>, leaving NARA Park Lower Lot at 10 a.m.*



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 15<sup>th</sup>** includes lunch w/ show, coach 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..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.**

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

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

*Tuesday, June 17<sup>th</sup>, 11:45*

Lasagne with salad, bread and strawberry shortcake for dessert. A \$3 donation for lunch is requested.

Please sign up in the COA office.

▶ **Monthly Breakfast**

*Friday, June 20<sup>th</sup>, 9:00-10:00*

Call the COA by Wednesday, June 18<sup>th</sup> for a reservation. Cost is \$2.00.

▶ **Town Employee Prepared Lunch**

*Tuesday, June 24<sup>th</sup>, 11:45*

The COA Board will be preparing a variety of cold salads including tuna, chicken and couscous, with rolls and dessert. A \$3 donation for this lunch is requested. Please sign up in the COA office.

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

▶ **Soup Bar**



*Fridays, June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>, 11:45*

Enjoy soup with add-ons. The soup base on 6/6 is Turkey Dinner, 6/13 is Pesto Tomato, 6/20 is Beef Alfredo and 6/27 is Corn Chowder. For a list of 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.

**Birthday Lunch: Wednesday June 11<sup>th</sup>, 11:45**

**Father's Day Lunch: Wednesday, June 18<sup>th</sup>, 11:45**

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



**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.

## EXERCISE

**SUMMER EXERCISE REGISTRATION BEGINS BY PHONE ONLY..... MONDAY, JUNE 2<sup>nd</sup> at 1:00.**

Please call the COA office at 978-929-6652. Have the day, time and class title ready as well as your name and phone number. If you get a voice mail message, do not leave a registration request. It's a good idea to familiarize yourself with the "redial" feature on your phone in advance. You may register yourself and one other person, only if that person is your spouse or not available to call. Please do not call to register another person who is also calling in to register both of you as it makes the registration process much more cumbersome and confusing! You may register in person after 2:00.

Exercise programs are popular and often have waiting lists. In our effort to offer exercise opportunities to everyone who is interested, please consider the following:

- If you are going to miss more than 3 weeks of an exercise class, call the office so we may offer your spot to someone on the waiting list for the remainder of the session. Call when you are ready to return to see if space is available.
- Please register for a class that is held twice a week only if you can regularly attend both days.
- Check with your doctor before starting any exercise program.
- All new participants must sign a waiver of liability.

► **"Stretch and Flex" with Terri Zaborowski**

*Mondays, June 23<sup>rd</sup> through August 25<sup>th</sup>, 8:30-9:30*

**(No class on July 14<sup>th</sup>)**

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**

*Tuesdays and Thursdays, June 24<sup>th</sup> through August 28<sup>th</sup>, 8:30-9:30*

**(No class on July 15<sup>th</sup> & 17<sup>th</sup>)**

Start with a stretch and warm-up segment followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand-held weights for resistance (bring your own or use those available at the Senior Center). Floor work is optional.

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

*Tuesdays and Thursdays, June 24<sup>th</sup> through August 28<sup>th</sup>, 9:45-10:45*

**(No class on July 15<sup>th</sup> & 17<sup>th</sup>)**

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, June 24<sup>th</sup> through September 2<sup>nd</sup>, 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 Ray Caisse and Other Taoist Tai Chi Society Instructors**

*Thursdays, June 26<sup>th</sup> through August 28<sup>th</sup>, 11:00-12:00*

**(No class on Sept. 4<sup>th</sup>)**

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

**Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

*Wednesdays, June 25<sup>th</sup> through September 3<sup>rd</sup>, 10:00 -10:30, meets in living room*

Chair exercise will meet all summer on a drop-in basis. It is a low-impact program 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, June 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>, 12:15-1:00 at the Senior Center*

*Wednesdays, June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 8:30-9:15 at NARA Park*

Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office. If you are new to walking, we suggest you try the Wednesday walk at NARA as the terrain is flatter and may be easier for beginners.

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

## If you are enrolled in the spring session of exercise classes:

- Terri's classes end the week of June 16<sup>th</sup>
- Liz's chair exercise classes end the week of June 16<sup>th</sup>
- Zumba class ends on June 13<sup>th</sup>
- Yoga ends June 11<sup>th</sup>
- Both Tai Chi classes end the week of June 16<sup>th</sup>

### CLASSES

**REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.**

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

*Wednesdays, June 18<sup>th</sup> through July 9<sup>th</sup>, 10:45-11:45*

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 vocabulary lists, conjugations and declensions. This method is daunting for the older brain! The class will encourage a high degree of participation, with senior's ideas for 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.*

► **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\*\***



**Friday, May 30<sup>th</sup>, 12:30-2:00** *Gravity* (2013, PG-13) Action movie starring Sandra Bullock and George Clooney as astronauts struggling to survive after an accident leaves them adrift in space. Received 10 Oscar nominations, including Best Picture and Best Lead Actress, and had 8 wins.

**Friday, June 6<sup>th</sup>, 12:30-2:20, Labor Day** (2013, PG) A depressed single mom and her son offer a wounded, fearsome man a ride. As police search for the escaped convict, the mother and son gradually learn his true story. Kate Winslet and Josh Brolin co-star in this dramatic romance. The movie was filmed in Acton, but the scene with our seniors was cut! The movie, in Blu-ray or DVD, will be available to borrow from the COA after the viewing.

**Friday, June 20<sup>th</sup>, 12:30-2:40** *The Book Thief* (2013, PG-13 for tragic themes of war, violence) Young Liesel (Sophie Nélisse) steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her foster parents (Geoffrey Rush, Emily Watson). When not reading, she forms bonds with the Jewish man hiding in their basement and the boy next door.

**Friday, June 27<sup>th</sup>, 12:30-2:35** *Saving Mr. Banks* (2013, PG-13) Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who has spent years seeking to adapt her *Mary Poppins* books for the big screen. Tom Hanks and Emma Thompson co-star.

**Thursday, July 3<sup>rd</sup>, 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!**

**Senior Center Art Exhibit** - June/July welcomes Alice Brunton and Linda Gilberti as co-exhibitors in a mixed-media presentation, "Art is a Verb – What Would *You* Say?" The show is interactive, inviting your creative input. All are also invited to drop in for a reception with program and refreshments on Monday, June 9, 1:00-3:00, in the living room. Please call the COA for exhibit viewing times. Many thanks to A-B students K-12 for sharing their work with us in May.

**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.

## SENIOR CENTER CLINICS

### ► **Hearing Clinic**

*Friday, June 20<sup>th</sup>, 9:30–11:30*

Join a representative from MassAudiology Personal Hearing Systems for a free hearing screening. A hearing aid clean and check is also available. Appointments take about 10 minutes. Call the COA for an appointment.

### **Podiatry Clinic with Dr. Gregorian**

*Wednesday, June 4<sup>th</sup>, 1:30-4:00 and Tuesday, June 10<sup>th</sup>, 8:15-11:00*

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 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, June 10<sup>th</sup> and 24<sup>th</sup>, 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.

## TRANSPORTATION

**The COA Van, MinuteVan Dial-a-Ride Van and Road Runner Van** 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 the COA or Road Runner van. If, however, you need a ride not covered by our existing 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. Rides are \$10 one way.

## ONGOING ACTIVITIES

**REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.**

### ► **Ask the Lawyer with Elder Law Attorney Cathleen Summers of Bay State Elder Law**

*Tuesday, June 17<sup>th</sup>, 1:00-3:00*

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



### ► **History of Television Lecture Series with Dr. Brett Rhyne (Call now, registration is open.)**

*Thursdays, June 12<sup>th</sup>, 26<sup>th</sup>, 1:00-2:00*

**June 12<sup>th</sup>: The Late-Night Talk Show.** This lecture traces the history of the late-night talk show through some of its most significant hosts, including Steve Allen, Jack Paar, Johnny Carson, David Letterman, and Bill Maher.

**June 26<sup>th</sup>: The TV News Magazine.** This lecture looks at some of the most important TV news magazines, starting with Edward R. Murrow's *See It Now* and producer Don Hewitt's *60 Minutes* and including later entries such as *Dateline*, *20/20*, *Inside Edition*, and *Bill Moyers Journal*.



### ► **Watercolor Studio Workshop with Joyce McJilton Dwyer (Class is full.)**

*Mondays, through June 16<sup>th</sup>, 10:00-11:30*

Explore landscapes and still life,. Group and individual work as well as critiques are part of this art experience. Beginners are welcome as well as continuing students. Materials list available in the COA office for new students.

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

## ONGOING ACTIVITIES - continued

**REGISTRATION BEGINS..... TUESDAY, JUNE 3<sup>rd</sup> at 1:00.**

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

*Thursdays, June 5<sup>th</sup> and 19<sup>th</sup>, 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!



### **► Poetry Class: *A Little Madness in the Spring...* (Call now, registration is open.)**

*Tuesdays, June 3<sup>rd</sup> and June 10<sup>th</sup>, 2:00-3:30*

*...is wholesome even for the King*, wrote Emily Dickinson. Join Patti Russo for this series and explore the themes of renewal and rejuvenation through the lens of poetry. The group will read evocative and accessible poems, share reactions and do some reflective writing. You do not need to be a poet to participate; just come and enjoy a little poetry madness!

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

*Thursdays, June 19<sup>th</sup> through August 28<sup>th</sup>, 1:00-2:00 (No class on July 31<sup>st</sup>.)*

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 are 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 and his wife, Beth, moved from the Philadelphia suburbs, where he started a chess club and lessons. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

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

*Thursdays, June 19<sup>th</sup> through August 28<sup>th</sup>, 1:00-2:00 (No class on July 31<sup>st</sup>.)*

Ken is offering a 10-week course 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 31<sup>st</sup>.)*

Players with some chess-playing experience get together for drop-in games on Thursday afternoons. Folks pair up according to skill/experience. Chess sets supplied. Out-of-town seniors are welcome. Ken LeBow leads the group.



### **Genealogy Group**

*Friday, June 13<sup>th</sup>, 1:00-2:30*

Come share your research, seek some advice or simply share your passion for family history.

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

*Wednesdays, June 11<sup>th</sup> and 25<sup>th</sup>, 1:30-3:00*

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

*Mondays, June 9<sup>th</sup> and 23<sup>rd</sup>, 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, June 19<sup>th</sup> and 26<sup>th</sup>, 12:30-1:00*

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.

*See the Calendar on page 11 for info on these groups: Yarn & Thread Ladies, Drop-in Bridge, Harmonica. Please check the monthly calendar as drop-in activities are occasionally canceled due to space constraints.*

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

## 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 4<sup>th</sup> 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](http://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](mailto: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  
*4<sup>th</sup> Wednesday of each month, 4:00-5:30*, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

**Memory Impairment Caregivers Support Group and Dinner** with Alicia Seaver  
*Mondays, through June 23, 4:30*, Bridges by EPOCH at Westford. Guests are encouraged to bring the person they care for to enjoy a meal with our residents while the support group meets.

**Parkinson's Disease Support Group** with Mary Ann Wonn  
*3<sup>rd</sup> 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](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://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](http://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](http://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](http://www.medicare.gov/homehealthcompare)
- Hospital – [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)
- Nursing Home – [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html)

## **AROUND TOWN...AND BEYOND**

**Recreation Department** is excited to have the World Famous Glenn Miller Orchestra perform at NARA Park on Friday, July 11 from 7:00-9:30 p.m. Tickets are only \$10 per person and can be purchased in advance either online at: [www.acton-ma.gov/register](http://www.acton-ma.gov/register) or in person at the Recreation Department office located at the Town Hall.

**Memorial Library** Summer library hours begin June 16. They are Monday through Thursday, 9-9, Friday 9-5, and Saturday 9-1. For more on programs and to join the email list visit: [www.actonmemoriallibrary.org](http://www.actonmemoriallibrary.org).

**June 1, 2 to 3:30 p.m. Book Sale Half Price Day**

**June 3, 3 to 4 p.m. Managing Your Digital Photos** Registration required; call 978 929-6543.

**June 4, 7 p.m. A Year in the Life of a Honeybee Colony and its Beekeeper**

**June 11, 7 p.m. Raising Heritage Chickens in Your Own Backyard**

**June 17, 7:30 p.m. Book Discussion: Major Pettigrew's Last Stand by Helen Simonson**

**June 18, 3 to 4 p.m. Drop-In Computer Help**

**June 25, 7 to 8:30 p.m. Create a Newsletter in Microsoft Publisher** Registration required; call 978 929-6543.

**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.

**Mt. Calvary Community Lunch** at 472 Massachusetts Ave.

*4<sup>th</sup> Thursday of the month, 12:15.* Donations accepted.

**West Acton Farmer's Market** opens *Sunday, June 15<sup>th</sup>, 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** returns to Fruitlands Museum in Harvard beginning **Thursday, June 19<sup>th</sup>** at for six Thursdays in June and July. Concerts begin at 7:15pm, gates open at 6:00 to picnic. Call 978-897-9969 for more information.

**Indian Hill Music** – For more information call 978-486-9524 x116 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Free Bach's Lunch Concert Thursday, June 19<sup>th</sup>, 11:00 and 1:30** at 36 King St in Littleton

**Acton Boxborough Community Education - Tanglewood BSO Concert with Yo-Yo Ma**

*Sunday August 10<sup>th</sup>, bus leaves RJ Grey Jr High Parking lot at 10:00 and arrives back in the early evening.*

For more info on the program and cost and to register visit: [www.abce.abschools.org](http://www.abce.abschools.org) or call 978-266-2525.

## **National Grid Warns Customers of Payment Scam**

National Grid customers are being targeted by scammers demanding immediate payment for electric bills, which customers might not even owe. The fraudulent callers are claiming to be from National Grid and threatening customers with immediate service shut-off unless they provide credit card or bank account information. National Grid continues to advise customers to be wary of any caller who threatens immediate service termination unless an immediate payment is made. While National Grid does call with past due balances to offer payment options and to remind them that service shutoff is a possibility if they fail to pay their past due balance you should verify that you are speaking with a National Grid representative. One way to do this is to know the last five digits of your National Grid account and ask the caller to provide those numbers. If the caller can't provide the information or if you doubt the caller is a National Grid representative, hang up and call customer service at 800-322-3223.

## **American Flag Retirement Ceremony**

**Flag Day, Saturday, June 14<sup>th</sup>, 1:00,** Wood Lawn Cemetery

Paul Nelson's Eagle Scout project created a permanent structure for retiring flags. If you have any flags to dispose of but are unable to attend the ceremony, contact James MacRae, Acton Veterans' Service Officer, at 978-929-6614 or [vso@acton-ma.gov](mailto:vso@acton-ma.gov).

## **Smoke Detector Inspections and Replacements**

Due to the tremendous success of this program the Fire Department has only a limited number of spots available for June. Please call the COA at 978-929-6652 to schedule a visit but please be sure you are around in June so an appointment can be scheduled.

<b>June</b>	Mon	Tue	Wed	Thu	Fri	<b>2014</b>
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00 Exercise Registration Begins 3:00 COA Board Meeting		8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 1:00 Program Registration Begins 2:00-3:30 Poetry Class	8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:30 Hawthorne Trip 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club 2:30-3:15 Meditation	8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar-Turkey Dinner 12:30-2:20 Movie	
<b>9</b> 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00-4:00 SHINE 12:30 Friends of the COA Meeting 1:00-3:00 Art Reception		<b>10</b> 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 12:30-1:00 Golf Anyone? 2:00-3:30 Poetry Class-last	<b>11</b> 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga-last 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00-2:00 Talking Books 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>12</b> 8:30-9:30 Cardio Flex 9:30-10:30 Tablet Support Group 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 TV Lecture Series 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	<b>13</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba-last 11:45 Soup Bar – Pesto Tomato 1:00-2:30 Genealogy	
<b>16</b> 8:30-9:30 Stretch/Flex-last 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor -last 12:15-1:00 Walking at COA 1:00-2:00 Ukraine in Crisis		<b>17</b> 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 1:00-2:00 Train Stories 1:00-3:00 Ask the Lawyer	<b>18</b> 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons Begin 11:45 Father's Day Lunch 12:30 Dessert Reception 12:30-2:15 Yarn & Thread Ladies 2:30-4:30 Drop-in Bridge	<b>19</b> 8:30-9:30 Cardio Flex-last 9:45-10:45 Stretch/Tone-last 11:00 Continuing Tai Chi 11:00 Chair Exercise 12:30-1:00 Stamp Evaluations 1:00-2:00 Concord Players 1:00-2:00 Beg. & Inter. Chess Lessons 1:00 Harmonica 2:00 Chess Club 2:30-3:15 Meditation	<b>20</b> 8:30-9:30 Cardio Flex-last 9:00 Monthly Breakfast 9:30-11:30 Hearing Clinic 11:45 Soup Bar – Beef Alfredo 12:30-2:40 Movie	
<b>23</b> 8:30-9:30 Stretch/Flex Begins 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:15-1:00 Walking at COA 12:30 Newsletter Sealing 1:00-4:00 SHINE 1:00-2:00 Boston Post Rd. Talk		<b>24</b> 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex Begins 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beginner Tai Chi 11:45 Town Employee Lunch 1:00-2:00 Healing with Humor	<b>25</b> 8:30-9:15 Walking at NARA 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	<b>26</b> 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 TV Lecture Series-last 1:00-2:00 Beg. & Inter. Chess Lessons 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	<b>27</b> 9:30-10:30 Clutter Control 11:45 Soup Bar – Corn Chowder 12:30-2:35 Movie	
<b>30</b> 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 12:15-1:00 Walking at COA 1:00 Registration Begins		<b>July 1</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi	<b>2</b> 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-11:45 French Lessons 11:45 4 <sup>th</sup> of July Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	<b>3</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 12:30-2:10 Movie 1:00-3:00 Harmonica Club 1:00-2:00 Beg. & Inter. Chess Lessons 2:00-4:15 Chess Club	<b>4</b> <b>COA CLOSED</b>	

**COA Board Update** - This month we highlight the Council on Aging Board. Those currently on the Board are: Chair Barbara Wilson, Vice-Chair Charlie Aaronson, Stephen Baran, Ann Corcoran, Connie Ingram, Marion Maxwell, Sally Thompson and Paul Turner. Franny Osman stepped off the board when she was elected Selectman. The mission of the COA Board is to advocate for seniors, aiding them to maximize their independence and quality-of-life, and support programs and services to meet seniors' health, economic, social, and cultural needs. Some of the functions of the Board include: sharing skills with the COA staff and participants, identifying the needs of seniors, particularly those that are vulnerable, advocating on behalf of seniors on the state and local level and serving as in an advisory capacity to the COA Director and Board of Selectmen.

**COA Board Members Needed** – Our thanks to Charlie Aaronson, Connie Ingram and Franny Osman for their time and their dedication to the seniors in this community. The COA Board is seeking new members. It is an Advisory Board for the Senior Center staff and meets monthly Monday afternoons 3:00-4:30 at the Senior Center September through June. Form more information about the Board contact Barbara Willson at 978-263-0853.

**Golf Anyone?**

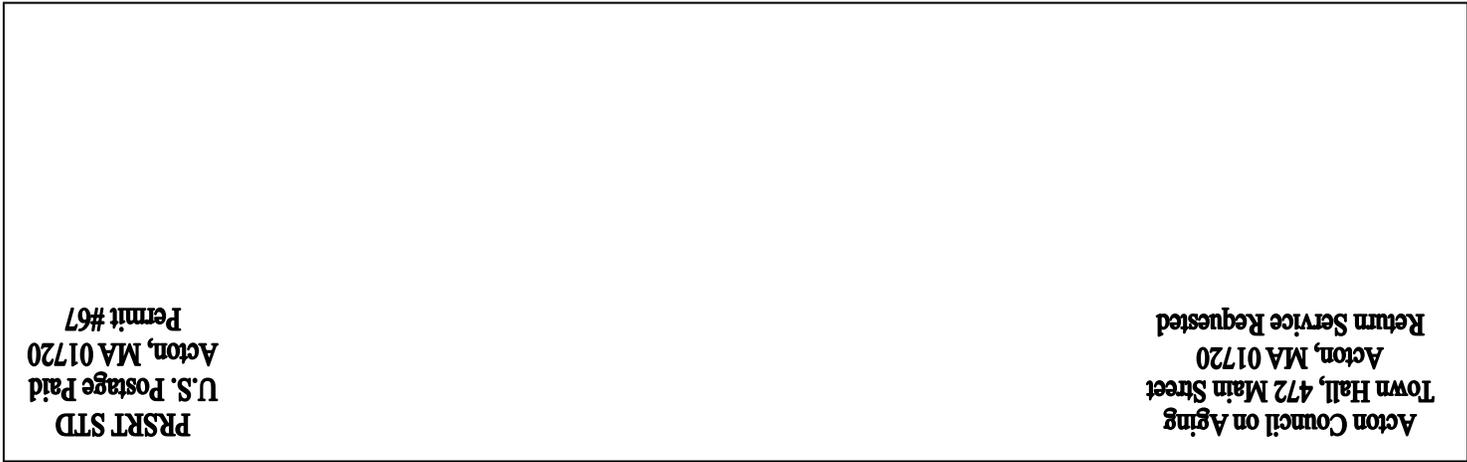
*Tuesday, June 10<sup>th</sup>, 12:30-1:00*

The COA would like to start a weekly senior golf day at Quail Ridge in Acton. Join us June 10 at the Senior Center for an informational meeting. Mark from Quail Ridge will be here to answer your questions.

**The Friends of the Acton COA**

It feels good to give to others. The generosity of donors makes it possible for the Friends to sponsor interesting programs throughout the year such as: the History of TV; Nathaniel Hawthorne Performance; Poetry Class; Art Matters; Senior Cinema; Watercolor Workshop; Tai Chi; and One Stroke Painting. It's amazing what your donations support. Perhaps you might consider a donation if you haven't done so already this year. Forms can be found on the living room piano, by the dining room window where you watch our beautiful bird population or you can just write a check to the Friends of the Acton COA.

Thank you for your generosity!



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
- Peter Tenneson, Van Driver

**ACTON COA BOARD MEMBERS**

- |                              |                           |
|------------------------------|---------------------------|
| Barbara Willson, Chair       | Marion Maxwell            |
| Charlie Aaronson, Vice Chair | Sally Thompson, Treasurer |
| Stephen Baran                | Paul Turner               |
| Ann Corcoran                 |                           |
| Connie Ingram                |                           |

Acton COA Board will meet on Monday, June 2<sup>nd</sup> at 3:00  
 Friends of the Acton COA will meet on June 9<sup>th</sup> at 12:30