



Acton Council on Aging at the Senior Center OCTOBER 2021

Subscribe
HERE
to get the
newsletter
direct

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

□► Al-Andalus: The Rise and Fall of Muslim Spain Lecture via Zoom from Home or Senior Center

Tuesday, October 12th, 1:00-2:00pm

Open to out-of-town seniors/free

For nearly 800 years, the Iberian Peninsula was home to a prosperous and cosmopolitan Muslim culture often called “the Ornament of the World.” During this period, art, architecture, science and philosophy flourished. Yet, the politics and religious fervors of medieval Europe would eventually lead to the demise of Muslim Spain. Join historian Paolo Di Gregorio as he discusses the history, culture, and legacy of Al-Andalus. You have the option of participating via Zoom from home or joining at the Senior Center to watch with a group on a large screen TV. To watch from home, register to receive the Zoom link by emailing the COA at seniorcenter@actonma.gov. *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.*



□► The Wyeths: An American Dynasty via Zoom from Home or Senior Center

Open to out-of-town seniors/free

Wednesday, October 13th, 1:00-2:00pm Join Jane Oneail, founder of Culturally Curious, for this virtual

art appreciation program. The Wyeth family of artists is known for their somber realism and subtle storytelling. Jane will explore the style of painting and illustration established by N.C. Wyeth in the early 1900s and passed on and re-interpreted by his children, primarily Andrew Wyeth, and his grandson Jamie Wyeth. Learn more about their favorite subjects, their influences and their enduring impact in the art world. You have the option of watching via Zoom from home or joining at the Senior Center to watch with a group on a large screen TV. To participate from home, 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.



Directors Corner

How did it get to be autumn already? Medicare Open Enrollment starts October 15th. It is a great time to review your plan and make changes if need be and we are here to help. Take some time to read through our newsletter, it is packed with information and opportunities for you.

Hope to see you soon, Sharon

Events requiring registration call the COA 978-929-6652, seniorcenter@actonma.gov

- Al-Andalus Lecture
- Book Group via Zoom
- Charlie Card Event
- Chess Class
- Gym Training
- Laugh for your Health
- Line Dancing
- Medicare Appts
- Poets Live Forever
- SHINE Appointments
- Talk and Tea
- Ted Reinstein talk
- Words Galore
- The Wyeths Lecture
- Meals
- COA Friends Dinner
- Robbins Brook Lunch

Call Acton Nursing Services, 978 929 6650 for:

- Horticultural Therapy
- Energy Healing

► Poets Live Forever Seminar with Val Walker



Wednesdays, October 20th through November 10th, 1:00-2:00pm

Open to out-of-town seniors for \$20 for series

In this series at the Senior Center, Val Walker will present lively readings and life histories of our most beloved poets, starting with Mary Oliver. Val sparks conversation and reflection on what inspired their brilliant creations, the challenges they face, their passions and callings. Each class is devoted to one particular poet as we learn to understand the world and vision of that individual experience. October 20th: Mary Oliver; October 27th: Edgar Allan Poe; November 3rd: Emily Dickinson; November 10th: Robert Frost. Contact the COA to register for this class: 978-929-6652 or seniorcenter@actonma.gov. *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.*

The Concord Players Traveling Troupe Performance

Tuesday, October 19th, 1:00-2:00pm

Open to out-of-town seniors/free

Spend an hour at the Senior Center being entertained with skits, one liners, cuttings of famous plays, and songs you know and love! The Concord Players Traveling Troupe is a group of senior actors who give their time to brighten the days of people in the community.

Listening to Four Centuries of Music with Sivan Etedgee

Thursday, October 21st, 12:30-1:30pm

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

Pianist and teacher Sivan Etedgee leads a monthly classical music series at the Senior Center that combines lecture, live performance and sound recordings. This month's topic is "Composers and Forms of The Classical Era." Additional dates of the series are: 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!*

An Afternoon with Edgar Allan Poe

Monday, October 25th, 1:00-2:00pm

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

Edgar Allan Poe rises for this special appearance at the Senior Center! Poe, who was born in Massachusetts in January 1809, is portrayed by literary historian Rob Velella who will read a combination of Poe's well-known and lesser-known works. Poe will also explain his reasons for writing the way he did and take questions from those in attendance. *Rob Velella is an independent literary historian and playwright specializing in American literature of the 19th century. As a scholar, Velella has published articles and presented academic papers on figures as varied as Margaret Fuller, Oliver Wendell Holmes, and Walt Whitman. He has taken his research outside of academia by lecturing at various historical sites, libraries, and colleges from Pennsylvania to Maine. He has worked on museum exhibits at the Boston Public Library and at Houghton Library at Harvard University. In his ongoing efforts to bring the writers of yesterday back to the readers of today, he has dramatically brought to life literary figures Nathaniel Hawthorne and Edgar Allan Poe.*



Music of the Great Depression Multimedia Presentation

Tuesday, October 26th, 12:30-1:30pm

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

Join John Clark at the Senior Center to watch, listen and learn about music for the approximately 10-year period following the 1929 Stock Market Crash that plunged America into an economic depression. Popular songwriters and singers responded in many different ways. *Life is Just a Bowl of Cherries, Let's Have Another Cup of Coffee* and a string of overly optimistic hits by Ted Lewis were attempts to cheer up a devastated citizenry. Woody Guthrie's *Dust Bowl Ballads* and *A Shanty in Old Shanty Town* offered commiseration to the thousands of Americans from big cities to the Great Plains who were forced to give up their homes. *Brother Can You Spare a Dime* and *My Forgotten Man* went so far as to chide our government for its lack of response. In the spirit of what he would call the New Deal, Franklin



Roosevelt's first presidential campaign slogan/song was *Happy Days Are Here Again*. Even the lyrics of Disney cartoon song *Who's Afraid of the Big Bad Wolf* and Harold Arlen's *Stormy Weather* became symbolic commentaries on the circumstances of this national calamity. Songs by Al Jolson, Bing Crosby and Rudy Vallee are also featured. *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.*

Fighting Back: New England's Underdogs presented by Chronicle Reporter Ted Reinstein via Zoom

Tuesday, October 26th, 6:30-7:30pm

Free/Open to all

Author of three books about New England, Ted Reinstein has always had his eye out—and his heart open—to the region's true "underdogs." People who have had to overcome harsh challenges and sometimes (literally) crippling setbacks to survive, and even triumph, in the face of adversity.



Pre-Registration required via this [link](#) if you wish to view at home.

This presentation via Zoom is also being shown on the big screen at the Senior Center. This program is being funded by a grant from CHNA15. For more information please contact Sheryl Ball at the Acton Health Division at sball@actonma.gov

Java (and treats!) with John

 **Friday, October 29th, 9:30am**

John Mangiaratti will be at the Senior Center to let you know what is going on in Town and answer any questions you may have.

Arts and Crafts

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30pm

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

□► Drawing For All with Sandy Wilensky

Acton Seniors Only

Tuesdays, through November 9th, 9:00-11:00am

Class is currently full.

Gallery Exhibits

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 and enjoy refreshments on **Tuesday, October 5th from 2:00-4:00pm**.



In November and December, we will welcome the art of Acton resident, Magda Stilmant. Magda uses a technique called needle dry wool felting, which is inspired by a large Japanese garden she tended when she lived in Newton, MA. All are welcome to attend the Reception on **November 2nd, 2:00-4:00pm**.

The COA is seeking senior artists to display their work at the Senior Center. Exhibits typically run for 4-6 weeks and may feature original art works by an individual or by a group. Various media are acceptable, including drawing, painting, collage and photography. At this time, we cannot display sculptures or other three-dimensional works. The Center uses the Walker display system. Works must have wires securely attached to the back for hanging. They should be matted, framed or have finished edges and may include a variety of sizes.

Please call Fiona at the COA on 978-929-6652 if you are interested or have any questions.

□► Indicates that you must register in advance

Life Management

□► Zoom One-On-One Assistance

Tuesday, October 12th, 2:00-4:00pm

Acton seniors only



One thing we heard a lot when we turned to virtual programming when the Senior Center was closed to the public during the height of the pandemic was "I wish I knew this was happening so I could have learned to use Zoom ahead of time." Members of the Computer Club are volunteering their time to assist novices with how to use Zoom in order to participate in virtual programming which we continue to offer. Zoom really is user friendly!

Please sign up for a 30 minute session to take place at the Senior Center by contacting us at 978-929-6652 or seniorcenter@actonma.gov and indicate whether you will bring your own device (smart phone, tablet, laptop).

□► MBTA CharlieCard Event

Tuesday, October 12th, 5:00-7:00pm

Call the Senior Center and reserve a time slot to apply for an MBTA CharlieCard. Seniors 65 or older are eligible. The process is simple: Bring a photo ID with you, fill out a short form and let us take a photo of you. The MBTA will send your card to your home within six weeks. This service is free. If you need to renew an expired CharlieCard, call the MBTA CharlieCard Store 617-222-3200 to request a new card. New card holders can also apply online at: <https://www.mbta.com/fares/reduced/senior-charliecard>

Acton Seniors Only



Real Estate Seminar: Tips on Buying or Selling A Home in Today's Market

Tuesday, October 19th, 5:00-6:00pm

Open to out-of-town seniors/free

In this time of historic real estate prices, interest rates and low inventory how do you navigate this market and make the right decisions? Heather Murphy, Realtor®, will talk about the current market and go through the necessary steps required to take advantage of today's market. Not selling this year or the next, don't worry! Put a plan in place to gradually get your home ready. Seminar will take place at the Senior Center. *Heather Murphy a local real estate agent who grew up in Acton and is now raising her three children here. Heather is a top agent in Acton with a focus on people in transition; helping them to put a clear plan into place so the process of selling or buying real estate doesn't have to be as overwhelming.*

□► Medicare Prescription Drug Plan "Part D" Selection Assistance

Wednesday, October 27th, 1:00-4:00pm by appointment

Open to out-of-town seniors/free

Are you interested in comparing your Part D prescription drug plan during Medicare Open Enrollment? If you are looking to compare Part D plan costs, deductibles and tier structures plus obtain a true out of pocket annual cost; please schedule an appointment with the Massachusetts College of Pharmacy outreach team. Students of Massachusetts College of Pharmacy will be available with laptops at the Senior Center to run Medicare Planfinder Part D comparison results. Call the COA at 978-929-6652 beginning Monday, October 4th at 1:00pm to schedule your 30-minute appointment. Bring a list of your prescriptions to the appointment. This program is available through a partnership with Minuteman Senior Services SHINE Program.

□► Indicates that you must register in advance

The Joy of Words

□► Words Galore Class with Val Walker

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

Open to out-of-town seniors/free

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. This series began last month but is open to new attendees; contact the COA at 978-929-6652 to register. *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, October 6th, 1:00-2:30pm

The group is reading The Arctic Fury by Greer Macallister 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, Four Winds by Kristen Hannah will be discussed at the November 3rd 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

Thursday, October 21st, 3:00pm

Open to out-of-town seniors/free



The next meeting of the in-person Book Discussion Group led by Trudi Bruschi will be reading *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, October 26th, 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. The lecture this month is *Woolf and the Poetic Novel*; suggested reading is *To the Lighthouse* by Virginia Woolf. 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). Group meets at the Senior Center and is facilitated by COA staff member Chris Chirokas. New attendees welcome!

Monday Movie Matinees

Open to out-of-town seniors/free

No movie on October 11th and 25th. 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, 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.

Monday, October 18th, 1:00-2:30pm *Agatha and the Truth of Murder* (2018; NR) In 1926, with her personal life in tatters and her writing in crisis, a young Agatha Christie (Ruth Bradley) decides to solve a real-life murder.



Groups

Let's Talk with Elizabeth Valente

Thursdays, October 14th and 28th, 1:00-2:30pm

Open to out-of-town seniors/free

Acton resident Elizabeth Valente is leading this in-person discussion group for seniors to gather and share a lifetime of experiences. At each meeting a different topic of interest will be discussed, be it past or present. On October 14, travel down memory lane and revisit songs from the past and the memories they evoke. The October 28 discussion will focus on the question "where have all the manners gone?" What are some of your pet peeves regarding manners and how do you deal with them? *Acton resident Elizabeth Valente has given classes of interest for seniors with the Middlesex Community College MILES program (Middlesex Institute for Lifelong Education for Seniors).*

□►Talk and Tea Tuesdays at 11:00 via Zoom

Tuesdays, October 5th and 19th, 11:00-12:00noon

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, October 12th, 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, October 13th and 27th, 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.

Our NEW tech support program is in need of VOLUNTEERS!

We are looking for tech savvy volunteers to assist seniors with their computer and IT requests. The aim of the program is to provide one-to-one technical support in a variety of areas including mastering email, social media and Zoom, navigating new software and phone set up across a variety of devices including TVs, computers, cell phones and tablets. If you have these technical skills and enjoy helping seniors, please get in touch to find out more, call 978-929-6652 and speak with Linda.

A Message from the Friends of Acton COA

The FCOA requests your input, ideas and suggestions for activities and fundraising to help promote our incredible group. This month the Friends will be sponsoring a dinner on October 26th at the Senior Center provided by Legends Café. The group has decided not to have Holiday Fair this year for the health and safety of our community.

Please reach out to one of the FCOA members listed on the website www.friendsofactoncoa.com/. Or visit the group at our next meeting on **Monday, October 4th at 1:00pm** to share your thoughts.

□► Indicates that you must register in advance

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 October 11th

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

Mondays, 1:00-3:00pm; ongoing

No class on October 11th

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.

Mah Jongg Time

Open to out-of-town seniors/free

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

No game on October 11th

Tuesday, October 12th, 1:00-4:00pm for experienced players

Thursdays, 1:00-4:00pm open to all skill levels

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.

Did you know we have a jigsaw library?

Next time you visit the senior center, come and check out our library. We have a great selection of puzzles ranging from 300 to 1000 pieces, as well as a wide range of fiction books to borrow. Donations always welcome!

The **Council on Aging Board** wants you to know that Falls Prevention is a very important priority for keeping healthy and active as we age. Walking is known to be one of the most popular and easy ways to strengthen our bodies and to maintain good health.

Last year the Executive Office of Elder Affairs of MA started a program for recording and tracking steps while you walk. Here's the [link](#) to track your steps.

Some hints from the COA Board: simply take a walk, or run. You can use your own step counter or count each mile as 2,500 steps. We encourage you to bring along your family and pets and, wear yellow to be visible! Stay well and have a healthy October - and a Happy Halloween!

The COA Board will next meet Tuesday, October 12th at 10:00am.

Daylight savings time ends November 7th.

It's that time of year to don jackets and scarves in the morning – please take care not to leave things at the Center, and check the Lost & Found if you do mislay a glove or hat. For exercise and gym users please remember to bring dry, clean and appropriate footwear to change into.

Mind, Body and Spirit

See Acton Nursing Services Programs on page 13)

□► Laugh For Your Health with Susan Phillips via Zoom

Thursdays, 11:00-11:45am, 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 at 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, & collaboration.

□► Line Dancing with Sam O'Clair

Wednesdays, October 13th through November 17th, 3:00-4:00pm

Open to out-of-town seniors for \$20/series



Join our new line dancing instructor, Sam, for a fun, active hour of dancing at the Senior Center!

Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? And maybe you just might be looking for something new to try and get a little exercise to boot. Sam O'Clair

will teach you the basic steps and have you dancing in minutes. You will dance to all different genres of music (pop, country, oldies, and more). Wear comfy clothes – layers are good, shoes with soles that will slide easily (sneakers stick; a leather sole works best). Bring a bottle of water and sign up with your friends! Contact the COA to register for this class at 978-929-6652 or seniorcenter@actonma.gov. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.

Gym Hours & Monitoring

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; & 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
- If you are new to a class, read description to judge whether it will be a good match for your fitness level and call us with any questions.
- Check with your doctor before starting any exercise program
- Instructors have final say on whether a class is suitable for an individual
- Wear comfortable clothing, clean, supportive shoes (not 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

□► Indicates that you must register in advance

Active Aging with Terri Zaborowski

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

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

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

No class Oct. 11th

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 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 through December 21st, 8:30-9:30am

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

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

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

No class Nov. 11th and 25th

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 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

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

No practice Nov. 11th and 25th

Stretch and Flex with Terri Zaborowski

Thursdays 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 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 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.

Sleepy Hollow Cemetery Tour with Bonnie Beaudet

Monday, October 18th (Rain Date: Tuesday, October 19th), 10:30 am-12:30pm

\$19 per person

Registration through Community Ed is required.

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 near 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 our website abce.abschools.org.

Meal Opportunities



At the Senior Center....

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday October 19th, 12:00noon, at the Senior Center

Open to out-of-town seniors

Enjoy a chicken salad with cranberries on a roll with a garden salad and dessert for \$3.00.

Please sign up by October 12th and specify if you would like to eat in or grab and go.

□► Special Dinner sponsored in part by the Friends of the Acton Council on Aging

Tuesday, October 26th, 5:00pm at the Senior Center

Acton Seniors Only

Enjoy your choice of eggplant or chicken parmesan served over pasta, Caesar salad, and apple crisp from Legend Café. Please sign up by October 19th and specify menu choice and if you will be eating in or taking it to go. A \$5.00 donation is requested.

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.

Frozen Meals -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.

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

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.

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.



Open Table Pantry, 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.

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](#) or visit Mt Calvary's [website](#).

THANK YOU TO... to our volunteer bakers; Joy Agule, Nancy Hartwell, Justine Hollywood, Gary Phillips, Dawn Gomez, Amber and Bill Klauer

To volunteers for AB United Way Week of Caring who helped out at the Senior Center



□► Indicates that you must register in advance



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, October 19th, 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



October is Medicare Open Enrollment time beginning October 15th and ending December 7th. Limited appointments are available with local SHINE counselors in-person, by telephone or over ZOOM. To arrange a SHINE appointment please contact **Beverly Hutchings at 978-929-665**.

Save time and plan to bring with you your Medicare A/B card, current insurance and/or Part D card, MassHealth ID, and prescription drug list with dosage. This free program is available in all languages through a three-way call using a professional medical interpreting service.

For those with computer access visit: www.medicare.gov to create a My Medicare account, be sure to securely store your username and password. If you are not yet receiving Medicare, you may access the Medicare Planfinder from using your zip code, prescriptions, and preferred pharmacies. The Medicare Planfinder will produce a report that includes premiums, annual out of pocket costs like copayments and annual deductibles, and other important details.

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.

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 **See page 4 for arranging appointments to review your part D.** **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.



ACTON TOWN SERVICES HOTLINE 978-929-6600

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



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, 978-929-6652.

Acton Nursing Services

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

□► Energy Healing with Jacqui Burak

Tuesdays, October 12th, 19th and 26th, 6:00-6:45pm

All Ages Welcome

Join Jacqui Burak for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualizations. She will clear your energy along with assisting you in connecting with and pulling in higher vibrational energy. Her process helps promote relaxation along with anxiety and stress reduction. This experience will help you feel lighter, calmer, centered and more balanced. You will leave the session feeling more empowered having self-care tools you can use on your own.

Pre-registration required

□► Horticultural Therapy with Cathy Fochtman

Acton Residents Only

Wednesday, October 13th, 10:30-11:30am OR Tuesday October 19th, 6:00-7:00pm

Join Cathy Fochtman in creating a Fall themed arrangement which will be offered in a birch bark cylinder container. All materials will be supplied. Two sessions are available, pre-registration is required.

Sponsored by The Friends of the Acton Nursing Services.

□► Podiatry Clinics

Acton Seniors only

Appointments: Tuesday October 5th, Wednesdays October 20th & 27th, 12:00-4:30pm

Call 978-929-6650, we will start booking on Monday October 4th, 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, October 6th and 20th, 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.



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 during normal business hours.

Monday	Tuesday	Wednesday	Thursday	Friday
27 September 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 Class	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 Newcomers Evening	29 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 Scams & Fraud Talk 1:00 ANS-Movement & Common Orthopedic Issues as We Age 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
4 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "News of the World" 1:00 Mah Jongg 1:00 Friends of COA meeting COA via Zoom: 10:00 Meditation with Erin 1:00 Intermediate Chess Class	5 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 2:00-4:00 Photography Exhibit Reception COA via Zoom: 11:00 Talk and Tea	6 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 ANS-Wellness Clinic 12:30 Needle Arts 2:30 Drop In Bridge COA via Zoom: 1:00 Book Group	7 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	8 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
11 Human Services & Senior Center Closed Indigenous People's Day Columbus Day	12 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 10:00 COA Board Meeting 1:00 Genealogy 1:00 Mah Jongg 2:00 Zoom 1:1 Help Appointments 5:00 MBTA CharlieCard Event 6:00 ANS -Energy Healing COA via Zoom: 1:00 AI-Andalus Talk	13 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 ANS- Horticultural Therapy 12:30 Needle Arts 1:30 Computer Club 2:30 Drop In Bridge 3:00 Line Dancing COA via Zoom: 1:00 The Wyeth Dynasty	14 8:30 Senior Fitness 8:45 Words Galore (last in series) 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:00 Let's Talk 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	15 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
18 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "Agatha and the Truth of Murder" 1:00 Mah Jongg 1:00 Intermediate Chess Class COA via Zoom: 10:00 Meditation with Erin 1:00 Intermediate Chess Class	19 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 11:00 Grandparents Group 12:00 Benchmark Lunch 1:00 Concord Players 5:00 Real Estate Seminar 6:00 ANS-Energy Healing 6:00 ANS-Horticultural Therapy COA via Zoom: 11:00 Talk and Tea	20 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 ANS-Wellness Clinic 12:30 Needle Arts 1:00 Poets Live Forever 2:30 Drop In Bridge 3:00 Line Dancing	21 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 12:30 Four Centuries of Music 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex 3:00 Book Group COA via Zoom: 11:00 Laugh for your Health	22 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
25 8:30 Active Aging 11:00 Tai Chi 1:00 Mah Jongg 1:00 Edgar Allan Poe Reading COA via Zoom: 10:00 Meditation with Erin 1:00 Intermediate Chess Class	26 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 12:30 Music of the Great Depression 2:30 LitLovers Group 5:00 Dinner sponsored by Friends of the COA 6:00 ANS-Energy Healing COA via Zoom: 6:30 Ted Reinstein Talk	27 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 Poets Live Forever 1:00-4:00 Medicare Appointments 1:30 Computer Club 2:30 Drop In Bridge 3:00 Line Dancing	28 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:00 Let's Talk 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	29 Center closes at 12noon 8:30 Senior Fitness 9:30 Java with John 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise 

ANS = programs provided by Acton Nursing Services. Call 978-929-6650 with questions or to register.

Programs and Classes are correct at time of going to press and are planned with the currently available CDC guidelines in mind; circumstances beyond our control may result in cancellation or postponement.

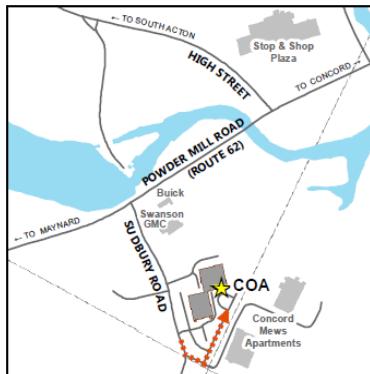
The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.



This month the following activities are supported by the Friends of the Acton COA, www.friendsofactoncoa.com.
Music of the Great Depression, drawing class, Poets Live Forever, Words Galore, Tai Chi class, Wyeth art presentation, Edgar Allan Poe reading, Four Centuries of Music, and Al-Andalus history lecture.

Come and find us in South Acton.

Visit our website by scanning this QR code



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Sec.</i>	<i>Jacquie Friedman</i>
<i>Chris Chirokas, Program Manager</i>	<i>Jeff Bergart</i>	<i>Chunsheng (Bill) Fu</i>
<i>Linda Dallimore, Temporary COA Assistant</i>	<i>Michael Chautin</i>	<i>Michelle Holmberg</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Ann Corcoran</i>	<i>Niru Velankar</i>
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>		
<i>Bernice Nicoll, Activities Assistant</i>	<i>Meetings are in person at the Senior Center:</i>	
<i>Fiona Starr, Staff Assistant</i>	<i>COA Friends, Monday, October 4th, 1:00pm</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>COA Board, Tuesday, October 12th, 10:00am</i>	

In September we held a seasonal card crafting class



We baked cookies for our first responders with the help of Joy Agule



HAVE A HAPPY AND SAFE HALLOWEEN!

Acton Council on Aging, 978-929-6652