



Acton Senior Bulletin



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

Registration for all class/programs begins in person or by phone Monday, June 3rd at 1:00.

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► Images of Swing with John Clark

Mondays, June 10th and 17th, 1:00-2:00

 John Clark, a music teacher and accomplished jazz musician, is presenting a two-part series on the Images of Swing. John uses a mix of sound and video clips to present material in an informative and entertaining way. Become immersed in this form of jazz that was so popular in the 30s and 40s! John's past programs on New Orleans Jazz and Big Bands met with rave reviews.

► Unlaunch'd Voices : An Afternoon with Walt Whitman

Tuesday, June 18th, 1:00-2:00

Stephen Collins is returning to the Senior Center to perform his critically acclaimed Walt Whitman show, which opens with the elderly Whitman on the evening of his 70th birthday. He reminisces and questions his success as a man and a poet. During the telling, Whitman transforms into his young vibrant self, sharing his experiences nursing wounded soldiers during the Civil War and what led to the creation of *Leaves of Grass*. *After more than 20 years in a sales career, Stephen Collins is doing what he truly loves - performing and teaching poetry and literature. He is also a licensed tour guide.* **This program is supported by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency.**



Let's Talk About a New Center

Friday, June 28th, 10:30-11:30

Whether you are new to the Senior Center or have been coming for years, join us to discuss ideas about a new Senior Center. It's a great time to ask questions and share your suggestions, comments and concerns.

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Director's Corner

Last month we had our first annual luncheon honoring Acton residents who were 90+ or turning 90 this year. Did you know Acton has over 100 residents in their 90's? Isn't that amazing?! The COA offers a variety of health and wellness, recreational, educational and cultural programs to Acton residents who are 60+. We also provide resources for housing, adult day care, legal and financial assistance, home health services, and residential care facilities to seniors and their caregivers. If you haven't visited the Senior Center, please stop by and see what we have to offer.

Just a reminder that there will be a Special Town Meeting on Monday, June 3rd at 7:00. Exercise your right to vote.

Enjoy this gorgeous weather, **Sharon**

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, JUNE 3rd at 1:00.

World War II As Seen by a Civilian Child

Thursday, June 6th, 1:00-2:00

Benjamin Stone, who grew up near Birmingham in Worcestershire, England, is going to discuss his childhood growing up during WWII. Ben regularly comes from England to visit family in Acton and finds people often want to hear about his experiences living in an area that was heavily bombed by the Nazis over a three year period referred to as the “Birmingham Blitz.” Over 2,200 people in the city were killed and 3,000 were seriously injured. More than 13,000 buildings were destroyed, the majority of them private homes.

Free Stamp Collection Evaluation

Thursdays, June 6th, 13th, and 20th, 12:30-1:00



Do you have a stamp collection collecting dust in the attic? Did a relative give you their stamp collection but you have no idea of its value? If so, bring the collection to the Senior Center dining room on one of the days listed above and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

Senior Work Program

Thursday, June 13th, 10:30-11:30

Seniors can earn up to \$1000 to help offset their Town real estate taxes. The Human Resource Dept. will explain the program, how to apply and assist you in filling out the paperwork. This program is open to seniors currently enrolled in the program as well as those who would like to learn more about it. Light refreshments will be served.

Windows 8: Have It Your Way!

Thursday, June 13th, 12:30-2:00

You can't avoid Windows 8 forever. If you buy a new computer it will come with Win 8 so you might as well learn to make it your servant and not your master. Jim McDonough will walk you through the steps to make it look and act like the Windows you have gotten to know in the past. You can avoid using the dreaded “Metro” user interface, which is more suited to tablets and smartphones anyway, and return to the beloved “Start” button and “Programs” menu instead. Come join us and learn how to make Win 8 dance to *your* tune.

MBTA CharlieCard Event

Thursday, June 20th, 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.

► Concord Traveling Players Performance

Tuesday, June 25th, 1:00-2:00

The Concord Traveling Players, senior members of the Concord Players, are delighted to return to the Senior Center to present staged readings of comic one-act plays and excerpts from Broadway shows. The program will include a play about New York high society by one of the few women playwrights of the early 20th century, scenes from a successful 1939 Broadway show, a play with a typical theme of the 1930s, a surprise skit from the good old days of radio, and a play by a Hungarian playwright that eventually became a Rodgers and Hammerstein musical. Enjoy an hour of the kind of theatre we all love. It was great fun the last time the Players came, so don't miss out!

► “A Revolution of Her Own” Dramatic Performance

Tuesday, July 2nd, 1:00-2:00

Actress Judith Kalaora's one-woman show tells the amazing story of Deborah Sampson Gannett, the Plympton, MA native, who at age 21 impersonated a man in order to join the Fourth Massachusetts Regiment to fight in the Revolutionary War. She was injured in battle and later returned home to marry and raise a family. *Judith Kalaora has an extensive resume, including work in film, television, commercials, and theatre.*

► Indicates that you must register in advance!

TRIPS

REGISTRATION BEGINS..... MONDAY, JUNE 3rd at 1:00.



► Hu Ke Lau Drums of Polynesia Show and Luncheon

Tuesday, June 11th, leave NARA Park Lower Lot at 10:00 (Registration is open. Call now.)

Escaping to the tropics is as close as Hu Ke Lau in Chicopee! We will have lunch with a choice of the American menu of prime rib with vegetable and baked potato or the Chinese menu of chicken and broccoli, pork fried rice, chicken fingers. Both options include salad, dessert and coffee or tea. Please indicate your meal choice when you register. After lunch you will be treated to the live Drums of Polynesia show, which includes talented dancers, colorful costumes and Polynesian music featuring rhythmic drums of the Fuji War Dance.

Depart: 10:00 a.m. from NARA Park Lower Lot; Approximate return time: 4:30

Cost: \$52, due by now, includes lunch, show, coach bus (w/restroom on board), and all gratuities.

► Trip to Gaining Ground Farm in Concord

Thursday, June 20st, 12:45-3:00 leave the Senior Center at 12:45



Visit Thoreau's birthplace property in Concord and see Gaining Ground's farm in action. This nonprofit organization grows close to 25,000 pounds of organic produce a year and donates it all to hunger relief organizations. You'll meet the farmers, see the maple sugar shack (where the syrup for our March breakfast was boiled) and get a tour of the farm.

Wear comfortable shoes and be prepared to get your hands dirty - Gaining Ground relies on the help of volunteers! Please bring a water bottle. Cost is \$3.00 round trip.

Depart: 12:45 from the Senior Center on COA Van; Approx. return time 3:00



► Garden in the Woods Tour and Picnic Lunch

Thursday, June 27th, leave the Senior Center at 11:30

Enjoy a tour and picnic at Garden in the Woods in Framingham, New England's premier native plant garden. It has more than 1,000 native plant species, with many rare and endangered native specimens. When we arrive, we will have a picnic lunch with a sandwich, chips, cookie and beverage from The Local Table, followed by a one-hour tour of the gardens. A 40-minute golf cart tour is available for people unable to walk through the unpaved mile-long terrain which has some sloping areas. We will be taking a 14-seat van on this trip, with no restroom on board. Sandwich options are: ham, brie and apple on a baguette with mustard; turkey salad BLT with cranberry on seven grain bread; chicken salad with roasted peppers, olives, feta, and lettuce on a spinach wrap. Beverage choice: water, lemonade or unsweetened iced tea. When you sign up for the trip, please indicate your choice of sandwich and beverage, as well as whether you will be doing the walking or cart tour.

Depart: 11:30, from the Senior Center; approximate return time 3:15

Cost: \$26 due by Wednesday, June 19th, includes boxed lunch, tour, and van transportation.



► Blackstone River Cruise

Thursday, July 18th, leave NARA Park Lower Lot at 9:30 (Registration is open. Call now.)



Our group will be treated to a one-hour cruise of the Blackstone River in Rhode Island. The cruise will include a narration of the river, which has recovered from its once polluted state. Swan, herons, geese, ducks, turtles, hawks and beautiful plants and trees are often spotted and the narration will explain the ecology of the river and will be interspersed with stories about the people and history of the region. After the cruise, we will eat at J. Gray's Family Tavern, where lunch will include the option of grilled chicken marsala, baked

scrod, or steak tips with mushrooms and onions. Lunch will also include salad, rice pilaf, seasonal vegetable, chocolate cake, and coffee/tea. Please indicate your entrée choice when you register. There is a ramp to the boat and just one stop on an off. There is no rest room on the boat, but the bus is equipped with one.

Depart: 9:30 a.m. from NARA Park Lower Lot; Approximate return time: 3:30

Cost: \$50, due by June 27th, includes cruise, lunch, coach bus transportation, all gratuities.

► Indicates that you must register in advance!

TRIPS - continued

REGISTRATION BEGINS..... MONDAY, JUNE 3rd at 1:00.



► Casco Bay Cruise and Visit to Bailey Island, Portland Maine

Wednesday, August 21st, leave NARA Park Lower Lot at 7:30



We will be traveling to Portland, Maine, for a narrated cruise of Casco Bay, taking in the many spectacular scenic views including lighthouses, military forts and the world's only cribstone bridge. After a two-hour cruise, we will disembark for lunch at Cook's Lobster House on Bailey Island which will include options of lobster casserole, fish 'n chips, chicken cordon bleu, or grilled sirloin. Lunch is served with potato, vegetable, coffee, tea, soda, and either blueberry cake or Indian pudding for dessert. Please indicate your entrée and dessert choices when you register. The ramp from the boat to

the restaurant can be fairly steep, but crew members are on hand to offer assistance. After lunch, we will cruise for another hour and a half. The boat has a snack bar or you can bring your own snacks. The boat and bus have restrooms on board. Don't forget your camera and binoculars!

Depart: 7:30 a.m. from NARA Park Lower Lot; Approximate return time: 6:15

Cost: \$58, due by Tuesday, August 6th, includes cruise, lunch, coach bus, and all gratuities.

► Indicates that you must register in advance!

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.



SENIOR CINEMA

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



It's Oscar month at the Senior Center!

Friday, May 31st, 12:30-2:30 *Argo* (2012, R for language and violent images) This year's Academy Award winner for Best Picture is based on the true story of the 1980 joint CIA-Canadian secret operation to rescue six American diplomatic personnel out of revolutionary Iran. Stars Ben Affleck who also directed the film.

Friday, June 7th, 12:30-2:15 *Parental Guidance* (2012, PG) Comedy starring Bette Midler and Billy Crystal as grandparents who feel disconnected from their grandchildren and how they are being raised but are thrown into caretaking mode when their daughter (Marisa Tomei) asks them to babysit.

Friday, June 21st, 12:30-2:30 *Silver Linings Playbook* (2012, R for language) A man returns home to live with his parents after a lengthy stay in a psychiatric hospital, hoping to reunite with his estranged wife but builds a relationship with a woman who has problems of her own. Stars Bradley Cooper, Robert DeNiro and Jennifer Lawrence. This drama with comedic elements was nominated for eight Oscars, including Best Picture, with Lawrence winning for Lead Actress.

Friday, June 28th, 12:30-2:00 *Cheerful Weather for the Wedding* (2012, PG) A young woman frets upstairs in her family's English country manor on her wedding day, fearful she's marrying the wrong man. Downstairs her fiancé, former boyfriend, and family members grow increasingly anxious. Stars Elizabeth McGovern, Felicity Jones and Luke Treadway. Dramatic comedy adapted from the 1932 novel by Julia Strachey.

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, JUNE 3rd at 1:00.

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

▶ **Free Luncheon Provided by Life Care Center of Acton**

Friday, June 14th, 11:45

Join us for a free lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center. The menu is not known in advance, but it's always delicious!

▶ **Inn at Robbins Brook Lunch**

Tuesday, June 18th, 11:45

Homemade chicken pot pie, cranberry sauce and dessert. 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, June 21st, 9:00

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

▶ **Town Employee Prepared Lunch**

Friday, June 28th, 11:45

The Town manager and Board of Selectmen will be serving pizza, salad and dessert. A \$3 donation is requested. Please sign up in the COA office.



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 and Father's Day Lunch: Wednesday, June 12th

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

SENIOR CENTER CLINICS

Podiatry Clinic: Wednesday, June 5th, 1:00-4:00 AND Tuesday, June 11th, 8:15-11:30 with Dr. Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Pre-booking of appointments at the clinic itself or pre-booking at the Nursing office for future months will no longer be available. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesday, June 11th and 25th, 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.



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.

Senior Center Art Exhibit - In June through July we welcome Acton painter and teacher, Bill Bright, in an exhibition of his work in watercolor and acrylic. The show includes a variety of subject matter including landscapes, portraiture and wildlife.

Many thanks to the students of Acton-Boxborough schools, grades K-12, for their wonderful exhibit in May.

EXERCISE

REGISTRATION FOR CLASSES MARKED WITH A “▶” BEGINS ON MONDAY, JUNE 3rd AT 1:00.

Current Exercise Classes End: Terri’s exercise classes end the week of June 10th. Both Tai Chi classes end the week of June 10th. Liz’s chair exercise classes end the week of June 24th. Zumba class ends on June 28th.

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

Mondays, July 8th through August 26th, 8:30-9:30

(No class on July 15th)

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 9th through August 29th, 8:30-9:30

(No class on July 16th & 18th)

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 9th through August 29th, 9:45-10:45

(No class on July 16th & 18th)

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 18th through September 3rd, 11:00-12:00

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

Thursdays, June 20th through September 5th, 11:00-12:00

The students who attended the 2012-13 Tai Chi classes are invited to continue to meet over the summer.

Exercise DVDs will be shown on a drop-in basis. Participants are required to sign a waiver of liability. The DVDs are appropriate for all fitness levels, but check with your doctor before beginning a new exercise program.

"Easy Does It" Strength and Tone DVD with Craig Marcacci

Tuesdays, June 18th & 25th, July 16th and Sept. 3rd, 9:00-9:50

Muscle-toning exercises help with flexibility, balance, strength, and cardiovascular health. This routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center.

"Stronger Seniors" Stretch Chair Exercise DVD

Thursdays, June 20th & 27th, July 18th and Sept. 5th, 9:00-9:45

This DVD 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.

"Take Control with Exercise" Arthritis Foundation DVD

Wednesdays, June 19th through September 4th, 11:00-11:30

(No DVD on July 10th and 24th)

Improve your flexibility with this head-to-toe range of motion workout and postural exercises. It is done seated in a chair and standing with a chair for support. Lead by physical therapist Peggy Brill. No equipment needed.

Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, July and August, 10:00 -10:30, meets in living room

Chair exercises will continue all summer on a drop-in basis.

▶ **Acton Striders Walking Group**

At the Senior Center Mondays, June 3rd, 10th, 17th and 24th, 12:30-1:15

At NARA Park Wednesdays, June 5th, 12th, 19th and 26th, 8:30-9:15

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

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

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, JUNE 3rd at 1:00.

 ► **Watercolor Studio Workshop with Joyce Dwyer**
Wednesdays, through June 12th, 9:00-10:30 (Class is full.)

► **Spring into Health Wellness Series**
Wednesday, June 26th, 12:30-1:00 (Registration is open now.)



We will Laugh Out Loud 'til our side hurts because laughter is the best medicine. Experience the positive affects of a cheerful attitude and a good belly laugh! If you decide at the last minute that you can make the program you are more than welcome to drop in.

Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas, COA Program Coordinator



Monday, June 24th, 1:00-2:00

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 has a focus, such as how to get started or finding your voice.

Genealogy Group

Friday, June 14th, 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.

► **Intermediate Chess Class**

Thursdays, through June 13th, 2:00-3:00 (Registration for this class is open now.)

Ken LeBow has added an intermediate class for people with playing experience who want to fine tune their skills.

► **Beginner Chess Lessons**

Thursdays, through June 13th, 1:00-2:00 (Registration is open now.)

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Ken LeBow has organized a Chess Club for players with experience to get together for games at the Senior Center.

► **Veterans Services Appointments with Veterans Service Officer James MacRae**

Tuesday, June 25th, 12:00-1:45

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse you can also contact James directly at 978-929-6614 or at vso@acton-ma.gov to meet with him Monday-Friday at Town Hall.

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

Wednesdays, June 12th and 26th, 1:30-3:00 and/or Fridays, June 7th and 21st, 10:00-11:30

See the Calendar on page 11 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Billiards/Pool, Drop in Art, Harmonica Club. These activities are sometimes canceled due to space constraints. Call to confirm.

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

Wanted! - Cell Phones and Used Printer Cartridges -There is an on-going fund-raiser for the Friends of the COA. If you would like to contribute, recycle those items in the container in the dining room.

TRANSPORTATION

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

Thursday, June 13th, 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 8:30-12:30. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

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. 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.

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 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.

Health Care Scams -Protect your Personal Information!

The Federal Trade Commission offers advice to seniors about new scams related to the nation's health care plan. The first line of defense is not to take calls from anyone offering to help you navigate the new health care market. These cold calls are in the same category as unsolicited emails or texts. As the Affordable Care Act ramps up, there will likely be more frequent insurance scams, and they're likely to get more sophisticated. If you get a suspicious call "Don't answer too quickly. Think about the answer you give them and what they're asking." *And never give up any personal or financial information over the phone.* Better yet! Just hang up.

The following numbers and websites can be used to verify information regarding social security or Medicare issues. The Massachusetts number regarding elder services is also listed.

- Social Security Administration 1-800-772-1213 or www.socialsecurity.gov
- Medicare 1-800-633-4227 or www.medicare.gov
- MA Elder Services 1-800-243-4636 – (TTY: 1-800-872-0166) or www.800ageinfo.com

AROUND TOWN...AND BEYOND

Town Clerk's Office - Special State Election on Tuesday, June 25th. Polling hours are from 7:00AM-8:00PM. The last day to register will be June 5th. Absentee ballots are available for registered voters who will be out of Town during normal polling hours, or anyone with a have a physical disability or religious belief that prevents them from going to the polling place. Absentee ballot requests must be received by the Clerk's Office by NOON on June 24th. If you have a question regarding your voter registration status, contact the Clerk's Office at 978-929-6620 or via email at clerk@acton-ma.gov.

Veteran's Services Officer – Flag Burning Ceremony – There will be a flag burning ceremony on *Flag Day, Friday, June 14th*, to properly dispose of damaged and worn out American flags. The ceremony will be held on the Town Common from 6pm to 8pm. If you have flags you wish to dispose of but are not be able to attend the ceremony please contact James MacRae, Acton Veterans' Service Officer, at 978-929-6614.

West Acton Citizens' Library hours have changed! The library is now open from 9:30am to 5:00pm Tuesday through Friday. Starting June 16th the library will also be open Sundays 10-1 during the Farmers' Market.

Recreation Department - Classical Concerts at NARA Park's Amphitheater! Admission and parking is free. All seating is lawn seating. Bring your own chairs, picnic blankets and snacks.

Thursday, June 13th, 6:30 p.m. - New England Conservatory of Music Brass Quintet

Thursday, June 27th, 6:30 p.m. - Doctors on Piano & Flute - all French Program

NARA Park Beach is now open. Seasonal beach passes or daily beach use passes are available. Acton Seniors age 65+ may purchase a seasonal beach pass for only \$25 per person, good for the 2013 season.

West Acton Farmer's Market will open for its 5th season on *Sunday, June 16th from 10:00 to 1:00*. The market is located on Pearl St and has local vendors selling fruits, vegetables, baked goods, meats, seafood, cheeses, flowers, wine and more.

Memorial Library News

Summer Library Hours are in effect beginning Monday, June 17 to Friday, August 30. The hours are Monday through Thursday, 9-9; Friday, 9-5, and Saturday, 9-1.

Local Authors Visit (Book sales and signings will follow the discussions.)

Wednesday, June 12th, at 7 p.m., Jennifer Zobair, author of *Painted Hands*; Erin Cashman, author of *The Exceptionals*; and Ali Hosseini, author of *The Lemon Grove*.

Wednesday, June 19th, at 7 p.m., Christopher Cox, author of *A Good Death*; Cal Armistead, author of *Being Henry David*; and Anne Easter Smith, author of *Royal Mistress*.

Drop-in Computer Help - Wednesday, June 12th, 3:00-4:00

Beginner's Guide to Streaming Digital Music - Thursday, June 20th, 7:00-8:00pm

Sign Up for Library News and Events by visiting www.ActonMemorialLibrary.org, and clicking on 'Join Our Mailing List'. You may sign-up for specific categories and may change your choices any time.

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, June 27th, 12:30pm. Donation is requested.

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

Bach's Lunch Concert – Thursday, June 20th, 11:00 and 1:30, Free admission.

Concord Band returns to its summer home beginning **Thursday, June 20th** 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.

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

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

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

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

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

Support Groups

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

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

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
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Healthcare Websites

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

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

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

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



The Wednesday Walking Group at NARA stopped for photo opportunity by the pond. For more information about our walking groups, see page 6 of this newsletter.

June	Mon	Tue	Wed	Thu	Fri	2013
	3	4 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 12:30-1:30 Drop-in Pool	5 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry 2:30-4:30 Drop-in Bridge	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Cont. Tai Chi 12:30-1:00 Stamp Evaluations 1:00-2:00 WWII Program 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	7 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:15 Movie 1:00-4:30 Poker	
10 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 Images of Swing 1:00-3:00 Friends Mtg. 1:30-3:30 SHINE		11 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 Hu Ke Lau Trip 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 12:30-1:30 Drop-in Pool	12 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce-last 10:00-10:30 Chair Exercise 11:45 Birthday/Fathers Day Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	13 8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch/Tone- last 10:30-11:30 Senior Work Talk 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-2:00 Windows 8 Talk 12:30-1:00 Stamp Evaluations 1:00-3:00 Van to Market Basket 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – last 2:00-4:15 Chess Club	14 8:30-9:30 Cardio Flex - last 10:00-10:45 Zumba 11:45 LifeCare Lunch 1:00-2:30 Genealogy 1:00-4:30 Poker	
17 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 Images of Swing 1:30-3:30 SHINE		18 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 Walt Whitman Performance	19 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	20 9:00-9:45 Stronger Seniors DVD 11:00-11:30 Chair Exercise 11:00-12:00 Cont. Tai Chi 12:30-2:00 Charlie Cards 12:30-1:00 Stamp Evaluations 12:45-3:00 Gaining Ground Trip 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	21 9:00 Monthly Breakfast 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:30 Movie 1:00-4:30 Poker	
24 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		25 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 Veteran Appointments 12:30 Board/Tile 1:00 Drop-in Pool 1:00-2:00 Concord Players 7:00AM – 8:00PM Special Election	26 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise - last 11:00-11:30 Arthritis Exercise DVD 12:30-2:15 Yarn & Thread Ladies 12:30-1:00 Spring into Health 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	27 9:00-9:45 Stronger Seniors DVD 11:00-11:30 Chair Exercise - last 11:00-12:00 Continuing Tai Chi 11:30 Garden in the Woods Trip 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	28 10:00-10:45 Zumba - last 10:30-11:30 New Center Chat 11:45 Town Employee Lunch 12:30-2:00 Movie 1:00-4:30 Poker	
July 1 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Registration Begins 1:30-3:30 SHINE		2 9:00-9:50 Easy Does It DVD 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00 Drop-in Pool 1:00-2:00 Sampson Gannett Performance	3 8:30-9:15 Walking at NARA 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise 11:00-11:30 Arthritis Exercise DVD 11:45 Special 4 th of July Lunch 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry 2:30-4:30 Drop-in Bridge	4 COA CLOSED Independence Day	5 10:00-11:30 Computer Club 12:30 Movie 1:00-4:30 Poker	

Free Battery Powered Smoke Alarms

The Acton Fire Department is partnering with the COA to install free battery operated smoke alarms and to provide educational materials to eligible seniors to keep them safe from fires in their homes. The Fire Department will provide and install the alarms upon request. Please contact the COA at 978-929-6652 to sign up.

Get Your Newsletter by Email

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

Thank You

...to the Finance Department for the chicken stir fry lunch in May. Delicious!

...to the Senior Center Gardeners for planting spring flowers and generally sprucing up the area around the Center.

FROM THE FRIENDS OF THE COA

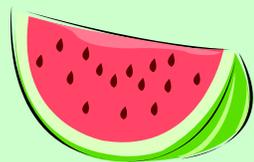
Checklist for summer:

- [] Wash the outdoor furniture
- [] Plant the geraniums
- [] Find the beach towels
- [] Make a donation to the Friends

Annual Appeal to support classes and programs at the Senior Center

- [] Watch for future Senior Bulletins for listings of great offerings in Fall 2013

And remember, the Senior Center is an air conditioned, comfortable place to spend some down time during the hot summer.



Welcome Summer!



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Acton Council on Aging
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	Marion Maxwell
Charlie Aaronson, Vice Chair	Jim Papachristos
Stephen Baran	Sally Thompson, Treasurer
Ann Corcoran, Secretary	Paul Turner
Connie Ingram	

Acton COA Board will meet on Monday, June 3rd at 3:00
Friends of the Acton COA will meet on Monday, June 10th at 1:00