



# Acton Senior Bulletin



January 2013

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

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

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

**Registration for all programs begins in person or by phone Wednesday, January 9<sup>th</sup> at 1:00.**

**Waiting Lists** - Some classes, trips and special meals have waiting lists. If you are registered for a program and find you cannot attend, please call the COA at 978-929-6652 to cancel so that someone on the waiting list can participate. Also, if you are going to miss more than three weeks of a class, call the COA so that your spot can be offered to someone on the waiting list. When you are ready to return, call to ask if space is available. If you are on a waiting list, someone from the COA office will call you if a space opens up. You would be surprised how quickly we go through the waiting list for trips and programs, so don't hesitate to have your name added to a list!

### From the Acton Fire Department

- Make sure your house number is visible from the street. The number should be at least 3 inches in size and should contrast the color of the house.
- Fill out a File of Life card and post it on your refrigerator. This card should contain your medical history and a list of your medications. During an emergency a first responder would have your medical information right away. Cards are available at the COA or contact the Fire Department at 978-929-7414.
- Program your cell phone with ICE (In Case of Emergency) contacts. This number could be used by first responders if they cannot communicate with the patient.

### Emergency Phone Numbers during Inclement Weather

Please use the following numbers for emergencies and not for regular customer service:

*Fire and Police Emergencies* - Call 911

*Acton Police business only* - 978-264-9638

*Acton Fire business only* - 978-264-9645

*NSTAR* – 1-800-592-2000

Hearing Impaired TTY line – 1-800-322-8248

*National Grid* (formerly Key Span)

Gas Emergencies 1-800-233-5325

Hearing/speech impaired 1-800-233-5325 ext.711

Power Outage Emergencies 1-800-465-1212

Hearing /speech impaired 1-800-322-3223 ext.711

**Director's Corner** - This time of year so many of us try to

 think of ways we can make positive changes to our lives. A nutritious diet, physical activity, social

engagement and mentally stimulating pursuits can all

help people stay healthy as we age. The Senior Center can help you meet these goals. We offer

many different educational, recreational and wellness programs, most of which are free of

charge to Acton seniors. There really is something for everyone. If you have not been to the

Senior Center, please make a point of stopping in to see all we have to offer. Wishing you all a

happy and healthy New Year! **Sharon**



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**The COA office and Senior Center is closed on January 21<sup>st</sup> for Martin Luther King Day.**

## UPCOMING PROGRAM HIGHLIGHTS

**PROGRAM REGISTRATION .....BEGINS WEDNESDAY, JANUARY 9<sup>th</sup> at 1:00.**

### **Regionalization of School System**

*Wednesday, January 9<sup>th</sup>, 12:30-1:30*

There will be a presentation about the new regionalization agreement, and details regarding Acton and Boxborough becoming one school system grades K-12. We now have 3 systems, Acton Public Schools (K-6) Acton-Boxboro Regional High School (7-12) and Boxboro Public (K-6).

### **► Re-gifting Party (Registration is open, call now.)**

*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.

### **► Giving Wisely to Charities**

*Thursday, January 24<sup>th</sup>, 1:00-2:00*

At this time of year, many of us are thinking about making gift donations to nonprofit organizations. Join Amy Schram, Community Outreach Specialist from the Better Business Bureau, for an overview of what you need to know as a potential donor. Learn about current scams circulating communities, red flags to watch out for, and the precautionary steps you should take before signing contracts and agreements with charities.

### **► Ask the Lawyer**

*Tuesday, January 29<sup>th</sup>, 9:00-11:00*

Elder Law Attorney Leslie Madge will offer free 20-minute private legal consultations. Call the COA office, 978-929-6652, to schedule an appointment.

### **► Cruising the Balkan Peninsula from Bottom to Top Slideshow Presentation**

*Thursday, January 31<sup>st</sup>, 1:00-1:45*

Mark Hopkins' camera documents a trip that began in Athens, Greece, and continued through the Gulf of Corinth and up the east coast of the Adriatic Sea, with stopovers in Albania, Montenegro and Croatia. After eight days at sea, the tour went overland to the Croatian capital of Zagreb and ended in the Julian Alps of Slovenia. You will experience the famed Acropolis in Athens, the site of the oracle at Delphi, the majestic mountains of Montenegro, and the historic port cities and islands of Croatia. You will also get a sense of Albania's struggle to right itself after years of repression and the region's recent history of political upheaval. Mark Hopkins is a writer and photographer now retired from a career in advertising. He presented his Ecuador program at the Senior Center last year. He and his wife Margie Yamamoto are Lincoln residents.



### **► AARP Free Tax Preparation with Paul Motyka**

*Mondays, February 4<sup>th</sup> through April 8<sup>th</sup>, 9:00-12:00 (No appointments on 2/18)*

*Tuesdays, February 5<sup>th</sup> through April 9<sup>th</sup>, 1:00-4:00*

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers from February through mid-April. Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6543. Please see page 8 for more information on what you need to bring with you.

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

**New Prescription Advantage Identification Cards** - As of January 1<sup>st</sup> current Prescription Advantage ID cards will no longer be valid. You should receive a letter with your new replacement card in the mail. Starting Jan. 1<sup>st</sup> you need to bring your new membership card with you to the pharmacy so your claims can be processed correctly. If you use mail order, you must let your mail order company know that you are a Prescription Advantage member and provide them with the information that is on your new card. If you have any questions please call Prescription Advantage Customer Service at 1-800-243-4636 and press 2 or TTY at 1-877-610-0241.

## CLASSES

**PROGRAM REGISTRATION .....BEGINS WEDNESDAY, JANUARY 9<sup>th</sup> at 1:00.**



► **Watercolor Studio Workshop with Cynthia Durost** (Registration is open, call now.)

*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.*

► **Beginner Chess Lessons and Chess Club for Experienced Players**

*Lessons: Thursdays, January 17<sup>th</sup> through April 4<sup>th</sup>, 1:00-2:00*

*Chess Club: Thursdays, beginning January 17<sup>th</sup>, 2:00-3:00*



Acton resident Ken LeBow is offering chess lessons and a chess club at the COA this winter! If you have never played or only know the very basics, then the 1:00 beginners' class is for you. If you already know how to play, then please come to the 2:00 club. Chess is a great way to exercise your brain - studies show it can improve memory, boost concentration skills and increase creativity. If you have a chess set, please bring it with you. *Ken and his wife, Beth, recently moved to Acton from the Philadelphia suburbs, where he started a chess club and lessons at Surrey Services for Seniors. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!*

► **Computing for Beginners**

*Friday, January 25<sup>th</sup>, 11:00-12:00*

Do you wish you knew how to use a computer but feel that time has passed you by? Join Judy in the computer lab with others who want to learn using a gentle approach to technology. We'll explore areas of interest to you which may include emailing and Internet searching. This class is for really, really novice or new computer users.

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

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

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

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

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

### **Support Groups**



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

*Thursdays, 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.

## DINING OPPORTUNITIES

**PROGRAM REGISTRATION .....BEGINS WEDNESDAY, JANUARY 9<sup>th</sup> at 1:00.**

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

▶ **Newbury Court Lunch**

*Wednesday, January 9<sup>th</sup>, 11:45* (Call now to register.)

Newbury Court will be sponsoring a free luncheon here at the Senior Center. 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. Call the office for the menu which was not available before publication.

▶ **Inn at Robbins Brook Lunch**

*Tuesday, January 15<sup>th</sup>, 11:45*

Roast pork, garden salad, sides and dessert will be served. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

▶ **Monthly Breakfast**

*Friday, January 18<sup>th</sup>, 9:00*

Join us for a warm, plentiful breakfast! Typically pancakes, eggs, fruit, bacon and sausages are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. Call the COA by Wednesday, January 16<sup>th</sup>, for a reservation. Cost is \$2.00.



▶ **Town Employees Home Cooked Lunch**

*Tuesday, January 22<sup>nd</sup>, 11:45*

Municipal Properties and Staff from RJ Grey Junior High will be preparing meatloaf, roasted vegetables and dessert. 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, January 9<sup>th</sup>**

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

## SENIOR CENTER CLINICS



**Podiatry Clinic: Tuesday, January 8<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 Acton Nursing Service.*

**Blood Pressure & Wellness Clinic: Tuesday, January 8<sup>th</sup> and 22<sup>nd</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.

## 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.

<i>Household size</i>	<i>Maximum gross income (Call for income guidelines for larger families)</i>
1	\$31,271
2	\$40,893
3	\$50,515

**Winter Emergency Supply Kit** – With the cold and stormy weather settling in, now is the time to be sure you are prepared in the event of a storm. You should have the following items at home and within easy reach:

- Flashlight and extra batteries
- Charged cell phone
- First-aid kit
- Essential prescription medicines
- Non-perishable food
- Manual can opener
- Water – one gallon per person per day
- Extra blankets and sleeping bags
- Fire extinguisher
- Portable radio or weather radio with extra batteries

Visit [www.mass.gov/mema](http://www.mass.gov/mema) for more information on being prepared for winter weather emergencies.

## **EXERCISE**

**PROGRAM REGISTRATION .....CALL NOW AS REGISTRATION HAS BEGUN.**

**Exercise Weather Cancellation Policy:** Please see page 10 of the newsletter.

▶ **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call about the waitlist.)  
*Mondays, January 7<sup>th</sup> through March 25<sup>th</sup>, 8:30-9:30* (No class on 1/21, 2/18)

▶ **"Senior Cardio-Flex" with Terri Zaborowski**  
*Tuesdays and Thursdays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 8:30-9:30* (Class is full. Call about waitlist.)  
*or Wednesdays and Fridays, January 4<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.

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**  
*Tuesdays and Thursdays, January 3<sup>rd</sup> through March 28<sup>th</sup>, 9:45-10:45* (Class is full. Call about waitlist.)

▶ **Yoga Class with Patsy Brightman** (Class is full. Call about the waitlist.)  
*Wednesdays, January 9<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)

 ▶ **Beginner Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**  
*Tuesdays, January 8<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 3<sup>rd</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.

▶ **Zumba™ & Stretch Class with Yvonne Benelli** (Class is full. Call about the waitlist.)  
*Fridays, January 11<sup>th</sup> through March 22<sup>nd</sup>, 10:00-10:45* (No class on Feb. 22)

▶ **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**  
*Wednesdays, January 2<sup>nd</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, January 14<sup>th</sup> and 28<sup>th</sup>, 12:30-1:15* (No walk on 1/7 and 1/21)  
*At NARA Park Wednesdays, January 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>, 8:30-9:15*

Walking will continue during the winter as long as the sidewalks and roadways are clear of ice and snow. So 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!**

## ONGOING ACTIVITIES

**PROGRAM REGISTRATION .....BEGINS WEDNESDAY, JANUARY 9<sup>th</sup> at 1:00.**

**Drop-in Spotlight:** Folks play board and tile games most Tuesdays at 12:30. Currently Mexican Train and Mah Jongg are played, but you are welcome to play any board game (the Center has Scrabble and Cribbage). Check the calendar before heading over, as occasionally groups cannot meet due to space constraints or holidays.

*Mexican Train:* Mexican Train is a fun game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or trains, emanating from a central hub or station. Join this fun, social group, who will gladly teach you the rules of the game.

*Mah Jongg:* Mah Jongg, which originated in China, involves skill, strategy and calculations, as well as a certain degree of chance. It is a fun game to learn and new players are always welcome!

### **“The Bookies” COA Book Club**

**Monday, January 28<sup>th</sup>, 1:00-2:00**

This month the Bookies are reading the memoir *The Invisible Wall: A Love Story That Broke Barriers* by Harry Bernstein. Bernstein wrote this, his first book, at age 96 to tell his story of growing up as a Jew in England, having little interaction with Christians until his sister falls in love with one. Copies of the book are on hold at the Memorial Library. You don't have to read the book to join the lively discussion!

### **Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas**

**Monday, January 14<sup>th</sup>, 12:30-1:30**

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or essays, come read your work to the group to receive feedback. Each meeting also has a particular focus, such as how to get started or finding your voice. Meet in the living room.

### **Genealogy Group**

**Friday, January 11<sup>th</sup>, 1:00-2:30**

Come share your research, seek some advice or just share your passion for family history with like-minded people.



**▶ Winter Watercolor Class with Sue Nordhausen (Class is full. Call about the waitlist.)**  
**Tuesdays, January 8<sup>th</sup> through February 26<sup>th</sup>, 1:30-3:00**

### **▶ Veterans Services Appointments**

**Tuesday, January 29<sup>th</sup> and every last Tuesday of each month, 12:00-1:45**

Veterans Service Officer James MacRae is available at the Senior Center to answer questions about veterans' benefits and resources. Call the COA at 978-929-6652 for an appointment. You can also contact James at 978-929-6614 or email him at [vso@acton-ma.gov](mailto:vso@acton-ma.gov) with questions or to set up an appointment to meet Monday - Friday.

### **▶ SHINE (Serving the Health Information Needs of Elders)**

**Mondays, 1:30-3:30 No appointments on 1/21)**

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

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

**Wednesdays, January 9<sup>th</sup> and 23<sup>rd</sup>, 1:30-3:00 and/or Fridays, January 4<sup>th</sup>, 18<sup>th</sup> and February 1<sup>st</sup>, 10:00-11:30**

See the Calendar on page 9 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Harmonica Club. These activities are sometimes canceled due to space constraints. Call if you're unsure.

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

**Thank You...**to the Friends of the COA for funding the holiday tea expenses and to everyone who helped the staff bake, wash tea cups, pour tea and cider, greet attendees, and clean up. We set a record for attendance this year and we couldn't have done it without you!

...to Mike Gowing of the Board of Selectmen for playing the role of Santa at our holiday lunch.

...to Maryjane Costello for the countless number of hours you volunteer to help our seniors with their health insurance plans. We all so appreciate your time!

...to the Acton-Boxborough United Way and a Friend-in-Need for their recent financial support for a local senior.

**Circuit Breaker Information** – If you meet certain requirements, you may be eligible for the refundable tax credit or “Circuit Breaker” now and for the past 3 years – even if you did not file MA state income tax forms. For information on how to qualify talk with Bev Hutchings at the COA office or pick up a flier in the front lobby.

## SENIOR CINEMA

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



**Friday, January 4<sup>th</sup>, 12:30-1:55** *My Afternoons with Margueritte* (2010) Film about the special bond that develops between an illiterate man (Gerard Depardieu) and a highly educated 95-year-old woman (Gisele Casadesus). French film with English subtitles.

**Friday, January 18<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. We're showing this again because the TV malfunctioned during the December viewing.

**Friday, January 25<sup>th</sup>, 12:30-2:15** *The Odd Life of Timothy Green* (2012, PG) After learning they cannot conceive a child, a couple buries a list of dream traits they wanted their child to have and suddenly a young boy magically appears. Dramatic fantasy starring Jennifer Garner and Joel Edgerton.

**Friday, February 1<sup>st</sup>, 12:30-2:00** *Mark Twain Tonight* (1999, NR) Hal Holbrook re-creates for the screen his widely acclaimed stage monologue as Mark Twain. The screen actor's award-winning portrayal is considered the quintessential model for one-man theatrical performances.

## AROUND TOWN...AND BEYOND

**Natural Resources Department** - There are several gardens in the Arboretum that need your help caring for them: Rhododendron, Sun Pond, Swale, Fragrance, Grape Arbor. Be part of a team to tend to a Town treasure while you make new friends and enjoy the outdoors. Come to an informational meeting on Saturday, January 5<sup>th</sup> at 9:30am or Tuesday, January 8<sup>th</sup> at 7:00pm at the Memorial Library. For more details email [babe@acton-ma.gov](mailto:babe@acton-ma.gov).

**Recreation Department** - Did you know that Recreation sends out electronic newsletters containing information on updates such as a cancellation of an event, upcoming class offerings, bus trips, beach information, camp, concerts and special events? Your email address is not shared. If you'd like to be added to the email list contact Recreation at [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov).

**Natural Resources Department** - The Arboretum has three boardwalks with signs of wood rot and decay: the wildflower, the fern and the bog boardwalk. It is the goal of the Town, citizens and the Friends of the Acton Arboretum to continually upgrade the Town's recreational assets. If you would like to support the boardwalk fund please send a check to the Friends of the Acton, PO Box 2607, Acton MA 01720. Please write in the bottom corner of the check, "Boardwalk Rebuild Fund." Questions: contact [babe@acton-ma.gov](mailto:babe@acton-ma.gov) or [info@actonarboratum.org](mailto:info@actonarboratum.org).

### **Theatre III's Free Senior Dress Rehearsal of "Sealed for Freshness"**

*Wednesday, January 23<sup>rd</sup>, 7:30pm*, 250 Central St. West Acton. Free and light refreshments will be served.

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

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

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

*Thursday, January 24<sup>th</sup>, 12:30pm*. Donation is requested.

**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, January 17<sup>th</sup>, 11:00 and 1:30*, Free admission.

*Indian Hill Orchestra Concert – Sunday, January 27<sup>th</sup>, 3:00*, Tickets available.



**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. *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, 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 online 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 the \*New\* Westford Market Basket or Jo-Ann Fabrics**  
**Thursday, January 10<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 new 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.

**AARP Free Tax Preparation** - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers February through mid-April at the Senior Center and the Memorial Library. *Call the COA at 978-929-6652 to schedule Senior Center appointments.* See page 2 for details on the times. For library appointments call 978-929-6543. 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 Federal and State returns as well as all tax forms mailed to you for 2011, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Don't forget to apply for the MA Senior Circuit Breaker tax credit. If you are age 65+, own your home and your real estate taxes plus water and sewer bills are more than 10% of your annual income, you can receive up to a \$1000 tax refund even if you don't owe any taxes. You may also back file for the Circuit Breaker credit for the last 3 years. Renters age 65+ (except those in subsidized housing) whose rent is more than 40% of their income are also eligible.

**The Red Cross Winter Storm and Power Outage Checklists** are available in the front lobby of the Center. Pick one up and be prepared just in case! You can also visit [www.redcross.org](http://www.redcross.org) for the same information.

**AAA** recommends motorists should have the following items in the car during winter weather:

- flashlight
- flare or reflective triangle
- distress sign
- telephone change
- first aid supplies
- basic tools
- hat and coat
- boots
- charged cell phone
- gloves
- jumper cables
- ice scraper and brush
- blanket
- chocolate candy
- snow shovel
- carpet strips, sand or kitty litter

<b>January</b>	Mon	Tue	Wed	Thu	Fri	<b>2013</b>
<p><b>31</b></p> <p>9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:30-3:30 SHINE</p>	<p><b>1</b></p> <p><b>COA CLOSED</b></p>	<p><b>2</b></p> <p>8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise Begins 12:30-2:15 Yarn &amp; Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge</p>	<p><b>3</b></p> <p>8:30 Newsletter Mailing 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-11:30 Chair Exercise Begins 11:00-12:00 Continuing Tai Chi Begins 1:00-2:30 Living Alone Group 1:00-3:00 Harmonica Club</p>	<p><b>4</b></p> <p>8:30-9:30 Cardio Flex Begins 10:00-11:30 Computer Club 12:30-1:55 Movie 1:00-4:30 Poker</p>		
<p><b>7</b></p> <p>8:30-9:30 Stretch/Flex Begins 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 1:00 Drop-in Pool 1:30-3:30 SHINE 3:00 COA Board Mtg.</p>	<p><b>8</b></p> <p>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 Begins 12:30-3:00 Board &amp; Tile Games 1:30-3:00 Watercolor/Sue Begins</p>	<p><b>9</b></p> <p>8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Cynthia begins 10:00-10:30 Chair Exercise 10:45-12:00 Yoga Begins 11:45 Newbury Court/Birthday Lunch 12:30-1:30 School Regionalization 12:30-2:15 Yarn &amp; Thread Ladies 1:00 Registration Begins 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge</p>	<p><b>10</b></p> <p>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 12:30-3:00 Re-Gifting Party 1:00-3:00 Van to Market Basket 1:00-3:00 Harmonica Club</p>	<p><b>11</b></p> <p>8:30-9:30 Cardio Flex 10:00-10:45 Zumba Begins 1:00-2:30 Genealogy 1:00-4:30 Poker</p>		
<p><b>14</b></p> <p>8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:30 Writing Group 12:30-1:15 Walking at COA 1:30-3:30 SHINE 1:30 Friends of COA Meeting</p>	<p><b>15</b></p> <p>8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board &amp; Tile Games 1:30-3:00 Watercolor with Sue</p>	<p><b>16</b></p> <p>8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn &amp; Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge</p>	<p><b>17</b></p> <p>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 1:00-2:30 Living Alone Group - last 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons Begin 2:00-3:00 Chess Club Begins</p>	<p><b>18</b></p> <p>8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-2:35 Movie 1:00-4:30 Poker</p>		
<p><b>21</b></p> <p><b>COA CLOSED</b></p>	<p><b>22</b></p> <p>8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Town Employee Cooked Lunch 12:30-3:00 Board &amp; Tile Games 1:30-3:00 Watercolor with Sue</p>	<p><b>23</b></p> <p>8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn &amp; Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge</p>	<p><b>24</b></p> <p>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 1:00-3:00 Harmonica Club 1:00-2:00 Giving to Charities 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club</p>	<p><b>25</b></p> <p>8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:00-12:00 Computer Class 12:30-2:15 Movie 1:00-4:30 Poker</p>		
<p><b>28</b></p> <p>8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Drop-in Pool 1:00-2:00 Book Club 1:30-3:30 SHINE</p>	<p><b>29</b></p> <p>8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:00-11:00 Ask the Lawyer 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:00-1:15 Veteran Appointments 12:30-3:00 Board &amp; Tile Games 1:30-3:00 Watercolor with Sue</p>	<p><b>30</b></p> <p>8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn &amp; Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge</p>	<p><b>31</b></p> <p>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 1:00-1:45 Balkan Slideshow 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club</p>	<p><b>February 1</b></p> <p>8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:00 Movie 1:00-4:30 Poker</p>		

## Winter Weather Exercise and 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.**



### 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.

FROM THE FRIENDS OF THE COA

The Friends wish all Acton seniors a very happy and healthy new year!

**HAPPY NEW YEAR**

PRSRRT STD  
U.S. Postage Paid  
Acton, MA 01720  
Permit #67

Acton Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
Return Service Requested

*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  
Connie Ingram  
Marion Maxwell  
Jim Papachristos  
Sally Thompson, Treasurer  
Paul Turner

Acton COA Board will meet on Monday, 1/7 at 3:00

Friends of the Acton COA will meet on Monday, 1/14 at 1:30