



# Acton Senior Bulletin



June 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 summer programs, including exercise, starts on Monday, June 4<sup>th</sup> at 1:00. You may register in person or by phone. Please do NOT arrive before 12:00 as there is no area to wait before that time.**

► **Fabulous Fenway: A Musical 100<sup>th</sup> Birthday Salute to Boston's Beloved Ball Park with Ben and Brad**



*Thursday, June 28<sup>th</sup>, 1:00-2:00*

Entertainers Ben Sears and Brad Conner will take you out to the ballgame for a musical nine innings celebrating Fenway Park and the Red Sox with baseball rags, a medley of songs from 1912, songs from Irving Berlin, Harry von Tilzer, Kander & Ebb and more.

And watch out for a rain delay! Come join the fun and wear your Red Sox gear! *Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers.* This program is offered in partnership with Sage Educational Services.



► **Atticus Theatrical Performance by Richard Clark**



*Tuesday, June 19<sup>th</sup>, 1:00-2:00*



Atticus Finch steps from the pages of *To Kill a Mockingbird* and brings to life the tragedy and triumph of Harper Lee's classic novel. The courtroom drama, the poignant interactions between father and children, the harsh realities of bigotry and hatred blend to make this a compelling theatrical event. *Richard Clark has spent over 30 years in New England and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, the Actors Connection and the Actor's Loft in New York. This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency.*



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**Director's Corner**

I wanted to pass along information regarding a program that is in place here in Acton. The 911 Disability Indicator Form is available at the Public Safety Facility, the COA and can be found on line. The information provided on the Disability Indicator Form enables a special code to appear on the 911 dispatcher's screen, which alerts the call taker that a person residing at that address may have a special need or require special assistance. A new Disability Indicator Form should be submitted if a person re-locates, the telephone number or telephone server changes or to add or delete a disability. Please feel free to contact me if you have any questions.

Sharon, COA Director

Activities with heart-in-hand symbol are partially or fully funded by your donations to the Friends of the Acton COA. If you would like more information on contributing to the Friends please see page 12 of this newsletter.

## UPCOMING PROGRAM HIGHLIGHTS

**FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00**

### ► **Aging in Place: Technology to Keep People Home with Dr. Allan Teel**

**Wednesday, June 6<sup>th</sup>, 1:00-2:00** (Registration for this program is open now.)

History shows that the primary desire of elders from both a cost and quality of life standpoint is to stay at home rather than moving to a nursing home or assisted living facility. Learn about technologies available and the art of medicine and nursing that may help you or someone you care for safely stay at home. Allan Teel, MD, practices geriatric medicine and is the author of *Alone and Invisible No More: How Grassroots Community Action and 21st Century Technology Can Empower Elders to Stay in Their Homes and Lead Healthier, Happier Lives*. Linda J. Smith, R.N. and a Nurse Geriatric Care Manager will also speak. This program is open to seniors and caregivers, from Acton or out-of-town.

### ► **Long Term Care Insurance-101**

**Thursday, June 7<sup>th</sup>, 1:00-2:00** (Call now as registration has already started.)

Have you wondered if buying Long Term Care insurance is the right decision for you? Learn more about the basics of LTCI - what is it (and what it isn't), what it covers and how much it costs. You'll leave understanding how benefits are paid, how your health affects eligibility, who the major Massachusetts insurers are, and whether or not it is something you should consider. Presenter Hans Hug is the owner of The LTC Insurance Group and is a regular speaker at Councils on Aging as well as a periodic columnist for newspapers and trade journals.



### **Free Eye Exams**

**Friday, June 8<sup>th</sup>, 9:30 -11:30**

D'Ambrosia Eye Care will offer free eye exams. Technicians will check vision and pressure for glaucoma, while optometrist Dr. Mui will screen for cataracts and answer any eye health questions.

Information and recommendations will be provided to take to your doctor. No appointment necessary!

### ► **Health Resources with Mindy Bloom RN, MSN**

**Tuesday, June 12<sup>th</sup>, 10:00-11:00**

Mindy, a nurse for 12 years, recently finished an internship here at the COA where she offered "Ask the Nurse" and other health education programs. She is available as a resource for any of your health questions or concerns including questions about your medication lists, usages and side effects, what to ask your physician before an appointment and for information about alternative medical treatments. Please sign up for a 15 minute time slot.

### ► **Home Modification Loan Program Presentation**

**Thursday, June 14<sup>th</sup>, 1:00-1:30**

Learn more about the state's Home Modification Loan Program that offers 0% and 3% loans from \$1,000 to \$30,000 to elderly or disabled homeowners that meet income qualification guidelines. The 0% loan does not have to be repaid until a home is sold or transferred. The program covers modifications that allow seniors to live more independently and stay in their homes longer, including such things as electronic stair lifts, lowering kitchen cabinets, walk-in showers, ramps, and widening doorways. Christina Cutting from the South Middlesex Opportunity Council will give a PowerPoint presentation and answer questions. This program is open to all.

### ► **Free Hearing Screenings**

**Friday, June 15<sup>th</sup>, 10:00-12:00**

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

### **Coffee and Conversation with the COA Staff**

**Monday, June 18<sup>th</sup>, 11:00-11:45**

Whether you are new to the Senior Center or have been coming for years, join the COA Staff to find out what new and exciting things are planned. It is also a great time to ask questions and share your comments and concerns.



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

## UPCOMING PROGRAM HIGHLIGHTS - continued

FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00

### **Scams – Detective Ray Grey Updates**



*Wednesday, June 20<sup>th</sup>, 12:30-1:30*

Police Detective Ray Grey will be here to let you know about some of the recent scams that are conning people out of thousands of dollars and what you can do to protect yourself.

### **MBTA CharlieCard Event**

*Thursday, June 21<sup>st</sup>, 12:30-2:00*

Stop by the Senior Center to apply for a MBTA CharlieCard. Seniors (considered by the MBTA to be anyone 65 or older) are eligible for reduced rates. The process is simple: Bring a photo ID with you, fill out a short form and let us take a photo of you. Your card will be sent to your home address within 2-6 weeks. This service is free.

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

## CLASSES

FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00

### **What You Can Do with FREE Computer Software with Jim McDonough**

*Friday, June 1<sup>st</sup>, 10:00-11:30*

Hear an overview of legal, free internet software. These small programs, often called “freeware”, can perform many tasks of software you might normally have to purchase for your PC. You will be introduced to antivirus, antimalware, defragmentation and other optimization routines, photo organizing and editing, data security, and backup programs. This session will introduce you to an upcoming series on freeware, beginning on June 26 to help you become comfortable installing and using these programs to help your computer run faster and better.

### ► **One-Stroke Painting Class with Sue Funk**



*Mondays, June 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, 9:30-11:00 (Registration for this class is open now.)*

Instructor Sue Funk will teach you to create beautiful, simple paintings using shading methods through one stroke of the paintbrush! You may paint on paper or bring in a glass item or slate as a personal project. All paints, glass conditioners, varnishes, and paper will be provided. Please bring brushes, paper plates, a container for water and paper towels. If you are unable to purchase brushes, please indicate this when you register. No experience is necessary and beginners are welcome! *Acton resident Sue Funk is an artist and Massachusetts certified teacher with experience teaching students of all ages.*



### **Antivirus for Free with Jim McDonough**

*Tuesday, June 26<sup>th</sup>, 12:30-2:00*

Get an in-depth look at the highly-rated Avast Free Antivirus 2012 software enabling you to install, configure and update it. Three other highly-regarded freeware antivirus packages will also be briefly discussed: Microsoft Security Essentials, AVG Anti-Virus Free 2012, and Avira Free Antivirus 2012. (Future presentations will cover antimalware, computer optimization utilities, data backup and security, and photo organizing and editing.)

### **Learn to Wii!**

*Friday, June 29<sup>th</sup>, 11:00-12:00*

Exercise your body and brain with Wii video games! Chose from bowling, tennis, golf, ping pong, skeet shooting or fishing. It's great fun and some easy exercise. Anyone can learn! Staff will be on hand to teach the basics to get started. *Thank you to Barbara Tallone for her generous donation of a new Wii game console!*

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

**Coffee and Tea** – Stop by the Dining Room for a cup of hot tea or coffee, available most days all day. Please remember to leave a 25¢ donation in the jar to help pay for the service.



## TRIPS

FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00

### ► Tour of Boston's Historic, Literary and Architectural Treasures

*Wednesday, June 13<sup>th</sup>, leave NARA Park Lower Lot at 10:00* (Call now as registration has already started.)

Experience "Beantown" from the comfort of a coach bus with a narrated tour by professional tour guide Stephen Collins. Some of the sites included will be the USS Constitution, the Public Garden, the Rose Fitzgerald Kennedy Greenway, Beacon Hill, the State House, Zakim Bridge, Trinity Church, Faneuil Hall, and Copley Square. Many of you will remember Stephen from the Robert Frost trip, as well as his Shakespeare classes and performance. After the approximately 90-minute tour, we will enjoy lunch on the waterfront at the No Name Restaurant which is famous for its seafood, but also offers beef and chicken entrees. Lunch will be an additional, individual cost.

**Depart: 10:00 a.m. from NARA Park Lower Lot;** Approximate return time 2:30

**Cost: \$25 due now,** includes tour, bus transportation w/restroom, driver tip. Lunch is an additional cost.

### ► Trip to Gaining Ground Farm in Concord

*Thursday, June 21<sup>st</sup>, 12:30-3:00*



Visit Thoreau's birthplace property in Concord and see Gaining Ground's farm in action. This nonprofit organization grows over 20,000 pounds of organic produce a year and donates it all to food pantries and meal programs. You'll meet the farmers, see the maple sugar shack (where the syrup for our February breakfast was boiled) and get a tour of the farm. Wear comfortable shoes and be prepared to get your hands dirty and bring a water bottle - Gaining Ground relies on the help of volunteers! Cost is \$3.00 round trip.

**Depart: 12:30 from the Senior Center on COA Van;** Approx. return time 3:00 p.m.

### ► Tall Ships Viewing Cruise on Board the *Spirit of Boston*

*Monday, July 2<sup>nd</sup>, leave NARA Park Lower Lot at 8:30* (Trip is full. Call for waitlist.)

The two-hour narrated cruise of these magnificent vessels will include a buffet luncheon. It is a short walk from the bus to the ship docked at Seaport Pier. *Thank you to the Friends of the COA for defraying the costs of this trip.*

**Depart: 8:30 a.m. from NARA Park Lower Lot;** Approximate return time 2:00

**Cost: \$72 due by June 1<sup>st</sup>,** includes cruise with lunch, coach bus transportation and driver tip.



### ► Lowell Spinners Baseball Game

*Thursday, August 9<sup>th</sup>, leaving from the Senior Center at 5:30pm*

Enjoy an evening of baseball at the Lowell Spinners, Single A affiliate of the Red Sox. The Spinners provide a fun, entertaining atmosphere at a good value. This is a great chance to experience a game and see some of the Red Sox stars of the future! Bring along friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats (with backs and arms) in an area that does not require a lot of walking up and down steps. There is an elevator into the stadium. We will be taking a mini-coach bus; no restroom on board.

**Depart: 5:30 pm, from the Senior Center, 50 Audubon Dr.** Please note change from usual trip departure area!

Approximate Return: 10:00 pm, depending on game length.

**Cost: \$25 due by July 24<sup>th</sup>** includes mini-coach bus transportation, driver tip, game ticket.

### COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

► Indicates that you must register in advance!

## EXERCISE

FOR SUMMER.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00

**Teri's current exercise classes and the current Tai Chi classes end the week of June 11<sup>th</sup>.**

*Please only sign up for Terri's summer classes if you can attend regularly. If you are going to miss **three** weeks or more, consider another option such as the drop-in exercise DVDs.*

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

*Mondays, July 2<sup>nd</sup> through August 27<sup>th</sup>, 8:30-9:30*

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA).

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

*Tuesdays and Thursdays, July 3<sup>rd</sup> through August 30<sup>th</sup>, 8:30-9:30* (No class on Aug. 16)


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 (bring your own or use those available at the Senior Center). Floor work is optional.

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

*Tuesdays and Thursdays, July 3<sup>rd</sup> through August 30<sup>th</sup>, 9:45-10:45* (No class on Aug. 16)


This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or sitting in a chair. Bring your own hand weights or use those available at the Senior Center.

**Tai Chi for Beginners with Taoist Tai Chi Society Instructors**

 *Tuesdays, June 19<sup>th</sup> through September 4<sup>th</sup>, 11:00-12:00*

The students who attended the 2011-12 Tai Chi classes are invited to continue to meet over the summer.

**Continuing Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**

 *Thursdays, June 21<sup>st</sup> through September 6<sup>th</sup>, 11:00-12:00*

The students who attended the 2011-12 Tai Chi classes are invited to continue to meet over the summer.

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

*Wednesdays, June 20<sup>th</sup> through August 22<sup>nd</sup>, 10:00-10:30*

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. Drop-ins welcome throughout the summer. *The current chair exercise classes end the week of June 11<sup>th</sup>.*

▶ **Acton Striders Walking Group**

 *Mondays, June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 12:30-1:15 at the Center with Judy*

*and/or Wednesdays, May 30<sup>th</sup>, June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>, 8:45-9:30 at NARA Park with Liz*

Join us for a 1 or 2 mile energetic walk. If the weather is questionable call us to see if we're walking. The last Wednesday walk for the summer will be June 27<sup>th</sup>. Monday walks will continue all summer but the time may change to avoid the midday heat. Watch for an update in the July newsletter.

▶ **Zumba® & Stretch Class with Instructor Yvonne Benelli**

*Fridays, through June 29<sup>th</sup>, 10:00-10:45* (No class 6/1 and 6/22) (Call now as registration has started.)

Exercise at your own pace and intensity levels. Bring an exercise mat if doing floor work. This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--\$10 is suggested.

▶ **Yoga Class with Patsy Brightman**

(Class is full. Call for waitlist.)

*Wednesdays through June 27<sup>th</sup>, 10:45-12:00*

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

## EXERCISE - continued

**FOR SUMMER.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00**

**Exercise DVDs** will be shown during the two-week break in Terri's exercise classes. The DVDs are on a drop-in basis; participants are required to sign a waiver of liability. Both DVDs are appropriate for all levels of fitness, but check with your doctor before beginning a new exercise program.

### **“Easy Does It” Strength and Tone DVD with Craig Marcacci**

*Tuesdays, June 19<sup>th</sup> and 26<sup>th</sup>, 9:00-9:50*

A muscle-toning exercise regimen helps with flexibility, balance, strength and cardiovascular health. The routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Center.

### **Stronger Seniors Stretch Chair Exercise DVD**

*Thursdays, June 21<sup>st</sup> and 28<sup>th</sup>, 9:00-9:45*

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

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

## DINING OPPORTUNITIES

**FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00**

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

### ► **Town Employee Home Cooked Lunch**

*Thursday, June 14<sup>th</sup>, 11:45*

The Building Commissioner will be here with a team to cook. Enjoy a lunch of chicken stir fry with rice and dessert. A \$3 donation is requested.

### ► **Inn at Robbins Brook Lunch**

*Tuesday, June 19<sup>th</sup>, 11:45*

Skinless BBQ chicken and side dishes will be served. A \$3 donation is requested. You must sign up in the COA office at least a week prior to the date. These lunches are partially funded by Minuteman Senior Services.

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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, June 13<sup>th</sup>** 🖐️

**Father's Day Lunch: Wednesday, June 20<sup>th</sup>**

**Dog Day Afternoon Lunch: Thursday, June 28<sup>th</sup>**

Joy is preparing a hot dog lunch before the Fenway Park program as a kick off to summer! Wear your Red Sox gear! A \$3 donation is requested.

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

**Police Beat...**Several residents have reported finding a suspicious envelope in their mailbox. The envelopes are hand addressed and stamped but not sent through the USPS. The letter indicates the addressee is entitled to discounted airline tickets good for anywhere in the country. To take advantage of this offer they are directed to call a phone number. The phone call is a sales pitch and request for credit card information to hold the offer. Needless to say, fraudulent activity on the card would start immediately. *If it sounds too good to believe, it probably is...* If you have any questions or concerns please contact the Police Department.

*Stay Safe,* Raymond Grey, Detective Lieutenant, 978-929-7517

## ONGOING ACTIVITIES

FOR JUNE.....REGISTRATION BEGINS MONDAY, JUNE 4<sup>th</sup> at 1:00

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

*Wednesdays, through June 13<sup>th</sup>, 9:00-10:30* (Class is full. Call for waitlist.)

### ▶ **Veterans Services Appointments**

*Tuesday, June 26<sup>th</sup> and every last Tuesday of each month, 12:00-1:45*

Veteran Services Officer James MacRae is available at the Senior Center to discuss veteran's benefits. Call the COA at 978-929-6652 for an appointment. Home visits are also available by calling James at 978-929-6614.

### ▶ **When the Heart Aches: Coping with Loss Support Group**

*Friday, June 22<sup>nd</sup>, 3:00-4:30*



This is the last meeting of the year. If you'd like more information, please call Liz at 978-929-6652.

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

*Monday, June 11<sup>th</sup>, 1:00-2:00 in the living room*

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or personal essays come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as getting organized or how to self-publish.

### **Genealogy Group**

*Friday, June 8<sup>th</sup>, 1:00-2:30*

Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history with like-minded people.

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

*Mondays, 1:30-3:30*

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

### **Computer Club**

*Fridays, June 22<sup>nd</sup>, 10:00-11:30* (No meeting on June 8<sup>th</sup>)

*Wednesdays, June 13<sup>th</sup> and 27<sup>th</sup>, 1:30-3:00*

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

**Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games, Drop-in Pool, Yarn & Thread Ladies (Crafting Group), Drop-in Bridge.** 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!**



## SENIOR CINEMA



*Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.*

**Friday, June 1<sup>st</sup>, 12:30-2:15, "The Iron Lady,"** (2011, PG-13) – Meryl Streep in her Oscar winning role as Prime Minister Margaret Thatcher as she looks back on her life after her husband's death.

**Friday, June 15<sup>th</sup>, 12:30-2:25, The Descendants,** (2011, R for language) - A land baron (George Clooney) tries to re-connect with his daughters after his wife is seriously injured in a boating accident. Filmed in Hawaii. Received multiple Oscar nominations, including Best Actor and Best Picture, and won for Best Adapted Screenplay.

**Friday, June 22<sup>nd</sup>, 12:30-2:40, To Kill a Mockingbird,** (1962) – We are showing this movie as a follow up to this week's Atticus performance. Gregory Peck received an Oscar for his portrayal of the Southern lawyer who defends an innocent black man in this film adaptation of Harper Lee's novel.

**Friday, June 29<sup>th</sup>, 12:30-2:35, We Bought a Zoo,** (2011, PG) – A recent widower moves his young family to the California countryside to revive a struggling zoo. Matt Damon and Scarlett Johansson co-star. Based on the memoir by Benjamin Mee.

## AROUND TOWN...AND BEYOND

**Memorial Library** - For more information visit the Events Calendar at [www.ActonMemorialLibrary.org](http://www.ActonMemorialLibrary.org). Join the email list to receive notices of programs and library news. Grandchildren coming for a visit? Calendars of activities for youngsters are available in the Children's Room, and don't forget the library's museum passes.

**Book Sale on Saturday, 6/9, 9:00-4:00 and Sunday, 6/10, 2:00-3:30**

**Photos 1: Photos and Email on Wednesday, 6/13, 7:00pm** - Learn to resize photos, attach them to email, and to open and save emailed photos. Demonstration. No sign-up needed. Bring a laptop to follow along.

**Understanding Fear, Aggression, and Anxiety in Cats and Dogs on Tuesday, 6/19, 7:00pm**

**Book Discussion Group on Tuesday, 6/19, 7:30pm** - *The Three Weissmanns of Westport* by Cathleen Schine.

**Photos 2: Making a Slide Show on Wednesday, 6/27, 7:00pm** - Use PowerPoint and your digital photos to create a slide show with music. Demonstration. No sign-up needed. Bring a laptop to follow along.

### **AB Cultural Council Free Film Series**

**Friday, June 8<sup>th</sup>, 7:00pm**, Sargent Memorial Library in Boxborough, an evening of short films. Several of the film makers will be in attendance to discuss their movies and answer questions. Refreshments will be served.

**Acton Recreation Department** Don't miss out on these great upcoming events at NARA Park: A Far Cry (free classical concert), Thursday, June 14, 6:30 PM; Acton Bluegrass Festival, Saturday, June 16, (\$10), 2-10 PM; Triton Brass Quintet (free classical concert), Thursday, June 28, 6:30 PM; Beach Party Blast, Saturday, June 30, 1-5 PM; and celebrate Independence Day on Wednesday, July 4 with family fun activities (3-6:30 PM), free concert (7:30 PM) and fireworks (9:30 PM). For more information, visit [www.acton-ma.gov/events](http://www.acton-ma.gov/events).

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

**Wednesdays, June 6<sup>th</sup> and 20<sup>th</sup>, 5:00-6:00 pm** Free. Everyone welcome.

**Mt. Calvary Lutheran Church Senior Lunch** at 472 Massachusetts Ave.

**Thursday, June 21<sup>st</sup>, 12:15 -1:30** Donation suggested. Call 978-263-5156.

**Concord Band** returns to its summer home beginning June 21<sup>st</sup> at Fruitlands Museum in Harvard for six Thursdays in June and July. Concerts begin at 7:15pm, gates open at 6:00 to picnic. Admission: \$15 per car (\$10 for members). Call 978-897-9969 for weather updates. In addition, on July 4<sup>th</sup> at 3:00pm, the Band will perform a free Independence Day concert at Emerson Field in Concord.

**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, June 21<sup>st</sup>, 11:00 and 1:30**, Free admission. No concerts in July/August.

**Social Security Direct Deposit Notice** - The US Treasury will require anyone receiving a paper check for Social Security, Supplemental Security, VA and other Federal Income Benefits to enroll in Direct Deposit by March 1, 2013. If you don't, the U.S. Department of Treasury may send your benefits via the Direct Express card program to avoid an interruption in payment. If you are already receiving benefits, you can obtain a password and start or change Direct Deposit online [www.ssa.gov/deposit/](http://www.ssa.gov/deposit/). You can also sign up at your bank, credit union or savings and loan. You may also call Social Security at 1-800-772-1213.

### ► **Rides to Westford Market Basket**



**Thursday, June 14<sup>th</sup>, 1:00-3:00, leaving and returning to the Senior Center**

We will be taking the COA van to Westford's Market Basket to grocery shop. You will have about 1 hour to shop at Market Basket only. 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.

**Senior Center Art Exhibit** - In June through July we welcome Acton's Joe Schatz for a show of his outstanding landscape and wildlife photography. Joe's work illustrates his extensive international travel experience and his unique visual perspective. Please call the COA office for viewing times. Many thanks to the students in grades K-12 of the Acton-Boxborough School District for their annual show of representative work in May.



<b>June</b>	Mon	Tue	Wed	Thu	Fri	<b>2012</b>
				<b>May 31</b> 8:30-9:30 Cardio 9:45-10:45 Stretch/Tone 11:00-12:00 Cont. Tai Chi 11:00-11:30 Balance Class 1:30-3:00 Volunteer Reception	<b>June 1</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Software 12:30-2:15 Movie 1:00-4:30 Poker	
<b>4</b> 8:30-9:30 Stretch/Flex 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Program Registration 1:30-3:30 SHINE	<b>5</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Drop-in Pool	<b>6</b> 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00-2:00 Aging in Place 2:30-4:30 Drop-in Bridge	<b>7</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-2:00 Long Term Ins. Talk	<b>8</b> 8:30-9:30 Cardio Flex 9:30-11:30 Eye Exams 10:00-10:45 Zumba 1:00-4:30 Poker 1:00-2:30 Genealogy		
<b>11</b> 8:30-9:30 Stretch/Flex -last 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Memoir Writing 1:30-3:30 SHINE 1:30 Friends of COA Meeting 3:30 COA Board Meeting	<b>12</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 10:00-11:00 Health Resources 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00 Drop-in Pool	<b>13</b> 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class - last 10:00 Tour of Boston 10:00-10:30 Balance Class 10:45-12:00 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>14</b> 8:30-9:30 Cardio Flex -last 9:45-10:45 Stretch/Tone -last 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class - last 11:45 Town Employee Lunch 1:00-3:00 Van to Market Basket 1:00-1:30 Home Modification Talk	<b>15</b> 8:30-9:30 Cardio Flex -last 10:00-10:45 Zumba 10:00-12:00 Hearing Clinic 12:30-2:25 Movie 1:00-4:30 Poker		
<b>18</b> 9:30-11:00 One Stroke Painting 10:00-12:00 Drop-in Bridge 11:00-11:45 Coffee & Conversation 12:30-1:15 Walking at COA 1:30-3:30 SHINE	<b>19</b> 9:00-9:50 Easy Does It DVD 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Atticus Performance	<b>20</b> 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 10:00-10:30 Balance Class 10:45-12:00 Yoga 11:45 Father's Day Lunch 12:30-2:15 Yarn & Thread Ladies 12:30-1:30 Scam Talk 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>21</b> 9:00-9:45 Stretch DVD 11:00-12:00 Continuing Tai Chi 12:30-2:00 Charlie Cards 12:30-3:00 Trip to Gaining Ground	<b>22</b> 10:00-11:30 Computer Club 12:30-2:40 Movie 1:00-4:30 Poker 3:00-4:30 Coping with Loss - last		
<b>25</b> 9:30-11:00 One Stroke Painting -last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Drop-in Pool 1:30-3:30 SHINE	<b>26</b> 8:30 Newsletter Mailing 9:00-9:50 Easy Does It DVD 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beg. Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games 12:30-2:00 Antivirus Talk	<b>27</b> 8:45 Walking Group at NARA - last 9:00-10:30 Drop-in Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga - last 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>28</b> 9:00-9:45 Stretch DVD 11:00-12:00 Continuing Tai Chi 11:45 Hot Dog Lunch 1:00-2:00 Fenway Salute	<b>29</b> 10:00-10:45 Zumba - last 11:00-12:00 Learn to Wii 12:30-2:35 Movie 1:00-4:30 Poker		

## 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!

## 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 a couple of days to gather the equipment.

**Thank You...** to everyone who donates their time to Minuteman Senior Services by volunteering as caregivers, meals-on-wheels drivers, SHINE counselors, meal site helpers and Ombudsmen. They were recently recognized for their contributions to the community in a ceremony by Minuteman Senior Services.



## The Friends of the COA

### Planning for the Fall

Even in the midst of a busy spring at the Senior Center, the COA staff is making plans for the fall. The Friends hope to continue funding a wide range of classes and programs as we have for many years but, we can only do this through your generous response to our annual appeal. Thank you to all who have already responded. If you have been meaning to but....there are forms and envelopes available in the living and dining rooms at the Senior Center. Please make checks payable to Friends of the Acton COA, P.O. Box 2006, Acton, MA 01720.

## SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

**Podiatry Clinic: Tuesday, June 12<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 Acton Nursing Service.*

**Blood Pressure & Wellness Clinic: Tuesdays, June 12<sup>th</sup> and 26<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.

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Town Hall, 472 Main Street  
Acton, MA 01720  
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### 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 Tallone, Chair  
Charlie Aaronson, Vice Chair  
Stephen Baran  
Ann Corcoran  
Pat Ellis  
Jim Papachristos  
Sally Thompson  
Paul Turner  
Barbara Willson

Acton COA Board will meet on Monday, June 11<sup>th</sup> at 3:30  
Friends of the Acton COA will meet on Monday, June 11<sup>th</sup> at 1:30