



Acton Senior Center Newsletter AUGUST 2020



The Council on Aging at the Senior Center is located at 30 Sudbury Road Rear.

Telephone: 978-929-6652. Email: seniorcenter@actonma.gov

Website www.actoncoa.com Facebook <https://www.facebook.com/actoncoa>

WELCOME TO THE ACTON COA SENIOR CENTER AUGUST 2020 NEWSLETTER



We hope that this finds you in good spirits. Check out our extended virtual programming including a Watercolor Painting class, the History of Prohibition, Sivan Etedgee "At the Piano" and a Baseball tunes special. So many we've had to reinstate the calendar! (p.15) Be sure that when we can, programs will be recorded and scheduled for Acton TV. Registration is easy and you will be sent the zoom link via email. Please ensure that you have 'unblocked' @actonma.gov from your spam filter especially if you are a Verizon (AOL & Yahoo) customer. We have students willing to help you with your IT (p.7). We are expanding our 'grab & go' lunches (p.8). Make a reservation for our Drive-Thru Brunch and put the Drive Thru Shredding Day on the calendar (Acton Seniors Only) see page 2. (Please wear your masks when attending) Other Town departments are also extending their services where possible, details inside.

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Baseball Show with Howie Newman via Zoom *Thursday, August 13th, 2:00pm*

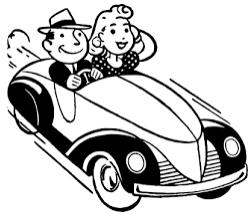
Local singer-songwriter Howie Newman performs a unique, interactive and highly entertaining program, singing baseball songs, offering up baseball trivia and telling stories about his days on the Red Sox beat. Howie is a former sportswriter for magazines and newspapers, including the *Boston Globe* and the *Lowell Sun*. To register for this event, please email seniorcenter@actonma.gov. We will email you the Zoom link by the morning of August 13th. This program is funded by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Director's Corner

I hope you all are well. At the time of this newsletter printing, all Town buildings remain closed to the public. The COA will continue a wide variety of virtual programming and have scheduled some drive through events. I have been (virtually) meeting weekly with the Massachusetts Council on Aging Association and receiving guidance from the Executive Office of Elder Affairs as well as our own local government. We are using an abundance of caution as we are dealing with the most vulnerable population and hope you understand. The COA staff continues to be available to assist you in anyway, so please do not hesitate to call us.

Best, Sharon.



Drive through Brunch

Monday, August 17th, 11:30am -12noon

VSO James MacRae will be back in the kitchen cooking up some breakfast for you! We will package it up in takeout boxes for you to drive through and receive while safely remaining in your vehicle and wearing a mask. Cost is \$3. Please have exact change if possible. Registration is required. Call 978-929-6652 or email seniorcenter@actonma.gov

Acton Seniors Only

Drive Through Shredding Event

Thursday, August 13th, 1:00-4:00pm.

We will have a shredding company on site at 30 Sudbury Rd. to destroy personal documents. Limit 3 grocery-sized bags per person. You will remain in your vehicle so please have your shredding material easily accessible. Any questions please contact us at 978-929-6652. Please wear your mask.

(Trying to donate unwanted household items following a clear-out? Household Goods is currently accepting Donation Drop-offs by appointment only on Tuesdays, Thursdays, and Saturdays, <https://householdgoods.org/contact/> or Phone: 978-635-1710)

Acton Seniors Only



Bringing our Programs into your home

Virtual Programming

All Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Some programs, particularly fitness and movement classes, are available on ActonTV's cable and YouTube channels.

Each program description will indicate how to participate. If a program is being offered through Zoom, please note whether you need to register to receive the Zoom link or if you can view the COA website to obtain the link.

To register for a Zoom-based program, email the Council on Aging at seniorcenter@actonma.gov. You will receive an email with the Zoom link by the morning of the scheduled program. If you do not receive the email, please check your email spam folder or call the Council on Aging at 978-929-6652 for assistance.

You can request the call-in audio information if you are going to attend via house or regular cell phone. If the Zoom program does not require registration, you can find the link on the day of the program under "Special Announcements" on our website www.actoncoa.com.

You do not need to have a Zoom account to attend a meeting. You can use a computer, smartphone or tablet. Some computers do not have cameras and microphones, so in that case you will be able to view/listen to the meeting but not be seen or heard. To just listen to a meeting, you can dial in using a house phone or regular cell phone.

If you have not used Zoom, you can view tutorials on the company's website www.zoom.com and click on "support" tab. 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>. You can learn how to unmute yourself, allow yourself to be viewed to all other attendees via video, and how to change to speaker view so that the person running a class or giving a lecture will take up the largest amount of space on your screen.

Some seniors are not receiving emails from the Council on Aging. The common denominator is they are Verizon accounts (or Verizon owned AOL and Yahoo). Some seniors found the emails were in their spam folders. If you are finding this to be the case for you, you can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to the Verizon support <https://www.verizon.com/support/knowledge-base-200868/>. Contact Verizon customer service if you need further assistance or attend the next COA Computer Club.



Java with John, Most Fridays at 10:00am 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, as they give updates and answer questions. Check the website under 'special announcements' for up to date broadcast information. Questions can be emailed ahead of time to manager@actonma.gov. Check for an up to date schedule on the website. The poems read by Sharon can be found on the website www.actoncoa.com homepage.



Share Your Pet Photos with Us!

We've really enjoyed sharing photos of seniors' gardens and creative projects on our Facebook page (@actoncoa) this summer. Please continue to send in your creative project photos, but we will soon switch over to posting senior pet photos. Photos can be of any of your pets, past or present, with a bonus if you are included in the shot! Please email your photo to us at seniorcenter@actonma.gov. Only your first name and first letter of last name and of course your pet's name if you provide it will be published.



History of 1950s Music: Folk via Zoom



Tuesday, August 4th, 1:00-2:00pm

This overview of 50s folk music by John Clark features lecture with sound and video recordings and begins politically with the blacklisting of Pete Seeger and the Weavers, then highlights the two most popular acts of the decade, Harry Belafonte and the Kingston Trio. Reacquaint yourself with the music of numerous other important folk artists of the decade like Jean Ritchie, Theodore Bikel and the New Lost City Ramblers. This program ends in 1959 with rising star Joan Baez and the first Newport Folk Festival. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on registering, see "Virtual Programming" description on page 2. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

Virtual Watercolor Class for All with Sandy Wilensky

Wednesdays, August 12th through September 16th, 9:00-11:00am

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, able to use the Zoom platform via computer, tablet, or smart phone and plan to attend most of the classes. To register, please email the COA at seniorcenter@actonma.gov. The instructor will send students the Zoom link prior to August 12. . For more information on registering, see "Virtual Programming" description on page 2. *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.*



Computer Club via Zoom

Wednesdays, August 12th and 26th, 1:30-3:00pm

Bring your computer and hardware questions, problems and related issues to meetings via the Zoom platform. This is a club with no formally planned instruction. Several regulars are willing to share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. Regular attendees will receive an email with Zoom meeting information which will also be published on our website under "Special Announcements" prior to each meeting. See "Virtual Programming" on page 2 for more information on using Zoom.



Senior Golf, Quail Ridge Country Club is open with restrictions. Unfortunately, one of these 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.



Laugh For Your Health with Susan Phillips via Zoom!

Thursdays, August 13th, 20th & 27th, Sept. 3rd, 11:00-11:45am

Laughter can really be one of the best medicines! And it is needed now more than ever! In this interactive program, you will learn how to generate your own hearty laughter without the need for jokes. We use seated and standing laughter exercises, combined with deep, relaxing belly, or "yoga breaths." This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from this practice including: increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. See how you can laugh your way to joy and well-being! Please email the COA at seniorcenter@actonma.gov to register for this program and either the COA or the instructor will send you the Zoom link, which will be recurring. For more information on participating in programs via Zoom, see "Virtual Programming" description on page 2. *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

At the Piano with Sivan Etedgee Live via Zoom!

Thursday, August 20th, 2:00-3:00pm

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. For more information on registering, see "Virtual Programming" description on page 2. A recording of this program will be shown through 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!*



If you missed "At the Piano with Sivan" in June, you can view it via ActonTV's YouTube channel: <https://www.youtube.com/watch?v=HRFS07XVWBE>. Pianist and educator Sivan Etedgee performed and discussed classical music pieces for his virtual audience. You will also see some familiar faces who participated! Sivan's July and August programs will also be shown on ActonTV, so stay tuned!

Prohibition Historical Lecture via Zoom

Thursday, August 27th, 2:00pm



This year marks the 100th anniversary of the beginning of Prohibition in the United States. This live talk via Zoom by G.A. Di Gregorio will look at the background, impact, and aftermath of the 18th Amendment, and how the legacy of Prohibition still impacts American society. Please email the COA at seniorcenter@actonma.gov to register for this program and you will receive the Zoom link by the morning of August 27th. See “Virtual Programming” on page 2 for more information on using Zoom. G.A. Di

Gregorio, the Artifactual Scholar, is an historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received!

Chess Classes with Ken LeBow via Zoom



Thursdays, continuing with an end date to be determined; see class meeting times below

No classes on August 13th

Ken LeBow is offering two levels of virtual chess classes via Zoom this summer. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Classes started in July but you can still register by emailing the Acton Council on Aging at

seniorcenter@actonma.gov and include the level of class, your email address, and phone number. We will email you the Zoom link. See page 2 for more information on using Zoom for COA programs. If you are unsure which level class you should take, please call or email the COA and the instructor will get back to you to discuss. The Pure Beginner class originally on the schedule was canceled due to lack of interest.

Advanced Beginner Chess Class

12:30-1:45pm Suitable for people who know the basics of chess, such as how the pieces move and the concepts of check and checkmate.

Intermediate Chess Class

2:00-3:15pm If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you.

Missing some of your Senior Center favorite lecturers and performers?

You can find many of them on YouTube! Go to www.youtube.com and search the person's name or go to our online newsletter at www.actoncoa.com for specific links.

Ever popular history professor Gary Hylander has many lectures available, including the Spanish American War, Battle of Bunker Hill, Salem Witch Trials, Eleanor Roosevelt.

Other familiar presenters you can find if you enter their name into the search box on YouTube: 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.

Stephen Collins performs Walt Whitman show and “Sailing Towards My Father” about Herman Melville. Performers Ben Sears and Brad Conner have some short clips from performances.

Paolo DiGregorio offers lectures “Stew Pie and Rum Punch” on eating and drinking in Colonial New England and The Rise and Fall of Rome.

Larry Lowenthal appears in a series of discussions about the Role of Government in the 21st Century from Northeastern University.

Share Your Creative Project Photos with Us!

We've really enjoyed sharing photos of seniors' gardens on our Facebook page (@actoncoa). We hope you will share more photos with us to post on Facebook, specifically of a creative project you have worked on during the pandemic—art, something you cooked or baked, craft project, a home improvement accomplishment. Spending more time at home has given some folks time to explore their creative side. It will be fun to see what everyone is doing and gain inspiration from each other. Please email your photos to us at seniorcenter@actonma.gov. If you include yourself in a photo, all the better! Only your first name and first letter of last name will be published.



Exercise Classes

Terri's Tips Tuesday Tips at 10:00 on Zoom

Tuesdays, August 4th, 11th, 18th and 25th, 10:00am

Fitness instructor Terri Zaborowski hosts a weekly live chat using Zoom. This is a great way to get some inspiration and encouragement concerning fitness and wellness, while seeing friendly faces. Topics have included hand exercises, stretching, exercises for arthritis and fibromyalgia, nutrition and hydration, myths about seniors and fitness. Check "Special Announcements" on the COA homepage, www.actoncoa.com, for the meeting link (which changes each week). See "Virtual Programming" on page 2 for more information on using Zoom.



New Virtual Exercise Classes

There are two new COA fitness class recordings taught by Terri Zaborowski available on ActonTV's cable and YouTube Channels. There is a one-hour Senior Fitness class and a 45-minute chair exercise class with cardiac intervals. They have been added to the "Senior Center at Home" playlist on ActonTV's YouTube channel, which now has 12 exercise and movement class options:

<https://www.youtube.com/playlist?list=PL3CTQGPcDvTEpAk3LgVFEoL6JSOERbdji>.

If you watch on cable TV, these new recordings will replace the classes of the same name that have been airing since March. Check out the class schedule on your television or at <http://actontv.org/on-demand/schedules/public>.

Through June 26, there were over 4,000 views of the COA fitness classes on YouTube! That doesn't include all the people who are working out via television. Kudos to Acton seniors for staying active during a challenging time.

Thank you Terri, volunteer videographer Lori Cooney, and ActonTV for making this happen!

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. 12 classes now listed! Check schedule at <http://actontv.org/on-demand/schedules/public>



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Senior Fitness	Line Dancing 2	Senior Fitness	Line Dancing 1	Active Aging
10:00am	Nouvon Fitness	Chair Exercise with Mary	Nouvon Fitness	10:15 Chair Exercise with Mary	Nouvon Fitness
11:00am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging
12:00pm			Gentle Yoga		Gentle Yoga
2:00pm	Line Dancing 1	Yoga	Chair Exercise with Mary	Yoga	Line Dancing 2

**Line Dance 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**

Memory Café, offering help and support for those suffering memory loss and their care givers, including information on virtual Memory Cafés.

Memory Café <https://www.memorycafedirectory.com/cafe-connect/>
The Dementia Society www.dementiasociety.org



Aging & Memory Loss Road Map Educational Webinars

Are you or a loved one concerned about memory loss or dementia? Has someone you know recently been diagnosed with dementia? Do you know that you can participate in a clinical research trial? The public is invited to the virtual webinar series *Aging & Memory Loss Road Map Education*.

Two meetings remain, featuring speakers from Brigham and Women's Hospital and Harvard Medical School.

Wednesday, August 26 at noon: Road Map to Caregiving.

Tuesday, September 22 at noon: Road Map to Prevention.

Co-sponsored by Massachusetts Alzheimer's Disease Research Center and the Global Alzheimer's Platform Foundation. Please sign up at <https://bit.ly/RoadMapSeries> or contact ncoppelman@bwh.harvard.edu or (617) 278-0383 with questions.

Senior Handy Helper program is currently suspended. Anyone who needs an air conditioning unit installed we suggest that you ask a family member or friend.



Thank you to.....

Acton Fire Department for the BBQ

AB Honor Society students for the decorating and assistance with Zoom

Paul and Pat Motyka for your donation to the COA Gift account

Audubon Hill South Acton Condo Association for your donation to the COA gift fund in memory of Angie Conn

And as ever, 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 a 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.



Students reaching out to Seniors

Need assistance with Zoom or just someone new to talk to? We have a wonderful group of students that would like to connect with you. They can help you with Zoom or other IT issues over the phone, share life stories as pen pals, chat with you over the phone or via Zoom. Times

have been lonely and difficult for everyone; why not connect with someone who could benefit from the contact as much as you can? Please call us if you are interested and we will match you with a student.

Food Assistance

Information correct at time of going to print

“Grab and Go” Lunches from the Senior Center

In lieu of congregate lunches, Minuteman Senior Services has been providing daily lunches Monday through Friday for pick up, 11:30-12:30pm at the Senior Center.

Starting in July additional menu options will be available. For menu or to reserve a lunch please call at least 24 hours in advance at 781-221-7085. A \$2 donation is requested.

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. CLOSED WEEK OF 4th WEDNESDAY EVERY MONTH.

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. Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited 5:00-6:30pm.

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

Check balance and monthly SNAP benefit amount by:

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



AB Regional School District will continue to offer bagged lunches through the summer to individuals and families Monday, Wednesday and Friday for pick up outside the rear entrance of the High School, by the gazebo, off Hayward Road. Pick up times will be from 11:30am-1:00pm.

If you need delivery due to illness or a transportation barrier, contact

abqualifiedlunch@neighborbrigade.org . Delivery of meals is intended for people that cannot go to the

High School to pick up the food. 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. You can send questions to lunchonline@abschools.org



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.



Essential 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.

Misplaced or lost “\$1200 stimulus checks”

People who haven't had their stimulus check directly deposited into a bank account, receive their "checks" by mail. Although the envelope has some government wording, it is easy to mistake it as a credit card solicitation. So they trash the envelope without opening it. In fact it is a \$1200 debit card.

To get a replacement Stimulus Debit Card:

Call 1-800-240-8100

Click Option 2 <not option 1>

You will then be asked a series of questions including your Social Security number, etc.

Social Security Administration (SSA)

During the current coronavirus pandemic, SSA continues to provide help.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA remains ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Waltham Social Security office Number 1-877-457-1737 or their National Number 1-800-772-1213. They provide local office phone numbers conveniently online with their [Social Security Office Locator](#).

www.ssa.gov also wants you to know they have many secure and convenient [online services](#) to:

- Apply for [Retirement](#), [Disability](#), and [Medicare](#) benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. That's why they want you to know you can still count on them by phone. And, if you have a critical situation they cannot help you with by phone or online, they may be able to schedule an appointment for you.

If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need.

Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.

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

From Minuteman Senior Services:

Our new LGBTQ+ Caregiver Support Group began on July 2nd. Join us (virtually) to share experiences, challenges and solutions. Space is limited. To register or with questions, contact us at (781) 221-7055 or A.Fieleke@MinutemanSenior.org. Thank you @FoundationforMetroWest for supporting this initiative!



Together with @EmersonHospital, we are launching a virtual caregiver support group for family and friends caring for older adults. Space is limited. To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org.

Help Line 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



Veteran Services Officer for Acton and Boxborough, James MacRae 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.

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.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders

The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience.

On the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

Generations Law Group, P.C., presents a webinar with Nurse-Attorney Cathleen Summers who discusses how to effectively advocate for a loved one who is hospitalized during the covid-19 crisis. Cathleen covers the basics from what estate planning documents should be in place and how to know what your loved one's wishes are, to more in depth information regarding effective communication with health care providers, and managing your loved one's discharge from the hospital.

<https://youtu.be/WRgNYgy-UUK>



Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), are 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

Acton Nursing Services



Podiatry Clinics

Appointments will be scheduled for Thursdays, August 13th and 27th.

Acton Seniors Only.

Call 978-929-6650, we will start booking on Monday, Aug 3rd at 1:00pm.

Podiatry Clinic times will now be scheduled 15 minutes apart to give time to clean the room between visits. Patients should call from the parking lot when they arrive and someone will come to escort them in once the appointment prior has exited the building. See additional guidelines below.

Balance Classes with Karen Patterson PT, Board Certified Clinical Specialist in Geriatrics is also returning in August but as an outside activity! The Balance Screening will follow the same guidelines as our Podiatry Clinics, while Balance Matters!! will be held in the upper parking lot with social distancing guidelines in place and masks required while entering and leaving the space. The DPW Department will be placing a barrier at the entrance for added safety from cars. Please see the additional guidelines below.

Balance Screening

Wednesday, August 5th, 9:00-1:30pm

Acton Seniors Only.

Call 978-929-6650, we will start booking on Monday, Aug 3rd at 1:00pm.

Balance Matters!!

There will be two classes offered to reduce the size of the classes for safety in social distancing.

Tuesday, August 11th and Thursday, August 13th at 10:00am running for six weeks.

Join Karen as she provides a six week series of classes on increasing strength, balance, flexibility and confidence in performing activities of daily living.

Sponsored by the Friends of the Acton Nursing Services:

Balance assessments times will now be scheduled 15 minutes apart to give time to clean the room between visits. Residents should call from the parking lot when they arrive and someone will come to escort them in once the appointment prior has exited the building.



For all attendees of appointments and classes the following guidelines will be strictly adhered to:

1. Reminder calls will include a symptom check to include symptoms of COVID-19, travel and not limited to close contact of positive COVID-19 cases in the two weeks prior to your appointment. Appointment can be cancelled based on these answers.
2. Any signs of fever, cough, shortness of breath, body aches etc. should be reported to ANS before coming to the building for your appointment.
3. ANS will ask questions related to symptoms, travel, risks of close contacts with COVID-19 and take temperatures before you are escorted into the building.
4. The client shall wear a face covering while in the building and during treatment, if this is difficult for you please discuss when booking an appointment.
OR: The client shall wear a face covering while entering and exiting the outdoor area, there will be a handwashing station for use at entry and exit.
5. Please follow the guidelines in place by MDPH to help reduce the spread of COVID-19 including hand washing, social distancing of 6' and face coverings when social distancing cannot be achieved.

Thank you for your understanding to the changes during this difficult time and we look forward to seeing you all again soon!!



Around Town Departments

ACTON TOWN SERVICES HOTLINE 978-929-6619

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

NEW The Town Hall will have an outdoor walk-up service 10:00am-Noon, Monday-Thursday.

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



Acton Recreation Department

NARA Park is now open with guidelines in place. For more information you can call the Town hotline 978-929-6619, visit the town website or email recreation@acton.ma.gov

Acton Memorial Library

While Acton Memorial Library remains closed to the public we are working to phase in our in-person services.

The outdoor book drop is now open for returns. Returned items will be quarantined and may remain on your account for up to 7 days.

Appointments for curbside contactless pick up for library materials. Please call 978-929-6655 option 2 to make appointments between 10:30am - 5:30pm Monday - Friday and 10:30am - 1:30pm on Saturdays. When you call to make an appointment please have a list ready of items you would like to check out. If you need help or would like suggestions on what to read you can contact the Reference Department at 978-929-6543 or email reference@actonma.gov

For children's and teens call 978-929-6655 option 4 or email ACTChildrens@minlib.net

When you come to pick up your materials at your designated time they will be located on a table in front of the library's main doors. Look for a bag with the last 4 digits of your library card number and the first 4 letters of your last name.

Acton Covid 19 Experiences The Acton Historical Society and the Acton Memorial Library are collaborating on a project to chronicle the effects that the COVID-19 outbreak has had on the daily lives of the Acton community. For those who are in a position to share your stories, we would like to add your memories to our archives so that future generations can better understand this experience from those who are living through it. Submit memories online at the Acton Historical Society website, email your submissions to the Acton Memorial Library at: reference@acton-ma.gov or the Acton Historical Society at: jenkslibrary@verizon.net. You can also mail paper written memories via U.S. postal service addressed to: COVID-19 Memories, c/o Acton Memorial Library, 486 Main St., Acton MA 01720, or to: Acton Historical Society at P.O. Box 2389, Acton, MA 01720

For more information, see: <https://www.actonmemoriallibrary.org/covid-experience>

AML Radio Show Tune into the Town's radio station 94.9 FM on Mondays, Wednesdays, and Saturdays at 11am to hear *Check It Out: The Acton Memorial Library Radio show* as part of the library radio hour. Episodes are also available on AML's YouTube channel.

Transfer Station Stickers

Opening times Monday – Saturday 7:00am-3:00pm (7:00-8:00am is designated for seniors).

For information and questions regarding renewing or obtaining your transfer station sticker and any other questions regarding services at the Transfer Station contact the Highways Department on 978-929-7740. The Senior Center is unable to offer a photocopying service for documents at this time. Stickers for Sept 20-Aug 21 go on sale September 1st.

Important Information from the Massachusetts RMV

<https://www.mass.gov/info-details/rmv-covid-19-information#renew-online-now,-get-a-free-real-id-later->



The federal and state REAL ID requirements mandate that customers visit us in-person, but the compliance deadline has been delayed by at least one year to October 1, 2021. To help the RMV reduce Service Center volumes and observe social-distancing, the RMV has introduced an appointment-only reservation system, and is not currently accepting appointments for the issuance of REAL IDs.

We've also introduced a special offer to encourage everyone with a license expiring this summer to renew their 'standard' license or ID card online now, and wait to get their REAL ID.

Visit Mass.Gov/RMV, login to your "myRMV" account, and renew your standard license or ID card online by August 12th. Your new license or card will be mailed to you.. Eligible drivers who renew online by August 12th will be able to visit us in 2021 if you need to upgrade your standard driver's license or ID to a REAL ID federally compliant credential at no additional cost. There is no difference in the cost for a 'standard' vs. a REAL ID driver's license; both are \$50, while the traditional \$25 upgrade / amendment fee will be waived.

For step-by-step license/ID renewal instructions, visit: <https://www.mass.gov/doc/online-drivers-license-renewal-process/download>.

Who is eligible?

- All Massachusetts ID card holders who have an expiring 2020 ID card.
- Massachusetts driver's license holders, up to 74 years of age, who have an expiring 2020 license. State law mandates that license holders 75 and older complete their driver's license renewal in-person to present a vision screening certificate or take an eye exam.

If you are 75 and older?

The RMV does not anticipate making appointments available for REAL ID upgrades or in-person renewals prior to September except in limited circumstances. But if you have an expiring 2020 license or ID card, the RMV has applied several automatic extensions to those expiration dates, typically coinciding with an individual's birth date, to prevent you from having to come visit us anytime soon.

- Driver's licenses and ID cards that expired or will expire in **March, April, and May 2020**, will now expire in **September 2020**.
- Driver's licenses and ID cards that will expire in **June** have been extended until **October 2020**.
- Driver's licenses and ID cards that will expire in **July** have been extended until **November 2020**.

Volunteers Sought for Town Boards & Committees

VOLUNTEER



Do you want to get involved in making Acton a better place to live? There are roughly 4 dozen boards and committees in town run by volunteers, and many of them need new members. There are both Ad Hoc and Ongoing Committee slots available. Examples include the Volunteer Coordinating Committee, the Historic District Commission, the Agricultural Commission, and the Recreation Commission. There is sure to be a board that can use your

knowledge and skills. To learn more, visit the Volunteer Coordinating Committee page on the Town website: <http://www.acton-ma.gov/111/Volunteer-Coordinating-Committee>. There is no better way to give back to your community than volunteering. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

Acton Fire Department First Drive-Thru BBQ



On July 8th representatives from the Acton Boxborough Regional High School National Honors Society decorated the parking lot and at 5pm the Acton Fire Department cooked food for over 70 local seniors. Folks lined up in their cars under the watchful eye of the Acton PD. It was so lovely to see so many familiar (masked) faces! Sign up for our next drive-thru meal : Brunch cooked by our VSO James MacRae, on Monday August 17th, 11:30-12noon.

A Note to Newsletter Subscribers

Commencing in September is our annual mailing list update. We create the mailing list from the Town Census records. If you turn 60 this year you should begin receiving it through the mail. If you do not wish to receive a copy or would rather read the newsletter on line, PLEASE LET US KNOW. If your name was not on the most recent town census you may not be included on the new mailing list – we will happily reinstate you if you can let us know. Newsletters which are returned as addressees are ‘temporarily away’ for 3 consecutive months are also removed from the mailing list – be sure to let us know if you are going away for an extended time. If you have recently subscribed to receive the newsletter through the civicplus alert and do not want a paper copy, again just let us know. We are very happy if people “go green”. Viewing the newsletter electronically has many other benefits – you have easy click links and can view it in full color. The newsletter online can also be updated to include extra information or changes in schedules. Check it out, <https://www.actoncoa.com> .



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand Chair	Alma Sandman , Vice Chair
Rosie Atherton, Office Manager	Lori Cooney, Sec.	Jacquie Friedman
Chris Chirokas, Program Manager	Jeff Bergart	Chunsheng (Bill) Fu
Beverley Hutchings, Senior Services Coordinator	Michael Chautin	Bonnie Lobel
Bernice Nicoll, Activities Assistant	Ann Corcoran	Niru Velankar
Fiona Starr, Staff Assistant	COA Friends, Monday August 10 th 1:00pm Zoom	
Terri Zaborowski, Exercise Instructor	COA Board, Monday August 10 th , 10:00am Zoom	

Mon	Tue	Wed	Thu	Fri
AUGUST 3 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	4 COA via Zoom: 10:00 Tuesday Tips with Terri 1:00 History of 1950s Folk Music Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	5 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	6 COA via Zoom: 12:30 Advanced Beginner Chess lessons 2:00 Intermediate level Chess lessons Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	7 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
10 COA via Zoom: 10:00 COA Board meeting 1:00 COA Friends meeting Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	11 COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	12 COA via Zoom: 9:00-11:00 Watercolor Class 1:30 – 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	13 At the Senior Center: 1:00-4:00 Drive Thru Shredding COA via Zoom: 11:00 Laughter Yoga 2:00 Baseball Concert with Howie Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	14 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
17 At the Senior Center:  11:30-12 Drive Thru Brunch sign up required Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	18 COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	19 COA via Zoom: 9:00-11:00 Watercolor Class Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	20 COA via Zoom: 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 2:00 Intermediate level Chess lessons 2:00 Sivan Etedgee "At the Piano" Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	21 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
24 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	25 COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	26 COA via Zoom: 9:00-11:00 Watercolor Class 130 – 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	27 COA via Zoom: 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 2:00 Intermediate level Chess lessons 2:00 Prohibition lecture Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	28 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
31 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1			Schedule correct at going to press. Check Acton TV schedule at www.actontv.org Acton TV broadcasts on Comcast 8 and Verizon 45 For YouTube live broadcasts www.youtube.com/actontv1 *subject to change Contact the COA for information on Zoom links where stated, seniorcenter@actonma.gov	

Renew Online now, get a free REAL ID later

<https://www.mass.gov/info-details/rmv-covid-19-information#renew-online-now,-get-a-free-real-id-later->



The federal and state REAL ID requirements mandate that customers visit us in-person, but the compliance deadline has been delayed by at least one year to October 1, 2021. To help the RMV reduce Service Center volumes and observe social-distancing, the RMV has introduced an appointment-only reservation system, and is not currently accepting appointments for the issuance of REAL IDs.

We've also introduced a special offer to encourage everyone with a license expiring this summer to renew their 'standard' license or ID card online now, and wait to get their REAL ID.

Visit Mass.Gov/RMV, login to their "myRMV" account, and renew your standard license or ID card online by August 12th. Your new license or card will be mailed to you. Eligible drivers who renew online by August 12th will be able to visit us in 2021 if you need to upgrade your standard driver's license or ID to a REAL ID federally compliant credential at no additional cost. There is no difference in the cost for a 'standard' vs. a REAL ID driver's license; both are \$50, while the traditional \$25 upgrade / amendment fee will be waived.

For step-by-step license/ID renewal instructions, visit: <https://www.mass.gov/doc/online-drivers-license-renewal-process/download> or download the attached document.

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- Driver's licenses and ID cards that will expire in **June** have been extended until **October 2020**.
- Driver's licenses and ID cards that will expire in **July** have been extended until **November 2020**.
- Driver's licenses and ID cards that will expire in **August** have been extended until **December 2020**.

For more information on extensions, or to verify your current expiration date, customers should visit Mass.Gov/RMV and login to your "myRMV" account.

AAA is currently accepting appointments for in-person license renewals, including REAL IDs, for their members. [See flyer for more details](#)

COA Board Meeting, will be meeting at a different time for the month of August.....

Monday August 10th at 10:00am, Zoom link : <https://zoom.us/j/94258881200>

Via Telephone: (646) 876-9923 and enter Webinar ID: 942-5888-1200

Friends of Acton COA will be meeting Monday, August 10th at 1:00pm via Zoom.

Contact us or a member of the Friends for the link or call in number.



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.

As we move through the phases mandated by the Governor towards lifting the 'lockdown' we still advise an abundance of caution – continue wearing masks and exercising social distancing if you visit any of our local scenic spots.

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=9isp3qPeQ0E>

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/UCuMD9N3IpEISAzR2uxzmyIQ>



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 FOR AUGUST (with thanks to Marion Maxwell & her newsletter contributors)

Outreach to Visually Impaired

The Perkins Library is proud to present a new outreach program called "TeleFun Calls". These are recurring scheduled programs happening every week, patrons can call a special toll free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like trivia, name-that-song, and family feud, are hosted every Monday, Wednesday, and Friday at 1 pm. We also have Monday Movie Matinees every Monday at 10 am, as well as a Listening Library hour with radio dramas Thursdays at 2:30 pm. We are also planning on adding new content soon to include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of their own home. To join the fun you will first need to contact Beth at 617-972-7241 or email Elizabeth.White@perkins.org to sign up.

Have you Checked out the Talking Information Center (TIC) programming?

TIC's staff and volunteers provide human voice(d) broadcasts of local news, articles, and items of interest to visually impaired and otherwise disabled listeners throughout Massachusetts to promote independence and enrich quality of life."

<http://www.ticnetwork.org/schedule/TICCoronaSchedule.pdf>

As another example of a great community media partnership, WINCAM is broadcasting the Live Radio Theatre programming as part of their regular local community cable programming.

Talking Information Center Network (TIC) is a non-profit reading service with local radio-based programming including reading of newspapers, periodicals, novels and public service announcements on radio station 91.5 WUML-FM Lowell or 91.3 WDJM-FM Framingham. See <https://ticnetwork.org/> for more information including a full schedule.

Friday, July 31, 7pm. Maynard's Library Annual Summer Concert Goes Virtual! We will be hosting our annual free summer concert virtually. The performance will feature folk and rock legend Jorma Kaukonen of the iconic sixties band, **Jefferson Airplane**. Over the last fifty years, Jorma has continued to perform with Jack Casady as part of the great rock duo, Hot Tuna and he remains among the premier solo acoustic guitarists on the scene today. This event has traditionally been held in Maynard's Memorial Park but due to current health circumstances the program will be streamed live via Youtube. **Registration for the program is not required--just head over to the YouTube page on that Friday night!** <https://www.youtube.com/watch?v=RjxWW6slcKw&feature=youtu.be>

Acton-Boxborough Farmers Market Sundays through October 11, 10am-1pm. NEW LOCATION: Elm Street Playground in West Acton! Bring your face covering; Stay home if you are sick or a member of your family is sick; Maintain 6 feet of distance from shoppers and vendors when possible; Follow instructions posted on signs and comply with requests from vendors and market staff. All are meant to keep you healthy. <http://www.abfarmersmarket.org>

Join Firefly Watch! It's summer, and that means it's the season for Firefly Watch. Mass Audubon has teamed up with researchers from Tufts University to track the presence of these amazing insects, and [you can help](#). All it takes is 10 minutes a week in your yard or a nearby field. -- *Acton Conservation Trust (ACT)* <https://www.massaudubon.org/get-involved/citizen-science/firefly-watch>

ADAPTIVE CYCLING WITH ACCESSPORTAMERICA

A wide array of adaptive cycles are available. Safety and safe distancing are key. We are operating with the following conditions:

- Each session is limited to no more than 3 athletes.
- There is a height limitation to participate.
- If an athlete cannot make transfers into cycles, keep to the right side of the path, or follow instructions they will need to come with a PCA or family member who can get them into the cycle and accompany us on the ride.
- One AccesSportAmerica trainer will be assigned to each athlete and ride along. BUT AccesSport trainers will not do any close distance corrections or setup. We will direct each athlete and/or their companion in the set up process.
- Before each session, athletes are required to fill out an on-line simple COVID questionnaire.
- We prefer for athletes and companions to bring their own helmets but we can provide helmets.
- Facemasks are required at all times and are currently providing face shields to go over helmets. Even in the outdoors, we want to be ultra-safe with oncoming riders without facemasks.

Program held on the Bruce Freeman Rail Trail now through September.

Fee is \$20 per class

**You choose your day and time: Tuesday and/or Thursday Classes Offered,
11:00-noon, 1:00-2:00 PM, 2:30-3:30 PM**

Classes are by appointment only and numbers are limited for safety.

E-mail ross@goaccess.org or nate@goaccess.org for more information and to register.

Previously Published:



Have you liked us on Facebook yet? We post regularly – including self-care tips for getting through the day, highlighting our upcoming programs and sharing town news.
<https://www.facebook.com/actoncoa>



The Nature Connection, based in Concord, is hosting a free webinar for care partners of people with dementia, “Nature as a Therapeutic Intervention”. For more information see: <https://www.nature-connection.org/caregiver-trainings/>

Considering Volunteering? There are ways to volunteer online:

United Nations <https://www.onlinevolunteering.org/en> with a variety of roles including writing, editing, art & design, translation and advocacy.

The Smithsonian Institute is seeking digital volunteers and people to transcribe historic documents <https://www.si.edu/volunteer/DigitalVolunteers>

Crisis Text Line is looking for crisis counselors <https://www.crisistextline.org/become-a-volunteer>



English Language Learners Virtual Classes through Highrock Church in Acton

We're launching a virtual free ELL conversation course for the month of July. Details and registration [HERE](#), including information in Mandarin, Portuguese, Spanish, and Hindi. We didn't make a print flyer as we've done in the past since no one is doing print these days! But please feel free to cut and paste any of the content into your communications as you see fit, and/or to provide [the direct link](#) to the course info on our website. We're hoping that the course will not only meet concrete need for language practice, but also help cultivate supportive social connections across our community in these hard times. (And as always for us, the language classes do not contain any religious content).



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=4oIrRTayLJw&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. \)](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.

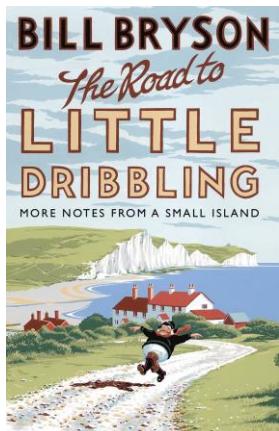


Kanopy and Hoopla have documentaries and lectures on a variety of artists and types of art. These range from a lecture on Rembrandt and Vermeer and 1000 Masterpieces from the Greatest Museums of the World is one of the most successful TV series about art. There are separate 10-minute videos on each masterpiece. 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.

Summer is here!

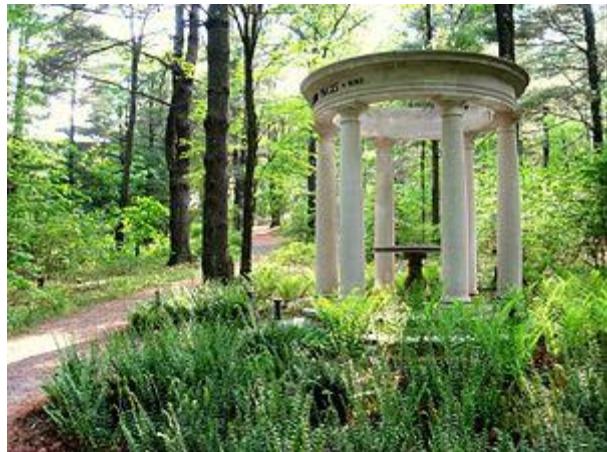
Heritage Museums & Gardens in Sandwich. See videos and still photographs of gardens and how-to videos on pruning Rhododendrons and transplanting seedlings.

<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.towerhillbg.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>
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.

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/>



HISTORY AT PLAY

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



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.



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®

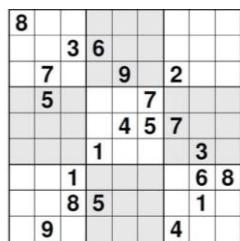
Playbill article has information on watching recordings of **live Broadway shows** to view at home. <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2lgPJI4WT28qpM6SuizIS6TtoZuidU3JkreLUxA3fnLy4pkhLbn3R8>.

Virtual Tours/Streaming

See [www.Insider.com](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) 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://cincinnatizoo.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>

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 Raczynska. 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 www@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.....
PlayStation. 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>

