



# Acton Senior Bulletin

December 2012



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

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

Visit the COA website at [www.acton-ma.gov](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

**Registration for exercise classes begins in person or by phone Monday, December 3<sup>rd</sup> at 1:00.**

**Registration for all other programs begins in person or by phone Tuesday, December 4<sup>th</sup> at 1:00.**

 **► The Nutcracker Suite: Live Performance and Commentary by Alfred Watson**  
*Tuesday, December 18<sup>th</sup>, 1:00-2:00*

Alfred Watson, Classical Pianist and Composer, will perform selections from the music of the Nutcracker ballet by Peter Tchaikovsky and tell the story of each scene. Interesting commentary about how the ballet was created, when and where it was first performed, the “newly-invented instrument” used in the performance, as well as some new insights about Tchaikovsky and what he went through to create this work will be shared. Some of the selections that will be performed: Miniature Overture, March, Dance of the Sugar Plum Fairy, Russian Dance, Dance of the Reed-Flutes, Waltz of the Flowers. *Mr. Watson, the son of Polish immigrants, is a graduate of Juilliard School of Music in New York. He has performed around the world, including at the Chopin Festival at Chopin’s home in Poland. You may remember his wonderful Swan Lake performance at the COA.*

## Winter Weather Exercise and Class/Program Policy

*If the Acton Schools are closed:*

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



*If the Acton Schools are delayed:*

- ALL classes, exercise and programs 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 there is a storm during school vacations or holidays, call the COA before heading out. **If in doubt, please call the COA with questions about classes.**



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**Director's Corner** - We are planning some minor renovations to the Senior Center (please see page 10 for more details). At the time this newsletter is going to print, renovations are scheduled to begin in mid-December. If, due to unforeseen circumstances they should be delayed, we will have information posted at the Senior Center. Feel free to contact me if you have any questions. Wishing you a happy and safe holiday, **Sharon, COA Director**



**The COA office and Senior Center will be closed on December 25<sup>th</sup> and January 1<sup>st</sup>.**

## UPCOMING PROGRAM HIGHLIGHTS

**PROGRAM REGISTRATION .....BEGINS TUESDAY, DECEMBER 4<sup>th</sup> at 1:00.**

### ► **Justice Denied: A Personal Perspective**

*Friday, November 30<sup>th</sup>, 10:30-11:15*

**(Registration is open, call now.)**



This richly illustrated talk by Margaret Yamamoto tells the story of the Japanese internment during World War II as seen through the eyes of a Japanese-American family. It follows their passage from immigration in the 1890s through imprisonment during the war years and documents how they rebuilt their lives. Beyond describing the internment experiences of a single family, the talk focuses on the plight of the 120,000 Japanese - two-thirds of them American citizens - who were

imprisoned by a Presidential order deemed by many to be in violation of the US Constitution. *Margaret Yamamoto, a Lincoln resident, is a member of the family featured and was incarcerated at two months of age. She is co-president of the New England Chapter of the Japanese American Citizens League and is retired after 40+ years in communications and public relations, mostly recently at WGBH.*



### ► **Holiday Tea Party**

*Thursday, December 6<sup>th</sup>, 2:00-3:30*

**(Registration is open, call now.)**

We are bringing out the beautiful china teacups for the annual holiday tea party! Join us for tea, mulled cider and a plentiful array of tea sandwiches and sweets. Entertainment will be provided by harpist Rebecca Swett. The party is free for all Acton seniors, thanks to the Friends of the Acton COA, and men are most welcome! Snow date is Friday, Dec. 7<sup>th</sup>, at 2:00.



### ► **Joint Replacement Surgery and You**

*Monday, December 10<sup>th</sup>, 1:00-2:00*

Are you thinking about joint replacement surgery? Are you looking for confidence in scheduling your surgery? Join Dan Doherty, Rehab Program Director at Westford House, for guidance on making an informed decision regarding your care. Discussion will include topics such as: pre-operative considerations, hospital based post-operative care, discharge considerations, transitioning to in-patient rehabilitation and returning home.

### ► **Beaded Jewelry Workshop**

*Thursday, December 13<sup>th</sup>, 1:00-2:30*



Joan McKenzie is back to lead a beaded jewelry workshop! Make a gift or something to match a holiday outfit. Make your own design from a large selection of beads. Joan will help you, if needed. A small fee for supplies will be charged, depending on whether you make earrings, a bracelet or a necklace.

### ► **Cookie Swap**

*Wednesday, December 19<sup>th</sup>, 12:30-1:00*

Mealsite Coordinator Joy Agule is organizing her annual holiday cookie swap! Please bring a total of 3 ½ dozen homemade cookies: use 6 separate containers (plastic containers or storage bags) containing six cookies each for swapping and another six cookies for sharing (the latter can be on a paper plate). The cookies must be homemade!

### ► **Re-gifting Party**

*Thursday, January 10<sup>th</sup>, 12:30-1:30*



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! You'll go home with a new gift. Light refreshments served.

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

**Alert !– Be Sure to Check Your Bank Statements** – You should take time each month to carefully check your bank statements. If you see any transactions you don't recognize, contact your bank immediately. Most banks have a 30-60 day dispute period during which you can work with the bank for refund of money.

## CLASSES

**PROGRAM REGISTRATION .....BEGINS TUESDAY, DECEMBER 4<sup>th</sup> at 1:00.**

### ▶ **What is Skype?**

*Monday, December 3<sup>rd</sup>, 3:30-4:30, Computer Lab* (Class is full. Call about the waitlist.)

Kay Landreth will demonstrate how you can use this free software program to make video calls at no cost using an inexpensive video camera attached to your computer. Limited to 5.



### ▶ **Winter Watercolor Class with Sue Nordhausen**

*Tuesdays, January 8<sup>th</sup> through February 26<sup>th</sup>, 1:30-3:00*

Watercolor made almost easy! Come and learn not only the techniques of handling watercolors, but also the fundamentals of color mixing, design and how to use values (lights and darks), to simplify, improve, and add power and punch to your paintings. Each class will incorporate a demonstration and then each student will be encouraged within their own style and painting level. Materials list for new students available in the COA office.

*Sue has taught watercolor classes (her favorite medium) at the Senior Center for ten years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, continues to take classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*



### ▶ **Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, January 9<sup>th</sup> through March 13<sup>th</sup>, 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.

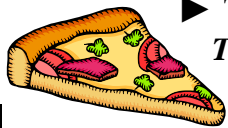
Beginners welcome! *Cynthia is an impressionistic watercolor artist with a strong commitment to offering art in the community for students from age 3 to 100 and has been teaching at the Senior Center for 14 years.*

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

## DINING OPPORTUNITIES

**PROGRAM REGISTRATION .....BEGINS TUESDAY, DECEMBER 4<sup>th</sup> at 1:00.**

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



### ▶ **Town Employees Cooked Lunch**

*Tuesday, December 11<sup>th</sup>, 11:45*

Join us for pizza, salad and Christmas cookies served by the Acton Nursing Service. A \$3 donation is requested.



### ▶ **Monthly Breakfast**

*Friday, December 14<sup>th</sup>, 9:00*

Join us for a warm, plentiful breakfast. Our chef, Veteran Services Officer James MacRae, is planning a special holiday-inspired menu so don't miss out! Call the COA by Wednesday, Dec. 12<sup>th</sup>, for a reservation. Cost is \$2.00.

### ▶ **Inn at Robbins Brook Holiday Lunch**

*Tuesday, December 18<sup>th</sup>, 11:45*

The holiday luncheon of pot roast, salad and dessert will be catered by Robbins Brook. A \$3 donation is requested.

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

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

**Birthday Lunch: Wednesday, December 12<sup>th</sup>**

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

## TRIPS



► **Blithewold Mansion Holiday Tour and Lunch/Live Show at White's of Westport**  
*Wednesday, December 12<sup>th</sup>, leave NARA Park lower lot at 8:00 (Trip is full. Call about the waitlist.)*

This year's theme is "The Grand Tour." *Please note that only the first floor of the mansion is handicapped accessible; the only access to the upper levels is by stairs.* After the tour, we'll enjoy lunch and a holiday show at White's of Westport. The live show will include music and comedy geared toward the holiday season.

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

**Cost: \$62 due now,** includes tour, lunch, show, bus transportation (w/restroom), and gratuities.

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

## EXERCISE

**EXERCISE REGISTRATION .....BEGINS MONDAY, DECEMBER 3<sup>rd</sup> at 1:00.**

You may register by phone or in person. Please do not arrive before 12:00 as there is no waiting area available.

You may register yourself and one other person for exercise classes. Exercise programs are popular and often have waiting lists. In order to offer exercise opportunities to everyone interested, please consider the following:

- If you are going to miss more than three weeks of an exercise class, please call the office so we may offer your spot to someone on the waiting list for the remainder of the session. Call when you are ready to return to see if space is available.

- Please register for a class that is held twice a week only if you can regularly attend both days.

Check with your doctor before starting any exercise program and wear loose, comfortable clothing and bring water.

**Exercise Weather Cancellation Policy:** Please see page 1 of the newsletter.



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

*Mondays, January 14<sup>th</sup> through March 25<sup>th</sup>, 8:30-9:30 (No class on 1/21, 2/18)*

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, January 15<sup>th</sup> through March 28<sup>th</sup>, 8:30-9:30*

*or Wednesdays and Fridays, January 16<sup>th</sup> through March 29<sup>th</sup>, 8:30-9:30*

Start with a stretch and warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. Floor work is optional. Weights are available at the Center or bring your own. The workout in the Tuesday/Thursday and Wednesday/Friday classes are the same. You may not register for both sessions as it is best to wait at least 48 hours before repeating the same workout.

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

*Tuesdays and Thursdays, January 15<sup>th</sup> through March 28<sup>th</sup>, 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.



► **Yoga Class with Patsy Brightman**

*Wednesdays, January 16<sup>th</sup> thru 30<sup>th</sup> and March 6<sup>th</sup> thru 27<sup>th</sup>, 10:45-12:00 (No February classes)*

This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring water and a yoga mat to each class. A \$10 donation for the series is suggested, per grant guidelines from the Executive Office of Elder Affairs, which is funding this program. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

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

## EXERCISE - continued

**EXERCISE REGISTRATION .....BEGINS MONDAY, DECEMBER 3<sup>rd</sup> at 1:00.**



### ▶ **Beginner Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**

*Tuesdays, January 15<sup>th</sup> through March 26<sup>th</sup>, 11:00-12:00*

This session is a continuation toward learning the 108 movements in the Taoist Tai Chi set. This class is only open to people with some Taoist Tai Chi experience since it builds on what was learned in the fall session of the class.



### ▶ **Continuing Level Taoist Tai Chi with Ray Caisse**

*Thursdays January 17<sup>th</sup> through March 28<sup>th</sup>, 11:00-12:00*

This class is for people who know all 108 movements of the Taoist Tai Chi set, whether learned at the Senior Center or elsewhere.

### ▶ **Zumba™ & Stretch Class with Yvonne Benelli**

*Fridays, January 18<sup>th</sup> through March 22<sup>nd</sup>, 10:00-10:45* (No class on Feb. 22)

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 with fast and slow rhythms. Floor work is optional and done at the end of the 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, 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. **Wondering what Zumba is like? Come to a class on December 7<sup>th</sup> at 10:00 to check it out!** *Yvonne Benelli is a certified Zumba and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching fitness classes and American Red Cross CPR/First Aid for over 30 years.*

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

*Wednesdays, January 16<sup>th</sup> through March 27<sup>th</sup>, 10:00 -10:30, meets in living room*

*Thursdays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 11:00 -11:30, meets in dining room*

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



### ▶ **Acton Striders Walking Group**

*Leaving from the Senior Center Mondays, December 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>, 12:30-1:15*

*At NARA Park Wednesdays, December 7<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup>, 8:30-9:15*

Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office to see if we're walking.

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



## SENIOR CINEMA

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



**Friday, November 30<sup>th</sup>, 12:30-2:35** *The Best Exotic Marigold Hotel* (2011, PG-13) British seniors travel to India for a less expensive and more exotic retirement but are disappointed to find the hotel isn't as advertised. Dramatic comedy stars Judi Dench, Bill Nighy, Maggie Smith, and Tom Wilkinson.

**Friday, December 7<sup>th</sup>, 12:30-2:15** *Darling Companion* (2012, PG-13) Diane Keaton stars as a woman dealing with an empty nest and a self-absorbed husband (Kevin Kline), when a dog she rescues changes her life. *Please note this day is also the snow date for the Dec. 6<sup>th</sup> Holiday Tea. If there is a snowstorm, please call the office to inquire whether the movie will be shown.*

**Friday, December 14<sup>th</sup>, 12:30-2:30** *New Year's Eve* (2011, PG-13) This romantic comedy set in New York City on New Year's Eve follows several people through the course of the day. Ensemble cast includes Robert DeNiro, Halle Berry and Michelle Pfeiffer.

## ONGOING ACTIVITIES

**PROGRAM REGISTRATION .....BEGINS TUESDAY, DECEMBER 4<sup>th</sup> at 1:00.**

 ► **Living Alone Support Group** (Registration is open, call now.)

 *Thursdays, November 29<sup>th</sup>, December 13<sup>th</sup>, January 3<sup>rd</sup> and 17<sup>th</sup>, 1:00-2:30*

 ► **Holiday/Winter Greeting Cards with Cynthia Durost** *Wednesday, December 5<sup>th</sup>, 9:00-11:00*

### **Veterans Services Appointments**



Veterans Service Officer James MacRae is available to meet with you at the Senior Center to answer questions about veterans' benefits and resources. You can reach James at 978-929-6614 or email him at [yso@acton-ma.gov](mailto:yso@acton-ma.gov) with questions or to set up an appointment to meet Monday - Friday.

 ► **Watercolor Class with Sue Nordhausen** *Tuesdays, through December 11<sup>th</sup>, 1:30-3:00*

► **Health Resources with Mindy Bloom** (Call now for an appointment.)

*Tuesday, December 4<sup>th</sup>, 11:00-12:00*

Mindy will be available to answer medical questions, assist in completing a Healthcare Proxy, Advanced Care Directive or Field of Life for. Please call for a private appointment.

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

*Mondays and a few Fridays, 1:00-3:30*

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

 ► **Female Artists with Sue Funk** (Call now as registration has begun.)

*Mondays, through December 10<sup>th</sup>, 9:30-11:00*

Dec. 3: Jaune Quick-To-See Smith (1940; magic realism). Medium: student's choice.

Dec. 10: Betye Saar (b. 1926; assemblage). Medium: assemblage objects collected by students.

► **Discover Drawing! with Janet Wolahan** (Call now as registration has begun.)

*Thursdays, through December 13<sup>th</sup>, 9:00-10:30*

Dec. 6: Landscape. Elements of landscape: foreground, middle ground, horizon, perspective.

Dec 13: Out the Window. Pick your view – see what you can do.

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


*Wednesdays, December 12<sup>th</sup> and 26<sup>th</sup>, 1:30-3:00 and/or Friday, December 7<sup>th</sup> and 21<sup>st</sup>, 10:00-11:30*

► **“Stretch and Flex”** *Mondays, through December 10<sup>th</sup>, 8:30-9:30* (Class is full.)

► **“Senior Cardio-Flex”** (Class is full.)


*Tuesdays and Thursdays, thru Dec. 13<sup>th</sup>, 8:30-9:30 or Wednesdays and Fridays, through Dec. 14<sup>th</sup>, 8:30-9:30*

► **“Senior Stretch, Flex, Tone/Cardio”** *Tue. and Thurs., through Dec. 13<sup>th</sup>, 9:45-10:45* (Class is full.)

 ► **Beginner Taoist Tai Chi** *Tuesdays, through December 11<sup>th</sup>, 11:00-12:00* (Class is full.)

► **Gentle Chair Exercises**

*Wednesdays, through December 12<sup>th</sup>, 10:00 -10:30 or Thursdays, through December 13<sup>th</sup>, 11:00 -11:30*

 ► **Continuing Level Taoist Tai Chi** *Thurs., through December 13<sup>th</sup>, 11:00-12:00* (Class is full.)

► **Zumba™ & Stretch Class** *Friday, December 7<sup>th</sup>, 10:00-10:45* (Open to everyone!)

Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games , Yarn & Thread Ladies, Drop-in Bridge, Harmonica Club. Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Call if you're unsure.

► **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.

**Handyman Program:** Help for seniors with small repairs and simple household jobs.

**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** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

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

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

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

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

### **Support Groups**



**Six-week Living Alone Support Group** continues at the Acton Senior Center. Call 978-929-6652.

*Thursdays, November 29<sup>th</sup>, December 13<sup>th</sup>, January 3<sup>rd</sup> and 17<sup>th</sup>, 1:00-2:30*

**Alzheimer's, Memory Loss and Dementia Care Givers Support Group**

*4<sup>th</sup> Wednesday of each month, 4:00-5:30*, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

**Bereavement Group** continues at the Parmenter offices located in Wayland at 266 Cochituate Road, Rt. 27.

*Tuesdays, through December 18<sup>th</sup>, 7:00pm-8:30pm.*

No fee, but registration is required. Call Andrea Heinlein, LICSW at 508-358-3000, extension 249.

## 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.

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

- Home Health Agencies – [www.medicare.gov/HHCompare/Home.asp](http://www.medicare.gov/HHCompare/Home.asp)
- Hospital – [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov)
- Nursing Home – [www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp)

### **Healthcare Websites**

- **Alzheimer's Association**, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org).
- **Assistive Technology Website** to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

**Minuteman Senior Services** provides free in-home consultations. Call 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org) for more information.

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

### **Medicare Open Enrollment - Now through December 7<sup>th</sup>**

Now is the time to decide on your 2013 Medicare coverage. SHINE counseling provides Medicare help. Call the COA at 978-929-6652 to schedule an appointment with our volunteer SHINE counselor. You may also call 1-800-243-4636 (press or say 3) and leave a callback number. A volunteer will return your call. A Medicare Customer Service Representative can also be reached for help by calling 1-800-medicare.

## SENIOR CENTER CLINICS



**Podiatry Clinic: Tuesday, December 11<sup>th</sup>, 8:15-11:30 with Dr. Ayleen Gregorian**

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Nursing Service.*

**Blood Pressure & Wellness Clinic: Tuesday, December 11<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary. **Flu Shots** will be offered during the Wellness Clinics depending on availability. Please bring your insurance card with you.

### ► **Free Hearing Screenings**

**Friday, December 14<sup>th</sup>, 9:30-11:30**



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

## FUEL ASSISTANCE

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

Need help paying your heating bill? Applications for 2012/2013 fuel assistance are being taken through April 30<sup>th</sup>. See below to know if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Funds from other sources may be available for emergency situations. Call Bev at 978-929-6652 for more information.

*Household size*

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

1

\$31,271

2

\$40,893

3

\$50,515

## AROUND TOWN...AND BEYOND

**Recreation Department** - Happy Holidays and Welcome Winter Excitement! We offer Zumba, Tai Chi, arts & craft programs and more. Plan now for a new adventure in March, a two-night, three-day bus trip to Atlantic City. Winter Carnival is scheduled for Saturday, Feb 2, from 12-4 p.m. Please call 978-929-6640 if you have questions or stop into the Recreation Department located on the ground floor of the Town Hall.

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

*Every Wednesday, 5:00-6:00 pm* Free. Everyone welcome. Call 968-263-5156 for info.

**Mt. Calvary Senior Luncheon** at 472 Massachusetts Ave.

*Thursday, December 20<sup>th</sup>, 12:30pm.* Donation is requested.

**Acton Woman's Club presents "All that Jazz," a free Piano Concert**

*Sunday, December 2<sup>nd</sup>, 2:00-3:30* Rob Pilsbury, jazz pianist with the New Black Eagle Jazz Band, will test the stamina of the 86-year old grand piano with jazz tunes from the 30s, 40s and 50s. At the Acton Memorial Library.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

*Bach's Lunch Concert – Thursday, December 20<sup>th</sup>, 11:00 and 1:30*, Free admission.

**Concord Band's Annual Holiday Pops Concert**

*Friday, December 7<sup>th</sup> and Saturday, December 8<sup>th</sup>, 8:00 PM* at 51 Walden St., Concord

For reservations leave a message at 978-897-9969. Tickets are \$25.



**Durable Medical Equipment Available to Loan:** The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons at 978-929-6652 and please allow her a couple of days to gather the equipment.



## TRANSPORTATION

**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 978-929-6652 after 8:00.

**Road Runner Van** - To schedule a ride call 978-844-6809, weekdays, 8:30-12:30, at least a day in advance. You may also schedule rides on-line at [www.minutevan.net](http://www.minutevan.net). The RR's hours are Monday-Friday, 8:00-3:00pm and the cost is \$1 for in-town rides and \$1.50 for out-of-town rides. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

### ► **Ride to Westford Market Basket or Jo-Ann Fabrics**

**Thursday, December 20<sup>th</sup>, 1:00-3:00, leaving from and returning to the Senior Center**



We will be taking the COA van to Westford's Market Basket with a stop at Jo-Ann Fabrics. You will have about 1 hour to shop. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the Senior Center, please call Judy in the mornings 8-11 up to 2 weeks in advance.

**COA Senior Van** runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

**MinuteVan Dial-a-Ride Van Service** runs Monday-Friday, 8:00-11:00a.m. and 2:15-7:15p.m. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-12:30a.m. Rides for seniors 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. Pre-registration is NOT required.

**Friendly Drivers 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. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

**MinuteVan Commuter Rail Shuttle** runs between the West Acton Fire Station lot on Central St., the Mt. Calvary Church lot on Prospect St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. For information contact Michele Brooks at 978-844-6809 or visit [www.minutevan.net](http://www.minutevan.net) to book online.

**Yankee Bus Service to Boston** – Weekday service leaving Colonial Spirits, Great Rd., Acton 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 \$8 one way.

## Thank You

...to the Friends of the COA for all of the work throughout the year planning the craft fair and raffle sales and to all of their helpers who made craft items, baked goodies, sold raffle tickets, and volunteered to help at the fair. It was a wonderful event!

... to the Acton-Boxborough Junior Class who helped 12 senior households by raking their leaves. Their help each year is greatly appreciated.



**The Salvation Army is recruiting Bell Ringers** for the annual holiday fund drive now through December 24<sup>th</sup>. Volunteer shifts are one hour and are canceled in bad weather. Paid ringers shifts are four hours and receive minimum wage. The red kettles are located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information call Dr. Mary Donald at 978-263-7855. Please consider helping this organization that helps so many.



**Donate Your Unwanted Cell Phone** - When you get your new cell phone for Christmas, please don't forget to donate your unwanted phone to the Friends of the COA for recycling. They are also collecting used printer cartridges, digital cameras and hand held electronic games. There is a collection box in the dining room.

### **Acton Senior Center Renovation**

As you are aware, plans for a new Senior Center were voted down at Town Meeting in April 2012. The problems with the current building still exist.

Our goals in renovating are:

1. For staff to be more available to welcome visitors
2. To improve visibility at the front the building for safety and security
3. To increase quiet classroom space
4. To have private health clinic space

In order to reach our goals we are addressing a number of issues. We encourage you to bear with any inconveniences and understand that we are making these changes to provide better services to our senior population as a whole.

Here are a few things you should know about what's happening:

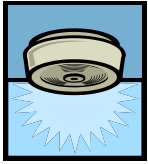
- Living room will be closed during the renovations
- Exercise, bridge, quilting and writing groups as well as movies will not be available during construction
- An interior wall will be constructed across the living room about 12 feet from the front wall
- Three staff members (Sharon, Judy and Mary Lou) will be relocated to the new front office spaces
- Three staff members (Bev, Chris and Liz) will remain in two offices at the back of the building
- Total staff office space will be reduced
- The pool table will be put in storage
- The living room couches will be permanently relocated to the dining room where the pool table was
- The dining room will be available for people to socialize in more of the day
- The computer lab will remain where it is
- Additional classroom/clinic space will be added (in phase two) when the wall between Judy's current office area and the conference room is removed
- The new classroom will provide a quieter setting for students and instructors as well as a private space for support groups
- Podiatry, wellness and health clinics can be held in a private setting and hours more easily increased if necessary
- This plan has been approved by the Town Manager, Director of Municipal Properties, the Building Commissioner and Architect.

If you have additional questions or concerns, please call 978-929-6652 or stop in the office to speak with Sharon.

**Senior Center Art Exhibit** – Look for information on a new exhibit in the next newsletter when we re-open the living room space.



<b>December</b>	<i>Mon</i>	<i>Tue</i>	<i>wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2012</b>
	<b>3</b>	<b>4</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:00-12:00 Health Resources 12:30-3:00 Board & Tile Games 1:00 Other Class Registration Begins 1:30-3:00 Watercolor	<b>5</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-11:00 Holiday Greeting Cards 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>6</b> 8:30-9:30 Cardio Flex 9:00-10:30 Discover Drawing 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-3:00 Harmonica Club 2:00-3:30 Holiday Tea	<b>7</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba - last 10:00-11:30 Computer Club 12:30-2:15 Movie 1:00-3:00 SHINE 1:00-4:30 Poker 2:00-3:30 Holiday Tea (snow date)	
	<b>10</b> 8:30-9:30 Stretch/Flex 9:30-11:00 Female Artists -last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Drop-in Pool 1:00-2:00 Joint Replacement 1:00-3:30 SHINE 1:30 Friends of COA Meeting	<b>11</b> 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Employee Cooked Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor-last	<b>12</b> 8:00 Blithewold Mansion Trip 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00-10:30 Chair Exercise 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 1:30-3:00 Computer Club 1:30-3:00 Watercolor 2:30-4:30 Drop-in Bridge	<b>13</b> 8:30-9:30 Cardio Flex 9:00-10:30 Discover Drawing-last 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:30 Living Alone Group 1:00-3:00 Harmonica Club 1:00-2:30 Beaded Jewelry	<b>14</b> 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30-11:30 Hearing Screenings 12:30-2:30 Movie 1:00-4:30 Poker	
	<b>17</b> 9:30-10:30 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Memoir Writing 1:00-3:30 SHINE	<b>18</b> 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Holiday Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Nutcracker	<b>19</b> 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Watercolor 12:30-1:00 Cookie Swap 12:30-2:15 Knitting Only	<b>20</b> 1:00-3:00 Van to Market Basket 1:00-3:00 Harmonica Club	<b>21</b> 10:00-11:30 Computer Club 1:00-4:30 Poker	
	<b>24</b> 9:30-10:30 Drop-in Art 12:30-1:15 Walking at COA 1:00-3:30 SHINE	<b>25</b> <b>COA CLOSED</b>	<b>26</b> 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Watercolor 12:30-2:15 Knitting Only 1:30-3:00 Computer Club	<b>27</b> 1:00-3:00 Harmonica Club	<b>28</b> 1:00-4:30 Poker	
	<b>31</b> 9:30-10:30 Drop-in Art 12:30-1:15 Walking at COA 1:00-3:30 SHINE	<b>January 1</b> <b>COA CLOSED</b>	<b>2</b> 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Watercolor 12:30-2:15 Knitting Only	<b>3</b> 8:30 Newsletter Mailing 11:00-11:30 Chair Exercise 1:00-2:30 Living Alone Group	<b>4</b> 10:00-11:30 Computer Club 1:00-4:30 Poker	



### Smoke Detector Batteries Available

The Acton Fire Department has a supply of 9 volt batteries for seniors who need to replace the battery on their smoke detector or CO monitor.

Stop by the COA office to pick up batteries to install yourself or if you want help replacing the batteries please let the COA staff know. We will make arrangements for the fire department to help.

### Smoke Detectors Expire!

Did you know that most smoke detectors expire after 10 years? You can find the expiration date on the back of the detector. For as little as \$15 you can replace your detector and have piece of mind in knowing that it is working properly. Check the date and change the detector if needed.



### Consider Receiving Your Newsletter by Email

For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list, call Judy at 978-929-6652 or email [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov). Thank you!

### Going Away for the Winter? Please 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.

**Notice:** Because of how the holidays fall, the January newsletter will be mailed on Thursday, January 3<sup>rd</sup>.

### FROM THE FRIENDS OF THE COA

A BIG Thank You from the Friends to everyone who supported our Election-Day Raffle and Holiday Fair.

The money raised at these two events will help us significantly in our ongoing support of classes and programs at the Senior Center.



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Town Hall, 472 Main Street  
Acton, MA 01720  
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*The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.*



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



#### ACTON COA STAFF

Sharon Mercurio, Director  
Judy Peters, Assistant to the Director/Van Dispatcher  
Chris Chirokas, Program Coordinator  
Bev Hutchings, Outreach/Volunteer Coordinator  
Mary Lou Repucci, Staff Assistant  
Priscilla Cotter, Van Driver  
Ron Paskavitz, Van Driver  
Liz Jewell, Health and Wellness Coordinator

#### ACTON COA BOARD MEMBERS

Barbara Willson, Chair  
Charlie Aaronson, Vice Chair  
Stephen Baran  
Ann Corcoran, Secretary  
Marion Maxwell  
Jim Papachristos  
Sally Thompson, Treasurer  
Paul Turner

Acton COA Board will meet on Monday, 12/3 at 3:00  
Friends of the Acton COA will meet on Monday, 12/10 at 1:30