



Acton Senior Center Newsletter JUNE 2020



The Council on Aging at the Senior Center, located at 30 Sudbury Road Rear.
Telephone: 978-929-6652. Email: seniorcenter@actonma.gov
Website www.actoncoa.com Facebook <https://www.facebook.com/actoncoa>

Check the website regularly
for updated information.

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www.facebook.com/actoncoa

The Senior Center is continues to be closed to the public. You can reach our office on 978-929-6652 if you are in need of assistance, or email us at seniorcenter@acton-ma.gov

NEW ACTON TOWN SERVICES HOTLINE 978-929-6619

Speak to a town employee during office hours, with questions you may have on the impact to services. Did you know that you can pay your town bills on-line, and request and pay for permits? Information can also be found on the Town website www.actonma.gov

The Town of Acton Radio is broadcasting on WAEM 94.9 FM.

Acton TV is broadcasting on Channels Comcast 8 & Verizon 45 Facebook live www.facebook.com/ActonTV , Youtube www.youtube.com/actontv1 and www.actontv.org

Java with John – Fridays at 10:00 am www.youtube.com/actontv1 and Acton Radio WAEM 94.9 FM. The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, each week as they give updates and answer questions. Check the website under 'special announcements' for up to date information. Questions can be emailed ahead of time to manager@actonma.gov



The poems read by Sharon can be found on the website www.actoncoa.com homepage.

Director's Corner

Each summer I take part in a huge, fundraising event. A few weeks ago I received an email stating that the event has been *re-imagined*. When I think of when and how we will move forward with opening the Senior Center, that phrase resonates with me. We will have to *re-imagine* what programs, events and classes at the Senior Center will look like. At this time I do not have a date of when the Senior Center will open to the public. We will be using an abundance of caution and very slowly re-introduce staff and then residents back into the building. We will however continue to bring the Senior Center into your homes by use of Acton TV, and various virtual programs and classes. The COA staff will continue to be here for you so please do not hesitate to call.

Be well, Sharon

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Funding for the printing of the mailed edition of the newsletter is made possible from the Executive Office of Elder Affairs' State Formula Grant.

Ways You Can Keep In Touch with Regular Programs:

Get to grips with ZOOM

Suddenly Zoom is part of many of our everyday lives! If you are new to using this video conferencing platform, check the company's tips and tutorials at:

<https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>

There are many how-to videos on YouTube including this one on how to get on a Zoom call for the first time: <https://www.youtube.com/watch?v=9isp3qPeQ0E>

At the Piano with Sivan Etedgee Live via Zoom!

Thursday, June 11th, 1:00-2:00pm

Sivan Etedgee will play and discuss favorite compositions by classical composers live from his home studio. Many of you are familiar with Sivan's popular classical music presentations and this program will be a blend of lecture and performance with emphasis on the latter. There will be time for questions. Please register for this program by emailing the COA at seniorcenter@actonma.gov or call 978-929-6652 if you do not use a computer. Zoom is a video meeting platform that is free to use as an attendee. You can join in via video on a computer, tablet or smartphone or call in via phone to experience just the audio. You do not need to have a Zoom account to attend, you just need the Zoom link which we will send to registered participants by the morning of June 11. We plan for this presentation to be aired on ActonTV at a later date. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. His series at the Senior Center are always received with enthusiasm!*



Most of our exercise instructors recorded sessions which have been broadcast on Acton TV. If you have not had the chance yet check out the regular schedule 9am-11am with a 2pm program also. Or if you prefer find Acton TV on Youtube and all the Senior Center programs are available via the "playlist".

Tuesday Tips with Terri, 10:00am Tuesdays on ZOOM

Terri Z has been hosting a live chat on Zoom. Check the website homepage for the link. This is a great way to get some inspiration and encouragement while seeing friendly faces.



The Computer Club, Wednesday June 10th and 24th, 1:30-3:30pm,

meeting on Zoom. Contact the COA if you are interested in participating and we will e mail you the Zoom link.



Zoom with Laughter Yoga Tuesdays at 7:00pm. Please call the COA or visit the Virtual Engagement pages of the on-line edition of the newsletter for details, page 12.

LUNCH on Wednesday, June 17th; let's have lunch together (virtually)! I know many of you miss seeing each other so we thought we'd try having lunch together over Zoom. Call (978-929-6652) or email (seniorcenter@actonma.gov) the COA if you are interested and we will send you the Zoom link or the phone number to call in if you are not on line and still would like to join us. Look for tips on how to use Zoom above, on our website and on Acton TV.



We look forward to seeing your faces again!

Virtual Watercolor Class for All with Sandy Wilensky

Wednesdays, June 10th through July 15th, 9:00-11:00 am

All levels of experience are welcome to this watercolor class using the Zoom platform! Beginners will build skill upon skill while experimenting with various watercolor techniques. Painters with previous experience can paint on individual projects and choose to participate in “lessons” as applicable and of interest. Classes will begin with a drawing warm-up/lesson to be followed by a skill/technique that will then be incorporated into a watercolor painting. Visual perception, color theory, and elements of composition along with techniques of brush strokes, washes, layering, texture, special effects and transparency will be woven into the class instruction over time. Painting subjects will include still life, landscape and objects from nature. Paintings will be shared with the group with a goal of positive affirmation of learning. To participate in this class, you must be an Acton senior age 60 plus, be able to use the Zoom platform via computer, tablet, or smart phone and plan to attend most of the classes. If you haven’t used Zoom before, see links to tutorials elsewhere in this newsletter. To register, please email the COA at seniorcenter@actonma.gov and we will forward your information to the instructor who will then send you the necessary Zoom links. *Sandy has had a career in education with experience teaching people from age 3-93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. She has recently been teaching watercolor classes in area senior centers and in her studio at ArtSpace Maynard.*



BINGO! We are thinking of offering an early afternoon, friendly, social Bingo game. Anyone interested in gathering on Zoom to have a fun game to get together? You can email bnicoll@actonma.gov, or call the Senior Center 978-929-6652. If we receive enough interest we will give further details!

COA Board Meeting – Tuesday June 9th at 10:00am on Zoom login to the following link if you would like to attend. <https://zoom.us/j/94258881200>

Friends of Acton COA Meeting - Monday, June 8 at 1:00pm meeting on Zoom. Please contact the COA if you are interested in participating and we will send you a link to participate via the computer or phone number to call into.

Missing some of your Senior Center favorite lecturers and performers?

You can find many on YouTube!

Ever popular history professor Gary Hylander has many lectures available, including the Spanish American War, Battle of Bunker Hill, Salem Witch Trials, Eleanor Roosevelt. Go to www.youtube.com and search “Gary Hylander.”

Sivan Etedgee, familiar to many for his classical music lectures, is sharing “Music for Staying at Home” where he performs on the piano from his home.

https://www.youtube.com/playlist?list=PLD4aYYbdbMBta_8i8I9f1MMam7KpucLty

Stephen Collins performs “Sailing Towards My Father” about Herman Melville

<https://www.youtube.com/watch?v=rxeiN79z5H4> and Walt Whitman

<https://www.youtube.com/watch?v=EDd14kJ1uTQ>

Performers Ben and Brad have clips from performances:

<https://www.youtube.com/user/amclasssearsconner>

Paolo DiGregorio has lectures “Stew Pie and Rum Punch” on eating and drinking in Colonial New England <https://www.youtube.com/watch?v=BGdBUHuTn7M> and The Rise and Fall of Rome

<https://www.youtube.com/watch?v=q1Pn-CNL25A>.

Search for Larry Lowenthal on YouTube and up pops a series of discussions about the Role of Government in the 21st Century he did at Northeastern University.

LIKE US ON FACEBOOK AND VISIT OUR HOMEPAGE FOR UP TO DATE
INFORMATION www.actoncoa.com



Senior Golf, Quail Ridge Country Club is open with restrictions. Unfortunately, one of these is restrictions is that we are not allowed to organize group gatherings. Please Call Marc at Quail Ridge directly to reserve a tee time and for senior rates at 978-264-0399 ext. 0.

For an extended list of resources, or to easily click on links please go to the end of this newsletter.



Let your friends and neighbors know how they can subscribe to

notifications from the Senior Center. Go to www.actoncoa.com/subscribe **If you no longer wish to receive the mailed copy of the newsletter please let us know.**



Senior Handyman program is currently suspended. Anyone who needs an air conditioning unit installed please ask a family member or friend. If you still need assistance call Bev or Fiona on 978-929-6652.



Thank you to.....

Linda & Dick O'Neil and Susan Hunt for your donation to the COA Gift Fund

To everyone who has contributed to the ongoing donations of handmade masks. In April we gave out over 90 masks to members of our community!

And to all our fabulous volunteers!



Acton Staff continue to offer support despite building closure. The Senior Center is offering a service, to seniors in the community for once a week call for conversation and well check. Please contact the Senior Center by email seniorcenter@actonma.gov or leave a message 978-929-6652 with your name, phone number and email address, if possible. If you are concerned about a neighbor you can let us know in confidence.

Marion Maxwell has been distributing a regular email newsletter filled with ideas, information and witticisms. If you would like to receive Marion's newsletter, email her at maxwell.house1@verizon.net



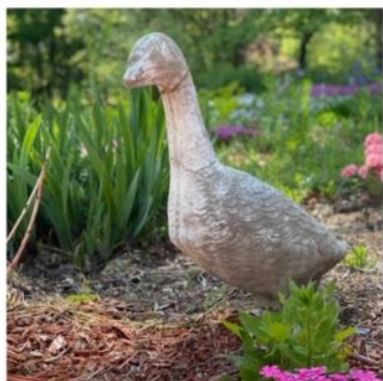
Acton, like everywhere this past Memorial Day, was unable to host the usual commemoration parade and service. Veterans Services Officer James MacRae with the assistance of Acton TV and Ms. Gail Sawyer created this video to mark the occasion. Local scouts contributed by placing wreathes at monuments in town and planting flowers at veterans' graves in Woodlawn Cemetery. <https://youtu.be/zyawOwzEyB8>

Do you enjoy the poems read each week by Sharon on "Java with John"? If you would like to read them again go to www.actoncoa.com and view the Special Announcements.

Acton Seniors' Yards in Bloom

Are you proud of your beautiful flower beds, or blooming rhododendron and azalea bushes? Perhaps you have some bird-feeders which attract red cardinals, woodpeckers or humming-birds? Please email us your photos to seniorcenter@actonma.gov and if you can feature in the photo too, we'd love to see you! We hope to post your pictures here and on our Facebook page,

This week's featured yards... Mary Lou Bowry's and Bev Davis'



Acton TV schedule (correct at time of going to press.) New programs added regularly. Comcast 8 and Verizon 45. Videos are available on demand at www.actontv.org and www.youtube.com/actontv1 look for Acton Senior Center at Home playlist. 10 classes now listed!

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Terri Z	Line Dancing 2	Terri Z	Line Dancing 1	Terri Z
10:00am	Nouvon Fitness	Chair Exercise	Nouvon Fitness	Chair Exercise	Nouvon Fitness
11:00am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging
2:00pm	Line Dancing 1	Yoga	Chair Exercise	Yoga	Line Dancing 2
3:00pm	Lecture	Lecture	Lecture	Lecture	Lecture

**1 = Beginner (level 1+2 dances), 2 – Beginner (level 1-3 dances),
Line Dance 3 - Beginner (level 1-3), Saturdays 3:50 – 5:00pm
Line Dance 4 - Upper Beginner/Low Intermediate (level 3-6) Sundays 2:50 – 4:00pm**

Food Assistance



Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough.

Call 978-635-9295 or check their website www.actonfoodpantry.org

Distribution Schedule 10am-7pm Wednesday & 9:30am-11:30am Thursdays as a DRIVE THRU PANTRY ONLY. During this time you do not need to be a registered client of Acton Food Pantry, They will provide food to anyone in need. THE FOOD PANTRY WAS CLOSED FOR ESSENTIAL MAINTENANCE MAY 27th & 28th. Check their website for updates

www.actonfoodpantry.org

Mount Calvary Community Supper, 472 Massachusetts Ave, Wednesdays, 5:00-6:00 pm.

Meals - available Wednesday 5:00 to 6:00pm (no exceptions) or until they run out

Pickup - Drive up to the back entrance in the parking lot. Your meal will be brought to you at your car. Information regarding any changes check www.mtcalvaryacton.org or facebook.com/CommunitySupperofActonMA



Open Table, Maynard, 33 Main Street Maynard, MA call 978-369-2275 or check website www.opentable.org for "Drive-Thru" pantry information.

SNAP – Supplemental Nutrition Assistance Program call Bev for information. 978-929-6652.

Active recipients not receiving household maximum benefit will receive supplement funds for April and May. **NOT A SCAM**-Households are being notified by phone or text, that receive SNAP. The text reads, "In response to COVID-19, you will be receiving extra SNAP."

Check balance and monthly SNAP benefit amount by:

Calling the DTA Assistance Line @ 877-382-2363. Enter you SSN/year of birth to hear an automated message with your monthly SNAP amount or visit DTAConnect.com



AB Regional School District will offer bag lunches to individuals and families **Monday, Wednesday & Friday** for pick up **FROM THE HAYWARD ROAD SIDE OF THE HIGH SCHOOL by the Auditorium (near the gazebo) – as of June 1st**. Pick up times will be from

11:30am-1:00pm. Double meals will be provided. If you need delivery due to illness or a transportation barrier contact abqualifiedlunch@neighborbrigade.org Individuals picking up bag lunches should not enter the school and practice appropriate social distancing measures. This scheme is open to ALL residents regardless if you have a child enrolled in the school system.

Meal distribution will continue through June 29th – this may be extended following approval.

A grant from the USDA Farm to families Program is allowing the distribution of produce boxes once a week to families of 2 or more, while stocks last. Additionally they are offering the Community the ability to order food online at near wholesale prices for curbside pickup at the RJ Grey Junior High every Wednesday 3:00-5:00pm. For more information or questions reach out to lunchonline@abschools.org

Acton Boxborough United Way is providing much needed assistance at this time after very generous donations have made it possible for them to help those in financial need, go to www.abuw.org for more information and eligibility criteria or call the COA on 978-929-6652, or if you would like to donate.





The RMV is implementing extensions of 60 days for expiring inspection stickers, registrations, permits and licenses. For more information go to www.mass.gov/RMV

LOCAL SUPERMARKETS

Senior Hours are still being implemented, usually the first hour of trading. Call your favorite store to find out what they are.

Stop & Shop, 100 Powder Mill Rd. Acton, (978-897-6449)

Market Basket, Littleton (978-486-0828)

Donelans, 248 Great Rd, Acton (978-635-9893)

Roche Bros. Mass Ave, Acton (978-263-0404.)

Trader Joes, Great Road, Acton (978-266-8908)

Idylwilde Farm, 366 Central St Acton, (978-263-5943)

Shaws 155 Great Rd, Stow, (978-897-5140)

Whole Foods, Westford (978-303-2900)

Walmart, Hudson (978-568-3383) and Target, Marlborough (508-251-6957)



The plastic bag ban has been temporarily lifted until July 1, 2020. Most stores will not allow you to use your own bags.

Stop and Shop are working with Uber to offer discounted weekly trips to their store. <https://tinyurl.com/ya3plcca>

There are companies who will act as a 'private shopper' service, for a monthly or yearly subscription. Fees apply. www.shipt.com is available locally from various stores such as CVS, Target, Donellans and Roche Bros. On-line registration is required. www.instacart.com and www.thrivemarket.com are other options.



Several of our local businesses have remained open or are beginning to reopen, and are offering delivery or curbside pickup. Please call ahead to place an order and support our local businesses! For restaurants that are open see

www.actonrestaurantweek.com

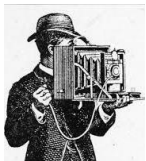


Check out <https://shop-local-acton.weebly.com> Put together by a local resident and featured in 'local heroes' in Acton Patch.



Here is a little safety tip from the Acton Fire Department.

"The beginning of spring and summer is also the beginning of yard maintenance. The Acton Fire Department would like to remind everyone that gasoline must be transported in a gasoline approved container. Also, when refueling power equipment, allow the engine to cool down. A fire may erupt when gasoline vapors come in contact with a hot engine. Stay Safe!"



VISIT OUR PHOTO GALLERY ON THE COA WEBSITE and bring back some good memories www.actoncoa.com

Check out www.jigsawplanet.com/ActonCOA View the COA gallery in a whole new way! Online jigsaws of some of your favorite pictures!



A message from the COA Board:



We hope this finds you and your family well during these challenging times. We hope that you are finding ways to spend time on things that you enjoy in your home, online and in Acton. You can stay up to date about Acton on the town website, www.actonma.gov. If you have any questions, please call the COA at 978-929-6652. Stay well and stay safe.

Acton Recreation Department

We want you to know how much we miss you and are thinking about you during these unprecedented times. The Acton Recreation Department has been adding new online programs weekly. Visit www.actonrec.com for more information and to stay updated on the latest class offerings. NARA Park has opened up for walking, and the beach and bathrooms will open from June 13th. Some restrictions remain in place so you can safely enjoy this great recreational facility once again. Tennis courts can be booked for 2 hour slots – email recreation@actonma.gov Please visit the Town website for information and updates on our parks, facilities, programs, concerts and special events during this very fluid time. We work diligently to meet our mission of “Building a sense of community through quality recreation.” Please contact our office with any questions, comments or concerns at 978.929.6640 or e-mail recreation@actonma.gov. . Until we see you again, please stay safe, and be well.

"Pen Pal Program" from Acton Recreation is inviting seniors to write a letter to a child within our community. If you are interested in becoming a Pen Pal email your name and address to: bnicoll@acton-ma.gov, or call the COA, 978-929-6652. The senior center will forward your information to Acton Recreation and they will match you up with a child to write to.

Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), will be suspended until further notice.

- Door-to-door services remain in operation, for essential trips (urgent medical appointments, groceries, etc) however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling 978-844-6809 during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email acyganiewicz@actonma.gov.
- The MBTA and Keolis Commuter Services (Keolis), the agency's operating partner for Commuter Rail, announced today a Reduced Service Schedule effective Tuesday, March 17. The Commuter Rail Reduced Service Schedule is available at <http://www.MBTA.com/coronavirus>



Acton Nursing Services

The podiatry clinic will resume once Town buildings are open to the public, as well as the Wellness and Blood Pressure clinics and the monthly health topic talk. Call 978-929-6650 for more information.



Assistance

SHINE (Serving the Health Insurance Needs of Everyone) at the Senior Center

- ✓ Are you turning 65 and want information about Medicare?
- ✓ Are you 65 and losing employer group health insurance due to a recent job loss?
- ✓ Are you disabled and under age 65 covered by Medicare with questions?
- ✓ Are you a Medicare beneficiary and concerned about prescriptions costs, medical billing and co-payments?
- ✓ Are you living on a fixed income and having difficulties keeping pace with living costs, food, and healthcare costs



If you answered yes to any of these questions, the SHINE program is here to help! For no-cost, confidential counseling call Minuteman Senior Services SHINE line at 781-221-7029 or email: SHINE@minutemansenior.org -- most questions can be answered over the phone, information can be emailed or mailed to your home and, when necessary, remote counseling can be arranged.

Senior Citizen Water Bill Discount Policy - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors (65+) having low-to-moderate incomes to a reduction in their bill, More information available from the Town Assessor's Office at 978-929-6621 the Water District at 978-263-9107.

Minuteman Senior Services, our State Home Care, provides a variety of services including: **Care Management** - In home assessment and support activities of daily living and Meals on Wheels. Minuteman Senior Services can be reached at 1-888-272-7177 or visit www.minutemansenior.org

Numbers to call: **Alzheimer's Association** Helpline 1-800-272-3900, **Samaritans** 1-800-273-8255, **National Domestic Violence Hotline** 1-800-799-7233 Grief Counselling 978-774-5100

James MacRae, **Veteran Services Officer for Acton and Boxborough** would like to remind veterans and surviving spouses that there are benefits that you may be entitled to, including healthcare. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat about your needs.



Stimulus payments

Some people will be receiving their government stimulus payment in the form of a prepaid debit card from an IRS contracted company called Money Network Card Holders. Some may not realize exactly what it is when it arrives in the mail and assume it is a scam. It comes in a plain envelope from Money Network Cardholder Services, PO Box 247022 Omaha,

Nebraska 68124-7022 to disburse stimulus money through Visa debit cards. The legit contact number to activate the card is 800-240-8100. For more information, see AARP website:

<https://www.aarp.org/money/taxes/info-2020/stimulus-payment-debit-cards.html>.

NCOA article on scams that are circulating during the pandemic:

<https://www.ncoa.org/blog/4-coronavirus-scams-to-avoid/>

Be aware that there is a heightened risk of scams at this time. Never give out personal or financial information over the phone, or at the door. If you are in any doubt call the police non-emergency number on 978-929-7711. Never click on a link in an email which you suspect is fraudulent.

The COA does not endorse any private company or their services.

Please be an informed consumer



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Bonnie Lobel, Chair</i>	<i>Alma Sandman , Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>	<i>Ellen Feinsand, Sec</i>	<i>Lori Cooney</i>
<i>Chris Chirokas, Program Manager</i>	<i>Jeff Bergart</i>	<i>Ann Corcoran</i>
<i>Beverley Hutchings, Senior Services Coordinator</i>	<i>Michael Chautin</i>	<i>Jacquie Friedman</i>
<i>Bernice Nicoll, Activities Assistant</i>	<i>Chunsheng (Bill) Fu</i>	<i>Niru Velankar</i>
<i>Fiona Starr, Staff Assistant</i>		
<i>Terri Zaborowski, Exercise Instructor</i>	SEE PAGE 3 FOR DETAILS of June Meetings	



Acton Staff continue to offer support despite building closure. The Senior Center is offering a service to seniors in the community for once a week call for conversation and well check. Please contact the Senior Center by email seniorcenter@actonma.gov or leave a message at 978-929-6652 with your name, phone number and email address, if possible.

←Our virtual staff meeting.

Volunteer Appreciation

The staff at Acton Council on Aging thought it would be nice to let our Volunteers know, how much you are honored and appreciated with the services you do. With everything we've seen recently, it truly highlights how important community is and the impact you've had on ours is enormous. You have helped us bring some light into the day for the members of our community. We are honored to say, you are the Volunteers of The Acton Council on Aging.

We thank you for the joy and happiness you bring to everyone by volunteering for us.

Sincerely

The Acton Council on Aging Staff

Sharon, Rosie, Fiona, Chris, Bernice and Beverly



Annual Town Meeting June 29th



Has been scheduled to be in the upper gymnasium at the High School with the auditorium serving as the overflow room. The tentative commencement time is 6:30pm subject to an earlier start time (between 5:00pm and 6:30pm, if more practical. 40 warrant articles have been reduced to 32 with 22 being on consent. The expectation is to complete the meeting's business in one session that evening. The state safety guidelines will be in effect---restricted occupancy, masks and social distancing. In addition, there will be contactless check-in and a minimum 6' separation in seating. Article presentations will be limited, distance microphones will be utilized and clickers for voting will not be used. The hope is to have article presentations pre-recorded and posted online.



**Town election is June 2nd, 2020.
All voting will be at the Raymond Grey
Junior High School, Charter Rd. 7am-8pm.**

If you are voting in person you may bring your own pen or pencil (not red ink or a highlighter), it is mandatory to wear a mask but gloves are not recommended. Postal ballots must be received by 8pm June 2nd.

Acton Seniors Support Acton Boxborough Seniors!



A 'rolling rally' of graduating students from the Acton Boxborough Regional High School, Class of 2020 will take place on Friday, June 5th. The route is along Mass Ave from the Boxborough Regency Hotel to the High School between approx. 4:45pm and 7pm. All community members are invited to cheer the parade of seniors along the route. You could even make a sign. Please maintain appropriate social distancing. Be aware that parts of Rt. 111 may be closed to regular traffic at this time, and traffic diversions may be in operation. There will certainly be delays due to heavy traffic.

The Class of 2020 will be celebrated in an on-line commencement on June 12th at 5:30pm





Virtual Engagement

[Scroll through for recently added links and resources](#)

Feel free to email seniorcenter@acton-ma.gov any links to content you have found and you think others would enjoy.

Getting to grips with ZOOM

Suddenly Zoom is part of many of our everyday lives! If you are new to using this video conferencing platform, check the company's tips and tutorials at:

<https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>

There are many how-to videos on YouTube including this one on how to get on a Zoom call for the first time:

<https://www.youtube.com/watch?v=9isp3gPeQ0E>

If you need some help **making video calls** to keep in touch with friends and family, here is a very handy link from the BBC in the UK <https://www.bbc.com/news/technology-51968122>

Remember to keep privacy in mind when using the Internet. An AARP article that addresses this topic: <https://www.aarp.org/home-family/personal-technology/info-2019/privacy-for-seniors.html>.

Acton TV, Acton Community Access Television (ACAT) has education, government and public channels for Verizon and Comcast subscribers. You can access ACAT content at <http://actontv.org/> and click On Demand tab.



The Council on Aging worked with Acton TV and Terri, Mary, Yvonne, Patsy and Kari our instructors so that seniors can keep moving at home with familiar routines and instructors they trust. Thank you to Lori Cooney for all her work making this happen. Look for the videos on the public access channel (8 on Comcast and 45 on Verizon) Monday, through Friday from 9-11am , and at 2pm and on Youtube www.youtube.com/actontv1 Look for the playlist of all current COA

exercise classes.



You can practice gentle yoga at home with COA instructor Patsy Brightman:

<https://www.youtube.com/watch?v=iOzgBmq6wUo>

Laughter yoga, Tuesdays at 7pm zoom link

<https://zoom.us/j/163023074>

Click the link 5-10 minutes before 7pm, have a glass of water handy and a quiet place to sit.



Tai Chi

One of the Senior Center Tai Chi instructors, Linda Sango, has trained under Jeff Cote' who has Tai Chi qigong videos available on youtube:

<https://www.youtube.com/channel/UCuMD9N3IpEISAzR2uxzmylQ>

The Senior Center's other Tai Chi Class is offered by Taoist Tai Chi Society instructors.

You can search youtube for videos. One example of a class practicing all 108 moves:

https://www.youtube.com/watch?v=Vg2JuOse1_I

Ray Caisse, former **Tai Chi** instructor at the Senior Center, shared information about his 10 minute video, Fight the Pandemic Virus with Qigong, that he says can help improve immune systems. Search YouTube for "Cultivating Qi."



Max Cantor of Connections Physical Therapy recorded a presentation on the basics of balance that he shared with the Council on Aging. Plans are in the works to bring this presentation to ActonTV, but you can also view on YouTube:

<https://www.youtube.com/watch?v=Ru3bphIN9Zo&feature=youtu.be>

YMCA Online Fitness Options. Cambridge YMCA offers online fitness classes, both free and fee-based. For more information visit:

<https://www.cambridgeymca.org/news/2020/04/01/home-news/virtual-workout-options/>



Ballet for Seniors. Free beginner ballet lessons online through the Silver Swan program run by the Royal Academy of Dance in London

<https://www.royalacademyofdance.org/rad-at-home/silver-swans-classes-online/>

Mindfulness Meditation

The Ten Percent Happier website/app has a Coronavirus Sanity Guide which includes free 3 p.m. EST daily meditation and Q&A with host Dan Harris and meditation teachers.

<https://www.tenpercent.com/coronavirussanityguide>

Additional **meditation** links (thank you Liz Paley!):

<https://www.tarabrach.com/guided-meditations/>

<https://www.youtube.com/watch?v=4OtJYDGiuEE>

<https://www.youtube.com/watch?v=sz7cpV7ERsM>



NEW RESOURCES & IDEAS FOR JUNE



Have you ever considered becoming a Dementia Friend? Online training is currently available. Visit the website www.dementiafriendsma.org
Watch this video to understand the impact of a dementia diagnosis on sufferers:
<https://www.youtube.com/watch?v=4olrRTayLJw&feature=youtu.be>

Acton Memorial Library is collaborating with **Acton Historical Society** to chronicle the effects of the COVI-19 outbreak on our community – see www.actonmemoriallibrary.org for more details.

Need some motivation to stay engaged while at home? Pick a theme each week to explore! There are many free resources available, many through Acton Memorial Library. If you don't already have a library card, you can sign up for a temporary e-card at www.actonmemoriallibrary.org.

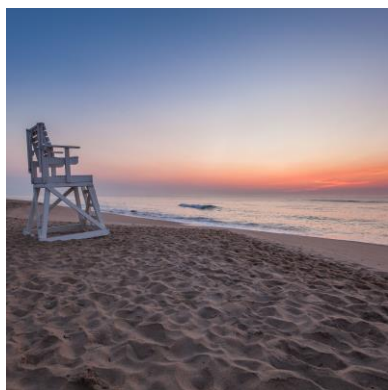
Some theme ideas:

Well-being/mindfulness

For many of us, our ability to manage stress has been tested during the pandemic. There are simple things you can do: exercise, reduce your caffeine intake, write down what's troubling you, have a virtual visit or phone call with someone who makes you happy, or laugh (see information in this newsletter on Susan Phillip's *Laugh for Your Health* weekly meeting using Zoom).

Learning new ways to lower stress is time well spent!

- Through Coursera.com take Yale's most popular class of all time "The Science of Well-Being." It's free to audit the class or you could pay a fee to have access to the full course materials and assignments and receive a certificate of completion.
- Through Kanopy (accessible free via Acton Memorial Library's website), stream *The Great Courses* 22-lesson "Masters of Mindfulness."
- Practice guided mindfulness meditation through Tara Brach's podcasts or online at <https://www.tarabrach.com/guided-meditations/>. (Recommended by our meditation leader Liz)
- Watch a TED talk; they are brief and informative! Two possibilities: *How to Make Stress Your Friend* with Kelly McGonigal; *All It Takes is 10 Mindful Minutes* with Andy Puddicombe. Go to TED.com and enter the title into the search box.
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/up-next?language=en
https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes/up-next?referrer=playlist-talks_to_help_you_manage_stres#t-97.)
- Unfold Yoga and Wellness offers free, live, web-based 20 minute movement and meditation classes. Recorded sample classes also available anytime, but you must register for live classes.
<https://tinyurl.com/yx36bem5>



Art

Delving into art is a great escape during a stressful (or any!) time.

Podcast: *The Lonely Palette*. You can listen (free of charge) using the podcast app on your smart phone or tablet or on your computer at <http://www.thelonelypalette.com> . Host Tamar Avishai explores one piece of art during each episode. There are over 40 episodes, about 20 minutes each. Much of the art discussed is in the Museum of Fine Arts collection. Podcasts also have the benefit of getting you away from screens; you can even pop in some headphones and listen on a walk around your neighborhood or while on the treadmill.



Kanopy and Hoopla have documentaries and lectures on a variety of artists and types of art. These range from a lecture on Rembrandt and Vermeer and 1000 Masterpieces from the Greatest Museums of the World is one of the most successful TV series about art. There are separate 10-minute videos on each masterpiece. If you'd rather make art than learn about other people's art, the *Great Courses* has a 36-episode series *How to Draw*, available on Kanopy through Acton Memorial Library. YouTube is packed with tutorials to inspire you no matter what medium you are using.

Learn About a Place

Do some armchair traveling! Pick a country or a region and learn all you can about it. Watch some lectures, read a digital book, cook an authentic dish. Say you chose to learn more about Great Britain. If you stream through services like Netflix or Amazon Prime, search for the place of interest and see what documentaries or perhaps movies/miniseries based on books from that country are available.

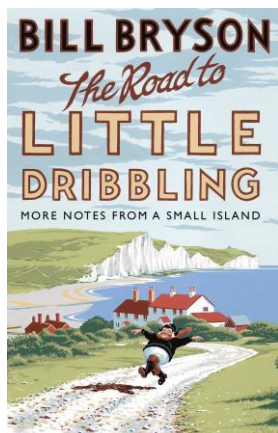
Say you choose to learn more about Great Britain. You can access an excellent series of lectures called the *Great Tours: England, Scotland and Wales* that is available (free!) using the Kanopy app through Acton Memorial Library. You will learn about historical spots in each country, as



well as architecture by historic period. Maybe watch an episode with some homemade scones and a nice cup of tea.

Borrow an ebook or audiobook using the OverDrive app through Acton Memorial Library to learn more about the history of Great Britain. One option is *The Road to Little Dribbling*

Adventures of an American in Britain by Bill Bryson. There are many ebooks available with subjects ranging from the Royal Family, American heiresses who married into English Aristocracy, wars, historical fiction, and travel guides.



Become a family historian!

Through the Kanopy app on the Acton Memorial Library website, you can access, free of charge, the *Great Courses: Discovering Your Roots: An Introduction to Genealogy*. It includes 15 lectures by genealogist John Colletta.

Once you get some ideas on how to get started, do some research, again through Acton Memorial Library. For a limited time, you can access the subscription site Ancestry from home (usually only available for use in the library). You can also access HeritageQuest, Fold3, and MyHeritage through AML.



Write a story to accompany photographs of family members who have passed away to share with family. Share memories, what they did for work, where they lived, and any birth/marriage/death dates you may know. Even if you aren't interested in doing formal research, this could spur on other family members to do so and would give them a great start. You could even do a story about yourself.

Places to walk (courtesy of Marion Maxwell)

Self-guided Nature and Birding Walk at Grassy Pond West. It's possible to enter the trail across the street from Church of the Good Shepherd, 164 Newtown Road. Grassy Pond is a kettle-hole pond formed by the retreat of the last glacier. It exhibits bog characteristics (very wet/highly acidic) around its perimeter, and is home to a number of wetland loving plants such as leatherleaf, high bush blueberry, pitcher plants, red maple and tamarack. You may also search for ducks, swallows, red-winged blackbirds, woodpeckers and bog plants. There are two boardwalks, one running through the pond-shore bog and a second going out into the pond. The Acton Conservation Trust will soon release a virtual tour led by botanist Boot Boutwell featuring many of the wetland loving plants. This land was purchased in 2017 using a combination of CPA funds and private fundraising.

Walden Pond in Concord, open daily 8am-6:30pm. 915 Walden St.
One-way trail loop system to promote social distancing.
<https://www.mass.gov/locations/walden-pond>

The Old Manse, Monument Street, Concord

The grounds have been re-opened during normal hours by the Trustees of the Reservation.

Town Forest. Another place to walk. Park and enter from the end of Nagog Drive or from the trail opposite Acton's Miracle Field.



Saturdays and Sundays, 10am-4pm. Assabet River Wildlife Refuge. The refuge is open and the entrance fee is waived until further notice. The Visitor Center and Restrooms on the refuge are closed until further notice. The main refuge entrance is located three miles west of the Sudbury Town Center at **680 Hudson Road, Sudbury, MA 01776**. See brochure with map at <https://www.fws.gov/uploadedFiles/Assabet%20River%20NWR%20General%20Brochure%20August%202017.pdf> <https://theconversation.com/cant-go-outside-even-seeing-nature-on-a-screen-can-improve-your-mood-135320>

Even from Afar, Viewing Nature Benefits You. If isolation is getting to you and it's hard to get outside, consider that adding some indoor plants to your space not only gives you cleaner air but can result in you feeling "related and grounded" and "more interested," according to a survey conducted by The Conservation. Even just looking at nature shots or videos on a screen offers some benefit. So look up those nature shows or find some of the free national park tours organized by Google Earth.



Previously Published: It's Summer!

Heritage Museums & Gardens in Sandwich. See videos and still photographs of gardens and how-to videos on pruning Rhododendrons and transplanting seedlings.

<https://heritagemuseumsandgardens.org/virtual-gardens/>

View Mass Audubon's Bird of the Day and Nature in Your Neighborhood videos:

<https://www.massaudubon.org/get-outdoors/explore-nature-at-home>

Botanica in Wichita offers videos to Bring the Blooms to You <https://botanica.org/virtual-tours/>

North and South Rivers Watershed Association has a short video of a spring wetlands walk

<https://www.nsrwa.org/spring-is-springing-to-life/>

Tower Hill Botanic Garden offers some online programming including a Signs of Spring Video and tips on Nature Journaling. <https://www.towerhillbq.org/online-educational-resources-adults-2/>

The Arnold Arboretum has "explore from home" opportunities: <https://www.arboretum.harvard.edu/>

For videos from Kew Royal Botanic Gardens: <https://www.kew.org/about-us/virtual-kew-wakehurst>

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Acton Memorial Library, <https://www.actonmemoriallibrary.org>, has a vast amount of remote opportunities from free ebook downloads to databases for genealogy research. The staff have been continually adding new resources and information. Explore the amazing resources the AML offers.

Ancestry Library Edition is available online for FREE while the Acton Memorial Library is closed. You will need your library card's number.

<http://actproxy.minlib.net/login?url=https://ancestrylibrary.proquest.com>



The New York Times- Unlimited digital access.

The Minuteman Library Network offers all Minuteman card holders free access to the New York Times website and mobile app. A valid email address and registration at the New York Times website is required for access. Home users first create a New York Times account, then redeem an access code every 72-hours.

https://www.nytimes.com/subscription/redeem?campaignId=7QKXQ&&gift_code=40a17be9b944ff82

Genealogy

Family Tree magazine is offering a free copy of their latest issue:

https://www.familytreemagazine.com/wp-content/uploads/2020/03/FTM_MarApr20_giveaway.pdf

Culture.....



Travel and Leisure magazine has an article about 12 museums that offer virtual tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

BSO at Home: Boston Symphony Orchestra has content available through its website and social media channels. This includes performances, behind the scenes videos as well as musicians as they stay at home. For more information: <https://www.bso.org/brands/bso/at-home.aspx>.

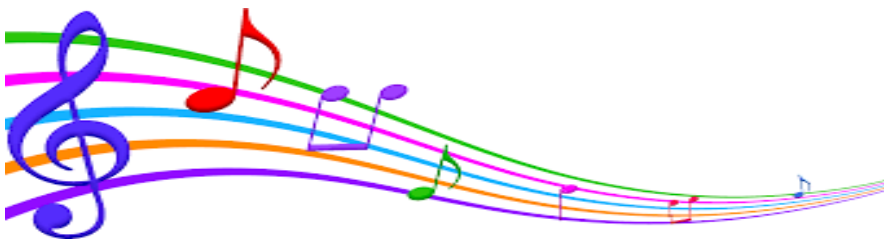


Watch a Boston Pops musician's tribute to Emerson Hospital

https://patch.com/massachusetts/acton/s/h3jhx/watch-boston-pops-horn-player-plays-emerson-hospital?utm_source=share-link&utm_medium=web&utm_campaign=share



National Symphony Orchestra Listen to full concerts by the: <https://www.kennedy-center.org/digitalstage/digital-stage-nso/> or other concerts at the Kennedy Center Digital Stage: <https://www.kennedy-center.org/digitalstage/>



The Metropolitan Opera in NYC is streaming past performance daily and free of charge from its website: <https://www.metopera.org/>. Each performance is available for a period of 23 hours from 7:30pm EST until 6:30pm the following day.

The Kennedy Center in Washington DC is offering at home experiences www.kennedy-center.org

Get jiving! Dancin' 1950's- <https://www.facebook.com/jan.berlin1/videos/10220476036784530/>

If you subscribe to Netflix streaming, HULU, and Amazon prime, you can view programming including documentaries and movies/mini-series based on classic novels and historic figures/events.



Missing the Great Outdoors? <https://www.nationalparks.org/>

Visit All 50 States Virtually! Experience the Kenai Fjords National Park in Alaska, visit the OZ museum in Kansas and in Massachusetts take an aerial tour of Plymouth or walk along the Freedom Trail.

<https://thetvtraveler.com/visit-all-50-states-with-these-virtual-tours/>

Follow the Custom House Maritime Museum, Newburyport on facebook for details on regular lectures via zoom <https://www.facebook.com/thechmm> or visit the website <https://customhousemaritimemuseum.org/>



For **Comcast/Xfinity** cable subscribers, the company is offering free content during the pandemic, including Acorn TV, The Great Courses, Grokker Yoga Fitness and Wellbeing (including meditation), History Vault, Showtime, and The Reading Corner. Say "free" into your voice remote to view content.

Many of you are familiar with the **Great Courses** series taught by college professors on a variety of subjects including history, literature, science, economics, music, travel, and art. Typically purchased on DVD, you can also download the Great Courses online for a fee. Currently the company is offering 30 day free trial. <https://www.thegreatcoursesplus.com>.



Judith Kalaora of **History at Play**, who has performed at the Senior Center, is offering livestreamed renditions of her shows that are based on women in history. **For her full schedule see her facebook**

page,

<https://www.facebook.com/HistoryAtPlay/>

There is free segment called HAP n' CHAT of a 15 minute excerpt from one of Judith's shows that airs Wednesdays at 6:30 pm. If you want to see a full hour-long performance, there is a

Pay-Per-HAP pay per view performance, with a fee of \$5 to \$25 based on what you feel you can afford.



HISTORY AT PLAY



House Beautiful magazine has an article with links to **10 historic houses** you can tour virtually: <https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>

You can use **YouTube** free of charge from your computer, laptop, smartphone, tablet or with a smart television. You can find exercise classes, lifelong learning opportunities, classic movie clips, cooking shows, DIY home project or crafting/art tutorials and so much more.



There is a myriad of free podcasts available for download to a computer or mobile device. A podcast is similar to old-time radio shows but is on the Internet. There are apps such as Apple Podcast, Stitcher, and Google Play Music that make downloading simple. Some you may want to check out: *Serial*, *Stuff You Should Know*, *Ask Me Another* (trivia, puzzles, music), *Dan Carlin's Hardcore History*, *This American Life*, *Better Health While Aging*, *History of Rome*, *Retirement Talk for Boomers*, *The Relic Radio*, *The Handyguys*, *On Being with Krista Tippett*, *Car Talk*, *Aging in Full Bloom*, *Planet Money*, *Last Seen* (about the Gardner Museum art heist), *History Unplugged*, *Science Fridays*, *Aria Code* (opera), *Sleep with Me* (to help with insomnia), *10% Happier with Dan Harris*.

Visit www.Ted.com for interesting talks, which are brief and free of charge, on a variety of subjects. You can search by subject or see a list of the most popular talks. Some talks of note are *What Makes a Good Life*, *How to Make Stress Your Friend*, *Underwater Astonishments*, *The Transformative Power of Classical Music*, *Life's Third Act*, *Try Something New for 30 Days*, *Older People are Happier*, *How to Live Passionately—No Matter Your Age*, *Let's End Ageism*.



Google Arts and Culture app on your smart phone or tablet and you can virtually visit museums, historic sites and more including the Taj Mahal and the Royal Botanic Gardens in the UK. Download at the App Store.

A delightful way to spend the afternoon is watching acclaimed British actors performing at the UK's National Theatre –

www.youtube.com/NationalTheatre . Each performance runs for one week, beginning on a Thursday at 2pm EST.



'Tea with the Dames' with Dame Judi Dench, Dame Maggie Smith, Dame Joan Plowright and Dame Eileen Atkins, reminisce on their careers on the stage and as stars of the large and small screen, available on Hulu.

If you love Masterpiece Theater and all things British visit www.bbc.co.uk .This is such a rich resource, especially www.bbc.co.uk/archive Enjoy!

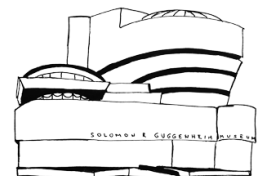


Playbill article has information on watching recordings of **live Broadway shows** to view at home. [https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2lgPJ4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8)

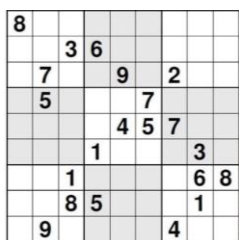
[home?fbclid=IwAR37V2lgPJ4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2lgPJ4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8).

Virtual Tours/Streaming

See www.INSIDER.com article for information on virtual tours/live streaming from a variety of locations including Blarney Castle, Monterey Bay Aquarium, national parks, The Guggenheim Museum. <https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#the-acropolis-museum-lets-users-take-in-stunning-views-of-athens-greece-from-their-couch-21>



Games....



For smart phone and tablet users, there are seemingly endless apps to download, many at no cost. You can try a variety of game apps—Scrabble, Sudoku, Dots, Card Shark Solitaire, chess, cribbage, jigsaw puzzles, word searches, anagram/word scrambles, and crosswords. There are also apps like NPR One which offers stories, podcasts, news and more, Good Reads for avid readers, and Epicurious for recipes. You can even download a magnifying glass with flashlight to help read fine print.



Gifts: <https://dailycaring.com/big-list-gift-ideas-for-seniors/>

Standard crossword puzzles: <http://www.gets.com/index.htm>

Free form crossword puzzles: http://www.gets.com/crossword_puzzles.htm

Free puzzles & games: <http://www.onlinecrosswords.net/printabledaily-crosswords-1.php>

Play your favorite games: <https://www.aarp.org/ws/save-games.html>

Word games: <https://www.download-free-games.com/mobile/scramble-with-friends-free>

Bridge: <https://www.bridgebase.com/>

Brain Games <https://www.onlinegamesforseniors.com/>

Mah Jongg_ www.realmahjongg.com



Take a trip to the zoo....



Watch the Cincinnati Zoo livestream of its animals on its Facebook page daily at 3PM. <http://cincinnati-zoo.org/> follow on Facebook: Cincinnati Zoo & Botanical Garden.

Monterey Bay Aquarium is live streaming some of its exhibits and even offers a meditation with video of its jelly fish (keep in mind time difference): <https://www.montereybayaquarium.org/animals/live-cams>

Georgia Aquarium <https://www.georgiaaquarium.org/webcam/southern-sea-otter-webcam/>



New England Aquarium www.neaq.org look out for video feeds from the Giant Ocean Tank and the African penguin colony. Best times for the tank are 10am and 3pm for feeding time.

Protecting the blue planet

Get Creative.....

Virtual Cooking Lessons

PlateNextDoor usually offers classes in community settings but has gone virtual! Classes are offered via zoom and preregistration is required. Some are free with an optional gratuity and others are available for a fee payable via PayPal or Square. Visit <https://www.platenextdoor.com/> and click on the Virtual link.



Calling Crafters! Any crafters wanting to keep busy and help at the same time – Joann fabrics have put together a tutorial on making cotton facemasks – Emerson hospital are accepting these – <https://www.emersonhospital.org/coronavirus-covid-19-resources/covid-19-help>



For the Joann Fabrics link:

<https://www.joann.com/make-to-give-response/?icn=hpzhero&ici=make-to-give-response>

It is currently mandated that that everyone out and about should wear a mask when in contact with other members of the public. A limited amount of donated handmade masks are available from the Senior Center - call us if you need one.

Creative Pursuits from Home

There are many web-based crafting/art classes. www.creativebug.com has fee-based and some free online classes.

There are free apps such as Ravelry where you can search to find different knitting/crochet patterns, keep track of your yarn and track your projects.

Pinterest is an app to use on your smartphone or tablet (or use the web version). It is a visual discovery engine for finding and organizing ideas like recipes, home and style inspiration and crafting.



Search YouTube for tutorials on any subject of interest. If you find a person/channel you like, you can subscribe so you will be updated about new videos.

For paper crafting, check out Paper Guru or Pootles Papercrafts. The Crafts Channel has tutorials ranging from Easy to Make Crochet Face Scrubbies, to

Eco Friendly Kitchen Towels, to Pom Pom Hedgehog. For painting tutorials try Jay Lee Painting, Kelly Eddington Watercolor, or Maria Raczyńska. If wood working is your hobby, check out Steve Ramsey Woodworking for Mere Mortals.



Crafting
IS MY
sanity

Something different.....

When the rain stops and the sky clears www.seasky.org or www.space.com - check out the celestial delights.



Sages & Seekers Quarantine Connection Series. Usually an in-person program that connects older members of the community with teens to share conversation and life experiences, Sages & Seekers is offering a new virtual program. Past Sages or any other elders interested in connecting with Seekers using FaceTime, Skype or by telephone, please send the following information to: info@sagesandseekers.org

1 - **your name**

2 - **your contact preference:** Skype, FaceTime, or standard phone call

3 - **your time zone**

S&S will then send you detailed information on the three Pop-Up Programs to choose from.



Here are some “**phone only**” options. All need access to the internet to selected and register. Perhaps you could help a friend or neighbor...

DOROT’s University Without Walls program offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. For more information or to enroll, call (877) 819-9147 or email at uww@dorotusa.org. <https://www.dorotusa.org/our-programs/at-home/university-without-walls>. Programs are available in English and Russian.

Covia Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. You do need access to the internet to download the catalog, but the programming is all delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

With Mather Lifeways Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. You can choose from wellness programs, **education programs**, discussion topics, **music reviews**, **live performances**. **You do need access to the internet to view the choices and register.** <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

Want to hone your tech skills while home?

Goodwill has a Learn Free program <https://edu.gcfglobal.org/en/>. You can learn to use PowerPoint, Gmail, Social Media (Facebook, LinkedIn, Pinterest, Skype, Snapchat, WhatsApp, Blog Basics), Internet Basics...



www.techboomers.com has over 100 free courses on subjects such as online shopping, Excel basics, smart phones/tablets, online entertainment, using YouTube, introduction to social websites/apps. There are articles such as how to cancel your groupon account or how to buy items on Ebay.

www.lynda.com, owned by LinkedIn, has free courses with topics including using Photoshop, WordPress Essentials and Introduction to Graphic Design. This is a subscription website that offers a 10 day free trial.

Need to improve your typing speed and accuracy? There are online opportunities for that as well!

See <https://techboomers.com/improve-your-typing-online-tools> for a list of the 12 best online typing tools. www.Codecademy.com. For advanced users interested in learning to code, eg HTML, free.

Sport

Football. Through May 31, the NFL is extending complimentary access to [NFL Game Pass](#), which offers a library full of football programming and game replays.



Hockey.



The NHL and Sportsnet has made full replays of all the 2019-20 NHL regular-season games free to stream on demand through the NHL app and NHL.com.

<https://www.nhl.com/news/nhl-to-keep-fans-connected-during-pause/c-316219230>



You're never too old to game! Did you know that you can game against others over the internet? Join in with your grandkids! Check out consoles and game packages through online retailers (and consult with your grandkids!)- most are just plug in and play..... Battle like a Jedi knight! Drive like a nascar pro! Learn to build like a minecraft expert!

Learn A New Language On Line. Mango is an online language learning program available to Acton residents with your library card. Created by native speakers, each course teaches language using practical phrases and real-life conversations. Also, each course adjusts to your individual learning pace and builds on your progress by combining new content with already mastered material.

To get started:

- [Access Mango here](#) or through the library's [E-Resources page](#)
- Login with your Minuteman library card number
- Click "Sign Up" to create a free Mango account



Once you create a Mango account, you can access this resource on a computer or with the free [Mango Languages mobile app](#) for smartphones and tablets. The program will remember your progress each time you log into your Mango account, no matter what device you are on!

And finally.....If you're looking for things to do....



[How to Clean the 10 Things Annoying You Most.](https://www.theguardian.com/lifeandstyle/2020/apr/03/from-mouldy-showers-to-junk-drawers-how-to-clean-the-10-things-annoying-you-most)

<https://www.theguardian.com/lifeandstyle/2020/apr/03/from-mouldy-showers-to-junk-drawers-how-to-clean-the-10-things-annoying-you-most>

