



Acton Senior Center Newsletter

AUGUST 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>

Opening Hours: Mon, Wed & Thurs: 8:00am-5:00pm, Tues 8:00am-7:30pm and Fri 8:00am-12noon

The Senior Center is now hosting more programs, classes and groups in-person. Exercise classes are drop-in (for Acton seniors). Movies are back, now on a Monday afternoon. Our Tuesday evening extended hours is an opportunity to visit if you haven't before - new activities are scheduled including inter-generational chess! Visit on August 24th for our "Garden Swap". We have re-opened the gym and you can now schedule your re-introduction to the gym – with an added bonus of monitor training to allow the gym to be open more hours – for our Acton Seniors. Call if you need more details.

Our meals are being offered as dine-in (or take out).

As we "re-boot" please read individual descriptions for sign up procedure. Call us if you have any questions.

This month the following activities are supported by the Friends of the Acton COA: *Watercolor class, The Great Ladies of Song, Words Galore, History of the Vice Presidency, Surreal World of Magritte, Tai Chi class, and Dubliners seminar.*

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Naomi Yamaguchi Classical Music Piano Concert

Tuesday, August 10th, 1:00-1:45pm



Open to out-of-town seniors/free

Spend a summer afternoon listening to pianist Naomi Yamaguchi as she performs a selection of pieces by Bach, Beethoven, Chopin, and Debussy at the Senior Center. Naomi is a rising senior at Acton Boxborough Regional High School and has been playing piano since age four. She is the winner of numerous international competitions and has performed in Italy, Switzerland, Japan, and Poland. She loves visiting senior centers and playing concerts.

The Ice Cream Man is Coming!

Wednesday August 11th, 12:30pm

Acton seniors only

Dylan and Pete's Ice Cream truck will be at the Senior Center on August 11th at 12:30pm. Come on down and enjoy a free frozen treat!

This event is sponsored by a grant from CHNA15.



DYLAN & PETE'S
ICE CREAM

Directors Corner

It has been so nice to see the Senior Center come back to life again! Activities, meals and classes are back in person. We do continue to offer some virtual options as well. The Human Services and Senior Center began new hours of operation last month and will be open until 7:30 on Tuesday evenings and closing at noon on Fridays. We have had some hot days so far this summer. Please keep in mind the Senior Center is open and air conditioned so come down and cool off. Enjoy, Sharon

Great Ladies of Song: Dinah Shore, Patti Page and Doris Day via Zoom

Wednesday, August 18th, 1:00-2:00pm

Open to out-of-town seniors/free

Join John Clark to watch, listen and learn about three of the most talented and lovely singing stars of the 40s and 50s: Dinah Shore, Patti Page and Doris Day. All three began their careers singing for musical groups and big bands, going on to greater popularity on their own. Dinah Shore started with Xavier Cugat's orchestra in the late 1930s, became a radio star and scored her first gold record with *Blues in the Night* in 1942. After another big hit, Oscar-winner *Buttons and Bows*, she started a television career that spanned 40 years. In her early 20's, Patti Page performed with country bands, so not surprisingly her biggest hit, *Tennessee Waltz*, was written as a country song. Patti scored ten gold records in the next five years, including *With My Eyes Wide Open I'm Dreaming* and *Doggie in the Window*. Doris Day's success was divided between acting and singing. Just as WWII ended, she scored the biggest hit of her career, *Sentimental Journey* with Les Brown's band. In 1954 she sang the #1 hit *Secret Love* in the lead role of *Calamity Jane* and the Oscar-winning *Que Sera, Sera* in 1956. 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.*



A Stepping Stone to Oblivion: A History of the Vice Presidency of the United States via Zoom

Tuesday, August 24th, 1:00-2:00pm

Open to out-of-town seniors/free

Join historian Paolo Di Gregorio as he talks about the difficult position of the number two job in the American government. The Vice Presidency comes with a title, but very little power, and often less respect. This lecture will look at the history of the vice presidency, the office, and the men and woman who have held it. 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!*



The Surreal World of René Magritte via Zoom

Wednesday, August 25th, 1:00-2:00pm

Open to out-of-town seniors/free



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

René Magritte's work delighted and fascinated audiences long before Paul Simon's famous song. This program will focus on the life and influences of the Belgian Surrealist painter whose paintings are both familiar and confounding. Discover the ways his work relates to contemporaries like Salvador Dali and learn how art historians interpret his mysterious paintings.

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, most recently at Southern New Hampshire University.*

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

Fridays, through August 27th, 10:00-11:00am

Open to out-of-towners for \$20 fee

Stephen Collins concludes this in-person seminar this month. For information on viewing the film *The Dead* based on the short story, see page 4. Please obtain a copy of *Dubliners* to use for the class. Participation is an integral part of this seminar! 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.



Horticultural Flower Therapy Classes with Cathy Fochtman

Acton seniors only

Tuesday August 17th, 6:00-7:00pm

Wednesday August 25th, 10:30-11:30am

Register with Acton Nursing Services, 978-929-6650.



Join Cathy Fochtman in creating a Japanese Ikebana inspired Water Bowl. All materials will be supplied, including a low blue 8" wide bowl and clear Kenzan (pinholder) to arrange flowers, branches and foliage. Bring it home to fill with water and enjoy a tranquil water feature for your table.

Two sessions are available, maximum 12 per session, sign up for one session only. Sponsored by Acton Nursing Services.

Watercolor Class for All with Sandy Wilensky

Wednesdays, through August 25th, 9:00-1:00am

Acton seniors Only

Class is full, with a waitlist.

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, Thursdays, through August 12th, 9:00-10:00am Acton seniors only

Words Galore via Zoom, Fridays, through August 13th, 9:00-10:00am,

Open to out-of-town seniors/free

Join Val Walker as she concludes this 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 either the in-person or Zoom session by emailing the COA at seniorcenter@actonma.gov or call 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, 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, or the Citizen's Library at 978-929-6654 or WACL@actonma.gov.

Ann Kulsick facilitates the virtual gatherings.

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

This group is now cancelled for August and will return in October.

Open to out-of-town seniors/free

LitLovers Study Group

Tuesday, August 24th, 2:30-3:45pm

Open to out-of-town seniors/free

This monthly group 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 August lecture is Joyce—*Dublin and Dubliners*” and the suggested book to read is *Dubliners* by James Joyce. See page 4 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!

Java with John will be in person on **Friday, August 13th, 10:00am** at the Senior Center.

Enjoy a cup of coffee with the Town Manager, hear the latest updates and ask your questions.



THANK YOU TO.... Victoria Huerta and Nick Rye our summer interns for helping out at the COA.
Best of luck to you this coming school year.

Monday Movie Matinees

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. Films shown with closed-captioning, when available.

Monday, August 2nd, 1:00-2:50pm *Fisherman's Friends* (2019, PG-13) A fast living, cynical London music executive heads to a remote Cornish village on a stag weekend where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He struggles to get the band interested in signing a contract as they value friendship and community over fame and fortune. Based on a true story.



Monday, August 9th, 1:00-3:15pm *Little Women* (2019, PG) In this latest retelling of the Louisa May Alcott story, Jo March reflects back and forth on her life, telling the beloved story of the March sisters—four young women each determined to live life on her own terms. Stars Saoirse Ronan, Meryl Streep, Laura Dern. Received six Academy Award nominations, including Best Picture, with a win for costume design.



Monday, August 16th, 1:00-2:30pm *The Dead* (1987, PG) On a snowy evening in 1904 Dublin, things begin to unravel for a married couple after a holiday dinner party. John Huston film starring his daughter, Angelica Huston. Based on the short story by James Joyce; nominated for best screenplay and costume design Oscars.



Monday, August 23rd, 1:00-2:25pm *Driveways* (2019, PG) A lonesome boy accompanies his mother on a trip to clean out his late aunt's house and ends up forming an unexpected friendship with the retiree who lives next door. Lucas Jaye, Brian Dennehy, and Hong Chau co-star in this drama.



Monday, August 30th, 1:00-3:00pm *1917* (2019, R for war-time violence, language, disturbing images) As a regiment assembles to wage war deep in enemy territory, two British soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap. Sam Mendes filmed the World War I epic as one shot. Nominated for 10 Academy Awards, including Best Picture, with three wins.



TUESDAY NIGHTS – we are open until 7:30pm



Game Night

Tuesday, August 10th, from 5:00-7:00pm

Open to all seniors

We'll provide a variety of games for you to play or bring one of your own favorites. Pizza will be available to snack on while you play for \$2 a slice. Sign up prior to the event to let us know you will be coming.

Garden Swap



Tuesday, August 24th, 5:00-7:00pm

Open to all seniors

Do you have an overabundance of tomatoes but would love some zucchini? Stop by the Senior Center anytime from 5:00-7:00pm to swap and share what you have grown, extra seeds you may have or hand held garden tools you no longer want.

August 3rd and 17th - Intergenerational Chess – see p.6.

August 10th – SHINE appointments – see p.11.



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.

Groups

Needle Arts Group

seniors/free

Open to out-of-town



Wednesdays, 12:30-2:30pm

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



Genealogy Group

Tuesday, August 10th, 1:00-2:30pm

Open to out-of-town seniors/free

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

Wednesdays, August 11th and 25th, 1:30-3:00pm

Open to out-of-town seniors/free

All seniors are welcome to come and participate in Computer Club. 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.



Games

Morning Open Activity Time



Weekday mornings, 9:00-11:30am

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!

Open to out-of-town seniors/free

Drop-In Bridge

Wednesdays, 2:30-4:30pm

Games are for people with a variety of skill levels but playing experience is needed.

Open to out-of-town seniors/free

Chess Club

Thursdays, 1:00-3:00pm

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

Open to out-of-town seniors/free



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

Mondays, 1:00-3:00; ongoing

No class August 9th

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.

Intergenerational Chess

Join us at the Senior Center **Tuesday August 3rd and 17th from 5:00-7:00pm** to play chess. Anyone under 16 years of age must be accompanied by an adult.

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00pm for experienced players only

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

The Friday 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.



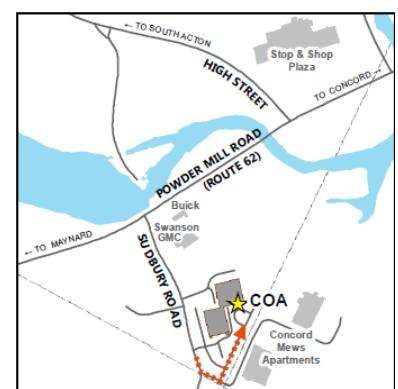
A Message from the Friends of Acton COA

As the Senior Center reopens, the FCOA is pleased to support a wide variety of activities – inside, outside and virtual. Curious how this effort is funded? Come join the next meeting.

Donations toward this effort are welcome all year long.

The Friends of the Acton COA will next meet Monday, August 9th at 1:00pm.

If you haven't visited us you can call in any time we are open, for a look around. We'd love to see you.



Mind, Body and Spirit

Resilience after COVID: A Re-Entry Conversation via Zoom

Monday, August 9th, 11:00am

Open to All

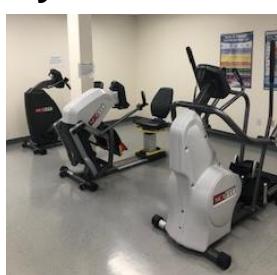


As COVID-19 cases continue to decrease in Massachusetts, residents are faced with the challenge and opportunity of moving forward with their lives. For many, this elicits a host of conflicting feelings. There may be a sense of hope for returning to life as normal, as well as uncertainty over how to rebuild feelings of safety and community. Please join us in a one-hour presentation and discussion that will focus on understanding the COVID-19 pandemic as a shared global trauma. Learn about the mental and physiological effects of trauma, concrete

ways for managing symptoms of anxiety associated with COVID, and strategies for gradual re-entry into the community. Pre-Registration is required at <https://tinyurl.com/yrwnucee> or see online newsletter for quick link. For more information contact Sheryl Ball, Acton Health Division at sball@actonma.gov or call 978-929-6453.

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

Gym



The COA will be requiring that those who use the gym to 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 or email us if you are interested and we can sign you up for training. Current hours are Mondays, 10:00-2:00, Tuesdays, 9:00am-2:00pm & 5:00-6:00pm, Wednesdays, 9:00am-2:00pm; and starting August 12th, Thursdays, 11:00-12:00noon.

Exercise classes

- 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, see 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) & bring water in a non-breakable container
- All attendees must have an exercise waiver on file and up-to-date emergency contact information.

Senior Fitness with Terri Zaborowski

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

Wednesdays, through September 1st, 1:30-2:30pm

Fridays, through September 3rd, 8:30-9:30am No class August 27th

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.

Acton seniors only



Active Aging with Terri Zaborowski

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

Fridays, through September 3rd, 9:45-10:45am

Acton seniors only

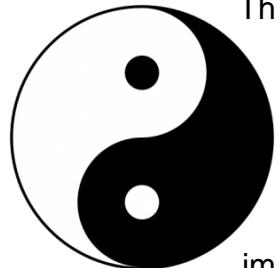
No class August 27th

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

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

Acton seniors only



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, 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.*

Gentle Chair Exercises with Yvonne Benelli

Acton seniors only

Thursdays, 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.



Thursday Tai Chi Practice

Thursdays, 11:00-12:00noon

Those who practiced the specific form previously offered in the Thursday 11:00am Tai Chi class are welcome to use the Senior Center space to practice together.

Open to out-of-town seniors/free

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. 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.*



The Council on Aging Board is hoping that Acton seniors are enjoying summer and spending time with family and friends, indoors and outside. We hope you are "getting back to normal" and planning to attend the Senior Center for activities.

The COA Board encourages you to participate in the "Walk Massachusetts Challenge." This is a program with walks tied to fun Massachusetts facts. And, there are prizes for lucky winners of the Challenge including: a \$50 Visa gift card, \$25 Amazon gift card, and \$10 Dunkin' gift card. The Acton COA would also be eligible for a drawing to win up to \$1,000 for future programming. The Challenge runs until September 30th. You can sign up and get all the details at <https://tinyurl.com/ydx8ew55> Best wishes for a happy and healthy summer! We look forward to sharing and hearing about your outdoor activities all throughout the season.

The COA Board will meet Tuesday, August 10th at 10:00am in person at the Senior Center.

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.

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.

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

Acton residents turning 60 will be added to the newsletter mailing, let us know if you're not ready yet!

Meal Opportunities

At the Senior Center....

Lunch by Benchmark Senior Living/Robbins Brook

Open to out-of-town seniors

Tuesday, August 3rd, 12:00pm.

Eat in or take out lunch at the Senior Center. Enjoy chicken Caesar salad, a roll and dessert. Sign up prior to the event. If you are not comfortable coming into the center, please let us know and we can make a curbside pick up arrangement. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3.00.

Annual Fire Department Cookout, Tuesday, August 31st at 5:00pm

Acton seniors only

Enjoy cheeseburgers, chips, watermelon and ice cream made and served by our own firefighters!

Cost is \$3:00. Sign up prior to the event. Dinner will be served indoors.

Lunches at the Senior Center

Minuteman Senior Services are serving congregate lunches Monday – Thursday at noon. 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 . Free frozen meals are available, prepared by Open Table, for more details speak with Fiona, 978-929-6652.

Healthy Helpings The COA in partnership with Open Table is 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.

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.



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, and 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

Now dining in – see [here](#) for menu and instructions.

<https://patch.com/massachusetts/acton>



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 to enquire of available services.

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, August 17th, 11:00-12:00noon.

Open to all/free

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.

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

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

Serving Health Insurance 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. (www.shinema.org) 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. SHINE counselors are also available to help individuals determine if they qualify for the Medical Saving Program (MSP) and provide application assistance. To make an appointment with your local SHINE counselor please contact Beverly Hutchings on 978 929 6652.

NEW Appointments available on the second Tuesday of the month 4:00-7:00pm.

I'm in the "donut hole". What can I do?? - If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at www.prescriptionadvantagema.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

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.namicentralmiddlesex.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.



ACTON TOWN SERVICES HOTLINE - 978-929-6600

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

Acton Nursing Services

Podiatry Clinics

Acton Seniors only

Appointments: Thursday August 12th, Monday, August 16th and Tuesday, August 31st

Call 978-929-6650, we will start booking on Monday, August 9th, 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 Clinics – Wednesday, August 4th and Monday, August 16th, 10:00am-12:30pm

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call 978-929-6650.



Acton Fire Department

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. To sign up contact the COA.

Acton Police Department

Coffee with a Cop

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

Transportation

Call the hotline for up to date information 978-929-6600 regarding fixed schedules.

- **Door-to-door service for essential trips** (urgent medical appointments, groceries, etc.) 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.



Meet and Greet with Zane

Zane, the Police Service dog will be visiting the Senior Center on **Tuesday, 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.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand, Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager	Lori Cooney, Sec.	Jacquie Friedman
Chris Chirokas, Program Manager	Jeff Bergart	Chunsheng (Bill) Fu
Linda Dallimore, Temporary COA Assistant	Michael Chautin	Michelle Holmberg
Bev Hutchings, Senior Services Coordinator	Ann Corcoran	Niru Velankar
Bernice Nicoll, Activities Assistant	Meetings are in person at the Senior Center:	
Fiona Starr, Staff Assistant	COA Friends, Monday, August 9 th , 1:00pm	
Terri Zaborowski, Exercise Instructor	COA Board, Tuesday, August 10th, 10:00am	

Monday	Tuesday	Wednesday	Thursday	Friday
2 August 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Chess Lessons	3 Center Open until 7:30pm 12:00 Benchmark Lunch 2:00 NouVonne Fitness 5:00-7:00 Intergenerational Chess COA via Zoom: 10:00 Talk and Tea	4 9:00 Watercolor Class 10:00 BP/Wellness Clinic 12:30 Needle Arts 1:30 Senior Fitness 2:30 Drop In Bridge COA via Zoom: 1:00 Book Group	5 9:00 Words Galore 10:00 Gentle Chair Exercise 11:00 Thursday Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laughter Yoga	6 Center closes at 12noon 8:30 Senior Fitness 9:45 Active Aging 10:00 James Joyce with Stephen Collins COA via Zoom: 9:00 Words Galore
9 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Friends Meeting 1:00 Mah Jongg COA via Zoom: 11:00 Resilience After COVID	10 Center Open until 7:30pm 10:00 Board Meeting 1:00 Genealogy Group 1:00 Classical Music Concert 2:00 NouVonne Fitness 5:00-7:00 Game Night COA via Zoom: 10:00 Talk and Tea	11 9:00 Watercolor Class 12:30 Ice Cream Truck 12:30 Needle Arts 1:30 Senior Fitness 1:30 Computer Club 2:30 Drop In Bridge	12 9:00 Words Galore 10:00 Gentle Chair Exercise 11:00 Thursday Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laughter Yoga	13 Center closes at 12noon 8:30 Senior Fitness 9:00 Java with John 9:45 Active Aging 10:00 James Joyce with Stephen Collins COA via Zoom: 9:00 Words Galore
16 8:30 Senior Fitness 9:45 Active Aging 10:00 BP/Wellness Clinic 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Chess Lessons	17 Center Open until 7:30pm 11:00 Grandparents Group 2:00 NouVonne Fitness 2:00 Meet & Greet with Zane 5:00-7:00 Intergenerational Chess 6:00 Horticultural Therapy COA via Zoom: 10:00 Talk and Tea	18 9:00 Watercolor Class 12:30 Needle Arts 1:30 Senior Fitness 2:30 Drop In Bridge COA via Zoom: 1:00 Great Ladies of Song	19 10:00 Gentle Chair Exercise 11:00 Thursday Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laughter Yoga	20 Center closes at 12noon 8:30 Senior Fitness 9:45 Active Aging 10:00 James Joyce with Stephen Collins
23 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Chess Lessons	24 Center Open until 7:30pm 2:00 NouVonne Fitness 2:30 LitLovers Group 5:00-7:00 Garden Swap COA via Zoom: 10:00 Talk and Tea 1:00 Vice Presidency Talk	25 9:00 Watercolor Class 10:30 Horticultural Therapy 12:30 Needle Arts 1:30 Computer Club 1:30 Senior Fitness 2:30 Drop In Bridge COA via Zoom: 1:00 World of Magritte	26 10:00 Gentle Chair Exercise 11:00 Thursday Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laughter Yoga	27 Center closes at 12noon No classes with Terri Z today 10:00 James Joyce with Stephen Collins
30 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Chess Lessons	31 Center Open until 7:30pm 2:00 NouVonne Fitness 5:00 Fire Depart. BBQ COA via Zoom: 10:00 Talk and Tea	1 September 12:30 Needle Arts 1:30 Senior Fitness 2:30 Drop In Bridge COA via Zoom: 1:00 Book Group	2 10:00 Gentle Chair Exercise 11:00 Thursday Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laughter Yoga	3 Center closes at 12noon 8:30 Senior Fitness 9:45 Active Aging

Photo Gallery



Tuesday night dinner



Needle Arts meets in person



Bridge group is happy to be back.