



Acton Senior Bulletin



April 2009

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-264-9643.

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. Click on Departments, then on Council on Aging.

NEW Wii Games

Demonstration and Lessons

Tuesday, April 7th, 11:00-12 or Friday, April 10th, 10:00-11:30

Join the staff in the living room for a lesson on how to play the Wii bowling and tennis games. It's great fun, a good laugh and some easy exercise. Anyone can learn. See you there!

Free Time to Play with a Friend or Solo

Tuesdays, 11:00-12:00 or anytime the living room is available

Join in the Wii craze at the Senior Center! Wii games can give you a low-impact workout while you are having lots of fun. Choose from bowling, tennis, golf, or baseball. Please ask the COA staff for help turning on the system. *If you can help mentor other seniors in learning to play, please see Chris in the office.*

Join the Trend to Save Printing and Postage Costs



We're thrilled to have almost **200** people signed up to receive their newsletter by email! If you are an

email user please consider going electronic. Contact Judy at jpeters@acton-ma.gov to get on the email list or, if you can pick up your newsletter, let us know and we will put one aside for you.

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Talent Show Planning Meeting

Thursday, April 16th, 10:00-11:00

Singing, music, comedy, short skits, storytelling, poetry reading, and dance! Sound like fun? Participants in our recent social events brainstorming session came up with the idea of having a talent show. So if **your** talent is organizing and working behind the scenes--we need you for the planning committee! We can then begin to find our many seniors with talent they are willing to share. Please come to the meeting or call Chris at the COA office if you cannot attend but are interested in helping out.



Acton's Budget for FY10 – Increased Services for Seniors

The budget being presented at Town Meeting includes the following items that are of particular interest to seniors.

- 1) *Improvements to the Senior Center.* The Senior Center Expansion Study has ended and is recommending that a new senior center be constructed. However, it is not possible to begin this project in this economic climate. The town has included the new senior center as one of the high priority projects in the request for Federal Stimulus money. Meanwhile, the budget includes money for small scale improvements at the current senior center that will make it function better while we remain there.
- 2) *Increased staff hours at the Senior Center.* The use of the senior center continues to grow year over year and the need for the social services that are provided there are particularly acute in an economic downturn. The town has budgeted to increase staff hours at the senior center to help fill this need.
- 3) *COA Van.* The Lowell Regional Transit Authority replaced our old van with a new one. A new part-time driver was hired as the full time driver cut back his hours, ensuring that hours of van service could remain the same.

I hope to see many of you at Town Meeting. *Submitted by: Paulina Knibbe, Vice-chair, Board of Selectmen*

Sign ups Begin - Monday, April 6th at 1:00

CLASSES/WORKSHOPS

FOR APRIL..... SIGN UPS BEGIN APRIL 6th at 1:00!

► **Beading Workshops with Joan McKenzie**

Monday, April 6th, 12:30-2:00 and Friday, April 24th, 9:00-10:30

Make your choice of beaded earrings, bracelet or simple necklace. Joan usually has a fun new project idea as well. Small materials fee. *Note: Registration for the workshop on the 6th is already underway.*

Cribbage Lessons and Play

*Mondays beginning April 6th, 10:30-12:00 *Note New Day and Time* (No group on April 20th)*

Cribbage is a great way to keep your brain sharp and to socialize at the same time. This two or four person card game relies on both luck and skill. The small, but loyal, group of cribbage players is looking for some new people to join them. If you need a lesson, or refresher, on how to play just ask Judy in the COA office.

► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, April 15th through June 10th, 9:00-10:30

Join our watercolor studio workshop and be inspired. Explore landscapes and still life, work on new or old projects, and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome!

► **Organizing your Computer Desktop**

Friday, April 17th, 10:00-11:30

Did you know you can change the appearance of your computer screen? You will learn to: adjust your desktop so it best suits your needs, create shortcuts and organize your documents by creating, naming, and moving folders.

► ***New* British Romantic Poetry**

Tuesdays, April 21st and 28th and May 5th and 12th, 1:30-3:00

Dr. Eugene Narrett, a literature professor with a PhD from Columbia University, is returning to offer a four-part series that will teach participants how to read poetry, and he will lead a discussion about what makes a quality poem. These classes provide a range of excellence from five great poets of English Romanticism (c. 1780-1830), a sensibility that shaped development of the modern era. The moods, methods and style vary widely, from personal, poignant efforts to recover past life and discover its enduring value to keen social awareness and criticism to meditations on the soul and yearnings to transcend loss and pain. We hope that participants will attend all 4 weeks. The class will investigate the multi-faceted elegance of form and expression, the spiritual discoveries, natural wonders, social questions, and the invitation to re-imagine one's life offered in the poetry of these great writers.

Week 1: Samuel Taylor Coleridge (1772-1834), "Frost at Midnight"; Percy B. Shelley (1792-1822), "Mutability"

Week 2: William Wordsworth (1770-1850), "Ode: Intimations of Immortality..."

Week 3: William Blake (1757-1827), "The Chimney Sweeper" *Books of Innocence and Experience* (one version in each "Book"); time permitting "The Garden of Love" (1794)

Week 4: John Keats (1795-1821), "Ode to a Nightingale"; time permitting "Ode on Melancholy"

► ***New* Bridge Basics for Beginners**

Fridays, April 24th through May 29th, 10:00-12:00



Electra Coumou will teach a six-week class for folks who are new to bridge or have not played recently and need a refresher. Each week will have a lesson, followed by playing time. This program is open to out-of-towners for a fee of \$25. Please note: Drop-in bridge will continue to meet on Mondays for experienced players to get together!

► **Individual Computer Instruction**

Beginning the week of April 27th through early June

One-on-one computer classes are available to all levels of PC users. You will have 4 classes to work with your teacher on your particular computer needs and interests. All students must fill out a registration form available at the COA office. Registration deadline is Friday, April 17th. Space is limited so don't delay.

► **Indicates that you must sign up in advance!**

CLASSES/WORKSHOPS

FOR APRIL (continued)..... SIGN UPS BEGIN APRIL 6th at 1:00!

► **Introduction to the Seneca Nation of Indians with Lynn Abbott**

Thursday, April 30th, 1:00-2:30

As members of the 5 Nations of the Iroquois Confederacy, the Seneca had an influential role in the American Revolution as well as the founding of the United States. Discussed will be the philosophy that gave rise to many principles of our Constitution as well as Women's Rights and the impressive role of elders in the Seneca society! Part of the Seneca philosophy is to ask themselves life questions, including "Am I happy doing what I am doing?" and "How will I be remembered?" Lynn grew up in Seneca territory, has worked for the Seneca Nation Planning Department and has studied with Twylah Hurd Nitsch (Seneca Elder) since 1975. She is certified by the NY State Dept. of Education to teach the history, prophesy and philosophy of the Seneca Nation of Indians.

► **One-Stroke Decorative Painting with Donna Lynch**

Mondays, May 4th through June 1st, 9:30-11:00 (No class May 25th)

Create beautiful, simple paintings using shading methods through one stroke of the paintbrush! You may paint on paper or bring in a glass item or slate as a personal project. All paints, glass conditioners, varnishes, and paper are provided by the instructor. Paint brushes are available or you may purchase your own at a local craft store. Please bring paper plates, a container for water and paper towels. No experience is necessary and beginners are welcome!

► ***New* Big Bands Music Appreciation**

Mondays, May 11th, 18th, June 1st, 12:30-1:30



John Clark, presenter of last spring's New Orleans Jazz program, is returning to the Center. John, an educator and talented Jazz musician, uses a mix of sound and video clips to present material in an entertaining way.

Week 1: Soundies! The first music videos - originally filmed as three minute clips based around popular songs, these films were marketed to bars and taverns to be played in early video jukeboxes. We will listen to and watch films by a range of musical acts from Duke Ellington and Count Basie to Desi Arnaz and Lawrence Welk.

Week 2: Cartoons and Early Sound Films. Some great Jazz and big band music can be heard on cartoons - we will watch some featuring Betty Boop, the Warner Brothers gang and Droopy Dog which will present music by Jack Teagarden, Louis Armstrong and Cab Calloway among others.

Week 3: Personalities. We'll see some great films of the 1930's and 40's (and even the 20's) featuring bands led by Ben Bernie, Louis Armstrong, Duke Ellington, Artie Shaw & Louis Jordan - a great tour through the swing era!

► **Indicates that you must sign up in advance!**

SENIOR CINEMA

Thursday, April 2nd, "Nights in Rodanthe," 12:30-2:05 (2008, PG-13) – Richard Gere and Diane Lane co-star in this dramatic romance, set in the beautiful North Carolina seaside. Based on the novel by Nicholas Sparks.

Thursday, April 9th, "Andre Rieu Live at the Royal Albert Hall," 1:30-3:15 (2002) – Concert featuring a diverse array of tunes originally performed by Strauss, Glenn Miller and the Andrews Sisters, as well as standards such as "Stars and Stripes Forever" and "Auld Lang Syne." This stunning performance was filmed on New Year's Eve in London. **Please note 1:30 start time!**

Thursday, April 23rd, "Flash of Genius," 12:30-2:30 (2008, PG-13) – Based on the true story of Robert Kearns's long legal battle with the U.S. automobile industry and the toll it took on his personal life. Kearns was the inventor of the intermittent windshield wiper in the 1960s. Greg Kinnear and Lauren Graham star.

Friday, May 1st, "Australia," 12:30-3:10 (2008, PG-13) – An Australian epic set in the 1930s leading up to the Japanese bombing of the city of Darwin in WWII. Nicole Kidman stars as an English aristocrat who is thrust into running a ranch in the outback, and Hugh Jackman is the drover who becomes her love interest. *Note:* Due to the length of this movie, we'll pause halfway through for a five minute stretch break!

Safety Sand has ended for this very snowy season. If you would like to write a thank you to the two young men, Pat Gordon and Viraj Parikh, who managed the program this year please send your notes to: Kay Steeves, AB High School, 16 Charter Rd., Acton. Pails came courtesy of the *Friends of the Acton COA*. See you all next year!

Senior Center Art Display

In April we are pleased to present a beautiful exhibit of watercolor painting by Cynthia Durost's Wednesday class. A variety of individual styles by talented and skillful senior artists will be represented. Our thanks to Pat Gunning for sharing her watercolor and Chinese brushwork paintings with us during February and March.

UPCOMING PROGRAM HIGHLIGHTS

FOR APRIL..... SIGN UPS BEGIN APRIL 6th at 1:00!

► **Author Michaeline Della Fera Presentation**

Friday, April 3rd, 1:00-2:30

Michaeline Della Fera will speak about writing and publishing and her new book, Women at the Table, 40 Intimate Profiles of Political Women of the Northeast. Through personal interviews, the powerful women profiled in the book describe what it is like to be a politician, how they handle the everyday pressures and stresses of politics and how they balance family and political life. Retired Senator Pamela Resor is one of the women profiled in the book. Copies of her latest book will be available for purchase.

It's Opening Day! Watch the Red Sox Game at the Senior Center

Monday, April 6th, 2:00



Celebrate the end of the long winter by watching the Red Sox take on the Tampa Bay Rays at Fenway in the first game of the season. Watching the game on our big screen high definition TV is the next best thing to seeing it live! Snacks will be served. Get in the spirit and wear your Red Sox shirt or hat!

Gardens of the World Television Series

Fridays, April 10th and 17th, 12:30-2:15

Watch this Emmy-winning television series, hosted by Audrey Hepburn, on our large-screen TV. Get inspired for the new planting season or just escape to beautiful gardens from around the world! Week one episodes: Roses and Rose Gardens, Formal Gardens, Country Gardens, Public Gardens and Trees. Week two: Flower Gardens, Tropical Gardens, Japanese Gardens, Tulips & Spring Bulbs. If you are unable to attend the scheduled times, the DVD set will be available to borrow from the COA office after April 17th.

► **Cookies, Coffee and Conversation about Hospice Services**

Wednesday, April 15th, 12:30-1:30

Robyn Scott of Affinity Hospice of Life invites you to join her in a comfortable conversation about the myths surrounding hospice, the services and care provided through your Medicare benefit, and how they can help you and your family. Robyn will share her personal experience as a caregiver for family members receiving hospice care and will be happy to answer any questions your and your family may have.

Wildlife Slideshow and Discussion—African Safari, Alaska, Local Birds

Thursday, April 16th, 1:00-2:30



Acton's Don Southall, a birder, naturalist and outdoorsman for 60 years, has focused on wildlife photography for several decades. Depending on the interests of those attending, Don may show photos of local birds, Maine moose adventures, breathtaking Alaska, or wildlife from African Safari trips. The presentation will end at about 2:00 and then people are invited to talk informally about photography, bird watching or listen to Don's ideas for dramatic cost savings when planning an African safari.

How to Read a Nutrition Label

Tuesday, April 21st, 11:00-11:45

What's a serving? How much is too much sodium? What's the difference between trans and polyunsaturated fat? Join Brooke James, RN (Acton Public Health Nursing Service) for a lively discussion on nutrition fact labels!

► **Ask the Lawyer**

Wednesday, April 22nd, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers free 20 minute private legal consultations.

► **Indicates that you must sign up in advance!**

UPCOMING PROGRAM HIGHLIGHTS

FOR APRIL (continued)..... SIGN UPS BEGIN APRIL 6th at 1:00!

► **Senior Appreciation Lunch Provided by Town Employees**

Monday, April 27th, 11:45

In appreciation for how much Acton seniors have given to the community, a group of town employees is providing a free luncheon to the town's seniors! A ham dinner with lots of fixings and yummy desserts is planned. Please sign up in the office by Monday, April 20th. This is re-scheduled from December, so there will be a holiday theme!

► **Tour of the Acton Memorial Library**

Thursday, April 30th, 10:00-11:00

Director Marcia Rich will lead the tour. Learn about the incredible amount of resources available, with a focus on items of interest to seniors, such as large print materials, recorded books and large print monitors. The tour will last about one hour and there will be opportunities to sit and rest in a few areas, if needed. Meet in the lower level meeting room. Call the COA office after April 16th if you would like to schedule a van ride to the library.

► **ABRHS Senior Class Community Service Day – Leaf Raking Opportunity**

Friday, May 1st, various times during the day

Every spring the graduating class spreads out over the town for community service projects. This year they have reserved 10 groups of these hard working teens to do yard work for homeowners. If you would like help with spring raking, please call the COA beginning Monday, April 6th at 1:00. **Requests will be filled on a first come first served basis.** Students will bring their own equipment whenever possible. All equipment loaned to the students is the homeowner's responsibility. A responsible adult must be home the day of the raking. Yard debris cannot be removed but can be bagged (provided by the homeowner), piled, or raked to a designated area.

► **Pamper Yourself at the Nashoba Valley Technical High School Salon**

Tuesday, May 5th, 10:30-12:00ish

We have reserved a block of time to have a day of pampering for Acton seniors at the Nashoba Valley Technical High School's salon, Cosmo Cuts, on Route 110 in Westford. Men are welcome, too! Please indicate your desired service when signing up (maximum of two services per person): wash/haircut/style \$9; wash/style \$6; manicure \$5; facial \$12. Cash or checks accepted. Please make your reservation with the COA by Monday, April 27th. The van *may* be able to transport you to and from the salon. Call the COA in advance to book a ride.

► **Indicates that you must sign up in advance!**

VOLUNTEERING

Breakfast Cleanup Crew Wanted

If you can spare 30 minutes after our monthly breakfasts to help clean up, please contact Chris in the office.

Minuteman Senior Services is looking volunteers to deliver meals to homebound seniors in Acton. They are also looking for people who would be interested in visiting with, shopping for and driving homebound seniors to appointments. Call 888-222-6171 or email d.barr@minutemansenior.org to volunteer or for more information.

COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, newsletter mailing and more. Please call Carol Steiner at 978-264-9643 to explore your interests.

Acton Food Pantry needs strong able-bodied volunteers to unload a box truck holding 3-4,000 pounds of donated food weekdays on an on-call basis. Call 978-635-9295 for information or to volunteer.

Durable Medical Equipment Available to Loan: If you know what you need give us a call, have your treatment professional make a list, or have them call us directly. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional is recommending that you need something, please feel free to ask us if we have it. It is best to call MaryLou weekday afternoons (except Wednesdays) and please give her a couple of days notice to gather the equipment.

TRIPS

► **Museum of Russian Icons and Lunch at the Old Timer Restaurant**

Tuesday, April 14th, 10:30

The Museum of Russian Icons opened in Clinton in 2006 and is the largest collection of these holy images outside of Russia. The collection spans six centuries and includes historical icons dating from the earliest periods of icon painting. The museum has a special exhibit that ends May 1st, "Two Museums, One Culture," on loan from the State Tretyakov Gallery in Moscow. After a tour of the museum, lunch will be at the Old Timer Restaurant, an Irish restaurant owned and operated by the McNally family since 1929. Please indicate your lunch choice of baked stuffed chicken breast, Yankee pot roast or baked haddock when signing up. Lunch also includes soup, potato, vegetable, rolls, dessert, and coffee.

Depart: 10:30 am, Nagog Office Park. Approximate return time: 3:15.

Cost: \$43 includes mini-coach bus transportation (no rest room on board), museum admission, lunch and all gratuities. *Limited space is still available for the trip. Please call the COA office for details.*

► **Moakley Federal Courthouse Tour and Lunch at Maggiano's**

Wednesday, May 13th, 9:15



Come tour the John Joseph Moakley Federal Courthouse, a modern contrast to the John Adams Courthouse a group of Acton seniors toured last year. The tour will cover artistic and architectural elements of the building, the Wall of Honor, a look at a Federal District Courtroom and possibly observation of a live court session. After the tour you will have a little time to walk along the Boston Harborwalk, then it's off to Maggiano's Little Italy for

lunch. Lunch is served family style and includes a variety of appetizers, salads, pasta, entrees, dessert, and coffee, tea and soda. Our group loved the restaurant last year—lots of quality food at a reasonable price. Reservation and payment are due by April 29th. Please note that electronic devices such as cell phones, pagers and cameras are not allowed and two forms of ID are required (one containing a photograph) to enter to enter the courthouse.

Departs: Nagog Office Park at 9:15 (approximate return time 3:00)

Cost: \$43, includes coach bus transportation, lunch and all gratuities

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment for a trip is due within 1 week of reserving a spot, unless another date is specified in the description. If payment is not received in time, we will attempt to contact you before your name is removed from the sign-up list. No refunds will be issued unless a trip is canceled by the COA, there is someone on the waiting list who can take your spot or you can find someone to go in your place. For multiple trips, please make separate checks for each.
3. Checks should be made out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Office Park Road all the way to the end to the cul de sac (just under one mile) and park in the lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► **Indicates that you must sign up in advance!**

Videos Available for Loan If you missed these videos shown at the COA, you may borrow them to watch at home. Call to check on availability.

John Adams Miniseries (DVD)

How to Read and Understand Poetry (VHS)

Jose' Cura A Passion for Verdi (VHS)

Landmark Amer. Trials, Julius & Ethel Rosenberg (VHS)

Landmark Amer. Trials, Sacco & Vanzetti (VHS)

Sinatra: The Classic Duets (VHS)

Analog to Digital Television Conversion Delayed! - The US House has pushed back the date for discontinuing analog broadcasting to June 12, 2009. So, you have a little more time to purchase a convertor box if you need one. Coupons to help defray the cost are available at www.dtv2009.gov.

File of Life Cards If you haven't updated your "File of Life" card, now is a good time to do it. Cards are available in the COA office.

ONGOING ACTIVITIES

► **“Presidential Elections of the 19th Century” Program**

Mondays, April 13th and April 27th, 1:00-2:00

Gary Hylander continues with parts two and three of the program on 19th Century Presidential Elections. A Professor of History at Stonehill College, Dr. Hylander is a dynamic, knowledgeable and entertaining speaker.

April 13th: Abraham Lincoln and the Election of 1860. Southern fire-eaters from the lower South voted to secede from the Union, convinced that Lincoln's election would result in an effort to abolish slavery.

April 27th: “Mr. Fraudulency.” Hayes-Tilden and the Election of 1876 where one candidate won the majority of the popular vote, the other the electoral vote, throwing the nation into turmoil as inaugural day approached and there was no clear winner.

This program is offered by Framingham State the Center for Lifelong Learners and the Friends of the Acton Council on Aging. Thanks to the Acton Lions Club for their donation to the Friends, making this program possible!

► **Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

Fridays, April 10th and 24th, 2:30-3:45

Massages vary depending on individual needs, but often include massage of the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute massage is \$15. The fee should be paid directly to Nancy with cash or check. Wear a t-shirt or tank top under your clothing to make the massage most effective. Please be sure to call the COA office and let us know if you need to cancel an appointment, as there is usually a waiting list. Make sure to jot your appointment down on your calendar as we don't make reminder calls!



Computer Club

Wednesdays, April 1st, 15th and 29th, 1:30-3:00

Fridays, April 10th and 24th, 10:00-11:30

The club is open to all computer users from the novice to the experienced.

Watercolor with Sue Nordhausen (*Class is full*)

Tuesdays, through April 14th, 1:30-3:00

Please note this current session is being extended through April 14th. There will not be a separate spring session.

One-Stroke Decorative Painting with Donna Lynch

Mondays, through April 13th, 9:30-11:00

“The Bookies”

Thursday, April 30th, 1:00-2:00 *Note the date change

The Book Club selection for April, The Great Hurricane: 1938 by Cherie Burns, investigates one of the deadliest natural disasters in New England's history. Burns uses first-hand accounts of the devastation from the storm and its unprecedented 60 mph winds that left 700 dead. Please come for a lively discussion--reading the book is not required. The Memorial Library can obtain copies of the book, which may be sent to the Citizens Library branch if that is more convenient. The library may also be able to obtain a large-print edition or the book on CD or cassette.

► **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:00-3:00 (*No SHINE appointments on April 20th*)

If you have questions or issues regarding health insurance or prescription coverage please call the COA office anytime at 978-264-9643. We will connect you with our SHINE counselor.

Friendly Visitor Meeting

Tuesday, April 14th, 1:00-2:00

All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. If you are interested in becoming a Friendly Visitor, call Carol Steiner at the COA.

► **Indicates that you must sign up in advance!**

ONGOING ACTIVITIES CONTINUED...

Drop-In Program Spotlight: Quilting Group

Wednesdays, 10:00-12:00

The quilters are busy this month completing whimsy quilt squares and determining the layout of a full-sized quilt top and matching pillow. Creating baby quilts for charity is an ongoing project. The group meets Wednesdays, under the new leadership of Kay Landreth. Welcome and thank you, Kay! New participants are most welcome.

Quilters Appreciation Coffee for Dawn Edwards Wednesday, April 1st, 10:00

Dawn Edwards has led our Acton Senior Quilters for many years. She will be handing over the needle and thread to Kay Landreth. All are welcome to drop by to thank Dawn for her leadership and quilting experience. She will continue to quilt with the group and looks forward to many wonderful future projects. If you are planning to attend the coffee please check with office that morning in case there is a scheduling conflict.

Please see the Monthly Calendar on page 13 for days and times of the following groups and clubs:

Mah Jongg

Mexican Train

Quilters

Knit/Crochet Group

Cribbage

Genealogy

Poker

Ping Pong/Pool (available daily – not available 4/15)

Drop-in Bridge

Drop-in One-Stroke (no painting 4/20, 4/27)

► **Indicates that you must sign up in advance!**

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:30pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. For van reservations call weekdays 978-264-9643 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available on Tuesdays, Wednesdays and Thursdays, 8:30–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



T H A N K S to the Acton Lions Club!

The annual St. Patrick's Day luncheon was just as delicious as ever! Almost 100 Acton and Boxborough seniors enjoyed a traditional corned beef meal with all the fixings and great entertainment. We are always so grateful for the generosity of the Lions Club and for the energy they bring to the Senior Center through this festive luncheon! The Lions Club mailing address is PO Box 2391, Acton, MA, if you wish to send a personal note of thanks.

Y O U **Thank you** to Bob and Marian Evans for another year of outstanding tax assistance to our seniors. Their time and dedication is always greatly appreciated.

U **Thank you** to State Representative Jen Benson for her generous donation of \$400 to the Town of Acton for use by the Council On Aging. She has donated her legislative pay raise to all the COAs in her district.

Medical Debt deters people from seeking future care, which can result in the need for more expensive treatment later on. It can also affect the overall financial security of families and undermine their economic stability. These are some of the findings from *The Access Projects* work with community organizations across the country to examine the consequences of medically-related debt. For help with bill management and negotiation strategies related to medical debt, contact Andrew Cohen at 866-918-5232 x231 or acohen@accessproject.org.

Free Telephone Service Available

SafeLink Wireless offers free cell phones to low-income seniors with limitless 911 access and 80 minutes of free talk-time per month for one year as well as access to in-demand features such as voicemail, text, web access, three-way calling, call waiting, and caller ID. For information call 1-800-977-3768 or visit: www.safelinkwireless.com.

DINING OPPORTUNITIES

► **Men's and Ladies' Breakfast with presentation by HGRM**

Friday, April 17th, 9:00-10:00



Join us for a generous, warm breakfast with some socializing on the side. Our volunteer chefs Mike and Cy always have something delicious cooking! At 9:30 a representative from Household Goods Recycling Ministry will speak about this Acton-based charitable organization, including how to donate/receive household items. Call the COA by Wednesday, April 15th for a reservation. Cost is \$2.00.

► **Senior Appreciation Lunch Provided by Town Employees**

Monday, April 27th, 11:45

See page 5 for more details on the free ham dinner with lots of fixings and yummy desserts.

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed.

- **April Birthday Lunch: Wednesday, April 8th** - If you have a birthday in April please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Special Spring Lunch: Wednesday, April 22nd**
- **Indian Lunch: Thursday, April 30th** - A delicious lunch will be delivered from an Indian restaurant. Call 978-263-5053 by Friday April 24th for a reservation. Meal is \$3. The regular Minuteman lunch will be available.

► **Northeast Correctional Lunch**

Friday, April 24th, 12:00 Noon

Lunch at the Northeast Correctional Center (also known as the Concord Farm) in Concord is always delicious and offered at a bargain price of \$2.10! The multi-course lunch is prepared and served by inmates in the culinary training program. There are several options for the main course, which is typically fish on Fridays. Please call the COA office to sign up by Friday April 17th. The restaurant is located in Building One, and it is required that all visitors leave a photo ID at the security desk while on the premises. Please arrange your own travel or call the COA office after April 9th to request a van ride.

► **Luncheon with Life Care Center of Acton**

Friday, May 8th, 11:45

Come to the Senior Center for a delicious lunch provided free to Acton seniors by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center meal site. **Please call the COA by Thursday, April 30th to make a reservation.** We cannot guarantee a meal for people who do not sign up.

► **Indicates that you must sign up in advance!**

Economic Recovery One-time Payments

President Obama signed new legislation which provides a one-time payment of \$250 to Social Security and Supplemental Security Income beneficiaries. If you are eligible you will automatically receive payment by late May. Beneficiaries should not contact Social Security unless they haven't received payment by June 4th. To learn more visit: www.socialsecurity.gov/payment.

Circuit Breaker Tax Credit

Seniors who are eligible for the CBTC are encouraged to apply for it. The CBTC is a state income tax credit for certain Massachusetts residents age 65 or older who meet income limits and who paid rent or real estate taxes during the tax year. You must file a state income tax return to claim the Credit, whether or not you have to file otherwise. For information on eligibility call: 1-800-392-6089 or visit: www.massresources.org.



Smoke Detector Batteries Now that you've changed your clock for daylight savings time be sure to change your batteries in your smoke alarms.

EXERCISE

If you are going to miss more than three weeks of Terri's exercise class, we ask that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please check with your doctor before starting any exercise program, wear loose, comfortable clothing and bring water. Participants in ALL exercise classes must sign a waiver of liability.

► **Stretch and Flex with Terri Zaborowski**

Mondays, through June 15th, 8:30-9:30 (No class on April 20th or May 25th)

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, through June 18th, 8:30-9:30 (Class is full. Call for waitlist.)

or Wednesdays and Fridays, through June 19th, 8:30-9:30 (Class is full. Call for waitlist.)

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. Floor work is optional.



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

Tuesdays and Thursdays, through June 18th, 9:45-10:45 (Class is full. Call for waitlist.)

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.

► **Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**

Thursdays, through April 23rd, 11:00-12:00

This class is only available to participants from the fall and/or winter Beginners Tai Chi class at the COA, to continue learning the 108 movements of the Tai Chi set. Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit. Wear shoes with fairly smooth treads that will not get caught up on the carpet. After Tai Chi class on April 9th, a one-hour *Taoist Tai Chi for Seniors* video will be shown at 12:00. This is open to current class participants in the class or for those who want to know more about Tai Chi.



Drop-in Video Chair Strength Exercise

Friday, April 3rd, 10:00-10:50

This exercise routine is designed to improve strength, stamina and balance. A 2-5 lb hand weight is available.

Drop-in Video Chair Stretch Exercise

*Thursdays, 3:00-3:45 *Note new day* (No DVD on April 9th)*

This exercise routine works to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders, all while sitting in your chair. No equipment is needed.

Acton Striders Walking Group

Tuesdays, Beginning April 7th, 2:00-2:30

With spring comes the return of the Acton Striders walking group! Join us each Tuesday (unless it's raining steadily) for a one-mile walk. If you want to walk longer, you are welcome to do so. We are trying an afternoon walk this month to see if that is more convenient for those who participate in morning exercise classes. This friendly group walks in some pretty spots around town, so come out and join the fun! Call the COA for more information. A handout with the walking routes and parking locations is available in the office.



April 7th – West Acton Cemetery

April 28th – Alcott Street neighborhood

April 14th – Concord Road Cemetery

May 5th – Minuteman Road neighborhood

April 21st – NARA Park

► **Indicates that you must sign up in advance!**

OUTREACH & SUPPORT SERVICES

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-264-9643 for a confidential chat.



Handyman Program: The Acton Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. Call the COA to make a request.

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten their day or know someone who would enjoy visits, call Carol Steiner.

SNAP - Supplemental Nutrition Assistance Program

Low-income seniors may qualify for food assistance through SNAP, the newly revamped food stamp program, even if you own a home or a car, or have savings. Food Stamp benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. That's \$1,056 per year! For more information, call Project Bread's Food Source Hotline at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner at the COA for the application.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

Are You OK Program: Would you be reassured if you received a call every day at the same time? Maybe the "Are You Okay?" program is for you. This telephone reassurance program is offered free to any Acton resident who would benefit from a daily scheduled "well-being" check. To enroll call Carol Steiner at the COA.

Home Care Services: The Acton area has many good private agency and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

Healthy Smiles: Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

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

Assistance - Need help paying your heating bill? Applications for 2008/09 fuel assistance are being taken through **April 30th**. See below to know if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

<i>Household size</i>	<i>200% of Federal Poverty</i>	<i>60% of State Median Income (smaller benefit level)</i>
1	\$ 20,800	\$27,876
2	\$ 28,000	\$36,454
3	\$ 35,200	\$45,031

(Call for guidelines for larger families)

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

Citizen's Energy Oil Relief Program 2009

One hundred gallons free heating oil for qualified clients. Visit www.citizensenergy.com for the application. Click on oil heat program and then on the blue "need assistance" tab at the top of the page to get started. Or call 1-877-563-4645 to request an application.

SCAM Reminder – *Never* give out your social security number or credit card information to someone over the phone or in response to an email.

AROUND TOWN...AND BEYOND

From the Town Clerk's Office Questions: contact clerk@acton-ma.gov or call 978-264-9615
Annual Town Meeting: Begins Monday, April 6th at 7:00pm in the ABRHS Auditorium

AARP Free Tax Preparation appointments have ended at the COA but are available at the main library through April 15th for low and moderate income taxpayers. Please call 978-264-9642 for an appointment.

ABRHS presents "Opera Awakening"

April 3rd and 4th, 7:30 pm

Conquer your fear of opera and see "Opera Awakening!" This eclectic evening of scenes from ten operas is presented by ABRHS's best singers. Professional baritone John Salvi joins the cast. *A limited number of free tickets are available in the COA office.* Otherwise, tickets are \$10 and are on sale at www.MKTix.com. For more information contact Susan Williams at 978-263-3143.

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 2nd at the DPW Garage, 14 Forest Rd., 9:00-11:30

A list of acceptable items are available at the Health Department Office, Transfer Station and Acton Library. This collection is for Acton residents only, and proof of residency is required. There is a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash, or checks made out to the Town of Acton, will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

The Memorial Library now subscribes to *Boston Consumers' Checkbook*, a web site and print magazine. *Checkbook* that evaluates the quality and prices of service firms in the Boston area. You can also access financial information through Morningstar Investment Research Center. For information call 978-264-9641.

April 22nd, 7:30pm - 'Spotlight on Acton Architecture: The Acton Memorial Library' with Susan Maycock

April 28th, 7:00pm - 'Edible Wild Plants of New England' with naturalist John Root

29th Annual Senior Conference

Thursday, April 23rd, 9:00-3:00 at Assabet Valley Regional Technical HS, Marlborough, MA

Senator Eldridge is looking forward to continuing the tradition of hosting the conference. Opportunity to attend workshops, visit informational tables, health screenings, lunch, entertainment and door prizes. Some activities include belly dancing, Wii Fit, paraffin wax treatments, property, legal and computer assistance. Lunch at 11:30.

Indian Hill, 36 King Street, Littleton Visit www.indianhillmusic.org or call 978-486-9524.

Sacred Grounds, Sacred Sounds: Saturday, April 4, 7:30pm Music of Pere Lachaise Cemetery in Paris

Two Free Bach's Lunch Concerts: Thursday, April 16 and Friday, April 17th 12:00-1:00

Season Finale with Indian Hill Orchestra: Saturday, April 18, 7:30pm, Littleton High School, 56 King St.

Merrimack Repertory Theatre presents Bad Dates – located at 132 Warren St., Lowell

March 18th - April 12th - A single mother with a teenage daughter, a stressful job, and a collection of 600 pairs of shoes as she tries to find love in the big city. Email marketing@merrimackrep.org or call 978-654-4678 for info.

Concord Players presents To Kill a Mockingbird

Thursday, April 23rd, 8:00pm - Dress rehearsal of this much-beloved tale of growing up. Seniors tickets are \$5.

Free Dress Rehearsal of "Forever Plaid" presented by Theatre III at 250 Central St., Acton

Wednesday, April 29th, 7:30pm - The story of four young, eager male singers killed in a car crash in the 1950s on the way to their first big concert. They are miraculously revived for the posthumous chance to fulfill their dreams and perform the show that never was. For more information check www.theatreiii.org.

Concord House Tours - "Room for Us: Adapting Spaces to Your Needs" presented by the CC LWV

Wednesday, April 15th - For more information, visit www.lwvcc.com, or call 978-369-3842 or 978-369-7172.

Acton Garden Club Annual Plant Sale

Saturday, May 16th, Acton Center - To donate plants for the sale contact Judy Shuppert at 978-263-7554.

April

Mon

Tue

Wed

Thu

Fri

2009

		1 8:30-9:30 Cardio Flex begins 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 11:00-12:00 Computer Back Up 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	2 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-2:05 Movie 3:00-3:45 Stretch DVD	3 8:30-9:30 Cardio Flex 10:00-11:30 Intermediate Word 10:00-10:50 Strength DVD 1:00-2:30 Author Della Fera Speaks 1:00-4:30 Poker
6 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage Lesson 12:30-2:00 Beading Class 1:00 Sign Ups begin 1:00-3:00 SHINE 2:00 Red Sox Home Opener 7:00pm Town Meeting Begins	7 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii Lessons 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor 2:00 Striders Walking Group	8 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	9 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:30-3:15 Movie	10 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-11:30 Wii Lessons 12:30-2:15 Gardens of the World 1:00-4:30 Poker 2:30-3:45 Chair Massages Genealogy Group Trip
13 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke - last 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 1:00-2:00 Election Program 1:00-3:00 SHINE 3:45 COA Board Meeting	14 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:30 Russian Museum Trip 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:00-2:00 Friendly Visitor Mtg 1:30-3:00 Watercolor-last 2:00 Striders Walking Group	15 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor begins 10:00-12:00 Quilting 12:30-1:30 Hospice Services 12:30-2:30 Knit/Crochet 1:30-3:00 Computer Club	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:00-11:00 Talent Show Planning Meeting 11:00-12:00 Tai Chi 1:00-2:30 Wildlife Slideshow 3:00-3:45 Stretch DVD	17 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-11:30 Organizing your Desktop 12:30-2:15 Gardens of the World 1:00-4:30 Poker
20 COA Closed Patriots Day	21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 11:00-11:45 Nutrition Talk 12:30-3:00 Mah Jongg/Train 1:30-3:00 Poetry Program 2:00 Striders Walking Group	22 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Spring Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:00-3:00 Ask the Lawyer	23 8:30-9:30 Cardio Flex 9:00-3:00 Senior Conference in Marlboro 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi - last 12:30-2:30 Movie 3:00-3:45 Stretch DVD	24 8:30-9:30 Cardio Flex 9:00-10:30 Beading Class 10:00-11:30 Computer Club 10:00-12:00 Beg. Bridge begins 12:00Concord Prison Lunch 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
27 8:30-9:30 Stretch & Flex 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 11:45 Senior Appreciation Lunch 1:00-2:00 Election Program 1:00-3:00 SHINE	28 8:30-10:30 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 Wii 12:30-3:00 Mah Jongg/Train 1:30-3:00 Poetry Program 2:00 Striders Walking Group	29 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 13	30 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:00-11:00 Library Tour 11:45 Indian Lunch 1:00-2:00 Bookies 1:00-2:30 Native American Talk	May 1 8:30-9:30 Cardio Flex 10:00-12:00 Beginner Bridge 12:30-3:10 Movie 1:00-4:30 Poker Saturday, May 2 9:00-11:30 Hazardous Waste Collection Day

Rides to Annual Town Meeting

To encourage participation and carpooling, we are asking anyone attending town meeting to please consider giving a ride to your neighbor who either doesn't or would rather not drive. To help with that, the COA staff is taking names and phone numbers of seniors who would either like a ride or can offer one. So please call us and we will be happy to connect people together if possible.

"Senior to Senior" Bulletin Board

Are you looking for a tennis partner, need a ride or have furniture to sell? We are pleased to now have a place in the Senior Center dining room where seniors can post items or services they are selling or giving away as well as items or services that they are looking for. Here are a few guidelines about what can be posted on the board:

- Only Acton Seniors can post items
- Postings must be dated and have detailed contact info.
- Commercial, personal or political postings not permitted
- Postings are limited to a half sheet of paper – approximately 4x6
- Postings allowed for at least 30 days, or when outdated, and then may be removed by staff to make more room
- All posting are at the discretion of the COA staff

We hope you will make good use of this space. Please see Carol if you would like to help maintain the board.

FROM THE FRIENDS OF THE COA

In 2008 we lost our beloved friend and long-time secretary, Anne Norsworthy. But, through a generous bequest to the Friends, she will be remembered as we celebrate her life-long love of music. This spring we will begin the first of a series of music-related activities made possible by her gift. She is also commemorated on our plaque naming special donors to the Friends. It will soon be in the entrance to the Senior Center. Please take a moment to celebrate those it honors. Their gifts have been vital to our work on behalf of Acton's seniors.

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, April 14th, 8:20-11:00

Offered by the Acton Public Nursing Service it provides services not covered by insurance. Dr. Sandra Weakland, DPM, provides services such as evaluation and nail clipping. The \$25 fee may be waived for case of hardship. For an appointment call 978-264-9653. Funded by the Friends of the Acton Nursing Service.

Blood Pressure & Wellness Clinic: Tuesday, April 14th and 28th, 9:30-11:30

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

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coordinator
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assistant
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver

ACTON COA BOARD MEMBERS

Stephen Baran, Chair Mike Gowing, Vice-Chair
Anita Dodson Barbara Tallone
Pat Ellis Sally Thompson
Gena Manalan Paul Turner

Acton COA Board will meet on Monday, April 13th at 3:45pm

ACTON COUNCIL ON AGING

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