



Acton Senior Center Newsletter

JUNE 2021



The Council on Aging at the Human Services & Senior Center is located at 30 Sudbury Rd Rear.

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

Website: www.actoncoa.com

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

Sponsored by the Friends of Acton COA

Drive thru Lunch at the Senior Center

Acton Seniors & Friends Only



Monday, June 21st, 12:00-12:30pm

Enjoy a boxed lunch including a ham sandwich, chips and dessert from Legends Café, West Acton.

Please sign up by June 14th. A \$2 donation is requested.

Drive thru Shredding Event

Acton Seniors Only

Monday, June 7th from 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.

Live Elvis Tribute Performed Outside at the Senior Center

Wednesday, June 9th, 3:30-4:15pm Rain date: June 16th at 3:30pm

Acton's own Calvin Benelli will sing, dance and speak in true Elvis character. A fun performance not to be missed, this special event is sure to bring back fond memories of the King of Rock & Roll! Reserve a seat by contacting the Council on Aging at 978-929-6652 or seniorcenter@actonma.gov. *Calvin Benelli is a college student who was involved in theater at Acton Boxborough Regional High School and is the son of our fitness instructor Yvonne.*



The Greatest Love Songs of All Time via Zoom

Wednesday, June 16th, 1:00-2:00pm



June is the traditional month of weddings which of course conjures images of love, which is the most common topic of the popular song. Join John Clark in this multimedia presentation, as he highlights some of the best-loved and most romantic love songs over a 50 year period. From *Me and My Gal* in the teens to *First Time Ever I Saw Your Face* of the 70s. Some of our very best songwriters are here, like Hoagy Carmichael, Cole Porter, and Rodgers & Hammerstein. Our most popular singers show up as well: Tony Bennett's *The Way You Look Tonight*, Nat King Cole's *Unforgettable*, Elvis Presley's *Can't Help Falling in Love*, and of course Frank Sinatra. Please register to receive the

Zoom link by emailing the COA at seniorcenter@actonma.gov. *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.*

Director's Corner

It has been so nice seeing people face to face! Our building opened last month and a large tent has been temporarily erected in our parking lot. We are increasing the number of in person programs we are offering at the Senior Center while continuing to offer virtual programs. Please remember to sanitize your hands prior to signing in when you enter the building. **Thank you, Sharon**

Boch Center Wang Theatre Virtual Tour via Zoom

Thursday, June 17th, 11:00am-12:00noon



Go behind the scenes of one of Boston's most prominent landmarks without leaving home! Listed on the National Register of Historic Places, the Wang Theatre has been one of the premier theatrical destinations in Boston since 1925. Through a combination of live walkthrough, prerecorded content and historic images, you will learn about the theatre's architectural highlights and unique history from its hotel roots and glamorous days as a movie "cathedral," to its current role as an impressive

venue for performances and events. Visit the same dressing rooms and hallways once walked by entertainers Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli and more! Email the COA at seniorcenter@actonma.gov to register.

Beautiful Countries to Visit: Ireland, Great Britain, and Spain via Zoom

Tuesdays, June 8th, 15th, 22nd, 1:00-2:00pm

Dr. Lawrence Lowenthal will take you on a virtual escape to Ireland, Great Britain and Spain, discussing the history, rich literary traditions and the people and culture of each country. Email the COA at seniorcenter@actonma.gov to register for this series.

June 8th Ireland: 32 million Americans and 23 American presidents trace their ethnic origins to the tiny country of Ireland. Despite being a land of only 4.9 million people, its literary genius has produced the best novelist in English of the 20th century (James Joyce), the best poet in English of the 20th century (William Butler Yeats), and the best playwright in English of the 20th century (George Bernard Shaw). Explore Ireland's exquisite landscape, its tragic and brutal struggle for freedom from British dominance, and its people--their customs, arts, and indomitable charm.

June 15th Great Britain: Americans trace their national, cultural, legal, and literary heritage to Great Britain, either as partisans of Britain's brilliant achievements or as rebels against them. With its rich and colorful history, its imperial spread around the world and its impressive absorption of a tremendous disparity of different people, Great Britain maintains its position today as one of the world's great civilizations. The focus will mostly be on England, the uneasy center of Great Britain, exploring its history, literature and culture, resplendent institutions, and fascinating people, full of startling contradictions, but resonant with stoic bravery, biting humor, and essential decency of moral character.



June 22nd, Spain: The familiar images of Spain—flamenco dancing, bullfighting, tapas bars, and solemn Easter processions—do no more than hint at the diversity of the country. Spain has four official languages, two major cities of almost equal importance, and a greater range of landscapes than any other European country. Its mixed economy is the 14th largest economy in the world, and the 4th largest in the European Union. Spain is the second most visited country in the world, second only to France, with a staggering 89 million tourists visiting in 2019,

twice the size of the official population. The focus will be on Spain's history, its institutions and rituals—particularly the bullfight and flamenco—its brutal civil war that has left scars even today, rich culture, music, and poetry and complicated and haunting national character. *Dr. Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show.*



Caravaggio: Criminality and Baroque Drama via Zoom

Wednesday, June 23rd, 1:00-2:00pm

Join Jane Oneil, founder of Culturally Curious, for this virtual art appreciation program.

Jane will discuss Caravaggio, the most famous painter in Italy during the 1600s. His dark, often violent images established a dominant style for decades and his own lawless lifestyle was reflected in the brutal scenes he painted. Find out more about the artist, his crimes and his incredible influence in the world of art. Please register to receive the Zoom link by emailing the COA at seniorcenter@actonma.gov. *Jane Oneil holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University.*

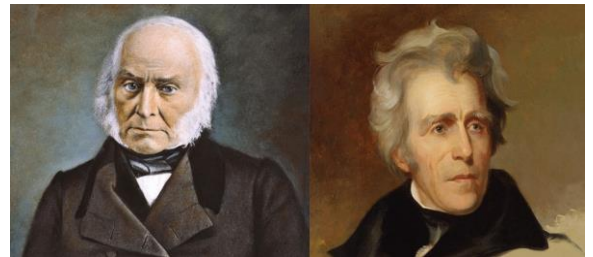


The End of Good Feelings, via Zoom

Adams, Jackson, and the Electoral Crisis of the 1820s

Tuesday, June 29th, 1:00-2:00pm

The late 1810s and early 1820s are often referred to as "The Era of Good Feeling," a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture by historian Paolo Di Gregorio will examine the elections of 1824 and 1828, and the birth of modern American politics. Please email the COA at seniorcenter@actonma.gov to register to receive the Zoom link. *Paolo Di Gregorio, the Artifactual Scholar, is a 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!*



Drawing for All Class via Zoom with Sandy Wilensky

Tuesdays, June 15th through July 20th, 9:00 -11:00am.

Acton Seniors Only



All levels of experience are welcome to this drawing class using the Zoom platform! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Learning about line, shape, value, texture and perspective will be woven into the class instruction. Drawing subjects will include still life, landscape and the natural world with a focus on developing a style of one's own.

Registration will be done by lottery. Email the COA at seniorcenter@actonma.gov

and include your full name and phone number by noon on Monday, June 7th to enter the lottery. We will let everyone know their status via email by end of business day on Thursday, June 10th. *Sandy had a career in education with experience teaching people from age 3 to 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 classes in area senior centers and in her studio at ArtSpace Maynard.*



Virtual Watercolor Class for All with Sandy Wilensky

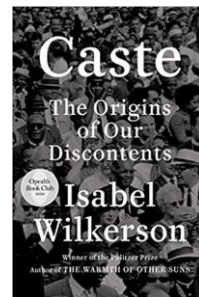
Wednesdays, through June 23rd, 9:00-11:00am

Class is full with a waitlist.

Book Discussion Group via Zoom facilitated by Ann Kulsick

Wednesday, June 2nd, 1:00-2:30pm

Join our monthly virtual book group via Zoom! The group will discuss “Caste” by Isabel Wilkerson. To place a hold on this title through the Acton Memorial Library, go to find.minilib.net. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov. The title for the July 7th meeting is “The Muse of the Revolution” by Nancy Rubin Stewart. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will email you the Zoom link which will also be posted in Special Announcements at www.actoncoa.com.



Intermediate Chess Classes with Ken LeBow via Zoom

Thursdays, 1:00-2:30pm; ongoing

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is ongoing but is open to new participants who should email seniorcenter@actonma.gov and include full name and phone number.

Computer Club via Zoom

Wednesdays, June 9th and 23rd, 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 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 from the group leader which will also be published on our website under “Special Announcements” prior to each meeting.



Computer Room

The computers in the Senior Center library are available for you to use! Just call and make an appointment to come down and use them. Only 1 person or household will be allowed in the room at a time and appointment times are limited to 30 minutes.

Talk and Tea Tuesdays at Ten via Zoom

Tuesdays, 10:00-11:00am, ongoing

Join in on this social group led by your peers Bonnie and Paula! It is an opportunity for casual conversation on a different topic each week, and join new and old friends for an hour of chat. If you are new to the group, email the COA at seniorcenter@actonma.gov for the Zoom link, which is also posted in Special Announcements at www.actoncoa.com



The Friends of Acton COA

The FCOA will support increased programming as the pandemic recedes.

If you would like to honor someone who has helped you through this difficult time, consider a donation to the FCOA easily made online at www.friendsofactoncoa.com

The Friends mourn the loss of their member, Tom Crowdis, Jr.

The Friends of the Acton COA will meet offsite Monday, June 14th at 1:00pm for more information contact Norma Wu, 978-263-8118.

Getting Ready to Sign Up for Medicare?

Come to a Welcome to Medicare Virtual Fair

Wednesday, June 23rd, from 3:00-7:00pm

Learn about signing up for Medicare from the safety and comfort of your home or office! This virtual, online Medicare fair is for people turning 65 or becoming eligible for Medicare because of a disability. This event is supported by a grant from the federal government, and there is no cost to attend. Attend for any length of time. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. Visit www.shiphelp.org to register.

Offered by State Health Insurance Assistance Programs, a national network.



Planning for Medicare: Countdown to 65 Webinar

Thursday, June 24th, 1:00-2:00pm

If you are approaching Medicare eligibility, you won't want to miss this informative seminar by Lisa Farnham of Blue Cross Blue Shield of Massachusetts. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines may cost you money? You will learn about health insurance information outside of your employer-sponsored coverage, such as Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, programs available to early retirees, and COBRA. Medicare can be confusing and this seminar is designed to help you be confident you are making the right health coverage decisions. Please register for this Webinar at: https://well-b.zoom.us/webinar/register/WN_Td7SUV5nR5ObIWArchqF8w. You will then receive a confirmation email from BC/BS containing information about joining the webinar. You can access this registration link to click on in the online version of this newsletter at www.actoncoa.com.

For the following programs please contact Sheryl Ball at the Acton Health Division at 978-929-6453 or sball@actonma.gov. You can access the zoom link directly [HERE](#) Funding for CHNA15 is provided from Lahey Hospital and medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DON) process.

Birds in Your Backyard

Monday, June 21st, 1:00pm

A wide variety of birds may visit backyards in the Greater Boston area. What makes a good backyard habitat? How do you attract those beautiful birds? Who is coming and who is going this time of year? Come find out more about our local birds, as well as occasional visitors, and what brings them to our neighborhoods. Experience the sights and sounds of some of our most beautiful neighbors!



Beautiful Butterflies

Monday, July 19th, 1:00pm

From the large Eastern tiger swallowtail and colorful monarch to the tiny spring azure, there is a huge range of size, color and patterns in local butterfly species. What makes a good butterfly habitat? How do you attract more of these beautiful animals? Find out more about our local butterflies and what brings them to our neighborhoods. Experience the sights of some of our most beautiful seasonal creatures! Presented by Joy Marzolf. Joy has been offering a variety of animal –related education programs for over 20 years. She has worked with a wide range of animals including marine mammals in rehab/rescue programs in Massachusetts, and a wide variety of captive and non-releasable rescued animals in Oregon. She has worked with reptiles in the wild, and in captivity, for over 20 years. Most recently she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary. Joy offers programs to a wide range of ages from pre-school to seniors.



The Council on Aging Board is hoping that Acton seniors are enjoying summer and spending time with vaccinated family and friends, indoors and outside.

The COA Board has worked with the Natural Resources Department and has planned a Group Walk at the Acton Arboretum on June 21st at 1:00pm to celebrate the first official day of summer. The summer treasures that await visitors include the Butterfly Garden, China Trail and the Meadow. If you are interested, please sign up by calling the Council on Aging/Senior Center at 978-929-6652.

Best wishes for a happy and healthy summer! We look forward to sharing outdoor activities with Acton seniors all throughout the season.

COA Board Meeting, Tuesday, June 8th at 10:00am via a new Zoom link:

<https://actonma.zoom.us/j/94260771862?pwd=UUVZVmZUOFQvc043bDZVdk1pZGx3UT09>

Via Telephone: (646) 876-9923 and enter Webinar ID: 942-6077-1862

For more information on using Zoom, see “Virtual Programming” description on page 8

Mind, Body and Spirit



Outdoor Exercise Programs

- A new mini session of outdoor exercise classes begins the week of June 14 and classes will be filled using a lottery system.
- Folks will be placed in a maximum of two classes (the ANS balance class is not counted towards this maximum).
- Please email (seniorcenter@actonma.gov) or call (978-929-6652) the Council on Aging with your interest, indicating your first and, if applicable, second and third choices by Monday, June 7 at noon. We will fill the classes using a lottery system and will contact everyone by end of business day, Thursday, June 10th, primarily via email.
- Classes are open only to Acton seniors age 60 plus.
- Classes will be held under a tent at the end of the Human Services/Senior Center parking lot.
- **Face coverings are required** the entire time you are on the grounds at 30 Sudbury Road.
- All attendees must fill out an exercise class waiver and emergency contact form, if updated ones are not on file.
- Remember to bring your “My Senior Center” card to check in!
- Bring a water bottle and wear comfortable clothing and appropriate footwear.

Outdoor Active Aging with Terri Zaborowski

Acton seniors only



Mondays, June 14th through 28th, 10-10:45am No class July 5th

Fridays, June 25th through July 9th, 10-10:45am No class June 18th

(Note schedule change: current Friday session ends June 4th)

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated for both standing and seated exercises.

Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music. The end of the class will focus on static stretches to reduce stiffness, improve joint flexibility and to help muscles recover.

Please bring your own weights, a water bottle and wear a good supportive shoe—no sandals.

Registration by lottery; see details above. *Terri Zaborowski has been teaching fitness classes for the Council on Aging for 20 years. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Outdoor Senior Fitness with Cardio Intervals with Terri Zaborowski Acton seniors only



Mondays, June 14th thru June 28th, 8:30-9:15am No class July 5th

Wednesdays, June 16th thru July 7th, 2:00-2:45pm (Current session ends June 9th)

Fridays, June 25th thru July 9th, 8:30-9:15am No class June 18th

Start with a 10-15 minute warm up to increase range of motion and prepare the muscles and prevent injury. Then have fun as you move to the music with intervals of strength training and cardio. This effective training method helps you build muscle, strengthen your cardio vascular endurance and burn fat. Exercises are performed using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Please bring your own weights, a water bottle and wear a good supportive shoe—no sandals. Registration by lottery; see details above.

Walk the Neighborhood with Terri

Acton seniors only

Fridays at 9:00am, ends June 4th

Terri will stop leading the walk around the Senior Center neighborhood in order to teach more outdoor classes. Seniors are welcome to meet in front of the building and continue to walk with others.

Outdoor NouVonne Fitness with Yvonne Benelli

Acton seniors only

Tuesdays, June 15th through July 6th, 2:00-2:45pm



This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. From a gentle warm-up to sooth cool down phase of stretch and relaxation, reduce stress and clear your mind! Bring your own hand weights. Registration by lottery; see details above. Funded by an Executive Office of Elder Affairs grant. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, is Stott Pilates trained, and taught American Red Cross CPR/First Aid for 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Pilates, chair exercise, and personal training (on land and in water).*

Outdoor Yoga Class with Patsy Brightman

Acton seniors only

Wednesdays, June 16th through July 7th, 10:00-11:00am (Current session ends June 9th)

Self-healing of our body and mind will be the focus of this yoga class which will begin in a quiet and mindful manner. Classes will include a seated centering, a mix of gentle seated and standing movements, and a seated deep relaxation. No mats will be used and no prior yoga experience required. Bring water and dress comfortably. Patsy's aim is for everyone to go easy together, have some fun, and practice acceptance, i.e, noisy joints and all! This class is funded by a grant from the state's Executive Office of Elder Affairs. Registration by lottery; see details above. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



Outdoor Gentle Chair Exercises with Yvonne Benelli

Acton seniors only

Thursdays, June 17th through July 8th, 10:00-10:30am



This low-impact program is best suited for people getting little physical activity. All of the exercises aim to increase strength, flexibility, balance and coordination. Please bring your own hand weights, if desired. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. Registration by lottery; see details above. Funded by an Executive Office of Elder Affairs grant. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, is Stott's Pilates trained, and taught American Red Cross CPR/First Aid for 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Pilates, NouVonne Total Fitness, and personal training (on land and in water).*

Laugh For Your Health with Susan Phillips via Zoom!

Thursdays, 11:00-11:45am, ongoing

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at seniorcenter@actonma.gov to register for this program and we will send you the Zoom link, which will be recurring, or you can view the link on our website www.actoncoa.com. *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.*



Senior Trailblazer Walk at the Arboretum with Natural Resources Staff

Monday, June 21st, 1:00pm

Acton seniors only

The COA Board has worked with the Natural Resources Department to offer a group walk at the Acton Arboretum to celebrate the first official day of summer! The summer treasures that await visitors include the Butterfly Garden, China Trail and the Meadow. Wear comfortable walking shoes; face covering required. Parking lot address is 2 Taylor Road. Please email or call the Council on Aging to secure your spot: seniorcenter@actonma.gov; 978-929-6652. Walk will be canceled in event of steady rain.



In a collaboration with Acton Council on Aging, Health and Natural Resource Divisions there is a 'senior approved' guide to 4 local trails. All the trails are easy to get to and all have accessible parking spots. Click here on the online newsletter [Trail Blazers Spring 2021](#). For a paper copy of the flyer contact the COA. After your walks you can share your experiences on the Council on Aging Facebook page.

Gym

The Senior Center has a wonderful gym equipped with a treadmill, elliptical, recumbent bike and recumbent stepper. When the gym opens, we will be requiring those who use the gym to volunteer to monitor the gym. Everyone using the gym will need to be trained (or retrained) to use the equipment and learn how to monitor the gym. The gym is open to Acton seniors only. Please call or email us if you are interested and we will notify you when trainings are scheduled.

Virtual Exercise Classes



The Acton COA continues to offer classes and presentations through Acton TV's cable and on-demand YouTube channels, www.actontv.org. You can view all of the classes that have been recorded from your computer, smart TV, smartphone, or tablet from the Acton Senior Center At Home Playlist: Go to www.youtube.com/actontv1, click on "playlists" and scroll down to "Acton Senior Center at Home." If you do not have access to the internet the classes are shown on Acton TV, Comcast 8 and Verizon 45. You can also directly access at www.actoncoa.com under programs tab.

Middle schoolers in Burlington MA have made a fun exercise video which you might like to try. https://www.youtube.com/watch?v=-LwZ_u9-aDI

Bringing Our Programs into Your Home via Zoom

Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already! It is very user friendly, but if you'd like some assistance the COA can connect you with an Acton-Boxborough student to help you get acquainted with using Zoom. For more information on using zoom click [here](#).



Food Assistance

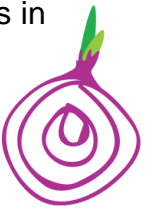
Healthy Helpings

Has your doctor told you that you have high blood pressure or cholesterol and that eating differently might help? Are you struggling to meet your basic food needs, let alone follow a new diet? If so, the COA in partnership with Open Table has a new program to help! We are offering seniors Healthy Helpings Meal Packages to be picked up 2nd and 4th Thursdays of the month. This program follows the American Heart Association's recommended eating plan to lower or control blood pressure and heart disease. You will receive ready-to-reheat-and-eat meals, select easy-to-prepare pantry items, plus recipes, health tips, and incentives to eat "heart healthy"! If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652. Participation is free and confidential, space is limited. This Project is funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center.



"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. Not available on state holidays. Additional menu options are available. For [menu](#) or to reserve a lunch please call at least 24 hours in advance at 781-221-7098. A \$2 donation is requested. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org



Open Table, 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 between 5:00-6:30pm.

Acton Community Supper and Food Pantry



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

Distribution Schedule 10am-7pm Wednesday and 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.

You are welcome to drop donations of non-perishable food and personal care items at the Silver Unicorn Bookstore, Spruce St, West Acton, 10:00am-6:00pm. For other locations see the pantry website.

Mount Calvary Community Supper, 472 Massachusetts Ave, line up in back parking lot.

Wednesdays, 5:00-6:00pm, or until run out. www.mtcalvaryacton.org

Bring a box or bag to place your meals in your car to prevent spillage. Please remember to wear your mask at all times when in the driveway. 1 meal per person in the car. [June menu.](#)

On June 23rd the dinner will be in honor of Tom & Pat Crowdis.

For the menu go to our online newsletter or visit <https://patch.com/massachusetts/acton>



AB Regional School District Free curbside grab and go meal kit pick up is on Wednesday from 3:30-5:00 at the Acton-Boxborough Regional High School Hayward Road entrance.

Each week we provide each person with a bag consisting of meals for the week (7 breakfasts and 7 lunches). Additionally, we provide you with 1/2 gallon of milk and for families of 2 or more we are providing a local fresh produce box to take home.

If for some reason you are unable to drive to pick up the meals (due to illness/quarantine) you can request delivery through the Acton-Boxborough Neighbor Brigade, call (866) 896-3599 to reach a voicemail where you can leave your information or email abqualifiedlunch@neighborbrigade.org.

There will be no service on June 2nd.



Essential Assistance

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov

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. Call the Town Assessor's Office at 978-929-6621 or the Water District at 978-263-9107.

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 you SSN and year of birth to hear an automated message with your monthly SNAP amount or visit DTAConnect.com

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability. State certified counselors can provide impartial answers to *all of your Medicare questions* before you retire and well into retirement as your medical needs change. Confidential counseling is available by telephone until in person counseling can resume. To make an appointment with your local SHINE counselor please contact Beverly Hutchings on 978 929 6652. SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation, The Acton/Boxborough United Way and local support of individual donors.

Medicare Savings Programs (MSP)

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? ***The Medicare Savings Program*** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call the COA at 978-929-6652

See page 4 for two Medicare related programs.

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. You can call (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

Help Line Numbers

Social Security www.SSA.gov 1-800-1213, TTY 1-800-325-0778

Medicare www.medicare.gov, 1-800-633-4227, TTY 1-877-486-2048

IRS www.irs.gov, 1-800-829-1040, TTY 1-800-829-4059

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

National Alliance on Mental Illness (NAMI) 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours <https://www.namcentralmiddlesex.org/support-groups>

The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Sponsored by the Massachusetts Bar Association.

The COA also offers a bi-monthly "Ask the Lawyer" appointment service.



Information for Drivers

For up to date information regarding senior days visit www.Mass.Gov/RMV or call the RMV at 857-368-8005 or you can visit a AAA location (members only) for license/id renewal or registration. **Real ID deadline is now May 2023.**



AAA is offering key timing advice to seniors and family members regarding when the time has come to consider retiring from driving. See www.AAA.com/KeyTiming for a short video, questionnaire and advice, including establishing alternative transportation options.



ACTON TOWN SERVICES HOTLINE
978-929-6600

Speak to a town employee with questions you may have on the impact to services, and changes to scheduled opening times.

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 Nursing Services

COVID Vaccine Information

If you are still in need of a vaccine you can call Acton Nursing Services for up to date information. The State of Massachusetts also has a help line at 2-1-1 (select option for scheduling an appointment) for anyone unable to arrange an appointment over the website, www.vaccinesignup.mass.gov



Podiatry Clinics

Acton Seniors only

Appointments: Thursday June 24th and Tuesday June 29th.

Call 978-929-6650, we will start booking on Monday, June 7th, at 1:00pm.

Leave a message and staff will return your call with your appointment time. The fee is \$40 with a \$20 fine for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time.

Wellness/Blood Pressure Clinics

10:30am – 12noon, 1st and 3rd Wednesdays, June 2nd & June 16th and the 2nd and 4th Mondays, June 14th & June 28th.

The Acton Nursing Services' Public Health Nurse, Jill Salamon, is available on the 1st and 3rd Wednesdays and the 2nd and 4th Mondays of the month to check blood pressures, weight and answer any medication, nutrition and health related questions you may have. No appointment necessary!

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise, weekdays, 8:00am-5:00pm at 978-929-6650.

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 and accessing the Covid vaccine.

Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.



Acton Memorial Library

For up-to-date information visit www.actonmemoriallibrary.org or call 978-929-6655. Stay up-to-date with announcements and library info by following Facebook, Instagram (@ActonLibrary) and Twitter (@ActonMemLibrary), or by going to www.actonmemoriallibrary.org

Transportation



For up to date information on Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT) call the hotline for up to date information.

- Door-to-door services are in operation, with covid protocols in place.
- 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 Fire Department

Smoke & Carbon Monoxide Detectors

The Acton Fire Department has a limited supply of battery operated combination smoke and carbon monoxide detectors available. Any senior who currently has a house built before 1975 with battery operated detectors is eligible. Priority will be given to those who have detectors that are non-existent, not working, or older than ten years old. To sign up contact the COA.



When to call an Ambulance?

Hello everyone!! Tom Matthews your friendly, neighborhood, firefighter in the Town of Acton. We talked about disposal of medications and Spring cleaning last month. This month we want to focus on when is the right time to call the ambulance.

We go on calls occasionally where a person fell or felt ill late at night or very early in the morning and didn't want to call because they were afraid to wake the neighbors or they didn't want to bother us. Please if there is any doubt that you need medical attention or even a lift assist please do not wait until morning. Give us a call!! We work for you! That is our job if it is 1pm or 1am our job is to come out and assist you, if you

call. I'm sure your neighbors would not be mad if they happen to be woken up by us as long as you're getting cared for.

The other topic is that people are afraid to call us because they aren't sure our ambulance is safe from Covid during this pandemic. We treat a wide range of medical and trauma patients in our ambulance. Before the start of every shift the ambulance gets checked over and cleaned. It then gets cleaned after each patient. We also now have started using a Victory Electrostatic sprayer that gets used inside the ambulance especially if we have treated Covid Patients. Our ambulance is the work horse of our Department and we like to keep it clean and safe, not only for the patients we transport, but also for the crew that are operating and working in it.

So please if there is any doubt you need us do not hesitate to call no matter what time of day it is. Worse case we can always return back to our stations if you really don't need us. Also not to worry we have more than one ambulance in town. Until next time enjoy the spring weather!!

Acton Police Department

The Acton PD encourage you to contact them on their non-emergency number

978-929-7711 or Detective Mike Eracleo on 978-929-7543 if you have concerns or feel you have been a victim of fraud. Do NOT give any personal information over the phone.

Be aware that now that the better weather is here so are the landscaping, roofers and driveway sealer scammers – if in doubt of the legitimacy of any unsolicited offers you can always call the non-emergency number.



I am Detective Sergeant Scott Krug. I have been with the Acton Police Department since 2000. For the last six years I have worked as a Patrol Sergeant while overseeing field training, assisting on referrals for mental health and victims of domestic violence. I am currently fulfilling the position of supervising the school resource officers as well as family services. I look forward to working with the staff and members of the COA.

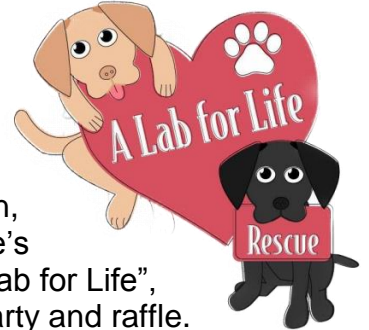


Tune in to Java with John, Most Fridays at 10:00am www.youtube.com/actontv1 and Acton Radio WAEM 94.9 FM. The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, as they give a weekly update and answer questions. Check the website or Facebook under 'special announcements' for up to date broadcast information and guests. Questions can be emailed ahead of time to manager@actonma.gov Acton TV broadcasts on cable tv - Acton TV broadcasts on Comcast 8 and Verizon 45.

Support our good friend Zane



On Saturday June 12th, 11:00am-2pm join Acton Police's Service Dog Zane in celebrating his First Year Anniversary with the Force!! In the parking lot of Loyal Companion, 444 Great Road, Acton, help fill Zane's police cruiser with donations for "A Lab for Life", games, free samples, doggie pool party and raffle. The Rolling Pizza Kitchen and Stella & Chewy's will be there! Free doggie ice cream from Primal will be being served. For more details call Loyal companion on 978-264-4444.



Thank you to.....

Bridges of EPOCH for sponsoring our 90's Birthday celebration,
Carol Ann Boughrum for her donation to the COA Gift Account,
Tom Matthews for recertifying the COA staff in CPR,
Life Care of Acton for the Mother's Day Drive through,
Sidarth Krishna for his Eagle Scout project focused on seniors and Fire Safety.



Theatre III, in partnership with the Weston Friendly Society, presents Play Palooza! Two evenings of original 10-minute plays by local authors will stream on Zoom - six plays one night and seven the next. Friday, June 4 and Saturday, June 5th at 8:00 pm. Link at www.theatre3.org. Admission free, donations gratefully accepted.

Habitat for Humanity of North Central Massachusetts launched a new Critical Home Repair Program in 2015. This is a home preservation program that provides needed interior and exterior repairs for low-income homeowners, so that they may maintain a safe, decent, and affordable place to live. This program focuses on safety, security, accessibility, weatherization, and keeping houses up to city codes. Through project management oversight which typically includes volunteer labor, Habitat will assist families with completing home repairs.

The Critical Home Repair Program is designed to provide a hand up, not a hand out, to homeowners who are in need such that they may feel proud and dignified about the place they call home. With a max of up to \$15,000 Your No-Profit Loan can cover: Replacing your roof and gutters; - Installing new vinyl siding; Replacing driveway and sidewalk; Replacing your porch and steps; Installing an energy-efficient furnace and/or water heater; Upgrading your electrical service; Installing new copper plumbing.....And many more repairs...Call 978-348-2749 or see the flyer in our online newsletter.

Changes are coming to your newsletter

In September we will start sending the newsletter to addresses using the new census.

If you subscribe electronically to the newsletter and have not asked us to take your name off the postal mailing list – please do so now!

We strongly recommend that you subscribe electronically via our website at www.actoncoa.com as the online edition is the most up to date way to get the information, plus full color and easy to click links.

Inconvenient delays can occur in the paper copy mailing.

If you are in the process of moving we would really appreciate a quick call or email to let us know. Acton residents turning 60 will be added to the newsletter mailing, you can let us know that you would prefer to not receive it yet!




If your name does not appear on the most recent census you will be taken off the mailing list. You will need to let us know to re-instate you.

Follow the Acton Council on Aging/Senior Center on Facebook! Get the latest information on programs and services, plus tips, photographs, aging related information and more. Search for @actoncoa on Facebook.



Follow or like our page and our posts will show in your News Feed.

| ACTON COA STAFF | | ACTON COA BOARD MEMBERS | |
|---|--|--|---------------------------------|
| <i>Sharon Mercurio, Director</i> | | <i>Ellen Feinsand Chair</i> | <i>Alma Sandman, Vice Chair</i> |
| <i>Rosie Atherton, Office Manager</i> | | <i>Lori Cooney, Sec.</i> | <i>Chunsheng (Bill) Fu</i> |
| <i>Chris Chirokas, Program Manager</i> | | <i>Jeff Bergart</i> | <i>Michelle Holmberg</i> |
| <i>Linda Dallimore, Temporary COA Assistant</i> | | <i>Michael Chautin</i> | <i>Bonnie Lobel</i> |
| <i>Bev Hutchings, Senior Services Coordinator</i> | | <i>Ann Corcoran</i> | <i>Niru Velankar</i> |
| <i>Bernice Nicoll, Activities Assistant</i> | | <i>Jacquie Friedman</i> | |
| <i>Fiona Starr, Staff Assistant</i> | | <i>COA Friends, Monday, June 14th, 1:00pm Offsite</i> | |
| <i>Terri Zaborowski, Exercise Instructor</i> | | <i>COA Board, Tuesday, June 8th, 10:00am Zoom</i> | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 31 May Memorial Day COA Closed | 1 June COA via Zoom: 10:00 Talk & Tea | 2 At the Senior Center 10:00 Outdoor Yoga 2:00 Outdoor Senior Fitness COA via Zoom: 9:00 Watercolor Class 1:00 Book Group: "Caste" by Isabel Wilkerson | 3 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class | 4 At the Senior Center 9:00 Walk with Terri Ends 10:00 Outdoor Active Aging Ends YouTube Acton TV live: 10:00 Java with John*  |
| 7 At the Senior Center 1:00 Shredding Event  | 8 COA via Zoom: 10:00 Talk & Tea 10:00 COA Board Meeting 1:00 Beautiful Countries Talk | 9 At the Senior Center 10:00 Outdoor Yoga Ends 2:00 Outdoor Senior Fitness Ends 3:30 Live Elvis Tribute COA via Zoom: 9:00 Watercolor Class 1:30 Computer Club | 10 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 2:00 Healthy Helpings Distribution | 11 YouTube Acton TV live: 10:00 Java with John* |
| 14 At the Senior Center 8:30 Outdoor Senior Fitness Begins 10:00 Outdoor Active Aging Begins 1:00 Friends Meeting Offsite – see page 4 | 15 At the Senior Center 2:00 Outdoor Nouvelle Fitness Begins COA via Zoom: 9:00 Drawing for All 10:00 Talk & Tea 1:00 Beautiful Countries Talk | 16 At the Senior Center 10:00 Outdoor Yoga Begins 2:00 Outdoor Senior Fitness Begins (Rain date 3:30 Elvis Tribute) COA via Zoom: 9:00 Watercolor Class 1:00 Greatest Love Songs | 17 At the Senior Center 10:00 Outdoor Gentle Chair Exercise Begins COA via Zoom: 11:00 Laugh for Your Health 11:00 Wang Theatre Tour 1:00 Intermediate Level Chess Class | 18 Juneteenth Observed COA Closed |
| 21 At the Senior Center 8:30 Outdoor Senior Fitness 10:00 Outdoor Active Aging 12:00 Drive Thru Lunch sponsored by the Friends of Acton COA At Acton Arboretum 1:00 Trailblazer Walk Via Zoom 1:00 Birds in Your Backyard  | 22 At the Senior Center 2:00 Outdoor Nouvelle Fitness COA via Zoom: 9:00 – Drawing for All 10:00 Talk & Tea 1:00 Beautiful Countries Talk | 23 At the Senior Center 10:00 Outdoor Yoga 2:00 Outdoor Senior Fitness COA via Zoom: 9:00 Watercolor Class 1:00 Caravaggio talk 1:30 Computer Club 3:00-7:00 Medicare Virtual fair | 24 At the Senior Center 10:00 Outdoor Gentle Chair Exercise COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 1:00 Planning for Medicare Webinar 2:00 Healthy Helpings Distribution | 25 At the Senior Center 8:30 Outdoor Senior Fitness Begins 10:00 Outdoor Active Aging Begins YouTube Acton TV live: 10:00 Java with John* |

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|---|---|---|---|--|
| 28 At the Senior Center 8:30 Outdoor Senior Fitness Ends 10:00 Outdoor Active Aging Ends | 29 At the Senior Center 2:00 Outdoor Nouvelle Fitness COA via Zoom: 9:00 Drawing for All 10:00 Talk & Tea 1:00 1820s Electoral Crisis Talk | 30 At the Senior Center 10:00 Outdoor Yoga 2:00 Outdoor Senior Fitness | 1 JULY At the Senior Center 10:00 Outdoor Gentle Chair Exercise COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class | 2 At the Senior Center 8:30 Outdoor Senior Fitness 10:00 Outdoor Active Aging YouTube Acton TV live: 10:00 Java with John* |
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Calendar Notes:

Schedule correct at going to press. *Subject to change.

Acton TV live www.youtube.com/actontv1, Acton TV broadcasts on Comcast 8 and Verizon 45.

ALL OUTDOOR EXERCISE CLASSES REQUIRE PRE-REGISTRATION – see program description for details.

Contact the COA for information on Zoom links where stated at seniorcenter@actonma.gov

Links may also be posted on the homepage www.actoncoa.com under “Special Announcements”.

BE AN INFORMED CONSUMER. THE ACTON COA DOES NOT ENDORSE ANY PRIVATE COMPANIES OR PROVIDERS.

This month the following activities are supported by the Friends of the Acton COA:

The Drive Thru Lunch, Drawing for All, The End of Good Feelings, Caravaggio art lecture, Greatest Love Songs, Watercolor class, Boch Center Wang Theatre virtual tour, and Beautiful Countries to Visit.

Visit the Friends website to find out how you can contribute www.friendsofactoncoa.com.



Many of you enjoyed May's drive thru lunch from Life Care to celebrate Mothers' Day.



Bringing our exercise classes back in person...



Celebrating our 90plus year olds, courtesy of Bridges by Epoch



From the staff at Bridges by Epoch



Verizon/AOL/Yahoo users: You may find emails from the Council on Aging/Senior Center are sometimes blocked and marked as spam. If you are waiting for registration confirmation or a Zoom link from us, make sure to check your spam folder. You can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base200868/> or contact Verizon customer service for assistance.



Dates to Remember

Town Meeting **June 21st** at the Acton Buxborough Regional High School, Charter Rd.
Special Election for the Town Board Tuesday **June 29th**, 7:00am-8:00pm at RJGrey Junior High School, 16 Charter Rd.