



Acton Senior Bulletin



March 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 exercise programs begins in person or by phone Monday, March 4th at 1:00.

Registration for all other class/programs begins in person or by phone Tuesday, March 5th at 1:00.



► From Russia with Love Music Lecture Series

Thursdays, March 28th, April 11th and April 18th, 1:30-2:30



This lecture series presented by Richard Travers examines music of the most famous Russian composers and musicians. Recordings and videos of Orchestra, Ballet, Choral, and Chamber Works will be included as well as a brief description and

demonstration of theory and harmony of the most influential musicians. Historical concerts will be discussed including music composed during WWI and WWII.

Week 1: Modest Mussorgsky, Pyotr Illyich Tchaikovsky, Nikolai Rimsky-Korsakov

Week 2: Igor Stravinsky, Serge Rachmaninoff, Alexander Scriabin

Week 3: Vladimir Horowitz, Sergei Prokofiev, Dimitri Shostakovich

Presented by Richard Travers in partnership with Sage Educational Services. Mr. Travers earned a Masters in Choral Conducting from the Boston Conservatory and a degree in Music Ed. from Berklee College of Music. He is a music educator in the Newton Public Schools and has served as director of choirs at Newton North High School, Fitchburg State College, the Masterworks Chorale, and the New England Conservatory Youth Chorale.

He has been a guest conductor in Melbourne and is Music Director of the Rosie's Place Jazz Choir.



► St. Patrick's Day Performance by David Polansky

Tuesday, March 19th, 1:00-2:00

David Polansky is returning to perform songs from and about Ireland--Gloccamora, Danny Boy, I'll Take You Home Again, Kathleen, many more. The show is at times funny, at times poignant and is always entertaining.

David is an accomplished trumpet player who has worked with Arthur Fiedler, Sandler and Young, Phyllis Diller, Henny Youngman, Ray Bolger and others. If you have attended any of David's performances, you will remember his amazing Louis Armstrong impression!

Director's Corner

I would like to thank the Lions Club ahead of time for sponsoring our annual St. Patrick's Day luncheon. The Lions do so much for our community, and we are grateful for all their hard work.

Annual Town Meeting will begin on Monday, April 1 at 7:00 pm at the ABRHS auditorium. I encourage people to attend as this is your opportunity to decide what you feel is best for your community. The MinuteVan will be providing free transportation to Town Meeting for seniors and others in need. Please contact them the middle of the month at 978-844-6809 for more information. Thank you, **Sharon**



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UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

► **Stay Connected with Talking Books**

Thursday, March 7th, 1:00-2:00 (Call now as registration has begun.)

Nothing can keep you connected with the world like reading. The Perkins Braille and Talking Book Library provides audio and large print books as well as access to hundreds of newspapers, movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost. Applications will be available during the presentation. Gayle is totally blind and has been a Talking Book Library patron for almost 50 years.

► **Social Security/Medicare Update with AARP**

Monday, March 11th, 12:30-1:30

Join Jane Ahern DeFillippi from AARP Massachusetts for a conversation about the future of Medicare and Social Security. Learn about current options on the table that would change the programs for current retirees, veterans, and future generations – like the Chained CPI. A discussion on other key legislative issues at the state and federal level may be included.

Meet the Board of Selectmen Candidates

Tuesday, March 12th, 12:30-1:30

There are two open seats for Board of Selectmen. The candidates have been invited to join us for lunch and conversation. Each candidate will speak briefly and answer questions. It is not necessary to sign-up to hear the candidates speak, but if you are coming for the Pizza luncheon, call the COA at 978-929-6652 for a reservation.

► **African Safari Wildlife Slideshow and Discussion**

Thursday, March 14th, 1:00-2:00



Acton's Don Southall, a birder, naturalist and outdoorsman for over 60 years, has focused on wildlife photography for several decades. Don will show spectacular photos from his many African Safari trips and may include some photos from destinations. It is a casual presentation, and if there is interest Don will also share his ideas on how to plan a safari for a fraction of the price tour companies charge.

► **Free Hearing Screenings**

Friday, March 22nd, 9:30-11:30

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

► **Chiropractics: Not Just for Back Pain**

Monday, March 25th, 1:00-2:00

Have you ever wondered how chiropractic care can help you? In addition to back pain, some patients have found relief for such ailments as carpal tunnel, numbness in arms and legs, and headaches. Some other benefits might include improved mood, sleep, energy and digestion. Learn the latest news in chiropractic care and some myth-busting information from Seth Barron of Barron Chiropractic and Wellness Center in Acton. Dr. Barron is Board Certified in MA, and has been practicing for over 9 years. He has also been featured on CCTV's Channel 8.

► **Walk in the Wood : Look, Listen and Share**

Friday, March 29th, 11:00-12:30 (Inclement weather date: Friday, April 5th, 11:00-12:30)

Join Judy for a 3/4 mile hike around Pratt's Brook Conservation Land off Brewster Lane. As we walk we'll talk about what we observe. The terrain is wooded and uneven underfoot so *please* use your best judgment in deciding if this hike is right for you. Wear comfortable, sturdy walking shoes and dress appropriately. We will leave from the Senior Center lobby at 11:00 and walk the .4 mile to the Conservation land. If you'd rather, you can meet us at the parking lot at the end of Brewster Lane at 11:15. If you're meeting us at the trailhead, please tell us that when you register so we can look for you there.

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

UPCOMING PROGRAM HIGHLIGHTS -continued

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

Living Alone Support Group Reunion: Save the Date!

Thursday, April 4th, 1:00-2:30 (for former group participants)

Our living alone support group reunites to check in with our group leader Allie Kussin and catch up with friends.

► **It's All About Living: Dispelling Myths About the End of Life**

Tuesday, April 9th, 1:00-2:15

Discussing death can be a disturbing topic; one most of us would probably rather not think or talk about. This program will address some of the issues we're likely to confront as we and those we love approach end of life. What might we face in the hospital setting, including intubation and mechanical ventilation, artificial hydration and nutrition, and do no resuscitate (DNR)? We'll explore hospice, and goals for care at end of life that emphasize comfort, dignity, and meaning. We can live our lives fully and try to alleviate some of the uncertainty facing the subject of death thoughtfully, honestly and with a touch of humor. Facilitated by Jerry Soucy, BSN, CSS and a registered nurse whose clinical practice for the past 10 years has focused on end of life care for patient. He is currently a nursing care coordinator for a hospice that serves the Boston area.

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

CLASSES

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

► **Beaded Jewelry Workshop**

Wednesday, March 13th, 1:00-2:30



Joan McKenzie leads a beaded jewelry workshop. Make a gift or something for yourself. Make your own design from a large selection of beads or bring your own. Joan will help you, if needed. A small fee for supplies will be charged, depending on whether you make earrings, a bracelet or a necklace.

► **The Real Deal: Drawing What You See with Janet Wolahan**

Thursdays, March 14th through May 9th, 3:00-4:30 (No class on April 18th)

Drawing is seeing! Working from a different still life set-up each week, we will explore various techniques to "see" more effectively and create sensitive, interesting and realistic drawings. Students will be encouraged to bring in an object each week to include in the still life set-up. All levels welcome, with individual instruction tailored to each student's level of experience. Emphasis will be on progress toward technical proficiency while at the same time valuing each student's unique, personal "voice." Basic materials will be provided. If you have a drawing board from the last session, please bring it with you. Purchasing a drawing board (\$6) from the instructor is optional. Class will meet in the Senior Center living room. *Janet Wolahan, a Boxborough resident, holds a BA of Fine Arts in Painting from the Massachusetts College of Art and studied portrait painting for six years at the Edina Art Center. She has taught drawing classes to adults through Community Ed and the COA and to children in the Acton school system. She paints in oils at her studio in Lowell.*

► **Illusion Necklace Workshop**

Monday, March 18th, 1:00-2:30

Joan McKenzie will teach you to make an illusion necklace - it gives the illusion of beads floating around your neck. You will use pliers and crimp beads. There is a small materials fee.



► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, April 10th through June 12th, 9:00-10:30

Spring offers endless artistic inspiration! Explore landscapes and still life, 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! Materials list available in the COA office. *Cynthia is an impressionistic watercolor artist with a strong commitment to offering art in the community for students from age 3 to 100 and has been teaching at the Senior Center for 14 years.*

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

EXERCISE



REGISTRATION BEGINS..... MONDAY, MARCH 4th at 1:00.



- The current winter session of exercise classes ends the week of March 25th with the exception of Zumba which ends March 22nd. Please call the office if interested in joining a current class as there may be an opening.
- The spring session of exercise classes begins the week of April 1st, unless otherwise noted in the description.
- You may register by phone or in person. *Please do not arrive before 12:00 as there is no waiting area available.* You may register yourself and one other person for exercise classes.

Exercise programs are popular and often have waiting lists. In our efforts to offer exercise opportunities to everyone interested, please consider the following:

- If you are going to miss more than 3 weeks of an exercise class, please call the COA office so we may offer your spot to someone on the waiting list for the remainder of the session. Call to see if space is available when you are ready to return.
- Please register for a class that is held twice a week only if you can regularly attend both days.

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

▶ "Stretch and Flex" with Terri Zaborowski

Mondays, April 1st through June 10th, 8:30-9:30

(No class on 4/15 and 5/27)

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, April 2nd through June 13th, 8:30-9:30

or Wednesdays and Fridays, April 3rd through June 14th, 8:30-9:30

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

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

Tuesdays and Thursdays, April 2nd through June 13th, 9:45-10:45

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or in a chair.

▶ Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, April 3rd through June 26th, 10:00 -10:30, meets in living room

Thursdays, April 4th through June 27th, 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.



▶ Beginner Taoist Tai Chi with Alice Hogan or Other Taoist Tai Chi instructors

Tuesdays, April 2nd through June 11th, 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, April 4th through June 13th, 11:00-12:00 **(No class on May 30th)**

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



▶ Acton Striders Walking Group

At the Senior Center Mondays, March 4th, 11th, 18th and 25th, 12:30-1:15

At NARA Park Wednesdays, March 6th, 13th, 20th and 27th, 8:30-9:15

Walking will continue 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!

DINING OPPORTUNITIES

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

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

▶ **Pizza Lunch**

Tuesday, March 12th, 11:45

Join us for pizza, salad and dessert. A \$3 donation is requested. The BOS candidates will be speaking after lunch.

▶ **Monthly Breakfast with “Gaining Ground”**

Friday, March 15th, 9:00-10:00

Join us for pancakes topped with maple syrup, tapped right from sugar maple trees in Concord and Carlisle! Gaining Ground board members will prepare a delicious breakfast for you to enjoy. Gaining Ground is the non-profit farm in Concord that grows organic food for hunger relief with the help of community volunteers. Following breakfast, we’ll hear a brief overview about the farm and learn about volunteer opportunities this coming season. Call the COA by Wednesday, March 13 for a reservation. Cost is \$2.00.

▶ **Acton Lions Club Annual New England Boiled Dinner**

Sunday, March 17th, 1:00-2:30



Everyone’s Irish on St. Patrick’s Day! Don’t miss the Lions Club’s Annual St. Patrick’s Day luncheon at the Senior Center. A traditional New England boiled dinner will be served free of charge to Acton and Boxborough seniors, followed by entertainment which is typically Irish step dancers. Parking is limited, so please carpool or request a ride from a Lions Club volunteer when you register. For a reservation, call the COA at 978-929-6652 by Wednesday, March 13th. Thank you to the Lions Club members for providing great food, company and entertainment to our seniors again this year!

▶ **Inn at Robbins Brook Lunch**

Tuesday, March 19th, 11:45

Unfortunately the meal choice was unavailable at the printing deadline. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

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, March 13th

St. Patrick’s Day Lunch: Monday, March 18th

March for Meals Fund-raiser: Thursday, March 21st - \$5 donation for a 3-soup lunch tasting.

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

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 30th. 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.

Massachusetts Good Neighbor Energy Fund is available to Massachusetts residents who, because of temporary financial difficulty, cannot meet a month’s energy expense and who are *not eligible* for state or federal assistance. Income for either the prior 12 months or the past month (times 12 for a total annual figure) must fall between 60% and 80% of the state’s median income levels. Call Bev at 978-929-6652 for more information.

Senior Center Art Exhibit - March continues a display of watercolor paintings by Sue Nordhausen’s Senior Center class. The works include a variety of subject matter, including seasonal landscapes and still lifes, and demonstrate a broad range of technique and personal style. Thanks to all the members of the group for this exhibit



TRIPS



REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

► **Tour of the Newly Expanded and Renovated Yale University Art Gallery**

Wednesday, March 27th, leave NARA Lower Lot at 9:15 (Trip is full. Call for the waitlist.)

Enjoy a guided tour of highlights from the permanent collection that includes over 185,000 works with time to tour on your own. Lunch will be at Christopher Martin's Restaurant

Depart: 9:15 a.m. from NARA Lower Lot; Approximate return time: 6:00

Cost: \$60 due by March 5th, includes museum tour, lunch, bus (w/restroom), and gratuities

► **Tour the Boston Public Library & Mary Baker Eddy Library in Boston**

Tuesday, April 9th, leave NARA Park Lower Lot at 8:45

We will start with a guided tour of the Boston Public Library, highlighted by the architecture of Charles McKim and Philip Johnson, as well as many works of famed sculptors and painters including Louis Saint-Gaudens and John Singer Sargent. Next we'll have lunch at Antico Forno in the North End. Lunch, will be served family style and include salad, stuffed eggplant, rigatoni and sausage, potato dumpling, baked fusilli and vegetables, dessert, coffee/tea. Our last stop will be a tour of the Mary Baker Eddy Library which will include the Mapparium, a stunning three-story walk-through glass globe, and the Hall of Ideas which celebrates great ideas that have inspired individuals and transformed society throughout the ages. Baker Eddy was an influential American author, teacher and religious leader, noted for her ideas about spirituality and health, which she named Christian Science.

Depart: 8:45 a.m. from NARA Lower Lot; Approximate return time: 4:30

Cost: \$56, due by Tues., March 19th, includes tours, lunch, coach bus (w/restroom on board), 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.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.



Drop-in Spotlight: The Senior Center has a pool table available for games or practice. It's in the dining room and is limited to times when scheduled activities are not taking place in the room (lunch, presentations, art classes, computer classes/club). Check the monthly calendar for specific times when the room has been reserved for pool or call the COA to check on availability before heading over.

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

Mondays, through April 8th, 9:00-12:00

Tuesdays, through April 9th, 1:00-4:00

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers 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 10 for more information on what you need to bring with you.

► **Ask the Lawyer with Elder Law Attorney Margaret Hoag**

Tuesday, March 5th, 9:00-11:00 (Call now to register as registration has begun.)

Free 20-minute private legal consultations. Call the COA office at 978-929-6652 to schedule an appointment.

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

ONGOING ACTIVITIES - continued

REGISTRATION BEGINS..... TUESDAY, MARCH 5th at 1:00.

“The Bookies” COA Book Club

Monday, March 18th, 1:00-2:00

This month the Bookies group is reading *Call the Midwife: A Memoir of Birth, Joy and Hard Times* by Jennifer Worth. Memoir about Worth’s experience as a midwife in post war London’s East End slums which is the basis for the popular PBS TV series. Books will be on hold for the group 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

Thursday, March 21st, 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 also has a particular focus, such as how to get started or finding your voice.

Genealogy Group

Friday, March 8th, 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. Some participants have even found they are cousins!

► Watercolor Studio Workshop with Cynthia Durost (Class is full. Call about the waitlist.)

Wednesdays, through March 13th, 9:00-10:30

Beginner Chess Lessons

Thursdays, through April 4th, 1:00-2:00

(Class is underway and is closed to new students.)



Chess Club for Experienced Players

Thursdays, 2:00-4:00

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, March 26th and every last Tuesday of each month, 12:00-12:45

For help with veterans’ benefits and resources call the COA at 978-929-6652 for an appointment. You can contact James directly at 978-929-6614 or at vso@acton-ma.gov or to meet Monday through Friday at the 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, March 6th and 20th, 1:30-3:00 and/or Fridays, March 1st, 15th and 29th, 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, Harmonica Club. These activities are sometimes canceled due to space constraints. Call to confirm.

► Indicates that you must register in advance!

Sages & Seekers Intergenerational Program - Share your experiences with the younger generation! An eight-meeting, once-a-week session for seniors (65 and up) and Concord Academy High School students begins in early April in Concord. Seniors will share their life experiences and invaluable knowledge. It’s fun, exciting and interesting when these two generations come together! For more information, call Elly Katz at 508-444-8821 or Mary Ann Angle (the Acton liaison) at 978-263-2123.

Thank You...to our seniors for their ongoing donations of suet, yarn, office candy and snacks.

...to the Meals-on-Wheels drivers for managing with all the snow to get their meals delivered.

...to the Recreation Department for their warm winter lunch.

...to the Fire Department for helping our seniors replace their smoke detector batteries.

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.

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.

Parmenter's Wayside Hospice Bereavement Support Group

Wednesdays, through March 27th, 6:00-7:30p.m., 266 Cochituate Road, Wayland

To register for more information, please call Jen at 508-358-3000.

TRANSPORTATION

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

Thursday, March 14th, 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).

AROUND TOWN...AND BEYOND

Town Clerk's Office

Annual Town Election - Tuesday, March 26th The last day to register to vote is Wednesday, March 6th. The Town Clerk's Office will be open from 8:00 AM to 8:00 PM for registration. If unsure of your voting status, call the Clerk's Office at 978-929-6620. Please note that as the election will take place during Passover, absentee ballots are available at the Clerk's Office for those unable to go to the polls because of holiday observance.

Annual Town Meeting – Begins Monday, April 1st at AB High School starting at 7:00 PM. (Last day to register to be able to vote at Town Meeting is March 6th.)

Memorial Library Events For more info or to registration call the Reference Dept. at 978-929-6543.

Introduction to the OverDrive App, Tuesday, March 5th, 3:00-4:00

Learn to access and download Minuteman Library Network ebooks and audio books to mobile devices.

Computer Class: Microsoft Word 2007, Wednesday, March 13th, 3:00-4:00

Irish Need Not Apply: The History of the Irish in Boston, Wednesday, March 13th, 7:00-8:30pm

This slide presentation examines the many facets of the early Irish experience in Boston.

Beginner's Guide to Streaming Digital Music, Tuesday, March 19th, 3:00-4:00

Learn to use free or low-cost websites to listen to music on computers or mobile devices.

Internet Basics Class, Wednesday, March 27th, 3:00-4:00

Author Talk: The Upside of Fear, Wednesday, March 27th, 7:00pm

Veteran science journalist Jeff Wise delves into the latest research to produce an astonishing portrait of the brain's hidden fear pathways in his book *Extreme Fear: The Science of Your Mind in Danger*.

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, March 21st, 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, March 21st, 11:00 and 1:30, Free admission.

Indian Hill Orchestra Concert – Sunday, March 17th, 3:00, at Littleton HS, 56 King St., Littleton. \$20-48.

Acton Recreation Department – The new Spring Summer Program is out. We hope that you will find some great classes, trips or events. Questions, call 978-929-6640 or visit www.acton-ma.gov/recreation

Planning Department - Kelley's Corner Public Forum

Thursday, March 7th, 7:30PM in Town Hall Room 204

Join the Planning Department for the first step of this process to solidify the vision for Kelley's Corner.

Rescheduled Pet Vaccination and Licensing

Saturday, March 23rd, 2:00-4:00pm, the DogStar Activity Center, 310 School St.

Vaccinations are \$10 for each pet. Dog licenses are \$15 for spayed/neutered animals and \$20 for unaltered.

Questions, contact to the Town Clerk's Office at 978-929-6620 or clerk@acton-ma.gov.

AARP Free Tax Preparation - AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers 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 7 for details on the times. For library appointments call 978-929-6543. This service does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's 2011 Federal and State returns as well as all tax forms mailed to you for 2012, 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 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.

March	Mon	Tue	Wed	Thu	Fri	2013
					1 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:05 Movie 1:00-4:30 Poker	
4 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Exercise Registration Begins 1:00 Drop-in Pool 1:30-3:30 SHINE 3:00 COA Board Mtg.	5 8:30-9:30 Cardio Flex 9:00-11:00 Ask the Lawyer 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Program Registration Begins	6 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Cynthia 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	7 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 1:00-2:00 Talking Books 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club	8 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 1:00-2:30 Genealogy 1:00-4:30 Poker		
11 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 12:30-1:30 Social Security Talk 1:30-3:00 Friends Mtg. 1:30-3:30 SHINE	12 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 Beg. Tai Chi 11:45 Pizza Lunch 12:30-3:00 Board & Tile Games 12:30-1:30 BOS Candidates 1:00-4:00 Tax Preparation	13 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class - last 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 1:00-2:30 Beaded Jewelry 2:30-4:30 Drop-in Bridge	14 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 Van to Market Basket 1:00-2:00 African Slideshow 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club 3:00-4:30 Drawing Class Begins	15 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-2:00 Movie 1:00-4:30 Poker		
17 1:00-2:30 St. Patty's Lunch 18 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 11:45 St. Patty's MMSS Lunch 12:30-1:15 Walking at COA 1:00-2:30 Necklace Workshop 1:00 Book Group 1:30 SHINE	19 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 & Tile Games 1:00-2:00 St. Patty's Day Performance 1:00 Drop-in Pool 1:00-4:00 Tax Preparation	20 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	21 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 11:45 Soup Tasting Lunch/Fundraiser 1:00-2:00 Writing Group 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club 3:00-4:30 Drawing Class	22 8:30-9:30 Cardio Flex 9:30-11:30 Hearing Screenings 10:00-10:45 Zumba-last 12:30-2:05 Movie 1:00-4:30 Poker		
25 8:30-9:30 Stretch/Flex-last 9:00-12:00 Tax Preparation 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 Chiropractic Talk 1:30-3:30 SHINE	26 8:30 Newsletter Mailing 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 - last 12:00-12:45 Veteran Appointments 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Preparation	27 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Art 9:15 Yale Museum Trip 10:00-10:30 Chair Exercise-last 10:45-12:00 Yoga-last 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	28 8:30-9:30 Cardio Flex-last 9:45-10:45 Stretch/Tone-last 11:00-11:30 Chair Exercise-last 11:00-12:00 Continuing Tai Chi-last 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 1:30-2:30 Russian Music Lecture 2:00-3:00 Chess Club 3:00-4:30 Drawing Class	29 8:30-9:30 Cardio Flex-last 10:00-11:30 Computer Club 11:00-12:30 Walk in the Woods 12:30-2:30 Movie 1:00-4:30 Poker		



Daylight Savings Time/File of Life/Smoke Alarm Battery Change

Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 9th!

It's also a great time to update your File of Life information. Cards are available at the Senior Center Office. And don't forget to change the batteries in your smoke alarms. The Office still has a few 9 volt batteries available. Stop by and pick up what you need for your smoke alarm while supplies last.

You Can Get 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. Thank you!

FROM THE FRIENDS OF THE COA

When you see this



in the newsletter it indicates a class or program supported by the Friends and made available to you free of charge. Your gift to Annual Appeal makes this all possible.

Thank You for Your Support.

VOLUNTEER OPPORTUNITIES

Computer Instructors with intermediate to advanced experience in e-mail, Internet, MS Office, MAC apps, genealogy searching, photo applications and/or more are needed teach classes at the Senior Center. Prospective volunteers should enjoy interacting with senior citizens, have patience and be flexible. Classes are held throughout the year. We offer one-on-one classes, presentations and workshops on a variety of topics. For more information, contact Beverly Hutchings, Volunteer Coordinator, at 978-929-6652, or email bhutchings@acton-ma.gov.

SHINE (Serving Health Information Needs of Seniors) Volunteers Needed

SHINE is a free, unbiased and confidential counseling program that helps people with Medicare to get the most value from their health insurance dollars. The 2013 training program for new counselors begins in mid-April. For more information call 781-221-7021 or e-mail SHINE@minutemansenior.org.

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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, March 4th at 3:00
Friends of the Acton COA will meet on Monday, March 11th at 1:30