



Acton Senior Center Newsletter SEPTEMBER 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

***All programs, classes and meals were planned in accordance to the local and state Board of Health guidance at the time this newsletter went to print and are subject to change. Unless stated in the description, classes and programs are "drop in".**

***Borne on the Wind* Author Talk with John Anderson**



Wednesday, September 22nd, 1:00-2:00pm

Open to out-of-town seniors/free

Join Acton resident John Anderson as he talks about his recently published book, *Borne on the Wind*, accompanied by a slideshow. The book is about the life and sailing career of John's grandfather Captain Anders Anderson. Anders left home as a teenager for a life at sea, sailing to North and South America, Africa, Burma, and India and surviving a shipwreck, all before reaching adulthood. He later became a Maine schooner captain in the last years of the Atlantic sailing trade and left behind more than 30 years of journals which are the basis for John's book.

Listening to Four Centuries of Music with Sivan Etedgee

Thursday, September 23rd, 12:30-1:30pm

Open to out-of-town seniors for \$5/lecture

Over the next six months, pianist and teacher Sivan Etedgee will lead a series at the Senior Center that combines lecture, live performance and classical music sound recordings. This month's topic is: "The Baroque Style: Affect, Ornament, Counterpoint, Fugue." If you'd like to mark your calendar, additional dates of the series are: October 21st, November 18th, December 16th, January 20th and February 17th. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year. He is a faculty member at the Newton Music Academy and president of the New England Piano Teachers' Association. His programs at the Senior Center are always enthusiastically received!*



Directors Corner

If you are receiving our newsletter for the first time, welcome! Each September we add residents who completed the Town's census and will be turning 60 this year to our mailing list. If you would prefer to access our newsletter online it is available on our website. Contact our office and we will remove you from our mailing list. We have a wide variety of classes, programs and activities to offer. We continue to offer in person and virtual programs at this time and meals are available to eat in or "to go". The Senior Center provides opportunities for recreation, socialization and education free of charge to Acton residents. We also provide information and referrals for a variety of social services. If you have not had the opportunity to visit the facility, please do so.

Stay well, Sharon, COA Director



Baking for our First Responders

Thursday, September 9th, 1:30pm

Each year on 9/11 we do something special to recognize Acton's First Responders and thank them for their service. This year join us in the kitchen with Joy Agule from Northbridge to bake cookies to deliver to the Public Safety Facility and Fire Stations. Please sign up if you would like to help.



Free Emergency Preparedness Training

Tuesday, September 21st, 1:00-2:00pm

Open to out-of-town seniors/free



Are you prepared for an environmental disaster or emergency? This training, presented by the Massachusetts Office on Disability and funded by the Department of Homeland Security, will provide you with the knowledge and supplies you need to be ready. You will learn about emergency response resources and procedures within the community and the individual steps you can take to be prepared. You will also hear how the government responds to an emergency and what to expect during a natural disaster. Participants who qualify will receive a free emergency "go kit!" Register ahead of time as kit supplies are limited: 978-929-6652 or seniorcenter@actonma.gov.

Prison Dogs Documentary with Visit from Service Dog Zane

Tuesday, September 21st, 4:00-6:30pm

Open to out-of-town seniors/free

View this documentary about the Puppies Behind Bars program, from which Acton Police Department's service dog Zane is a graduate. The film focuses on three New York prisoners who raise puppies to become service dogs for US veterans, first responders and law enforcement. Detective Jon Stackhouse and Zane will be in attendance (barring being called away on an emergency!). Zane provides comfort and lifts spirits everywhere he goes and knows more than 90 commands!



Financial Education Series with Northern Bank & Trust Company

Thursday, September 23rd, 11:30-12noon

Open to out-of-town seniors/free

Join Arun Johar, Assistant Branch Manager of Acton's Northern Bank & Trust Company, for a monthly educational series at the Senior Center. In September, Arun will discuss how seniors can recognize and reduce the risk of financial exploitation. The seminar will typically meet at 11:30am on the fourth Thursday of each month through February 2022, with some variations because of holidays.

Great Ladies of Song: Rosemary Clooney, Peggy Lee and Jo Stafford

Tuesday, September 28th, 1:00-2:00pm

Open to out-of-town seniors for \$5

John Clark *in person* to watch, listen and learn about three of the best-loved female vocalists of the 1940s and 1950s. Rosemary Clooney began singing duets with her sister in a 40s swing band, but by the early 50s had become a singing star with multiple million sellers like *Come On-A My House*. Peggy Lee first sang for Benny Goodman's orchestra but soon established her own stardom with an intimate vocal style that rivaled Frank Sinatra. *Fever* and *I'm a Woman* were just two of the iconic hits of her later years. As part of the vocal group the Pied Pipers and as a solo artist, Jo Stafford was simply the best-selling female singer from 1940 to the mid-50s with *You Belong to Me* as her biggest hit song. *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.*



Scams and Fraud Informational Presentation by the Better Business Bureau and Office of Consumer Affairs

Wednesday, September 29th, 1:00-2:00pm

Open to out-of-town seniors/free

It seems each week there is a new scam targeting Americans. You can protect yourself by being cautious and educating yourself. Amy Schram of the Better Business Bureau and Robin Putman of Massachusetts Office of Consumer Affairs will discuss the most common scams currently circulating the community, major red flags to watch out for, and the precautionary steps we can all take to protect ourselves from being victimized.

Arts and Crafts

Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to out-of-town seniors/free

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

Greeting Card Craft Workshop with Nancy Dodge

Tuesday, September 14th, 2:00-3:00pm

Acton Seniors only

In this workshop suitable for all skill levels of crafters, you will make one sunflower themed greeting card. You can chose from three card designs based on your skill level and make your creation unique by selecting your desired sentiment and other embellishment. All supplies provided by instructor. The amount of time to complete your card can vary from 15 minutes upward. Sample cards are on display in the Senior Center reception area. Nancy Dodge is an avid crafter and a Stampin' Up distributor. Space is limited; **register beginning Tuesday, September 7th**: 978-929-6652 or seniorcenter@actonma.gov.



Drawing For All with Sandy Wilensky

Tuesdays, September 21st through November 9th, 9:00-11:00am

Acton Seniors Only

Registration by lottery



All levels of experience are welcome! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a drawing warm-up, followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learning about line, shape, value, texture and perspective will be woven into the class instruction. Drawing subjects will include still life, landscape and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Group sharing of drawings will have a goal of positive affirmation of learning. If you are new to this class, you may purchase a drawing set for \$17.50 (payable to Sandy at the first class) which will be yours to keep or bring your own supplies (list available upon request). Please note the program room can be chilly, so dress accordingly.

Sign up for the class lottery by 12noon on Monday, September 13th by phone or email: 978-929-6652; seniorcenter@actonma.gov. We will notify every one of their status by September 15th.

Sandy Wilensky has had a career in education with experience teaching people from age 3-83+. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting. She has recently been teaching art classes in area senior centers, Acton Community Education and in her studio at ArtSpace in Maynard. Sandy's art has been shown in many local locations.

Photography Exhibit



In October, we are delighted to welcome the Quail Ridge Camera Club. They will be exhibiting photographs representing the work of its members. All are welcome to attend their opening reception on **Tuesday, October 5th from 2:00-4:00pm.**

A Message from the Friends of Acton COA

As activity returns to the Senior Center, the FCOA enthusiastically welcomes Acton's newest "seniors" to its modern facility and extensive programing.

Curious how this effort is funded? Come join the next meeting.

Donations toward this effort are welcome all year long. www.friendsofacioncoa.com

The Friends of the Acton COA will next meet Monday, September 13th at 1:00pm.

The Joy of Words

Words Galore Class with Val Walker

Thursdays, September 9th through October 14th, 8:45-9:45am

Open to out-of-town seniors if space available starting September 8th for \$20/series

Join Val Walker at the Senior Center 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. *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

Wednesday, September 1st, 1:00-2:30pm

The group is reading The Great Alone by Kristin Hannah this month. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, The Arctic Fury by Greer Macallister will be discussed at the October 6 meeting. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will email you the Zoom link which is also posted in Special Announcements at www.actoncoa.com.



Book Discussion Group—In Person

No meeting in September, next meeting Thursday, October 21st, 3:00pm



The next meeting of the in-person Book Discussion Group led by Trudi Bruschi is Thursday, October 21st at 3:00 pm. The book we will be reading is *Four Winds* by Kristen Hannah which is set in America at a time of great upheaval. Please note the date and time change to better manage conflicts with other COA activities. Bring your friends, men are invited, and the meeting is open to out-of-towners as well. We look forward to seeing and discussing a variety of books in person! If you would like to suggest a book, please email Trudi@bruschi.org.

LitLovers Study Group

Tuesday, September 28th, 2:30-3:45pm

Open to out-of-town seniors/free



This group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D. The lecture this month is *Joyce—Realism and Anti-Realism*; suggested reading is *Ulysses* by James Joyce. Group is facilitated by Program Manager Chris Chirokas. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). New attendees welcome!



Remembrance Tree

It has been a difficult year and a half. Many have lost loved ones. This month we have a tree displayed on the wall in the lounge to acknowledge those we have lost. Paper leaves will be available for you to post the name and if you wish, a photo of someone you have lost during this time. The Remembrance Tree will remain in place until September 29th.

Java with John

Thursday, September 9th, 10:00am

Come have a cup of coffee and hear the latest Town of Acton news. John is available to hear your comments, concerns and questions.



Ask the Lawyer appointments available this month – see page 11.

Groups

Talk and Tea Tuesdays at Ten via Zoom

Tuesdays, September 7th and 21st, 10:00-11:00am

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 meeting, 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.



Genealogy Group

Open to out-of-town seniors/free

Tuesday, September 14th, 1:00-2:30pm

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, September 8th and 22nd, 1:30-3:00pm

Open to out-of-town seniors/free

All seniors are welcome to 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 to club members.

Monday Movie Matinees

Open to out-of-town seniors/free

No movie on September 6th. Shown with closed captioning when available *After viewing, the DVDs of these films will be available to borrow from the resource shelf in the Senior Center lounge*

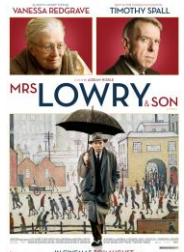
Monday, September 13th, 1:00-2:35pm *The Father* (2020, PG-13) In an Oscar winning role, Anthony Hopkins plays a man who refuses assistance despite showing signs of dementia. Olivia Colman co-stars. Also won an Oscar for best adapted screenplay was nominated for best picture, best supporting actress (Colman), film editing, and production design.



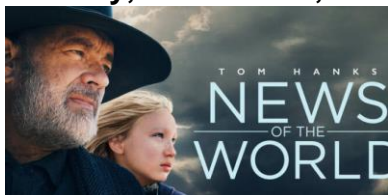
Monday, September 20th, 1:00-2:35pm *The Maestro* (2018, unrated) In the 1940s, an aspiring film composer moves to Hollywood to study with infamous master teacher Mario Castelnuovo-Tedesco whose students included John Williams, Henry Mancini and Randy Newman. Xander Berkeley and Leo Marks star in this biopic.

Monday, September 27th, 1:00-2:30pm *Mrs. Lowry & Son* (2019, NR) Timothy Spall stars as British artist L.S. Lowry who became a renowned artist despite a lack of support from his domineering mother (played by Vanessa

Redgrave). *This film does not have closed captioning.*



Monday, October 4th, 1:00-3:00pm *News of the World* (2020, PG-13 for violence,



language and disturbing images) Tom Hanks stars in this western as a Civil War veteran turned non-fiction storyteller who agrees to deliver a girl, taken by the Kiowa people years ago, against her will to live with her aunt and uncle. They travel hundreds of miles and face grave danger as they search for a place that either can call home. Four Oscar nominations, including best cinematography.

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

No activity time Sept. 6th

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

Open to out-of-town seniors/free

Thursdays, 1:00-4:00pm

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**

Mondays, 1:00-3:00pm; No class September 6th.

Class is ongoing but is open to new participants, email seniorcenter@actonma.gov and include full name and phone number.

Mah Jongg Time

Open to out-of-town seniors/free

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

No games on Sept. 6th

Tuesday, September 7th, 1:00-4:00pm for experienced players

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



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.

Mind, Body and Spirit

Mindfulness/Meditation with Erin Loporto via Zoom

Pre-Registration Required

Mondays, commencing September 13th for 8 sessions, 10:00am

Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 8-week, free program. Register with this zoom link <https://tinyurl.com/shd6r6p8> For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. Easy access to the registration [link](#). Funding for this program is possible through CHNA 15.



Medical Use of Cannabis with Dr. Jordan Tishler

Tuesday, September 14th, 5:00-6:00pm

Open to all/free

Jordan Tishler, MD, of inhaleMD, will present on the medical use of cannabis, which is shown to alleviate symptoms from a variety of ailments including arthritis, cancer, chronic pain, dementia, sleep disorders, Parkinson's, and anxiety. Dr. Tishler will provide clarity on a topic where so much information, and often misinformation, can cause confusion. *Educated at both Harvard College and Harvard Medical School, Dr. Tishler founded Inhale Medical Consulting in Cambridge and is a leading expert in the field of medical cannabis therapeutics. His presentation is based on years of research, learning, and caring for patients. He trained in Internal Medicine at Brigham and Women's Hospital, was an emergency physician, and has worked with the underserved, particularly our Veterans.*

Coping Strategies for Grief and Loss via Zoom

Thursday, September 23rd at 10:00am

Open to All

Pre-Registration required at <https://tinyurl.com/d7bj5w8a> or see [link](#).

Join the conversation about grief and loss especially since the COVID pandemic began. What feelings do we experience? How can we take (better) care of ourselves? What is our future and how do we connect to what uplifts up? Feel free to share your stories and questions if the mood strikes you. Led by Cynthia Simpson LICSW with experience in grief, trauma, and family matters. For more information please contact Sheryl Ball at the Acton Health Division at sball@actonma.gov or call 978-929-6453. Funded by CHNA15.



Walk Massachusetts Challenge Ends September 30th

If you participated and are submitting a paper walking journal, please drop it off at the Senior Center by that date. Best of luck in winning a prize! Link to information <https://tinyurl.com/ydx8ew55>

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, 10:00am-2:00pm, Tuesdays, 9:00am-2:00pm & 5:00-6:00pm, Wednesdays, 9:00am-2:00pm; and Thursdays, 11:00am-12noon. Subject to change.

You can call us at 978-929-6652 to confirm the current schedule.

Exercise classes

- Exercise classes are limited to Acton residents age 60 and up
- Classes are not meeting the week of September 6th
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- 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

Active Aging with Terri Zaborowski

Mondays, September 13th through December 20th, 8:30-9:30am

No class Oct. 11th

Tuesdays, September 14th through December 21st, 9:45-10:45am

Thursdays, September 16th through December 23rd, 9:45-10:45am

No class Nov. 11th and 25th

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. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the COA since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*



Tai Chi with Linda Sango

Mondays, September 13th through December 20th, 11:00-12:00noon

No class Oct. 11th

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 since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*



Senior Fitness with Terri Zaborowski

Tuesdays, September 14th through December 21st, 8:30-9:30am

Wednesdays, September 15th through December 22nd, 8:30-9:30am

Thursdays, September 16th through December 23rd, 8:30-9:30am

No class Nov. 11th and 25th

Fridays, September 17th through December 17th, 8:30-9:30am

No class Nov. 26th



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.

Wellness Yoga with Patsy Brightman

Wednesdays, September 15th through December 22nd, 10:00-11:15am

No class Nov. 24th

The last Wednesday of each month is a healthy joint class.

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, especially for joint class). September 29th is a Healthy Joint Class 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.*

Thursday Tai Chi Practice

Thursdays, 11:00-12noon

Open to out-of-town seniors/free

No practice Nov. 11th and 25th

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.

Stretch and Flex with Terri Zaborowski

Thursdays, September 16th through December 23rd, 3:00-4:00pm

No class Nov. 11th and 25th



This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays, September 17th through December 17th, 10:00-11:00am

No class Nov. 26th

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! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*



Gentle Chair Exercises with Yvonne Benelli

Fridays, September 17th through December 17th, 11:15-11:45am

No class Nov. 26th

This low-impact program aims to increase strength, balance and coordination and is best suited for people getting little physical activity. Small hand weights and exercise balls are used and are provided by the Center or you may bring your own. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines.

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 recurring Zoom link 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 a volunteer group that is dedicated to enriching the social, cultural and health needs of Acton's senior and elder populations. We work very closely with the Council on Aging/Senior Center as they develop programming and services for the aging population. The COA Board does not oversee the Senior Center Director or Staff. The COA Board's activities include raising awareness of the issues that Acton's seniors and elders face in their lives and helping to work with other departments to support them as they meet the needs of Acton.

Some examples of our work are: increasing Transportation for seniors' needs, supporting Housing for seniors who want to remain in Acton as they age in place, partnering with the Recreation Department to arrange special "Senior Trailblazer" walks for seniors, and advocating with the Select Board on issues of special interest to Acton's seniors and elders.

We look forward to continuing to serve our senior and elder neighbors in Acton.

Enjoy the rest of the summer in good health.

The Council on Aging Board

The COA Board will next meet Tuesday, September 14th at 10:00am.

Meal Opportunities

At the Senior Center....

Lunch by Benchmark Senior Living/Robbins Brook

Open to out-of-town seniors

Tuesday, September 21st, 12:00pm.

Eat in or take out lunch at the Senior Center. Enjoy a turkey, stuffing and cranberry sauce wrap, chips 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 pickup arrangement. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3.00.

Apple Crisp for Dessert

Monday September 27th, 12:30 – 1:00pm

Acton Seniors only

Nothing says Fall like apple crisp. We will be serving this special dessert to eat in, grab and go or you can make arrangements for curbside pickup. Please sign up prior to the event at the front desk, or call.

Rotary Club Lunch at the Boxboro Regency, Sunday September 19th, 12:00-2:00pm,

Acton and Boxboro seniors only.

You are cordially invited to the Acton/Boxborough Rotary Club Annual Senior Citizen's luncheon to be held indoors at the Boxborough Regency. Sponsored by the A/B Rotary Club and in recognition of Bud Flannery's service & devotion to this event.

Lunch features stuffed chicken Boxboro and trimmings, and entertainment will be provided.

Call the COA on 978-929-6652 to sign up by **September 12th**.

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 \$2:00.

Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org.

Every week, we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk if you are interested.

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.

CLOSED WEEK OF 4th WEDNESDAY EVERY MONTH.

Mount Calvary Community Supper, 472 Massachusetts Ave.

Wednesdays; Doors will open to enter at 4:15pm (absolutely not prior). Dinner will be served from 4:45pm to 5:45pm. Please, wear a mask until you are seated in the dining room

All guests must park in the back parking lot off Prospect St. Guests are invited to a sit-down dinner where they will again be able to join in fellowship and conversation. We will return to eating at long tables and welcome you by our familiar crew of fantastic volunteers. For those who may not be comfortable eating inside, we will offer a "Get to Go" meal which can be picked up **inside the church between 5:30pm and 6:00pm. Park your car and walk into the lobby. No meals will be distributed until this time. No people may enter until 5:30pm unless coming for Sit-down Supper.**

For the menu, [click here](#) or visit <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, September 21st, 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

SHINE - Serving Health Insurance Needs of Everyone Program is now accepting appointments for Medicare Open Enrollment consultations beginning October 15th and ending December 7th. If you would like to review your existing medical and prescription drug coverage and costs please contact **Beverly** on **978-929-6652** to arrange a one-on-one meeting with your local SHINE counselor (in person, over the phone or by zoom). Appointments are on a first come, first serve basis and fill up fast so avoid making a last-minute decision and call today.



Note that this program is not intended for people who are not already enrolled in Medicare. People turning 65 in 2022 should meet with SHINE counselors for a Medicare 101 at the end of open enrollment. SHINE is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.

****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.prescriptionadvantagemma.org

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

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.

Ask the Lawyer Appointments

Tuesday, September 21st, 1:00-3:00pm

Acton Seniors only

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA on 978-929-6652, from Monday September 13th, 1:00pm to book an appointment at the Senior Center.



ACTON TOWN SERVICES HOTLINE - 978-929-6600

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



Acton Nursing Services

For the programs offered by Acton Nursing Services if you would like more information or to register call 978-929-6650.

Balance Matters!!

Tuesdays, September 14th – October 19th, 11:00am-12:00noon

Acton Seniors only

Balance Matters!! with Karen Patterson PT, Board Certified Clinical Specialist in Geriatrics is returning in September! Join Karen as she provides a six week series of classes on increasing strength, balance, flexibility and confidence in performing activities of daily living.

Sponsored by the Friends of the Acton Nursing Services

Balance Screenings prior to the class: **September 8th, 9:00am-1:30pm**

Call 978-929-6650 (we will start booking on Tuesday, September 7th at 1:00pm)

Guided Meditation and Gentle Restorative Movement

Tuesday, September 14th and 21st, 6:00-7:00pm

Acton Residents Only, All Ages

The practice of Meditation cultivates present-movement awareness while rejuvenating and restoring energy levels. Please join Pam Saarinen, Certified Yoga Instructor, as she helps to restore your calm and inner peace, producing a state of relaxation and a tranquil mind. Together you will practice breathing techniques to relax anxiety and tension and feel spacious and rejuvenated in your body.

Restorative movement will be seated aiming to release tension in the upper body, jaw, neck and shoulders. Please wear comfortable clothing and bring a towel.

Sponsored by the Acton Nursing Services.

Movement and Common Orthopedic Issues As We Age

Wednesday September 22nd and 29th at 12:30-1:30pm

Acton Residents only

Please join Dr. John Blute, MD, Orthopedic Surgeon as he presents a two part series in September with Karen Patterson, RPT of the Acton Nursing Services.

Session 1 – Wednesday, September 22nd, 12:30pm - The value of movement for people over age 65. A review of the recent data regarding the benefits of exercise, safe basic balance and strengthening techniques to help keep you steady and strong through the years.

Session 2 – Wednesday, September 29th, 12:30pm – Review of topics from the first session as well as a discussion of common orthopedic problems in the aging population, aspects of decision making regarding these procedures and ways that can assist in having a positive outcome.

Podiatry Clinics

Acton Seniors only

Appointments: Thursdays September 9th, 23rd and 30th.

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

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

Wellness Clinics – Wednesdays, September 1st and 15th, 10:00am-12:30pm

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressures, weight and answer any medication, nutrition and health related questions you may have.

No appointment necessary!

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

Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to including healthcare.

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



Transportation



For up-to-date information on Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), call the hotline on 978-929-6600.

- Door-to-door services are in operation, with COVID protocols in place.
- To schedule rides, continue using CrossTown Connect dispatch by calling [978-844-6809](tel: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.



THANK YOU TO....Acton Fire Department for the delicious cookout!
To our wonderful summer interns, Victoria Huerta, Nick Rye and Katrina Sousounis



Please take care in the parking lot – as we get busier there is more traffic and a need for more careful maneuvering.



Meet Rose Murphy



Rose is the new Human Services Customer Service and Communication Assistant. You will see her smiling face when you come to our building. She is just as excited as we are to be part of our team. Rose lives in Boxborough and previously worked for the Town of Lincoln and for Mass Audubon.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand, Chair	Alma Sandman ,Vice Chair
Rosie Atherton, Office Manager	Lori Cooney, Secretary	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, September 13 th , 1:00pm	
Terri Zaborowski, Exercise Instructor	COA Board, Tuesday, September 14 th , 10:00am	
Rose Murphy, Human Services Customer Service & Communication Assistant		

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 September 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	2 10:00 Gentle Chair Exercise 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for your Health	3 Center closes at 12noon 8:30 Senior Fitness 9:45 Active Aging
6 Labor Day Human Services & Senior Center Closed	7 Center Open until 7:30pm 1:00 Mah Jongg COA via Zoom: 10:00 Talk and Tea	8 12:30 Needle Arts 1:30 Computer Club 2:30 Drop In Bridge	9 8:45 Words Galore 10:00 Java with John 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:30 Baking for First Responders COA via Zoom: 11:00 Laugh for your Health	10 Human Services & Senior Center Closed for Professional Development
	NO EXERCISE CLASSES SEPT 7 th – SEPT 9 th			
13 8:30 Active Aging 11:00 Tai Chi 1:00 Movie “The Father” 1:00 COA Friends Meeting 1:00 Mah Jongg COA via Zoom: 10:00 Meditation with Erin 1:00 intermediate Chess Lessons	14 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 10:00 COA Board Meeting 1:00 Genealogy Group 2:00 Greeting Card Workshop 5:00 Medical Use of Cannabis	15 8:30 Senior Fitness 10:00 BP/Wellness Clinic 10:00 Wellness Yoga 12:30 Needle Arts 2:30 Drop In Bridge	16 8:30 Senior Fitness 8:45 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	17 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise 19 Sunday 12:00 -2:00 AB Rotary Club Lunch at the Boxborough Regency
20 8:30 Active Aging 11:00 Tai Chi 1:00 Movie “The Maestro” 1:00 Mah Jongg COA via Zoom: 10:00 Meditation with Erin 1:00 Intermediate Chess Lessons	21 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 11:00 Grandparents Group 12:00 Lunch by Benchmark 1:00 Ask the Lawyer – by appt 1:00 Emergency Preparedness 4:00 Prison Dogs Documentary with Visit from Zane COA via Zoom: 10:00 Talk and Tea	22 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 “Borne on the Wind” Author Talk 1:30 Computer Club 2:30 Drop In Bridge	23 8:30 Senior Fitness 8:45 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 11:30 Financial Education Series 12:30 Sivan Etedgee “Four Centuieres of Music” 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 10:00 Grief and Loss Strategies 11:00 Laugh for your Health	24 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise

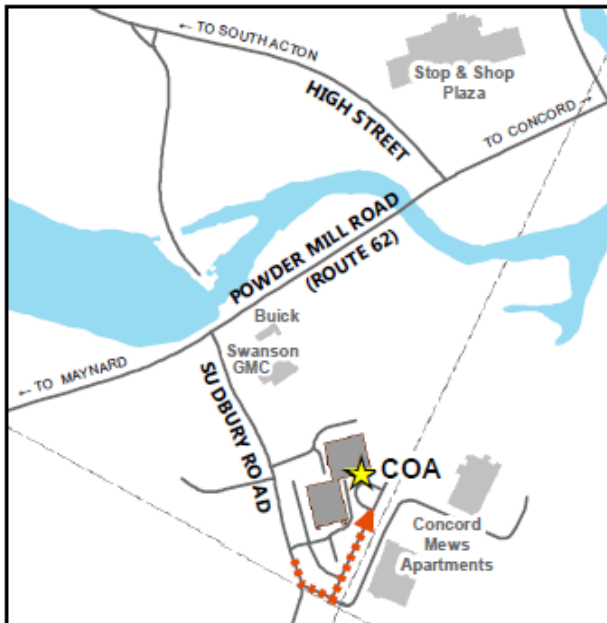
Monday	Tuesday	Wednesday	Thursday	Friday
27 8:30 Active Aging 11:00 Tai Chi 12:30 Apple Crisp for Dessert 1:00 Movie "Mrs Lowry & Son" 1:00 Mah Jongg COA via Zoom: 10:00 Meditation with Erin 1:00 Intermediate Chess Lessons	28 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 1:00 Great Ladies of Song 2:30 LitLovers Group 4:00-7:00 New Comers Evening	29 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 Scams & Fraud Talk 2:30 Drop In Bridge	30 8:30 Senior Fitness 8:45 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	October 1 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise



This month the following activities are supported by the Friends of the Acton COA:
Drawing for All, Words Galore, Tai Chi class, The Great Ladies of Song, greeting card workshop, and Four Centuries of Music.
www.friendsofactoncoa.com.

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!
For more information go to our website edition of this newsletter.



New Comers Evening

Tuesday, September 28th 4:00-7:00pm

Have you been to the Human Services and Senior Center yet? What are you waiting for?! Join us on Tuesday, September 28th between 4:00-7:00pm for a tour of the building, an opportunity to meet some of the staff, and learn about what services and programs we have to offer. If you are not able to make it give us a call and we will set up a time or just stop in at your convenience.

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August fun....



Ice cream!



Chess across the generations, planned by one of our summer interns.



The very talented Naomi played for us. Bravo, Naomi!

