



Acton Senior Bulletin



April 2014

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

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

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

Registration for all programs begins in person or by phone Monday, March 31st at 1:00.

► Arthritis Self-Management Program

Tuesdays, April 8th through May 13th, 2:00-4:30

Take charge of your condition in this program that helps make living with arthritis better. You will gain a better understanding of your arthritis, learn ways to cope with chronic pain and take a more active role in managing your discomfort. Participants will gain confidence, motivation and find practical solutions to help manage the challenges of living with a chronic condition. Classes are fun and interactive! This evidence-based program developed by Stanford University will be offered through Minuteman Senior Services.



► Introduction to Myth and Mythology with Jason Giannetti

Mondays, April 7th, 14th, 28th, 1:00-2:00

“Myth” – the term connotes both glorious images of gods, heroes and epic journeys as well as the notion of lies, falsehoods and “tall tales.” This course will examine the nature of myth, its pervasiveness in all cultures, its themes and variations, as well as its relation to truth, symbol and meaning. We will do this through examining various myths from around the world and utilizing critical evaluations of these myths. Added bonus: your crossword prowess is certain to improve!

April 7th: Myth and Mythology – What is a myth? What is meant by mythology? What is the theory of the monomyth? Myths we will examine: *The Odyssey*, *The Hymn of the Pearl*, *Gilgamesh*. Critical Theory: Joseph Campbell, *The Hero With a Thousand Faces*.

April 14th: The Mythic Hero – Who is the hero of myth? What does the hero symbolize? Where do these heroes come from? Myths we will examine: Sophocles’ *Oedipus* and *Antigone*, Jesus, *Journey to the West* (or *The Monkey King*). Critical Theory: Friedrich Nietzsche’s *The Birth of Tragedy*, Carl Jung on the *Collective Unconscious*.

April 28th: The Modern Myth-Is mythmaking something only of the past? We’ll look at the modern myth in film and literature: Melville’s *Moby Dick*, Tolkien’s *Lord of the Rings*, Joyce’s *Ulysses*, Kafka’s *On Parables*, *The Matrix*. Prof. Giannetti holds a Master’s of Theological Studies from Harvard Divinity School, a Master’s of Near Eastern and Judaic Studies from Brandeis University and a Juris Doctor degree from Boston College Law School. He is a philosophy and religious studies professor and practicing lawyer.

| Index | Page |
|------------------------|-------------|
| Around Town and Beyond | 10 |
| Calendar | 11 |
| Classes | 2 |
| Clinics | 6 |
| Dining Opportunities | 6 |
| Exercise | 7 |
| Fuel Assistance | 7 |
| Friends of the COA | 12 |
| Health News | 5 |
| Ongoing Activities | 8 |
| Outreach | 9 |
| Program Highlights | 3 |
| Senior Cinema | 5 |
| Transportation | 5 |
| Trips | 4 |

Director's Corner

I am so glad that spring is finally here! It’s been a long winter. On occasion, I like to remind people who utilize the Senior Center that there are emergency buttons located in each of the rooms. If there is an emergency, push the button and COA staff will be alerted and respond to the location. We appreciate that you respect the privacy of those involved. Annual Town meeting will begin Monday, April 7 at 7:00 pm. I encourage people to attend as this is your opportunity to decide what you feel is best for your Town. The warrant includes contact information if you have questions regarding certain articles. Hope to see you there. Sharon, COA Director



The COA will be closed on Monday, April 21st.

CLASSES

REGISTRATION BEGINS..... MONDAY, MARCH 31st at 1:00.



► **Watercolor Studio Workshop with Joyce McJilton Dwyer**

Mondays, April 14th through June 16th, 10:00-11:30

(No class on April 21st and May 26th)

Join this 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 individual and shared critique are part of this art experience. Beginners are welcome as well as students continuing their watercolor learning process! Materials list available in the COA office for new students. *In addition to her work at the Senior Center, Joyce teaches watercolor classes at Minuteman Regional HS and AB Community Ed. and at the Carlisle Rec. Dept. She holds an MA in Art Ed. and a BA in Studio Art and Arts & Crafts and has studied watercolor at the DeCordova Museum School. She has been drawing and painting since a child and with watercolor for 26 years.*

Beginner Microsoft Word with Cal Winroth – Workshop 2

Wednesday, April 16th, 1:30-3:00

If you missed last month's meeting, please come and join us. The meetings are informal and designed to help you better your skills with Word no matter where you are in your skill level. This month will focus on some of the "How to" of working with formatting, margins and text. Bring your laptop or use one of the center's computers.

What's New in Free PC Software with Jim McDonough

Thursday, April 17th, 12:30-2:00

Come for an overview of the latest, free, useful software legally available on the Internet. These small programs, often called "freeware," can perform most of the tasks done by software that you might purchase. We will look at programs such as antivirus, photo organizing/editing, defragmentation, data security, and backup. You'll leave with freeware recommendations that will help your computer run faster, more securely and with fewer problems.

► **Got iPad? Part 2**

Friday, April 18th, 10:00-11:15, in the living room

This class will focus on buying and organizing apps from the App store. Be sure you know your password for the App Store. We will also work with Safari, iPad's Internet browser. Bring your charged iPad with you to class.



► **ArtMatters Series: Women Artists and Mother & Child Art**

Thursdays, April 24th, May 1st, May 8th, 1:00-2:00

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

April 24th: Women Artists before the 20th Century. Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century.

May 1st: Women Artists in the 20th Century. In more modern times, our ability to create art was less openly inhibited, but new, modern obstacles arose. Join us for a new look and a discussion about women and their struggle to make art in the 20th Century.

May 8th: Mother & Child. The bond between parents and their children is very special, very personal, and yet universal. This relationship transcends language, cultures, long distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers & their children throughout our human history. Join us for a special sharing in honor of Mothers' Day and invite your children. Men welcome!

Got iPad? Q & A

Tuesday, April 29th, 10:00-11:15, in the dining room

Individual help is available for anyone with questions about their iPad. Please bring your charged iPad with you and be sure to know your password if you want to visit the App Store.

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

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, MARCH 31st at 1:00.

► **Comedy Show with David Shikes** (Call now, registration is open.)

Tuesday, April 1st, 1:00-1:45

Enjoy a rollicking good time with comedian David Shikes, who is returning on April Fools' Day to make us chuckle with the jokes and stories he has up his sleeve. Shikes, a bookseller by trade, enjoys bringing his comedy to seniors throughout New England.



► **Mind-Full or Mindful? Bringing Mindfulness into Your Life**

Tuesday, April 8th, 6:30-7:30 p.m.

Mindfulness and its benefits for health, wellbeing, concentration, focus and communication have been getting a great deal of attention in the news lately. Even a recent *Time* magazine cover story was entitled "The Mindful Revolution." What is mindfulness and how can we use it in our lives? Join Pam Ressler, founder and president of Stress Resources in Concord, for this special evening program. During this workshop you will learn: how mindfulness affects the body and mind; practice mindful versus mindless communication; take home effective tips for incorporating mindfulness into your life. Pam is a nationally certified holistic nurse and is a frequent keynote speaker, as well as author, on topics of stress resiliency.



► **Fur and Feathers**

Thursday, April 10th, 1:00-2:00



Explore the fascinating world of wildlife behavior in this special multi-media presentation from the MA Audubon Society. Mammals and birds have evolved to survive by taking advantage of various habitats and food sources. This program explores the interesting behavior differences. Enjoy images of black bear, deer, moose, otter raccoon and fox as well as a variety of bird species. The beautiful images are accompanied by music and lively narration by Gail Hansche Godin. Gail is an award-winning nature photographer who has been published in MA Wildlife and National Wildlife magazines. She presents multi-media programs to a variety of audiences across New England.

► **The Tick Talk**

Tuesday, April 29th, 12:30-1:45

Join Acton resident and garden club member Sandra Bonzagni for a close look at Lyme disease and other tick-borne illnesses. The Center Disease for Disease Control and Prevention reports some 300,000 cases of Lyme disease are being diagnosed every year but there are problems with diagnoses. Ms. Bonzagni has presented at the MA Federation of Garden Club's annual meeting and has taken her exhibit to the Acton library, Acton Boxborough Farmers Market and the Boston Flower Show.



► **Got Confusion? The Dementia Journey: Experienced, Explained and Embraced**

Wednesday, April 30th, 6:30-7:30 p.m.

Please join us for this special program with Mal Allard, R.N., Alzheimer's consultant, advocate and founder of *Their Real World*. Ms. Allard will address the confusion in the minds of those with memory impairment. Come learn about the "whys" of confusion and how we can improve our roles as caregivers by embracing the confusion, using humor and focusing on positive emotions. Strategies for caretaking and entering the world of dementia will be addressed, and you will also ask yourself "How would I feel if it were me?" Ms. Allard's specialty is the daily care and communication challenges of people living with dementia.

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

This Month's Cyber Security Tip from the MA Office of Elder Affairs

How strong are your passwords? - These days, everyone has a lot of passwords. It's hard to create strong, unique, memorable passwords. It's hard to resist using the same password for multiple accounts. How can you generate long, easy-to-remember passphrases? Use a few words strung together. Use sentences. Add numbers or symbols for letters if needed by the account. For example, "ourdogdeliverspizza" would be a good passphrase, or substitute zeros for the o and it becomes "0urd0gdeliverspizza." Be creative but think easy to remember.



TRIPS



REGISTRATION BEGINS..... MONDAY, MARCH 31st at 1:00.



► **Day in Providence Rhode Island: Tour of the City, Lunch at Spirito's Restaurant and RI School of Design Museum Tour** (Call now, registration is open.)
Wednesday, April 16th, leave NARA Park Lower Lot at 9:00 a.m.

We'll start the day with a tour of the city! From the comfort of the bus, our step-on guide Deena Liffmann will share many historical, architectural and cultural tidbits about the city. After the tour, we'll dine at Spirito's Italian restaurant, located in an historic Victorian mansion. Lunch will include salad, choice of chicken parmesan, stuffed scrod or Italian sampler (ravioli, meatball, sausage, fried peppers), tiramisu, and coffee/tea. Please indicate your entrée preference when registering. Our day will conclude with a docent-led highlights tour of the Rhode Island School of Design Museum, which includes 45 minutes of walking/standing. The museum's collection features over 86,000 works of art from ancient to contemporary times—paintings, drawings, decorative arts, costumes, textiles, and sculpture. There are pieces by John Singleton Copley, Winslow Homer, Mary Cassatt, John Singer Sargent, Claude Monet, Edgar Degas, Paul Cézanne, Pablo Picasso, Henri Matisse, and Georgia O'Keeffe. There are two special exhibits: photographs by Andy Warhol and Arlene Schechet's sculptures.

Depart: 9:00 a.m. from NARA Lower Lot; Approximate return time: 5:15

Cost: \$65 due by March 26th includes city and museum tours, lunch, coach bus (w/restroom), and all gratuities.



► **Day in New Bedford - Tours of the Whaling Museum and an Historic Mansion with Gardens and Lunch**

Tuesday, May 13th, leave NARA Park Lower Lot at 8:45 a.m.

Join us for an enjoyable and educational day in New Bedford, the former whaling capital of the world. We will start at the Rotch-Jones-Duff House & Garden Museum, where we will have a docent-led tour of the 28-room 1834 Greek Revival-style mansion. There will also be time to explore the expansive gardens on your own, which encompass a full city block and include a boxwood parterre rose garden and a woodland garden. Please note that there is a full staircase to tour the second level of this house. Next we'll have lunch at the Airport Grille, an upscale American bistro with a great view of planes taking off and landing. Lunch will include salad, dessert, coffee/tea/soda and an entrée of your choice—chicken breast stuffed with spinach and feta, baked haddock with herbed crumb topping, short ribs with Hoisin BBQ sauce, or pasta primavera. Please indicate your entrée choice when registering. We'll end our day with a guided tour of the Whaling Museum where we will explore the region's centuries-old relationship with the sea. The museum has stunning art, life-size partial replica of a whaling ship and a special exhibit of 19th century whaleman/artist Benjamin Russell's paintings.

Depart: 8:45 a.m. from NARA Lower Lot; Approximate return time: 6:00 p.m.

Cost: \$75 due by April 22nd includes two museum tours, lunch, coach bus w/restroom, and all gratuities.

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.

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. Punch tickets are available from the driver or in the COA office.

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.

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, April 4th, 12:30-2:15 Last Vegas (2013, PG-13 for sexual content and language) In this comedy, three lifelong friends (Robert De Niro, Morgan Freeman and Kevin Kline) head to Las Vegas for a wild weekend where their buddy (Michael Douglas) is marrying a woman half his age. Mary Steenburgen also stars.

Friday, April 18th, 12:30-2:05 Austenland (2013, PG-13) A young woman is so taken with Jane Austen's novels that she splurges on a trip to an English resort where participants are plunged into the Austen era. Romantic comedy starring Keri Russell, Jennifer Coolidge and Jane Seymour.

Friday, April 25th, 12:30-2:10 Blue Jasmine (2013, PG-13) In this Woody Allen directed comedy, the high life leads to high anxiety for a fashionable New Yorker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. Stars Cate Blanchett, who won an Oscar for the role, Sally Hawkins and Alec Baldwin.

Friday, May 2nd, 12:30-2:25 Nebraska (2013, R for language) An aging curmudgeon makes the trip from Montana to Nebraska with his son thinking he has won a million dollar sweepstakes. Drama with some comedic elements stars Bruce Dern, Will Forte and Jane Squib. Received six Oscar nominations including best picture and performances by Squib and Dern.

HEALTH NEWS

Alzheimer's Services

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

Healthcare Websites

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

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

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

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

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

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

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, MARCH 31st at 1:00.

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

▶ **Newbury Court Lunch**

Wednesday, April 9th, 11:45

Newbury Court will be serving lunch here at the Senior Center. The menu has not been decided. Newbury Court Residence, located in Concord, offers a variety of living options and provides a continuum of services and amenities as your needs change. Please sign up in the COA office. Cost is \$2.

▶ **Inn at Robbins Brook Lunch**

Tuesday, April 15th, 11:45

Enjoy a ham dinner with salad and dessert. A \$3 donation for lunch is requested. Please sign up in the COA office.

▶ **Town Employee Prepared Lunch**

Tuesday, April 29th, 11:45

The Finance Department will be here to serve pizza, salad and dessert. A \$3 donation for this lunch is requested. Please sign up in the COA office.

▶ **Monthly Breakfast**

Friday, April 18th, 9:00



Join us for a warm, plentiful breakfast! Typically pancakes or French toast, as well as eggs, fruit, bacon and sausages are served, but our chef, Veteran Services Officer James MacRae, sometimes has a surprise in store. Cost is \$2.00.

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

▶ **Soup Bar**

Fridays, April 4th, 11th, 18th and 25th, 11:45



Enjoy warm soup with add-ons. The soup base on 4/4 is Corn Chowder, 4/11 is Italian Tomato, 4/18 is Beef Stroganoff, 4/25 is Turkey Dinner and 5/2 is Pesto Tomato. 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 April 9th, 11:45

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

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesday, April 2nd, 1:30-4:00 and Tuesday, April 8th, 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, April 8th and 22nd, 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.

Free Eyeglass Repairs and Adjustments

Monday, April 28th, 11:30-12:30

Alex Thayer, Licensed Dispensing Optician and owner of Look Optical in Maynard, will be at the Senior Center to offer free eyeglass adjustments and minor repairs. No appointment necessary.

EXERCISE

- ▶ **"Stretch and Flex"** with Terri Zaborowski (Class is full. Call about waitlist.)
Mondays, March 31st through June 16th, 8:30-9:30 (No class on 4/21 and 5/26.)
- ▶ **"Senior Cardio-Flex"** with Terri Zaborowski (Classes are full. Call about waitlist.)
Tuesdays and Thursdays, April 1st through June 19th, 8:30-9:30
or Wednesdays and Fridays, April 2nd through June 20th, 8:30-9:30
- ▶ **"Senior Stretch, Flex, Tone and Cardio"** with Terri Z. (Class is full. Call about waitlist.)
Tuesdays and Thursdays, April 1st through June 19th, 9:45-10:45
-  ▶ **Beginner Taoist Tai Chi** with Alice Hogan and other Taoist Tai Chi Society Instructors
Tuesdays, April 1st through June 17th, 11:00-12:00

This class has been meeting since September, so some knowledge of Taoist Tai Chi is required at this point to join.

-  ▶ **Continuing Level Taoist Tai Chi** with Ray Caisse and other Taoist Tai Chi Society Instructors
Thursdays, April 3rd through June 19th, 11:00-12:00

For those who know all 108 movements of the Taoist Tai Chi set, whether learned at the Center or elsewhere.

- ▶ **Yoga Class** with Patsy Brightman (Class is full. Call about waitlist.)
Wednesdays, April 9th through June 11th, 10:45-12:00

- ▶ **Zumba Gold™/Stretch Class** with Yvonne Benelli (Call now, registration is open.)
Fridays, April 4th through June 13th, 10:00-10:45 (No class on 4/18)

Join the party! Latin-inspired international music and dance steps have created "exercise in disguise." This cardio-based fitness workout is designed to tone the entire body and includes a variety of international music. Floor work is optional and is at the end of class. This program is designed so that anyone can do it—YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your own needs. Participants should wear sneakers (smooth tread best), bring water, an exercise mat (if doing floor work), and a smile! This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the series is suggested.

- ▶ **Gentle Chair Exercises** with Health and Wellness Coordinator Liz Jewell
Wednesdays, April 2nd through June 18th, 10:00-10:30, living room (Call now, registration is open.)

- Thursdays, April 3rd thru June 19th, 11:00 -11:30, dining room* (Class is full. Call about waitlist.)

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

Striders Walking Group

Mondays, April 7th, 14th and 28th, 12:15-1:00 at the Senior Center

Wednesdays, April 2nd, 9th, 16th, 23rd and 30th, 8:30-9:15 at NARA Park

So 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!**

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Heating Assistance Program (LIHEAP)

Need help paying your heating bill? Eligibility is based on household size and gross annual income of every household member 18+ years. Renters whose cost of heat is included in the rent can apply. Call Bev at the COA at 978-929-6652 for an appointment and for more information about eligibility. This program runs through April 30.

Emergency Fuel Assistance Fund - Contact Bev Hutchings at the COA at 978-929-6652.

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.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, MARCH 31st at 1:00.

Drop-in Spotlight: Did you know you can play bridge twice a week at the Senior Center? On Mondays, 9:30-11:30, folks play in the dining room, and on Wednesdays, 2:30-4:30 a group meets in the living room. It's great exercise for your brain and is social as well! The Monday group in particular needs more players.

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

Tuesday, April 22nd, 9:00-11:00

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

▶ **AARP Free Tax Preparation with Paul Motyka and Sharon Kelsey**

Tuesdays, through April 15th, 12:00-4:00

(Call now, registration is open.)

Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6543.

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

Thursdays, April 10th and 24th, 2:30-3:15

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice. No experience necessary!

▶ **One-Stroke Decorative Painting with Alev Bowen** (Classes are full. Call about waitlist.)

Introductory Session: Fridays, March 28th, April 4th, April 11th, 9:30-11:00

Continuing Session: Fridays, April 25th, May 2nd, and May 9th, 9:30-11:00

▶ **Intermediate Chess Class with Ken LeBow** (Call now, registration is open.)

Thursdays, through May 29th, 1:00-2:00

(No class on April 3rd)

This 10-week course is 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 as part of the class.

▶ **Watercolor Studio Workshop with Joyce McJilton Dwyer** (Class is full. Call for waitlist.)

Mondays, through April 7th, 10:00-11:30

“The Bookies” COA Book Club

Monday, April 28th, 2:00-3:00

The title of this month's book title was not available at press time. Please call the COA office at 987-929-6652 for the book title after March 21st. Copies will be available at the Acton Memorial Library.



Genealogy Group

Friday, April 11th, 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, April 9th and 23rd, 1:30-3:00

Minuteman SHINE (Serving the Health Information Needs of Everyone)

Mondays, April 14th and 28th, 12:00-4:00

The COA has a SHINE counselor available twice a month. Call the office at 978-929-6652 for an appointment.

Free Stamp Collection Evaluation

Thursdays, April 10th, 17th, 24th, 12:30-1:00

Bring your stamps to the dining room on one of the days listed and get a free evaluation.

See the Calendar on page 11 for info on these groups: Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Harmonica. These activities may be canceled due to space constraints. *No Harmonica or Chess Club on 4/3.*

▶ **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 4th Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

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

SNAP – Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

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

Support Groups

Diabetes Self Management at Acton Medical, 321 Main St

Thursdays, April 24th through May 29th, 2:00-4:30 Call Carrie Legget to register, 978-635-8902

Alzheimer's, Memory Loss and Dementia Care Givers Support Group with Eileen Lawson

4th Wednesday of each month, 4:00-5:30, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Parkinson's Disease Support Group with Mary Ann Wonn

3rd Monday of each month 2:00-3:00, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

Bereavement Group

Wednesdays, through April 9th for 8 weeks, 6:00-7:30, Parmenter at 266 Cochituate Rd.,

Wayland. For information & registration call Andrea Heinlein at 339-223-9482.

Thank You ...to Paul Motyka and Sharon Kelsey for all the hours they volunteered through AARP to help our seniors with their tax returns. It was greatly appreciated!

...to Franny Osman for her time on the COA Board.

...to the Fire Department for a great lunch and program on fire safety offered to our seniors.

...to the Lions Club for another wonderful St. Patrick's Day luncheon for Acton and Boxborough seniors. If you attended and would like to send a thank you to the Lions Club, the address is P.O. Box 2391 in Acton.



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.

AARP Free Tax Preparation - Returns will be prepared on Tuesdays afternoons at the COA. See page 8 of this newsletter for details. Returns will be prepared Thursday and Friday afternoons at the Library. For library appointments call 978-760-9146. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's 2012 Federal and State returns as well as all tax forms mailed to you for 2013, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Seniors may be eligible for the MA Circuit Breaker tax credit. Both homeowners and renters may receive a tax credit of up to \$1030 even if you don't owe any state income tax. You may also back file for the Circuit Breaker credit for the last 3 years if you are eligible for it.

AROUND TOWN...AND BEYOND

Recreation Department - Join us as we leap into a great spring season full of new recreational opportunities. There is a variety of new classes and exciting bus trips. In addition, NARA Beach Memberships are now available. There is a special senior rate of \$25 per senior for the entire season which begins Memorial Day weekend. If you have questions, contact our office at 978-929-6440 or email recreation@acton-ma.gov.

Upcoming Events at Memorial Library - Call 978-929-6543 to register if needed.

April 2, 7 p.m. An Evening with Historian and Author Richard Wiggin's book, *Embattled Farmers: Campaigns and Profiles of Revolutionary Soldiers from Lincoln, 1775-1783*

April 8, 3 to 4 p.m. Managing Your Digital Photos Registration required

April 16, 3 to 4 p.m. Drop-In Computer Help

April 22, 7:30 p.m. Book Discussion: *The Memory Keeper's Daughter* by Kim Edwards.

April 23, 7 to 8:30 p.m. Using Microsoft Publisher Registration required

April 30, 7 p.m. An Evening with Walt Whitman A one man show by Stephen Collins

Poet Mary Ruefle Wins Acton's 14th Annual Robert Creeley Award Mary Ruefle reads from her poetry on Wednesday, April 16, at 7:30 p.m. in the R. J. Grey Jr H.S. Auditorium. This year's winner of the Helen Creeley Student Poetry Prize, Talin Tahajian of Belmont High School, will open the evening by reading from her work

34th Annual Senior Conference at the new location of Hudson High School, 69 Brigham St. Hudson
Thursday, April 24th, 9:00-2:00

Join State Senator Jamie Eldridge, for workshops, entertainment, prizes, speakers, free coffee, donuts and lunch.

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.

4th Thursday of the month, 12:15. Donations accepted.

Concord Players presents Monty Python's Spamalot

Thursday, April 24th, 8:00 - Senior dress rehearsal. \$10. Open seating. 51 Walden St, Concord

Theatre III presents "A Night in Provence"

Wednesday, April 9th, 7:30 - Free dress rehearsal. Light refreshments will be served at intermission.

Indian Hill Music – For more information call 978-486-9524 x116 or visit www.indianhillmusic.org.

Free Bach's Lunch Concert Thursday, April 17th, 11:00 and 1:30 at 36 King St in Littleton



Smoke Detector Milestone
Members of the Acton Fire Department have installed smoke and carbon monoxide detectors in over 100 homes for Acton's senior citizens. Lieutenant Arnun and Firefighter Carter started the "Retire the Fire" campaign in June of 2013 and have now reached the 100 mark. They have installed over 500 detectors in over 100 homes to date. The "Retire the Fire" Program is made possible from grant funding from the MA DPH, MA DFS and FEMA. If you would like to schedule a visit with the Fire Department to check your detectors, call the COA at 978-929-6652.

| April | <i>Mon</i> | <i>Tue</i> | <i>wed</i> | <i>Thu</i> | <i>Fri</i> | 2014 |
|--|---|---|---|--|------------|-------------|
| 3 /31 | April 1 | 2 | 3 | 4 | | |
| 8:30-9:30 Stretch/Flex Begins 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00 Registration Begins | 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beg. Tai Chi Begins 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 1:00-1:45 Comedy Show Town Elections | 8:30-9:30 Cardio Flex Begins 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise Begins 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 11:00-11:30 Chair Exercise Begins 11:00-12:00 Continuing Tai Chi 1:30-3:00 Volunteer Reception | 8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba Begins 11:45 Soup Bar-Corn Chowder 12:30-2:15 Movie | | |
| 7 | 8 | 9 | 10 | 11 | | |
| 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor -last 12:15-1:00 Walking at COA 1:00-2:00 Myth & Mythology 3:00 COA Board Meeting 7:00 PM Annual Town Mtg - HS | 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 12:00-4:00 Tax Appointments 12:30-3:00 Board & Tile Games 2:00-4:30 Arthritis Program 6:30-7:30 Mindfulness Program | 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 Begins 11:45 Newbury Court/Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge | 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:00 Stamp Evaluations 1:00-2:00 Fur and Feathers 1:00-3:00 Harmonica Club 1:00 Chess Lessons 2:00 Chess Club 2:30-3:15 Meditation | 8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba 11:45 Soup Bar – Italian Tomato 1:00-2:30 Genealogy | | |
| 14 | 15 | 16 | 17 | 18 | | |
| 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor Begins 12:15-1:00 Walking at COA 12:30-4:00 SHINE 1:00 Friends of the COA Meeting 1:00-2:00 Myth & Mythology | 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:00-4:00 Tax Appointments 2:00-4:30 Arthritis Program | 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:00 RI Trip 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 1:30-3:00 Beginner Word Class 2:30-4:30 Drop-in Bridge | 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-2:00 PC Software Talk 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00-2:00 Inter. Chess Lessons 2:00-4:15 Chess Club | 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-11:15 Got iPad? Pt 2 11:45 Soup Bar–Beef Stroganoff 12:30-2:05 Movie | | |
| 21 | 22 | 23 | 24 | 25 | | |
| COA CLOSED | 8:30-9:30 Cardio Flex 9:00-11:00 Ask the Lawyer 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 2:00-4:30 Arthritis Program | 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 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge | 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:00 Stamp Evaluations 1:00-2:00 Inter. Chess Lessons 1:00-3:00 Harmonica Club 1:00-2:00 Art Matters 2:00-4:15 Chess Club 2:30-3:15 Meditation | 8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba 11:45 Soup Bar - Turkey Dinner 12:30-2:10 Movie | | |
| 28 | 29 | 30 | May 1 | 2 | | |
| 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 11:30-12:30 Eyeglass Repairs 12:15-1:00 Walking at COA 12:30-4:00 SHINE 12:30 Newsletter Sealing 1:00-2:00 Myth & Mythology 2:00-3:00 Book Group | 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:15 Got iPad Q & A 11:00-12:00 Beg. Tai Chi 11:45 Employee Cooked Lunch 12:30-3:00 Board & Tile Games 12:30-1:45 Tick Talk 2:00-4:30 Arthritis Program | 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 2:30-4:30 Drop-in Bridge 6:30-7:30 Dementia Program | 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:00 Inter. Chess Lessons 1:00-3:00 Harmonica Club 1:00-2:00 Art Matters 2:00-4:15 Chess Club | 8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba 11:45 Soup Bar-Pesto Tomato 12:30-2:25 Movie | | |

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

Friday, May 2nd, various times during the day



Every spring the graduating class spends a day doing community service. If you would like a group to rake, call the COA Monday, March 31st beginning at 1:00. Students will bring their own rakes when possible. All equipment loaned to rakers is the homeowner's responsibility. A responsible adult must be home the day of the raking. Yard debris cannot be removed but can be bagged (provided by the homeowner), piled or raked to a designated area. If you'd like to make a donation for the raking send it to ABRHS (Community Service Fund); c/o Melissa Dempsey, 36 Charter Rd, Acton, MA.

From the Friends of the Acton COA
 Hopefully March has left us with a roar and April is here as a gentle lamb.
 We are so fortunate to have our Senior Center where we can congregate with nice people, have wonderful programs with great instructors and a great staff to assist with our needs.
HAPPY SPRING!



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

Town Clerk's Office: Annual Town Election is Tuesday, April 1st. Annual Town Meeting begins Monday, April 7th in the AB Regional High School Auditorium at 7:00 PM. Check-in for registered voters will take place in the cafeteria. The Clerk's Office welcomes requests for special provisions needed for a person to be able to attend Town Meeting. In general, we can provide wheelchairs, special check-in for those unable to walk to the cafeteria, and access to the wheelchair lift or special auditorium seating. In order to accommodate as many citizens as possible, please contact the Clerk's Office by Friday, March 28th at clerk@acton-ma.gov, or 978-929-6620.

Cell Phones for Soldiers – Do you have an old cell phone sitting in your junk drawer? Donate it to support our military serving overseas! Cell Phones for Soldiers Inc. is a 501(c)(3) non-profit organization dedicated to providing cost-free communication services to active duty military members and veterans. There are drop boxes at the PSF, transfer station, and both libraries. To learn more visit: www.cellphonesforsoldiers.com/about.php.

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

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| <p>ACTON COA STAFF Sharon Mercurio, Director Judy Peters, Assistant to the Director/Van Dispatcher Chris Chirokas, Program Coordinator Bev Hutchings, Outreach/Volunteer Coordinator Mary Lou Repucci, Staff Assistant Priscilla Cotter, Van Driver Liz Jewell, Health and Wellness Coordinator</p> | <p>ACTON COA BOARD MEMBERS Barbara Willson, Chair Charlie Aaronson, Vice Chair Stephen Baran Ann Corcoran Connie Ingram Marion Maxwell Franny Osman Sally Thompson, Treasurer Paul Turner</p> |
| Acton COA Board will meet on Monday, April 7 th at 3:00 Friends of the Acton COA will meet on April 14 th at 1:00. | |