



Acton Senior Center Newsletter JULY 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>

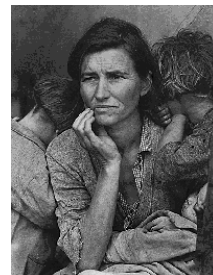
From July 6th opening hours will be Mon, Wed, Thurs: 8:00am-5:00pm, Tues 8:00am-7:30pm and Fri 8:00am-12noon

Hard Times: The US and the Great Depression, 1929-1941 via Zoom

Tuesday, July 20th, 1:00-2:00pm

Open to out-of-town seniors/free

This lecture by historian Paolo Di Gregorio will tell the story of the Great Depression, a time that transformed America. Following the prosperity and good times of the Jazz Age, the nation was plunged into the deepest and longest lasting economic downturn in our history. As economic conditions worsened and unemployment rose, the American people struggled to persevere. Yet the struggle, in many ways, forged a resilient and energetic generation.



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 are always interesting and well-received.*

The Big Band/Swing Music Era via Zoom

Wednesday, July 21st, 1:00-2:00pm

Open to out-of-town seniors/free

Join John Clark in this multimedia presentation on the Big Band era that officially started in the summer of 1935 but the transition from hot jazz and Dixieland had begun much earlier in the decade. He will trace the roots of Big Band music, including the back story of the King of Swing himself, Benny Goodman. You'll hear Benny's hits like *Goody, Goody, Taking a Chance on Love* and the historic Carnegie Hall performance of *Sing, Sing, Sing* and see performances of Goodman vocalists Martha Tilton and Peggy Lee. The most popular bandleader of this period, Glenn Miller, who had 22 chart-topping songs from 1939-1943 will also be a focus. You'll learn the origins of the unmistakable Glenn Miller sound heard in his theme song, *Moonlight Serenade* and see performances of his biggest hits like *In the Mood* and *Chattanooga Choo Choo*. There's even footage of Glenn leading the 50-piece Army Air Force Band in the summer of 1944, just months before he boarded the flight to France that took his life. 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.*



Directors Corner

We are slowly returning to normal after a very long 16 months. Programs will be in person or virtual and are noted in the description. The Senior Center has been open and following the State and our local Board of Health guidelines. Masks are optional but encouraged if you are not fully vaccinated. Some of our participants and staff will choose to continue to wear a mask and some will not. We respect everyone's choice and there will be no judgment. We will not ask anyone to disclose their vaccine status. We ask that you respect everyone's health choices. We ask that everyone sanitize their hands and sign in when they enter the building. Thank you for your cooperation. We look forward to seeing you soon! **Sharon**

The Short Stories of James Joyce: *Dubliners* with Stephen Collins

Fridays, July 16th through August 27th, 10:00-11:00am
Open to out-of-towners from July 10th if space is available for \$20 fee

Join Stephen Collins in person at the Senior Center for a seven-part seminar on James Joyce's *Dubliners*, a collection of 15 short stories first published in 1914. The stories depict everyday city life in the early 20th century and have a timelessness that makes them relevant and relatable more than 100 years later. For information on viewing the film *The Dead* based on the short story, see the August newsletter. Please obtain a copy of *Dubliners* to use for the class. Participation is an integral part of this seminar! Space is limited: contact the COA to register at 978-929-6652 or

seniorcenter@actonma.gov. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His teaching style has been described as a hybrid of lecture and performance. His seminars and performances always meet with rave reviews at the Senior Center.*

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Watercolor Class for All with Sandy Wilensky

Wednesdays, July 21st through August 25th, 9:00-11:00am

Acton Seniors Only

All levels of experience are welcome to this watercolor class that will meet at the Senior Center! Beginners will build skill upon skill while experimenting with various watercolor techniques. Those with experience can paint individual projects and choose to participate in lessons that are of interest. Classes will begin with a drawing warm-up/lesson, 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. Recommended supply list available upon request. Because of the popularity of this class, we will be using a lottery system. Please register for the lottery by emailing the COA at seniorcenter@actonma.gov by noon on Tuesday, July 7th; we will inform every one of their status by July 12th. *Sandy 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.*

Power of Flowers Floral Therapy Workshop

Acton Seniors Only

Tuesday, July 27th, 10:30-11:30am

Join Power of Flowers for a workshop filled with smiles and fun to create your own floral arrangement. Volunteers will use repurposed donated flowers to help make a beautiful bouquet together. Lift your spirits with the gift of colorful fragrant flowers! The Power of Flowers Project started in 2009 when the founder Joyce Bellefeuille, a floral designer, sought to reach seniors and veterans in care communities by paying a visit and leaving behind a gift of fragrant flowers to brighten their rooms. Her concept was born to reclaim still beautiful flower creations after they had served their single purpose at weddings etc. The group also volunteers to enrich the lives of others by harnessing the power of flowers in workshops. Space is limited and places will be allocated by lottery. Register your interest by noon on Monday, July 12th and we will let participants know by end of day Wednesday July 14th.



Evening Ice Cream Grab and Go at the Senior Center

Acton Seniors only

Tuesday, July 27th, 6:00-7:00pm

Join us for an evening treat on a hot summer night. Come by for a grab and go, cold ice cream to cool you off. You are also welcome to visit and enjoy your ice cream in the dining room of the Senior Center. Please email COA to register seniorcenter@actonma.gov.



Off With Their Heads: The Art of the French Revolution via Zoom

Wednesday, July 28th, 1:00-2:00pm

Open to out-of-town seniors/free



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

From the over-the-top-lavish lives of the royals at Versailles to portraits of revolutionary leaders to triumphant images of Napoleon, this program will examine artwork from this period of tremendous political upheaval in France. With works by French masters including Elisabeth Vigee Le Brun, Jacques-Louis David and Jean Auguste Dominique Ingres, we'll consider the role of paintings in the struggle for power in

the late 1700s and early 1800s. Please register to receive the Zoom link by emailing the COA at seniorcenter@actonma.gov. *Jane Oneail 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.*

For the following program please contact Sheryl Ball at the Acton Health Division at 978-929-6453 or sball@actonma.gov. Funding for CHNA15 is provided from Lahey Hospital and medical Center and Winchester Hospital (Massachusetts Department of Public Health's Determination of Need).

[Link to flyer.](#)

Beautiful Butterflies via Zoom

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.



Meet and Greet with Zane

Zane, the Police Service dog will be visiting the Senior Center on July 13th at 2:00pm, July 27th at 6:00pm and August 17th at 2:00pm. He has been trained to assist with many tasks and is therapeutic for those who have experienced trauma. Come see what he can do and enjoy some time with our furry new friend.



Ask the Lawyer In-Person Appointments

Tuesday, July 13th, 9:00-11:00am

Acton Seniors Only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Elder law attorneys specialize in legal issues related to aging like retirement planning, Medicaid, guardianship, and estate planning. Call 978-929-6652 for an appointment.

Words Galore In-Person and Virtual!

Content for both classes will be the same, so sign up for in person or virtual

Words Galore in person class,

Acton seniors only

Thursdays, July 8th through August 12th, 9:00-10:00am

Words Galore via Zoom,

Open to out-of-town seniors/free

Fridays, July 9th through August 13th, 9:00-10:00am

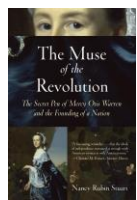
Join Val Walker for a fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Sign up for in-person or Zoom session by emailing the COA at seniorcenter@actonma.gov or calling 978-929-6652. If you miss an in-person meeting and would like to make it up via Zoom, just let us know you would like the link that week. *Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call.*

Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesdays, July 7th, August 4th and September 1st, 1:00-2:30pm

This summer you have the option of joining an in-person or virtual book discussion or both! To place a hold on a title through the Acton Memorial Library, go to find.minlib.net. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov. You can also check with the Citizen's Library at 978-929-6654 or WACL@actonma.gov. Ann Kulsick facilitates the virtual gatherings.



July: The Muse of the Revolution by Nancy Stewart

August: Circling the Sun by Paula Mc Lain

September: The Great Alone by Kristin Hannah

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.

Book Discussion Group In Person

Open to out-of-town seniors/free

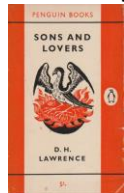
Mondays, July 19th and August 16th, 1:00-2:00pm

For the summer, there will be virtual and in-person book discussions! For the July in-person meeting, folks will discuss future book choices and read poetry or a short story. Call the COA after July 19th for the title of the August book which we will also post on our website. Trudi Bruschi facilitates the in-person discussions. Men are welcome!

LitLovers Study Group

Open to out-of-town seniors/free

Tuesdays, July 27th and August 24th, 2:30-3:45pm



This monthly group is back to meeting in-person! It centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D. Group is facilitated by Program Manager Chris Chirokas. The July lecture topic is *Lawrence and the "Bright Book of Life;"* recommended novel to read is *Sons and Lovers* by D.H. Lawrence. The August lecture is *Joyce—Dublin and Dubliners* and the suggested book to read is *Dubliners* by James Joyce. Look out for the August newsletter for information on viewing of the film *The Dead*. The DVD *Sons and Lovers* is available to borrow from the Senior Center resource shelf in the lounge. To place a hold on a title through the Acton Memorial Library, go to find.minlib.net. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov. You can also check with the Citizen's Library at 978-929-6654 or WACL@actonma.gov. New attendees welcome!

Monday Matinee Movies

Open to out-of-town seniors/free

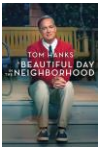
After viewing, the DVDs of these films will be available to borrow from the resource shelf in the Senior Center lounge.



Monday, July 12th, 1:00-3:10pm *Knives Out* (2019, PG-13 for violence and language) A detective investigates the death of a patriarch of an eccentric, combative family. Daniel Craig, Chris Evans, Jamie Lee Curtis, and Christopher Plummer star in this mystery that was filmed in Massachusetts. Best original screenplay Academy Award nominee.



Monday, July 19th, 1:00-2:40pm *Summerland* (2020, PG) A reclusive writer living along the coast of England during WWII life changes when she takes in a young London evacuee. Gemma Arterton, Gugu Mbatha-Raw, Penelope Wilton, and Tom Courtenay star in this heart-warming drama.



Monday, July 26th, 1:00-2:50pm *Beautiful Day in the Neighborhood* (2019, PG) A timely story of kindness triumphing over cynicism, based on the friendship that forms between Fred Rogers and jaded journalist Tom Junod. Tom Hanks stars as Mr. Rogers in an Oscar-nominated performance.

Talk and Tea Tuesdays at Ten via Zoom

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

Open to out-of-town seniors/free

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, so grab a cup of your favorite beverage and join new and old friends for an hour of chat. If you are new to the group, email the Council on Aging at seniorcenter@actonma.gov for the recurring Zoom link, which is also posted in Special Announcements at www.actoncoa.com.



Java with John will not take place in July. and will be in person on Friday, August 13th at the Senior Center. Enjoy a cup of coffee with the Town Manager, hear the latest updates and ask your questions.

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30pm

Now in person! This friendly, social group is open to anyone interested in gathering to sew, knit or crochet.

Genealogy Group

Open to out-of-town seniors/free

Tuesdays, July 13th and August 10th, 1:00-2:30pm



The Genealogy Group is back to in-person meetings this summer! Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this group facilitated by Joy Ivanov.

Computer Club

Open to out-of-town seniors/free

Wednesdays, July 14th and 28th; August 11th and 25th, 1:30-3:00pm

All seniors are welcome to come and participate in Computer Club which is back to in-person meetings! Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, 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.



If you are unable to attend in person and would like to meet with a member using Zoom, please call or email the COA and we will forward your information to club members.

Games

Chess Club

Open to out-of-town seniors/free

Thursdays, 1:00-3:00pm

Now in person! Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

Intermediate Chess Classes with Ken LeBow via Zoom Open to out-of-town seniors/free

***Note new day!* Mondays, 1:00-3:00pm; ongoing No class on July 5th**

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, email seniorcenter@actonma.gov and include full name and phone number.



Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 2:30-4:30pm

Bridge group is now playing in person! Games are for people with a variety of skill levels but playing experience is needed.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

No activity time July 5th

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new ones!

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00pm for experienced players only No games on July 5th

Thursdays, 1:00-4:00pm open to all skill levels; meets in the lounge



Mah Jongg is back to in-person games! The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

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

We would like to remind seniors that the Senior Trailblazer program is still in place. People who take all 4 walks will earn a Certificate from the Acton Health Division. The walks are at NARA Park, Acton Arboretum, Assabet River Rail Trail and Bruce Freeman Rail Trail. All are considered "Easy" and perfect for summer in Acton. If you're interested in the Walks, please check this [link](#), or call the COA.

We look forward to sharing outdoor activities with Acton seniors all throughout the season.

Council on Aging Board will meet Tuesday, July 13th at 10:00am, in-person at the Senior Center.

As summer approaches, the **Friends of Acton COA** eagerly encourages Acton Seniors to reconnect with family and friends and rejoin the Center's activities as they resume.

What better way to become involved than to join the FCOA's monthly meetings.

Donations always gratefully accepted throughout the year.

The Friends of the Acton COA will next meet Monday, August 9th at 1pm at the Senior Center.

Mind, Body and Spirit

Fit Over 50 Virtual Seminar with Dr. Mike Stare

Wednesday, July 14th, 1:00-2:15pm

Open to out-of-town seniors/free



Many people associate aging with gaining fat, losing strength, increased aches/pains, and a loss of function. But the science shows that these are not inevitable consequences of getting older! So what is the secret? Proper exercise and nutrition! There are solutions backed by science that will fix the most common problems of not doing the right exercise, avoiding a “one size fits all” regimen, and not sticking with a plan consistently for the long term. In this seminar, Dr. Stare will show what proper

exercise looks like for older adults, which exercises are good for fat loss, why preventing muscle loss is so important for improved longevity, truth about menopause and weight gain, and how to get lean, strong and healthy even with injuries and chronic conditions. Dr. Stare of Orthopaedics Plus Physical Therapy (OPPT) in Bedford offers a unique perspective as a practicing Doctor of Physical Therapy, Fitness Professional, and national lecturer. Register for this program, which uses the Go To Meeting video platform, by emailing the COA at seniorcenter@actonma.gov. We will forward your email address to OPPT, who will send you a link to the presentation (no downloads needed). During the presentation, you can opt into receiving notifications from OPPT; otherwise they will not keep or share your contact information.

Dr. Andrew Budson Webinar: Seven Steps to Managing Your Memory via Zoom

Tuesday, July 13th, 2:00-3:00pm.

Open to all/free



Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use. All in seven simple steps! Please register to receive the Zoom link by emailing the COA at seniorcenter@actonma.gov. *Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology and Associate Chief of Staff for Education at the Veterans*

Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

Exercise classes:

- Exercise classes have returned to being held inside the Senior Center!
- The summer session of classes will be on a drop-in basis so no need to sign up
- The current session ends the week of July 5th, with the exception of Monday classes which end June 28th
- Classes taught by Terri are not meeting the week of July 12th
- Classes are limited to Acton residents age 60 plus
- Do not attend more than 3 classes per week
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing, supportive shoes (no sandals!) and bring water in a non-breakable container
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

Senior Fitness with Terri Zaborowski

Acton seniors only

Mondays, July 19th through August 30th, 8:30-9:30am

Wednesdays, July 21st through September 1st, 1:30-2:30pm *Note new time!*

Fridays, July 23rd through September 3rd, 8:30-9:30am

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center or bring your own.



Active Aging with Terri Zaborowski

Acton seniors only

Mondays, July 19th through August 30th, 9:45-10:45am

Fridays, July 23rd through September 3rd, 9:45-10:45am *Note time change!*

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. 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! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Class includes seated and standing positions. *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.*

Tai Chi with Linda Sango

Acton seniors only

Mondays, July 12th through August 30th, 11:00-12:00noon



This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote´ for 19 years and has been teaching classes to seniors for 11 years. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

NouVonne Fitness with Yvonne Benelli

Acton seniors only

Tuesdays, July 20th through August 31st, 2:00-3:00pm

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, some cardio/dance, 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. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! . Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *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).*

Yoga Class with Patsy Brightman

Wednesdays, July 14th through 28th, 10:00-11:00am

**Acton seniors only
(No classes in August)**

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional for joint class). On the last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

Gentle Chair Exercises with Yvonne Benelli

Acton seniors only

Thursdays, July 15th through September 2nd, 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. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *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).*

Senior Taoist Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, starting July 8th, 11:00-12:00noon

The Taoist Tai Chi instructor has moved out of state, but those who practice this specific form of Tai Chi are welcome to use the Senior Center space to practice together. Thank you, Sue Chase, for your years of teaching Acton seniors!

Laugh For Your Health with Susan Phillips via Zoom

Thursdays, 11:00-11:45, ongoing

Open to out-of-town seniors/free



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. 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 seniorcenter@actonma.gov to register 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.*

Walk Massachusetts Challenge

With five individual goals, there's a challenge for everyone - from walking 65 days to walking 692,000 steps - each tied to a fun Massachusetts fact. And 10 lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin' gift card. For each person who completes the challenge, the Acton COA gets entered into a drawing to win up to \$1,000 for future programming! The challenge runs until September 30th. View our newsletter at www.actoncoa.com for the links.

1. Sign up at www.mcoaonline.com/walkma
2. Choose a challenge from one of 5 different levels - walking for days, time, miles, or steps.
3. You can track your walking online where you can create a user name and password at <https://tinyurl.com/3ccwf4kw> or use the printable walk journal <https://tinyurl.com/22xa8cjz>
4. At the end of the challenge, you can submit your journal (online or to the Acton COA)

Gym

The COA will be requiring that those who use the gym sign up to monitor the gym. Everyone using the gym needs 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 978-929-6652 or email us seniorcenter@actonma.gov if you are interested, trainings will be on Mondays at 9:30am and Wednesdays at 2:00pm to register. Open gym hours to be determined.

Dining Opportunities



Tuesday, July 13th at 5:00pm at the Senior Center Benchmark Senior Living/Robbins Brook Drive through (or eat in) boxed dinner. Enjoy a turkey and Swiss sub, pasta salad and dessert. Sign up prior to the event. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00.

Tuesday, August 3rd at noon Benchmark Senior Living/Robbins Brook Drive through (or eat in) boxed lunch at the Senior Center Enjoy chicken Caesar salad, a roll and dessert. Sign up prior to the event. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00.

Food Assistance

Healthy Helpings

The COA in partnership with Open Table 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. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652. This Project is funded through CHNA 15 DoN funds.



Lunches at the Senior Center

Minuteman Senior Services will resume congregate lunches Monday – Thursday at noon, from July 6th Grab and go lunches will continue to be offered. Sign up with John, the dining room coordinator in person or at 781-221-7098 by 11:00am the day before. Voluntary donation is \$2.

Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org Frozen meals from Open Table are also available, free of charge, call Fiona at 978-929-6652 for more details.



Open Table, 33 Main Street Maynard, 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. **Closed July 5th-9th.**

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough. www.actonfoodpantry.org Distribution Schedule 10am-7pm Wednesday and 9:30-11:30am Thursdays as a DRIVE THRU PANTRY ONLY. 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.

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 follow Volunteers instructions regarding mask wearing. 1 meal per person in the car.

Click here for the [menu](#).

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.

There is no service on July 7th. This service concludes Wednesday July 28th.



Support Groups and Services

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



Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesdays, July 20th and August 17th, 11:00-12:00noon.

Open to all/free

The Grandparents Raising Grandchildren group is returning to in-person meetings! Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

Senior Citizen Water Bill Discount Policy - Call the Town Assessor's Office at 978-929-6621 or the Water District at 978-263-9107 for details.

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

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. 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. SHINE counselors are also available to help individuals determine if they qualify for the Medical Saving Program (MSP) and provide application assistance.



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

Minuteman Senior Services is looking for Money Management Bill Payers.

Volunteer bill payers help seniors or disabled adults to organize bills for payment; sort (financial) mail; assist with phone calls regarding bills and reconcile to bank statement, etc. We will train, supervise, and provide ongoing support. Money Management Volunteers visit seniors about 6-8 hours per month on a flexible schedule. If you are interested or have questions, contact volunteer@minutemansenior.org or (781) 221-7093.

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

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, see page 3





THE TOWN OF ACTON SERVICES HOTLINE - 978-929-6600

Information can also be found on the Town website www.actonma.gov



Acton Nursing Services



Please welcome Jill Salamon, MPH, MSN, RN to her new position as Public Health Nurse with the Acton Nursing Services!

Jill joined Acton Nursing Services in 2015 as a per diem nurse. Jill graduated from Columbia University School of Public Health with a Masters in Public Health in 1991 and continued on to Massachusetts General Hospital Institute for Health Professionals earning a Masters in the Science of Nursing – Family Practice in 1995.

Jill's career started in California working as a Health Education Coordinator. She then moved to Massachusetts and worked as a Family Nurse Practitioner at the Great Brook Valley Health Center in Worcester. Jill then took some time to raise her three daughters and re-entered the work force with ANS in 2015. While working per diem for ANS, she also worked as a Geriatric Nurse Case Manager at Transition with Care in Concord, which she plans to continue while working as Acton's Public Health Nurse. Jill assisted with the COVID-19 contact tracing this past November as well as being the Nurse Vaccinator with Acton's COVID-19 Homebound Vaccination Clinics in conjunction with the Acton Fire Department. We are thrilled to have Jill working in her new position and look forward to some new programming and ideas!

The Public Health Nurse is a resource available, free of charge, to any Acton resident. You may call or email to make an appointment with Jill or drop in for any of the two monthly wellness clinics to have your blood pressure taken, ask medical questions, go over your current medication list, or simply discuss health concerns for you or a loved one. Jill is available by phone or in person. She can even make house calls for anyone who is unable to leave their home!

Wellness Clinics – Wednesday, July 7th and Monday July 12th, 10:00am-12:30pm

Summer Heat Safety, Wednesday, July 14th, 11:15am – As we age our body does not handle the high temperatures in the summer, some medical conditions and medication can heighten the risk of heat related illness! Jill Salamon, MPH, MSN, RN will discuss how to stay cool and safe in the heat both indoors and out and what to do to prevent and treat heat stroke and heat exhaustion.

COVID Vaccine Information

If you are still in need of a vaccine you can call Acton Nursing Services for up to date information.

Podiatry Clinics

Acton Seniors only

Appointments: Thursdays July 8th and 15th, Tuesday July 27th

Call 978-929-6650, we will start booking on Tuesday, July 6th, 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.

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.

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 call CrossTown Connect dispatch on [978-844-6809](tel:978-844-6809) during normal business hours, giving as much notice as possible.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email acyganiewicz@actonma.gov.

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.

Saturday July 10th, 8:00-10:00am Dunkin Donuts, 182 Great Rd
Friday August 20th, 8:00-10:00am Dunkin Donuts, 100 Powdermill Rd.

An illustration showing a large puzzle made of yellow, green, and blue pieces. Several stylized human figures are climbing ladders to reach the top of the puzzle. At the top, a sign reads "ENTERING THE ACTON" with a small globe icon. The background features large green leaves and a light blue sky.



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

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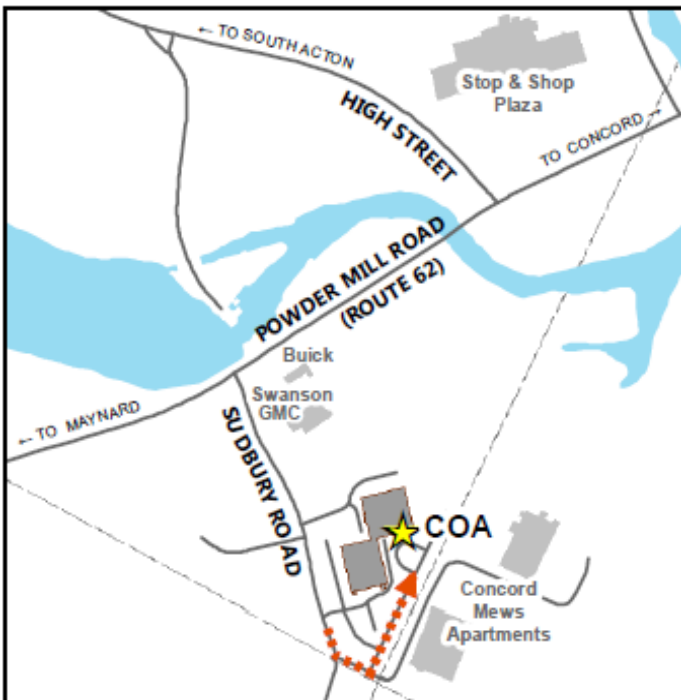


Bringing Our Programs into Your Home via Zoom Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already!

If you have not used Zoom, you can view tutorials on the company's website www.zoom.com; click on the "support" tab. There are many how-to-use Zoom videos on YouTube including this one: <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 be prominent on your screen.

- 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.
- 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 link, please check your spam folder or call the Council on Aging at 978-929-6652 for assistance.
- You do not need 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.
- If you don't have any of these devices, you can join in via telephone call. Ask the COA for the information needed to dial in. For further zoom help click [here](#)

We're open! Come and visit!



Group activities and exercise classes (for Acton seniors) are now meeting in person. We are still running some programs over zoom, so be sure to check out each description so you know how to register. If you need clarification we are happy to answer questions – call 978-929-6652 to speak with a member of the COA team.

From July 6th our opening hours are Monday, Wednesday, Thursday 8am-5pm, Tuesday 8am-7:30pm and Friday 8am-12noon.

Share our QR code for accessing the COA website!



Monday	Tuesday	Wednesday	Thursday	Friday
** last class of pre-registered exercise classes during week July 5th-July 9th From July 12th all exercise classes will be drop in, for Acton Seniors only. There will be NO classes with Terri Z the week July 12th-16th. See individual descriptions for more details, and how to register. Call COA staff on 978-929-6652 if you need clarification.			1 JULY At the Senior Center 10:00 Gentle Chair Exercise** 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for Your Health	2 At the Senior Center 8:30 Senior Fitness** 10:00 Active Aging**
5 CLOSED FOR JULY 4th	6 Building open until 7:30pm At the Senior Center 2:00 NouVonne Fitness COA via Zoom: 9:00 Drawing for All 10:00 Talk & Tea 2:00 Nouvonne Fitness **	7 At the Senior Center 10:00 BP & Wellness Clinic 10:00 Yoga 12:30 Needle Arts 2:00 Senior Fitness ** 2:30 Drop-In Bridge COA via Zoom: 1:00 – Book Group	8 At the Senior Center 9:00 Words Galore 10:00 Gentle Chair Exercise** 11:00 Taoist Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for Your Health	9 Building Closes at Noon At the Senior Center 8:30 Senior Fitness** 10:00 Active Aging** COA via Zoom: 9:00 Words Galore
12 At the Senior Center 10:00 BP & Wellness Clinic 11:00 Tai Chi 1:00 Movie Matinee 1:00 Mah Jongg COA Via Zoom 1:00 Chess Class	13 Building open until 7:30pm At the Senior Center 9:00 Ask the Lawyer (by appt) 10:00 COA Board Meeting 1:00 Genealogy Group 2:00 Meet & Greet with Zane 5:00 Robbins Brook Dinner COA via Zoom: 9:00 Drawing for All 10:00 Talk & Tea 2:00 Managing your Memory	14 At the Senior Center 10:00 Yoga 11:15 Nursing Talk 12:30 Needle Arts 1:30 Computer Club 2:30 Drop-In Bridge COA via Zoom: 1:00 Fit Over 50 Virtual Seminar	15 At the Senior Center 9:00 Words Galore 10:00 Gentle Chair Exercise 11:00 Taoist Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for Your Health	16 Building Closes at Noon At the Senior Center 10:00 James Joyce with Stephen Collins COA via Zoom: 9:00 Words Galore
19 At the Senior Center 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Book Group 1:00 Movie Matinee 1:00 Mah Jongg COA Via Zoom 1:00 Chess Class 1:00 Beautiful Butterflies	20 Building open until 7:30pm At the Senior Center 11:00 Grandparents Group 2:00 NouVonne Fitness COA via Zoom: 9:00 Drawing for All 10:00 Talk & Tea 1:00 Great Depression	21 At the Senior Center 9:00 Watercolor Class 10:00 Yoga 12:30 Needle Arts 1:30 Senior Fitness 2:30 Drop-In Bridge COA via Zoom: 1:00 Big Band Music	22 At the Senior Center 9:00 Words Galore 10:00 Gentle Chair Exercise 11:00 Taoist Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for Your Health	23 Building Closes at Noon At the Senior Center 8:30 Senior Fitness 9:45 Active Aging 10:00 James Joyce with Stephen Collins COA via Zoom: 9:00 Words Galore
26 At the Senior Center 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Movie Matinee 1:00 Mah Jongg COA Via Zoom 1:00 Chess Class	27 Building open until 7:30pm At the Senior Center 10:30 Floral Therapy Workshop 2:00 NouVonne Fitness 2:30 Lit Lovers 6:00 Ice Cream Grab & Go Plus Meet & Great with Zane COA via Zoom: 10:00 Talk & Tea	28 At the Senior Center 9:00 Watercolor Class 10:00 Yoga 12:30 Needle Arts 1:30 Computer Club 1:30 Senior Fitness 2:30 Drop-In Bridge COA via Zoom: 1:00 Art of French Revolution	29 At the Senior Center 9:00 Words Galore 10:00 Gentle Chair Exercise 11:00 Taoist Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for Your Health	30 Building Closes at Noon At the Senior Center 8:30 Senior Fitness 9:45 Active Aging 10:00 James Joyce with Stephen Collins COA via Zoom: 9:00 Words Galore

Calendar notes:

Schedule correct at going to press.

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 Acton COA: *Drawing class, watercolor class, Words Galore, Big Band/Swing Music, Surrealist René Magritte, Tai Chi Class, The Great Depression, Power of Flowers floral arranging, and Dubliners seminar.*

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

For local history buffs....

Sleepy Hollow Cemetery Tour with Bonnie Beaudet

Monday, August 2nd (Rain Date: August 3rd) 10:30am-12:30pm \$19 per person.

Spend a morning visiting Concord's luminaries from the nineteenth century. Participants will meet at the main gate of Sleepy Hollow Cemetery and go to Authors' Ridge where we will discuss the lives of the Concord Authors who lived as neighbors and friends and now rest rear one another for all eternity. Bonnie Beaudet is a licensed Concord Tour Guide and works at the Concord Visitor Center and Thoreau Farm/Birthplace of Henry David Thoreau. For more information or to register call A-B Community Education at 978-266-2525 or visit their website abce.abschools.org



Everyone did a great job to adapting to exercise under the tent for a few weeks in May and June.

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.

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, if you would like to hold off receiving the newsletter for the time being just let us know.

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.

We are happy to have you collect your newsletter too, now we are open again. Just let us know.

Elvis was in the building!



Calvin Benelli, an ABRHS alum entertained an enthusiastic group one Wednesday afternoon. Much foot tapping and stirring of memories ensued.

