



Acton Senior Bulletin



December 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. Go to Government, then down to Council on Aging.

Senior Center Open House

Thursday, December 3rd, 1:00-3:00 (Snow date 12/4 at 1:00)



Check out what's happening at the Senior Center! Stop by to learn about the classes, programs, drop-in activities and services available. Your center is a busy and vibrant place with so many options for participation including exercise, art, music and computer classes, day trips, informational and educational programs, movies and a wide variety of drop-in activities. In addition, there are daily lunches served, Meals on Wheels delivery, outreach assistance, durable medical equipment to borrow and local van rides. Staff and instructors will be happy to talk with you. Tours will be offered and refreshments served.

Winter Weather Programs and Classes Policy

If the Acton Schools are closed:

- All Senior Center classes and programs will be canceled and the Minuteman meal site will be closed.
- The Council on Aging office will remain open.
- Listen for school cancellation information on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.

If the Acton Schools are delayed:

- ALL classes beginning before 10:00 will be canceled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

If in doubt please call the COA with questions about classes.

Van Snow Policy



If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00. This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting. If you are unsure about a scheduled ride on a wintery day please call the COA at 978-264-9643 after 8:00.

► Holiday Tea

Thursday, December 10th, 2:00-3:30



To help usher in the holidays, the COA will be hosting an elegant tea party at the Senior Center for all Acton seniors. Men are most welcome! Join us for a cup of tea or mulled cider and light refreshments. Entertainment will be provided by siblings Dan and Nikki Warner, age 16 and 17, who play guitar and violin, respectively. Snow date is Friday, Dec. 11th, at 2:00.

Index	Page
Upcoming Programs Highlights	2
Dining Opportunities	2
Transportation	2
Classes/Workshops	3
Exercise	4
Volunteering	5
Ongoing Activities	5
Senior Cinema	6
Donations Wanted	6
Outreach & Support Services	7
Around Town and Beyond	8
Thank You	8
Calendar	9
Clinics	10
Friends of the COA	10

Program/Class registration begins in person or by phone Monday, November, 30th at 1:00.

Exercise Only registration begins in person or by phone Tuesday, December 1st at 1:00.

The Senior Center will be closed on Friday, December 25th and Friday, January 1st.

UPCOMING PROGRAM HIGHLIGHTS

FOR DECEMBERREGISTRATION BEGINS MONDAY, NOVEMBER 30th, at 1:00

► **Ask the Lawyer**

Wednesday, December 9th, 1:00-3:00

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

Cookie Swap

Friday, December 11th, 12:45-2:00



Joy Agule, our Mealsite Coordinator, is organizing a fun holiday cookie swap! Please bring a total of 3 ½ dozen homemade cookies: six separate containers (plastic containers or storage bags) containing six cookies each for swapping and another six cookies on a paper plate for sharing. The cookies must be homemade!

Holiday Musical Performance with Bob Schneider

Tuesday, December 15th, 12:30-1:30

What better way to get into the holiday spirit than with music? Stay after the holiday lunch to listen to pianist Bob Schneider and sing along on some pieces as well. Bob has resided in Acton since 1973 and plays light classical and jazz music, but will be focusing on holiday favorites for this performance. We are very grateful to Bob for sharing his talent with Acton seniors! Make sure to call the Mealsite (978-263-5053) for a lunch reservation.

► **Health Plan Options for People with Medicare Seminar**

Thursday, December 17th, 2:00-3:00 (rescheduled from Nov. 2nd)

This seminar by Blue Cross Blue Shield of MA includes an explanation of Medicare, Medicare prescription drug benefits, how Medigap plans and Medicare Advantage plans work with Medicare as well as provides updates for Blue Cross and Blue Shield of Massachusetts 2010 plan offerings. This popular seminar is often praised for the way it makes complex information easy to understand, which is especially important during the Open Enrollment period. A question and answer session will follow. All are welcome regardless of your insurance coverage!

► **Re-Gifting Party**

Thursday, January 7th, 1:00-2:00

Everyone seems to have a stash of gifts they receive, but never use. Wrap one of those new, unused gifts and bring it to the re-gifting party for some fun and socializing! Light refreshments will be served.

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

DINING OPPORTUNITIES

► **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.

- **December Birthday Lunch: Wednesday, December 9th**

- **Holiday Lunch with all the fixings: Tuesday, December 15th**

Notice: There will not be a Men's and Ladies' Breakfast this month.

► **Indicates that you must register 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.



CLASSES/WORKSHOPS

FOR DECEMBERREGISTRATION BEGINS MONDAY, NOVEMBER 30th, at 1:00

Watercolor with Sue Nordhausen

Tuesdays, December 1st, 8th and 15th, 1:30-3:00

In this shortened session, students will work on winter and holiday art projects. All of the participants from Sue's fall class will be able to continue in this class, but it is not open to new registrants.

▶ **Holiday and Winter Scene Greeting Cards with Cynthia Durost**

Wednesdays, December 2nd, 9th, and 16th, 9:00-10:30



Create unique and special holiday designs or winter scenes for your loved ones and friends, using a variety of materials. Supplies needed include watercolor pad, colored pencils or watercolor pencils. Bring old holiday cards with your favorite design for inspiration. Envelopes and markers will be provided. Open to people of all abilities; stencils are available for those who do not want to draw free-hand. Come, create and have fun!

▶ **Beaded Jewelry Workshop with Joan McKenzie**

Friday, December 4th, 9:30-11:00

Make your choice of beaded earrings, bracelet or a simple necklace—for yourself or to give as a holiday gift. Beading is fun and social! There is a small materials fee (typically \$2-4 per item), payable to the instructor.

▶ **Windows 7 – Coming Soon to a Computer Near You with Jim McDonough**

Wednesday, December 9th, 1:30-3:00

You've probably heard the recent talk about Microsoft's new Windows 7. Be the first on your block to see what it's all about. We will discuss the features and benefits of Windows 7 compared to the familiar Windows XP. We will also discuss the various versions of Windows 7 along with the nuances of upgrading from Windows XP and Vista. This should give you the information you need to decide if Windows 7 is right for you.

▶ **Mini Holiday Tree Workshop with Joan McKenzie**

Friday, December 11th, 9:00-10:30

 Make a mini artificial holiday tree for the holidays—they make great decorations, centerpieces or hostess gifts. A tree, ribbon and small decorations will be supplied for a supply fee of approximately \$6.00 (we'll know the exact amount that day). If you want to follow a particular theme, you are welcome to bring some of your own special decorations.

▶ **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, January 6th through March 10th, 9:00-10:30

Join this watercolor studio workshop and be inspired! 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!

▶ **AAA Driver Improvement Program—“Safe Driving for Mature Operators”**

Mondays, January 11th and 25th, 12:30-3:30



Recent events in Massachusetts have drawn attention to the issue of senior driving. AAA is offering this classroom-based, defensive driving course to help older people drive safely. It will address the challenges faced by drivers over 60 by offering a refresher on things learned years ago and practical suggestions on ways to compensate for changes caused by aging. This program is informational only—there will be no driving involved and no tests! A fee of \$15 (same for AAA members and non-members) will be collected on the first day of class.

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



Safety Sand for Seniors has restarted for this winter season. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon plastic pail to your home by Acton Boxborough High School volunteers. Call the COA at 978-264-9643 to request a pail or get a refill.

Durable Medical Equipment Available to Loan: If you know what you need, (walkers, canes etc.) 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 ask us if we have it. It's best to call Mary Lou weekday afternoons (except Wednesdays) and give her a couple of days to gather the equipment.

EXERCISE

Registration starts on Tuesday, December 1st at 1:00. You may come into the office or call to register.

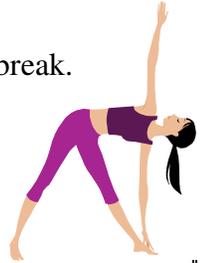
Exercise Opportunities

- The winter session of exercise classes begins the week of January 4th.
- If you are currently attending the fall session, those classes end the week of December 14th.
- See the DVD exercise opportunities if you would like to continue to work out during the holiday break.

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

Mondays, January 4th through March 22nd, 8:30-9:30 (No class on 1/18 or 2/15)

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 Senior Center).



► **"Senior Cardio-Flex" with Terri Zaborowski**

Tuesdays and Thursdays, January 5th through March 25th, 8:30-9:30

or Wednesdays and Fridays, January 6th through March 26th, 8:30-9:30

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, January 5th through March 25th, 9:45-10:45

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 in a chair.



Tai Chi for Beginners with Ray Caisse of the Taoist Tai Chi Society

Tuesdays, January 5th through March 9th, 11:00-12:00

This is a continuation of the Taoist Tai Chi for Beginners that began in September and is open to those participants only. If you were in the fall session, there is no need to register for this session.

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

Thursdays, January 7th through March 25th, 11:00-12:00

This class is only open to people with Tai Chi experience, either in the Senior Center classes or elsewhere. You only need to call to register if you were NOT in the fall session.

Exercise DVDS

Older and Wiser Aerobic/Toning Workout DVD

Tuesdays, December 22nd and 29th, 9:00-10:00, and Thursdays, December 24th and 31st, 9:00-10:00

Routine includes low-impact aerobics and non-floor toning exercises. Each exercise is shown at three different levels of intensity so participants can adjust the workout to their own needs. Bring a pair of 1-5 pound weights or use those available at the Senior Center. This DVD workout is only for regular participants in Terri's cardio-flex classes and is not for beginners.

Easy Does It Strength and Tone DVD

Wednesdays, December 23rd and 30th, 9:00-9:50

Craig Marcacci, a veteran instructor of senior fitness, leads this no-impact muscle toning exercise regimen that is done sitting in or standing behind a chair for safety. Bring a pair of 1-5 pound weights or use those available at the Senior Center. This workout is appropriate for beginners.



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

Exercise Cancellation Policy - Please note the cancellation policy for exercise classes:

- * If either Acton or Littleton schools are canceled or the start of school is delayed because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.
- * Call the Senior Center for information on exercise classes starting 10:00 or later.
- * Please watch for weather related cancellations on the news as we will only call people in the event of a cancellation that is NOT publicized on TV and radio.
- * If exercise is canceled for a non-weather related issue we will, instead of calling, show an exercise DVD.

If you are going to miss more than three weeks of Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please only sign up for a class that is held twice a week if you can regularly attend both days.

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in Terri's classes, the exercise videos and Tai Chi must sign a waiver of liability.

ONGOING ACTIVITIES

► **Principles of Islam with Professor Jason Giannetti**

Monday, December 7th, 1:00-2:00

This last of three lectures will complete the program which focused on the principles underlying the Muslim faith. *The course was offered in partnership with Sage Educational Services and was formerly a Framingham State Center for Lifelong Learners offering.* This class is full. Please call for the waitlist.

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

Friday, December 18th, 2:30-3:45

Enjoy a wonderfully relaxing chair massage at the Senior Center. Massages vary depending on individual needs, but often include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long- or short-sleeved t-shirt to make the massage most effective. Please call the COA if you must cancel an appointment and make sure to jot an appointment down on your calendar as we aren't always able to make reminder calls!

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

Mondays, 1:00-3:00

For questions regarding health insurance or prescription coverage call the COA office 978-264-9643 for an appt.



Computer Club

Friday, December 11th, 10:00-11:30

Wednesdays, December 2nd and 16th, 1:30-3:00 (No meeting on 12/30)

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

Please see the Monthly Calendars on page 11 for days and times of the following groups and clubs:

Knit/Crochet Group

Drop-in Pool

Drop-in One-Stroke

Tile & Board Games

Quilters

Drop-in Ping Pong

Genealogy

Drop-in Bridge- Beginner & Experienced

Poker

Drop-in Watercolor

Wii Gaming

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

VOLUNTEERING

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.

Handyman Program helps seniors with small repairs and simple household jobs. Volunteers glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. SEEKING new volunteers! Many *handyhands* make lighter *handywork*! Call Carol Steiner to volunteer.

SENIOR CINEMA

Friday, December 18th, “Four Christmases,” 12:30-1:50 (2008, PG-13) – Comedy starring Reese Witherspoon and Vince Vaughn as a couple who spend their Christmas Day together visiting each of their four divorced parents. Also stars Robert Duvall, Sissy Spacek and Mary Steenburgen.

Monday, December 21st, “The Proposal,” 12:30-2:20 (2009, PG-13) – A high-powered book editor (Sandra Bullock) declares she’s engaged to her harried assistant (Ryan Reynolds) to avoid deportation. Betty White also stars in this romantic comedy.

Tuesday, December 29th, “Up,” 12:30-2:00 (2009, PG) – At age 78, Carl Fredricksen (voice of Ed Asner) realizes that none of his dreams of exploring the globe and experiencing life to its fullest have come true, until an 8-year old Junior Wilderness Explorer named Russell gives him a new lease on life. Bring your grandchildren, neighbors, nieces, nephews or come on your own to see this entertaining animated movie!

Thursday, December 31st, “The Great Debaters,” 12:30-2:35 (2007, PG-13) – Inspired by the true story of Professor Melvin Tolson (Denzel Washington), a brilliant but volatile debate team coach who uses the power of words to shape a group of African American students in the deep south into an historically elite debate team.

DONATIONS WANTED

Giving Garland

We are collecting knitted/crocheted hats, scarves and mittens to be donated to those in need. Donated items will be hung on our Giving Garland in the Senior Center dining room. If hand made goods are not your specialty please feel free to donate store bought items, particularly socks which are very useful during winter months. We also accept donations of new lap-gans that we donate to Life Care of Acton Nursing Home and the Bedford V.A. If you are dropping off a donation, please be sure to leave your name and address so we may thank you for your generosity. You are welcome to join the Knit and Crochet group which meets most Wednesdays at 12:30. Call or email Carol Steiner at 978-264-9643 or csteiner@acton-ma.gov with questions.

Social Security Administration Cost of Living Adjustment - With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic Cost-of-Living Adjustment (COLA) since they went into effect in 1975. Check out their monthly newsletter online at www.socialsecurity.gov/newsletter.

Senior Center Art Exhibit



In December Acton artist Liz Field returns to show her multi-media paintings in the Senior Center Living Room. Her work is much admired for its vibrant color and diverse subject matter. This show includes all new art with themes from the Kenyan savannah, inspired by Ms. Field's Peace Corps experience, to historic Acton houses. Please call the COA office for viewing times.

Save on Heating Costs with Energy Bucks

Energy Bucks can help qualifying families save money on their energy bills by making homes more energy efficient and enrolling qualified individuals in money-saving programs. To see if you qualify call 1-866-537-7267 or visit www.energybucks.com.



Going Away for the Winter? Stop your Newsletter mailing

Please help us save printing and postage costs by going off the newsletter mailing list while you are away. Just let us know when you return and we'll put you back on. While you're away visit us at www.acton-ma.gov.

Medicare Scam, Schemes and Cons Warning

NEVER provide data such as social security numbers, Medicare or other health insurance numbers, dates of birth, bank account information, and similar information to anyone unless you are absolutely certain of who is making the request. Be wary about responding to someone seeking identifying information if you did not initiate the telephone call, e-mail, written correspondence or conversation.

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.

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

Need help paying your heating bill? Applications for 2009/10 fuel assistance are being taken through April 30, 2010. See below to see 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.

Household size *Maximum gross income* (Call for income guidelines for larger families)

1	\$ 29, 126
2	\$ 38, 087
3	\$ 47, 049
4	\$ 56, 011

Emergency Fuel Assistance Fund managed by The Friends of the COA; contact Jean Fleming at the COA.



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. There is no meeting in December. Please join us at the Holiday Tea on December 10th.

SNAP - Supplemental Nutrition Assistance Program: Low-income seniors may qualify for food assistance through SNAP, formerly the food stamp program, even if you own a home or a car, or have savings. Benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. For more information call Project Bread at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner for an application. You can also apply on-line at www.mass.gov/dta.

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.

RUOK (Are You Okay) Check-in Service: The Acton Police Department maintains this free, automated phone call program for people living alone or who are caring for someone who may not be able to get help if you are in trouble. You choose the time of day to receive the call. As long as you answer the phone, nothing further happens. BUT, if after several unsuccessful tries to reach you, the police will come and check on you. You can turn the service off when you are away and are not available. Call Carol Steiner, Outreach Coordinator, at 978-264-9643 for information and to enroll.



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.



“Kill A Watt” Electricity Usage Monitors Available at the Library

The Memorial Library has monitors to loan which can assess how efficiently appliances work by displaying the kilo-watt-hour power consumption. To reserve one please call 978-264-9641, press option 3.

AROUND TOWN...AND BEYOND

From the Town Clerk's Office: There is a Special State Primary on December 8th to fill the vacant seat of the late Senator Kennedy. Absentee ballots are available for the primary; contact the Town Clerk's Office at 978-264-9615 or visit: <http://www.acton-ma.gov>. The Special State Senatorial Election will take place on January 19th, 2010. A separate absentee ballot is required for this election. Contact the Town Clerk's Office if you would like more information regarding these elections or would like to participate as a poll worker for the upcoming year.

Town of Acton Senior Work Program - Work at an hourly rate of \$10 for a maximum of \$750/fiscal year. For more information call the Human Resources department at 978-264-9603.

Community Education - The ABRHS Fitness Center is open for drop-in workouts on Monday and Wednesday nights from 7 to 9, Thursday nights 7:30 to 9, and Saturday mornings 9 to 11. \$2.00/visit for seniors.

Concord Band's Annual Holiday Pops Concerts, Performing Arts Center, 51 Walden St., Concord
Friday and Saturday, December 11th and 12th, 8:00pm Call 978-897-9969 or visit reservations@concordband.org

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

Free Bach's Lunch Concert: Thursday, December 17th, 12:00-1:00

Indian Hill Music School's Opera Workshop presents Amahl and the Night Visitors, a one-act Christmas opera about a poor family visited by the Three Kings. Friday, December 4 at 7:30 pm; *Saturday, December 5 at 2 pm & 7:30 pm; Sunday, December 6 at 2 pm*, TICKETS: \$22/adults, \$12/children.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave
December 17th, January 28th, February 25th, March 25th, April 22nd, May 27th, June 24th, 12:00 -1:00

Donation suggested. Entertainment will follow the lunch. Reservations required. Call 978-263-5156.



The Salvation Army is recruiting Bell Ringers, some volunteers and some paid, for the annual holiday fund drive through December 24th. Ringers will be paid minimum wage. The red kettles will be located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information please call Dr. Mary Donald at 978-263-7855. Please consider helping this organization that helps so many.

Over 10% of Acton's Senior Households either pickup their newsletter here at the Senior Center each month or have it sent to them by email. Thank you to everyone who has moved away from the printed/mailed version of the newsletter. It saves money, paper and time. For those considering joining them, it's easy to do. Just contact Judy at jpeters@acton-ma.gov or call her at 978-264-9643. She can arrange for the newsletter to be put aside for you to pick up or add you to the email list.

Discounts

Home Depot offers a 10% discount for veterans. You must request the discount and present identification.

Ace Hardware typically offers a 10% discount to people 55 years of age and older.

Kohls Stores offer a 15% discount to those ages 62+ one day a week.



- ... Mary Mullen and Beverly Davis for helping out as kitchen cleaners
- ... Jim Bortle for yarn, the Moss Family for fabric and all of the anonymous craft supplies donors
- ... COA Board for their help at the COA information table at Wellness University
- ... Charlie Aaronson for his helpful instruction
- ... Veteran's Day Breakfast helpers Cy Perkin, Ed Carell, Pete & Pat Schappert, Barbara Panza, Harry Tinseth, Felicia Hillman, and Mary Joyal

Special Thanks to the Friends of the COA for all the work they did on the very successful Craft and Bake Fair - all the handmade items, baked goods, set up, take down and manning the tables. Their generous spirit and commitment to providing such a diverse array of programs and classes for seniors at almost no cost throughout the year is greatly appreciated.

December	Mon	Tue	Wed	Thu	Fri	2009
November 30 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration for NON-Exercise Begins	1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12 Beginner Tai Chi (last) 12:30-3:00 Board & Tile Games 1:00 Registration for Exercise Begins 1:30-3 Watercolor w/Sue Begins	2 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Cards 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Beg. Bridge	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Intermediate Tai Chi 1:00-3:00 COA Open House	4 8:30-9:30 Cardio Flex 9:30-11:00 Beading 10:00-12:00 Wii Games/Lessons 1:00-4:30 Poker 1:00-3:00 Open House-Snow date		
7 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-2:00 Islam Program 1:00-3:00 SHINE	8 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue	9 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Cards 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:00-3:00 Ask the Lawyer 1:30-3:00 Windows 7 Program	10 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Intermediate Tai Chi 2:00-3:30 Holiday Tea	11 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Trees 10:00-11:30 Computer Club 12:45-2:15 Cookie Swap 1:00-4:30 Poker 2:00-3:30 Holiday Tea-Snow date 1:30-3:00 Genealogy		
14 8:30-9:30 Stretch/Flex (last) 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 3:45 COA Board Meeting	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:45 Holiday Lunch 12:30-1:30 Holiday Music 12:30-3:00 Mah Jongg only 1:30-3 Watercolor w/Sue (last)	16 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Cards 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Beg. Bridge	17 8:30-9:30 Cardio Flex (last) 9:45-10:45 Stretch & Tone (last) 11:00-12:00 Inter. Tai Chi (last) 2:00-3:00 Medicare Program	18 8:30-9:30 Cardio Flex (last) 12:30-1:50 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
21 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:20 Movie 1:00-3:00 SHINE	22 9:00-10:00 Exercise DVD 9:30-11:30 Wellness Clinic/BP 12:30-3:00 Board & Tile Games	23 9:00-9:50 Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Beg. Bridge	24 9:00-10:00 Exercise DVD	25 Senior Center Closed Christmas		
28 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	29 8:30 Newsletter Mailing 9:00-10:00 Exercise DVD 12:30-3:00 Board & Tile Games 12:30-2:00 Movie with the Kids	30 9:00-9:50 Exercise DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Beg. Bridge	31 9:00-10:00 Exercise DVD 12:30-2:35 Movie	January 1 Senior Center Closed New Years Day		

Flu Vaccine Update

The Acton Public Nursing Service will be publicizing the availability for both the flu vaccines when they have more information. Please check the town website, your local cable channel and the rolling sign at the Public Safety Building for updates. They also want to remind everyone what you can do to reduce your chances of contacting the flu: Wash your hands often, cough or sneeze into your elbow and keep your distance when in crowded situations.

School Vacation Week Movie with Grandkids

On Tuesday, December 29th at 12:30 we will be showing the movie "Up!" Bring your grandchildren along with you to see the movie. Snacks will be provided. See "Senior Cinema" on page 6 for the description.

The Computer Lab has Moved! After months of planning the lab has been relocated to a corner of the dining room. We hope this will make the computers more accessible for everyone. Stop by and check it out!



FROM THE FRIENDS OF THE COA

Happy Holidays from the Friends of the Acton COA! We wish you and yours the very best as another successful year comes to a close. Thank you to those who shared their interests and expertise with us in the form of special presentations as well as our instructors who make the senior center a vital addition to our lives. When you have the opportunity, please thank our business sponsors for their generosity. Keep an eye out in the upcoming months for our annual appeal letter and other fund-raising events. Your thoughts and ideas are always welcome and your contributions are necessary to keep our programs and events interesting, stimulating and on-going. We look forward to welcoming new members in 2010; if you would like to join the Friends, call Connie Ingram at 978-263-2674 or Sue Chase 978-204-7253.

SENIOR CENTER CLINICS

Podiatry Clinic: *Tuesday, December 8th, 8:20-11:00*

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

Blood Pressure & Wellness Clinic: *Tuesday, December 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 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

Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson	Sally Thompson
Stephen Baran	Paul Turner
Pat Ellis	Barbara Willson
Gena Manalan	

Acton COA Board will meet on Monday, December 14th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
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