



Acton Council on Aging the Senior Center NOVEMBER 2021



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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

► Thanksgiving: The History of an American Holiday via Zoom from Home or Senior Center

Tuesday, November 16th, 1:00-2:00pm

We are all familiar with the story of the first Thanksgiving, but how much do we really know about how the modern holiday came to be? The story of the development of the Thanksgiving holiday is tied to the growth and politics of the United States, stretching from the Pilgrims to the Civil War to the Great Depression. Join historian Paolo Di Gregorio as he discusses the origins of Thanksgiving and some of the traditions and practices that go along with it. 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. 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. His presentations at the Senior Center are always interesting and well-received!*

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

- Art & World War II
- Book Group via Zoom
- Card Workshop
- Chess Class
- Gym Training
- Laugh for your Health
- Line Dancing
- Medicare Check Up
- Poets Live Forever
- SHINE Appointments
- Talk and Tea
- Thanksgiving Talk
- Watercolor Class

Meals

- Pizza Night
- Robbins Brook Lunch
- Veterans Breakfast

Call Acton Nursing Services,
978 929 6650 for:

- Horticultural Therapy
- Meditation
- Podiatry Appointments

Open to out-of-town seniors/free

Plymouth Colony Indians?
Freedom Hardship Pilgrims?
Explorers Holiday? Tribe Voyage? Feast??
America Corn Eat Chief Cape?
Thanksgiving? Cod Harvest? Settlers Rivers?
Massachusetts Mayflowers?
Wampanoag Colonists??
Native Americans??
??Giving Thanks Turkey? Friendship? History? Ship? Ancestors?



► Art & World War II: Hitler's Cultural Ambitions and Nazi Theft via Zoom from Home or Senior Center

Wednesday, December 1st, 1:00-2:00pm

Open to out-of-town seniors/free

Join Jane Oneail, founder of Culturally Curious, for this virtual art appreciation program. From his failed attempts as a painter to his grand plans to loot European masterworks, art played a central role in Hitler's personal life and political strategies.

Learn more about Nazi exhibitions of so-called "degenerate art," theft from European churches, museums and private collections, as well as the challenge of restoring works to their rightful heirs today. 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, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University.*



Contents	Page
Arts & Crafts	4-5
Assistance: Food, Financial, Practical	11-13
Calendar of Programs	16-17
Exercise Classes	8-10
Games	5-6
Groups	4
Meals	11
Mind, Body, Spirit	3,8,13
Movie Matinees	7
Program News	1-6
Support Groups	12
Town Departments	13-14

Directors Corner

Linda Dallimore, has taken a position at AB schools. Linda has helped the COA on and off for the past few years and has been a wonderful asset. We will miss her cheerful disposition and wish her all the very best.

The Town Manager has decided to continue with the "new" schedule for the Human Services and Senior Center building. The building will remain open until 7:30pm on Tuesday evenings and close at noon on Fridays.

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather recognizing and appreciating what we do have" Friedrich Koenig

Wishing you a Happy Thanksgiving! Sharon



Java with John

Tuesday, November 16th, 10:00am

John Mangiaratti, the Town Manager, will be here to give you updates about what is going on in Town and be available to answer your questions.

Acton Seniors only

Listening to Four Centuries of Music with Sivan Etedgee

Thursday, November 18th, 12:30-1:30pm

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

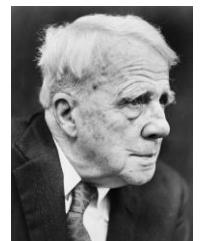
Pianist and teacher Sivan Etedgee is leading a classical music series that combines lecture, live performance and sound recordings. This month's topic is "The Romantic Era Part I: Schubert & Mendelssohn—Songs With and Without Words." Remaining dates of the series are: December 16th, January 20th and 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!*



□► Poets Live Forever Seminar with Val Walker

Wednesdays, through November 17th, 1:00-2:00pm

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



This series at the Senior Center concludes this month. Val Walker's lively readings and life histories of our most beloved poets will spark 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. November 3rd: Emily Dickinson; November 10th: Robert Frost, and on November 17th the rescheduled Edgar Allan Poe. 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.*

□► Indicates that you must register in advance



November is Alzheimer's Awareness Month



What is Normal Aging vs Dementia?

Monday, November 22nd, 11:00am

Open to All/free

While some mild changes in cognition are considered a normal part of the aging process, dementia is not. Learn differences between normal aging and significant cognitive decline and how it affects our lives. We will also discuss the stigma that surrounds mental cognitive decline (MCI) and ways to address this issue as we age. Please join Kris Wuerdeman, Program Director for Cooperative Elder Services, Inc in Acton. She is a Certified Dementia Practitioner (CDP), Validation Teacher (CVT) and Alzheimer's Association Habilitation Trainer.



Dementia: Can I still have a meaningful relationship with my loved one?

Tuesday, November 23rd, 6:00pm

Open to All/free

Caregivers are wanting and needing a genuine connection with their loved one, friend or relative who is living with dementia. We will be discussing ways to build a trusting and understanding relationship, so the journey is non-judgmental, purposeful, and meaningful. This program is led by Kris Wuerdeman, Program Director for Cooperative Elder Services, Inc in Acton. She is a Certified Dementia Practitioner (CDP), Validation Teacher (CVT) and Alzheimer's Association Habilitation Trainer.

Life Management

► Ask the Lawyer In-Person Appointments *** Not listed in print copy***

Tuesday, November 9th, 9:00-11:00am

Acton Seniors Only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Elder law attorneys specialize in legal issues related to aging like retirement planning, Medicaid, guardianship, and estate planning. Call 978-929- 6652 for an appointment starting Monday November 1st at 1:00pm.

► Medicare Check Up: Is Your Medicare Plan Still Right for You?

Tuesday, November 9th, 1:00-2:00pm

Open to all 65+/free

At this Medicare benefits presentation at the Senior Center, you will learn about healthcare options and important changes to Medicare, the newly launched Medicare plan finder tool, how to obtain affordable coverage and public health benefits, and access to prescription drug benefits. Presenter Elaine Miller from Minuteman Senior Services' SHINE program says it is essential that you read the Annual Notice of Change you have received from your current health plan. Register by contacting the COA at 978-929-6652 or seniorcenter@actonma.gov.

Senior Property Tax Primer



Wednesday, November 17th, 1:00-2:00pm

Acton Seniors only

Did you know there are numerous ways you might qualify for property tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, a veteran with a disability, or suffering financial hardship in general? To find out if you qualify, join staff from Acton's Assessor's office to learn ways to mitigate your tax bill or visit www.actonma.gov and "Quick Link" for Property Tax Relief Programs.



Daylight Saving Time ends November 7th until March 13th, 2022!

- Check the Lost & Found if you mislay a glove or hat.
- For exercise & gym users remember to bring dry, clean and appropriate footwear to change into.
- Classes and programs in person will not run in the event of snow closings. Call us if in any doubt.

Groups

Let's Talk with Elizabeth Valente: Our Fondest Holiday Memories

Thursday, December 2nd, 1:00-2:30pm Open to out-of-town seniors/free

Acton resident Elizabeth Valente leads this in-person discussion group for seniors to gather and share a lifetime of experiences. At each meeting a specific topic of interest is discussed, be it past or present. This month, the topic is "Our Fondest Holiday Memories." *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, November 2nd and 16th, 11:00-12noon

Open to out-of-town seniors/free

Join in 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 News at www.actoncoa.com.

Genealogy Group

Open to out-of-town seniors/free

Tuesday, November 9th, 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, November 10th and 24th, 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. 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.

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

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

Acton Seniors only

Class is full with a waitlist.

□►Greeting Card Craft Workshop with Nancy Dodge

Tuesday, November 30th, 2:00-3:30pm

Acton Seniors only

In this workshop suitable for all skill levels, you will make one to two holiday greeting cards. You can choose from three card designs based on your experience level and make your creation unique by selecting your desired sentiment and other embellishments. Card samples are available to view at Senior Center reception. All supplies provided by instructor. Nancy Dodge is an avid crafter and a Stampin' Up distributor. Space is limited; **register beginning Monday, November 8th at 1:00pm** by calling 978-929-6652 or seniorcenter@actonma.gov.

□► Indicates that you must register in advance

► Watercolor Class for All with Sandy Wilensky

Wednesdays, December 1st through January 19th, 9:00-11:00am

Acton Seniors only

All levels of experience are welcome to this watercolor class that meets at the Senior Center! Beginners will build skills while experimenting with various watercolor techniques. Those with experience can paint individual projects and choose to participate in lessons that are of interest. Classes will begin with a drawing warm-up/lesson, followed by a skill/technique that will then be incorporated into a watercolor painting. Visual perception, color theory, and elements of composition along with techniques of brush strokes, washes, layering, texture, special effects and transparency will be woven into the class instruction over time. Painting subjects will include still life, landscape and objects from nature. Paintings will be shared with the group with a goal of positive affirmation of learning. Recommended supply list available upon request. Because of the popularity of this class, we will be using a lottery system. Please register for the lottery by emailing the COA at seniorcenter@actonma.gov by **1:00pm on Monday, November 8th**; we will inform every one of their status by end of day on November 10th. *Sandy had a career in education with experience teaching people from age 3-93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. She has recently been teaching watercolor classes in area senior centers and in her studio at ArtSpace Maynard.*



Gallery Exhibits

In November and into 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.

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am



Open to out-of-town seniors/free

No activity time November 11th, 25th & 26th

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!

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

No bridge on November 24th

Chess Club

Thursdays, 1:00-4:00pm

Tuesday evening, November 9th, 4:00-7:00pm

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

Open to out-of-town seniors/free

No chess on November 11th and 25th

► Indicates that you must register in advance

► Intermediate Chess Classes with Ken LeBow via Zoom

Mondays, 1:00-3:00; ongoing

Open to out-of-town seniors/free



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 & include full name and phone number.

Mah Jongg Time

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

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

Open to out-of-town seniors/free

No game on November 11th and 25th

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.

Lending Library

Deborah Youngman, one of our volunteers, takes great care in updating and straightening up the library at the Senior Center. Books new to the Center's library will now have a green dot on the binding. Feel free to come and browse. We have jigsaws and DVDs too which you can borrow.

The Joy of Words



► Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, November 3rd, 1:00-2:30pm



The group is reading *Four Winds* by Kristen Hannah. 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). Please note the group is not meeting in December. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will send you the Zoom link which is also posted in News at www.actoncoa.com.

Book Discussion Group—In Person

Thursday, November 18th, 3:00pm

Open to out-of-town seniors/free

There's nothing like having a lively group discussion to enrich the experience of reading a good book! The next Meeting of the in- person Book Discussion Group led by Trudi Bruschi is open to friends, men are invited, and the meeting is open to out of towners as well. As of our newsletter going to print we do not have the next book the Discussion Group will be reading. We look forward to seeing and discussing a variety of books in person. If you have questions please email Trudi@bruschi.org.

LitLovers Study Group

Tuesday, November 16th, 2:30-3:45pm

Open to out-of-town seniors/free

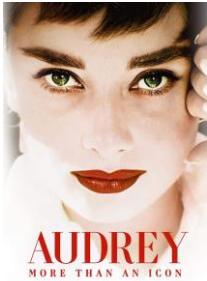


This monthly group centers on *The English Novel*, the Great Courses series featuring 30-minute lectures on DVD by Professor Timothy Spurgin, Ph.D. The lecture this month, *The Impact of the Novel*, is the final of the series! Suggested reading is a post-1920s novel of your choice written by an English author. LitLovers will continue in 2022 with the lecture series *Great American Bestsellers: The Books that Shaped America*. Group meets at the Senior Center and is facilitated by staff member Chris Chirokas.

► Indicates that you must register in advance

Monday Movie Matinees

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 **Open to out-of-town seniors/free**



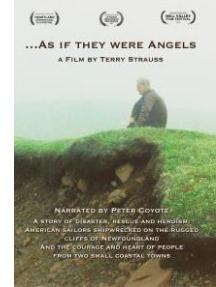
AUDREY

MORE THAN AN ICON

Monday, November 1st, 1:00-2:40 *Audrey: More Than an Icon* (2020, PG-13) In this documentary, filmmaker Helena Coan examines the remarkable life of Audrey Hepburn. Hepburn won her first Academy Award at the age of 24 and went on to become one of the world's greatest cultural icons. She was a once-in-a-generation beauty, a legendary star of Hollywood's Golden Age, global ambassador for UNICEF, whose style and pioneering collaboration with Givenchy continues to inspire.

Monday, November 8th, 1:00-2:30 *As If They Were Angels* (2018, NR)

In honor of Veterans' Day, we are showing this documentary about a WWII tragedy at sea resulting in a loss of more than 200 US sailors. More lives would have been lost if not for the brave people from two small Newfoundland towns who launched a dangerous rescue attempt and then took the survivors into their homes. Filmmaker Terry Strauss, whose father was one of the survivors, uses photographs, documents, drawings and interviews to recount a moving story of sacrifice, endurance, and heroism. Narrated by Peter Coyote.



Monday, November 15th, 1:00-2:25 *Dream Horse* (2020, PG) A small town Welsh bartender breeds an unlikely race horse, convincing her neighbors to chip in their meager savings to train and enter the horse in elite races. Based on a true story. Toni Collette and Damian Lewis co-star.

Monday, November 22nd, 1:00-2:30 *The Grey Fox* (1982, PG) After 33 years in prison, an aging but gentlemanly stagecoach robber (Richard Farnsworth) has trouble adjusting to a law-abiding life, so he heads to Canada to rob trains. Based on the life of Bill Miner, known as The Gentleman Bandit. Won multiple awards in Canada and was on the 1984 and 1993 lists of Canada's Top Ten Films of All Time.



Monday, November 29th, 1:00-3:00 *Love Me or Leave Me* (1955) Doris Day gives one of her best performances in this musical biopic of singer Ruth Etting, who rose from dance halls to movie stardom thanks to Chicago racketeer Martin "The Gimp" Snyder (James Cagney). Six Oscar nominations with one win for writing.

The **Council on Aging Board** hopes that you are enjoying the autumn color, apple cider and good health. We'd like you to know about an upcoming event hosted by State Senator Jaime Eldridge: the 41st Annual Senior Conference that will be held virtually on Thursday, December 9th, 2021 from 11:00am - 3:00pm. The Conference consists of: Informational Workshops, Virtual Fitness Programs, Resources for Seniors, Fun Activities and Raffle Prizes. For more information, visit senatoreldridge.com/seniors and to register and be entered in the gift raffle. Happy Thanksgiving from the Council on Aging Board! We look forward to sharing our thanks for your participation in the activities and programs that are intended to enrich your life as seniors living in Acton. **The next Board Meeting is Tuesday, November 9th at 10:00am**



DONATIONS OF WRAPPED CANDY FOR THE BOWL AND K-CUPS FOR THE KEURIG GRATEFULLY ACCEPTED!

Indicates that you must register in advance

Mind, Body and Spirit

See also Acton Nursing Services – p. 13 and Alzheimer's Awareness Month p. 3

□► Laugh For Your Health with Susan Phillips via Zoom

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

Open to out-of-town seniors/free



No meeting on November 11th and 25th

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

□► Line Dancing with Sam O'Clair

Wednesdays, through November 17th, 3:00-4:00pm Open to out-of-town seniors for \$20/series



Join in 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, Tuesdays, Wednesdays, Thursdays, 9:00am-1:00pm. Closed Fridays. *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, supportive, clean shoes & bring water in a non-breakable container
- All attendees must have an exercise class waiver on file & 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 Nov. 11th & 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, 11:00-12noon

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 November 11th and 25th

No class November 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 November 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 November 11th and 25th

Stretch and Flex with Terri Zaborowski

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

No class November 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 November 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 November 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.



THANK YOU TO... Our Friends of Acton Council on Aging for sponsoring dinner.

Susan Harrigan for sprucing up the outdoor planters.

The students from The Victor School for the seasonal decorations

All the new gym monitors for helping us get the gym "up & running" again.



Meal Opportunities

At the Senior Center....

► Breakfast for Veterans

Acton and Boxborough Veterans

Friday, November 12th, 9:00am at the Senior Center

This is a special event for our Veterans and their spouses or caregiver, only. Join us for a complimentary breakfast sandwich and coffee. Veterans Services Officer, James MacRae will be present to share some information. You must register for this event by November 9th.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, November 16th, 12noon at the Senior Center

Open to out-of-town seniors

Enjoy Thanksgiving a little early. We will be having turkey and all the fixings, salad and dessert. This meal is subsidized in part by Minuteman Senior Services. A \$3.00 donation is requested. If you would prefer to get your meal to go, please specify when you sign up. Sign up by November 9th.

Pick up for to go meals will be at 12:30pm.

► Pizza Night Acton Seniors or anyone who will be attending the evening program

Tuesday, November 23rd, 5:00pm at the Senior Center

Enjoy Pizza, garden salad and dessert for \$3.00. Please sign up prior to the event,(see page 3).



Lunches at the Senior Center

Minuteman Senior Services are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. 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.

Meals on Wheels Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171. [Menu](#) [Cold Menu](#)

Healthy Helpings - the COA in partnership with Open Table, funded by CHNA 15 DoN, is offering seniors Healthy Helpings Meal Packages can be picked up on Wednesday November 10th, and Tuesday November 23rd, 2-2:30pm. 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.

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. Out of consideration of everyone at Supper we will require guests to show their COVID vaccine cards before entering the dining room. You may bring your COVID card or a picture of it on your cell phone. In addition, we will ask guests to wear their mask unless seated at their tables. All volunteers have been vaccinated and will wear masks and gloves throughout the Supper. All guests park in the back parking lot off Prospect St. 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 <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, November 16th, 11:00-12noon

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.

For more resources and news visit www.massgrq.com

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

See Medicare presentation on page 3

Medicare Open Enrollment will end on December 7th. If our SHINE appointment schedule is filled, you may visit www.medicare.gov and use the Medicare Planfinder tool, contact the Center for Medicare Services directly at 800.633.4227 directly to speak with a professional or call Minuteman Senior Services SHINE Line at 781.221.7029 to be redirected to another community with available SHNE counselors ready to assist.

To arrange a SHINE appointment please contact **Beverly Hutchings at 978-929-6652**.

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.

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 at the Senior Center, Tuesday, November 9th, see page 3 for details.



Did you know the **Acton Police Department** have a Safe Return Program? Det. Eracleo will take a photo of your loved one and collect contact information should they become lost.

Please contact him for more information at 978-929-7543 or meracleo@actonma.gov

See page 2 for other programs for Alzheimer's Awareness Month.



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.

Financial Health Talk with Dr. Blute

Open to All/free

Tuesday, November 2nd, 6:00-7:00pm

Dr. Blute will discuss optimizing financial security in your senior years. An hour of seminar discussion about the basics of financial literacy and planning with a non-professional.

Sponsored by the Acton Nursing Services.

Meditation with Yoga and Stretching Open to Acton Residents of All Ages

Tuesdays November 9th and November 16th, 6:00-7:00pm

Join Pam Saarinen for a relaxing session of breathe work, meditation and gentle movement in your chair. Cultivate a calm mind with meditation and create energy in our bodies as we finish the session with easy movement, aimed to release tension in the body and build body awareness. Leave feeling peaceful and more in tune with your body. Register at 978-929-6650.

Horticultural Therapy with Cathy Fochtman

Acton Residents Only

Wednesday, November 10th, 10:30-11:30am OR Tuesday November 16th, 6:00-7:00pm

Registration opens Monday November 1st, 1:00pm. Join Cathy Fochtman in creating a Lavender Box. Ease your transition into shorter days by creating a box incorporating lavender with succulents and cut flowers. All supplies will be provided. Space is limited to 12 participants per class. Two sessions are available, pre-registration is required. Sponsored by The Friends of the Acton Nursing Services.

Podiatry Clinics

Acton Seniors only

Appointments: Friday, Nov. 12th, 9:00am-12noon, Tuesday, Nov. 16th and Monday, November 22nd (not Tuesday 23rd as advertised in the paper newsletter), 12:00pm-4:00pm

Call 978-929-6650, we will start booking on Monday, November 1st, at 1:00pm.

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

Wellness Clinics – Wednesdays, November 3rd and 17th, 10:00am-12:30pm

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressure, 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 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. A regular schedule is now in place running to the Food Pantry and the Littleton Market Basket. 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.



Acton Memorial Library

Visit the library at 486 Main St, Acton. Stay up-to-date with announcements and library info by following us on Facebook, Instagram (@ActonLibrary) and Twitter (@ActonMemLibrary), or by going to www.actonmemoriallibrary.org



Fall Hours:

Monday-Thursday: 9:00am-9:00pm; Friday & Saturday: 9:00am-5pm; Sunday: 2pm-5pm

Closed on Thursday, November 25th and Friday, November 26th.

Programs

To register for these programs, visit the online calendar at www.actonmemoriallibrary.org or call the Adult Services Department at 978-929-6543.

Living History: Thoreau reads "Autumnal Tints"

Saturday, November 6th at 10:30am outside on the Library Lawn

Step back in time to 1860 and celebrate the season at the AML with Mr. Thoreau himself! Join Historian Richard Smith (as Thoreau) as he reads selections from the essay "Autumnal Tints." After the reading there will be a question and answer session with Mr. Thoreau as he discusses life in 19th Century Concord. This Living History program is FREE and open to the public; it is appropriate for all ages. Registered participants with contact information will receive notifications of updates to the program.

Craft Night: Felted Fall Scene

Wednesday, November 10th at 7:00pm on Zoom

Join Pop Up Art School for a fun night of needle felting! Learn how to "paint" a seasonal landscape with wool. Use a barbed needle to attach colorful merino wool to an embroidery hoop. Leave the class with the basic supplies and knowledge to needle felt on your own. We will supply everything you need to create this craft at home (just bring scissors), follow along as we teach you live on Zoom!

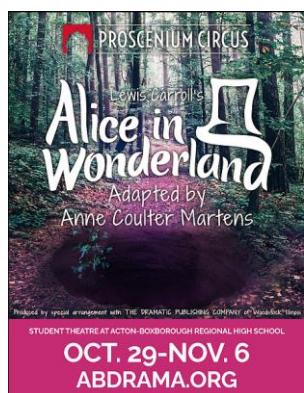
This program is open for adults and registration is required. Please note: **registration for this program includes a take home kit.** Pick up for this kit will be available a week prior, so please be sure to enter a valid email address, as a zoom room code and class instructions will be sent using this email address.

AML Book Discussion Group

Tuesday, November 16th, 7:30pm on Zoom

This month, the AML Book Group will discuss the book ***Land: How the Hunger for Ownership Shaped the Modern World by Simon Winchester***. All are invited to join in discussion. Registration is required.

Around town...



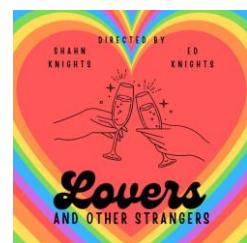
Acton Boxborough High School's Proscenium Circus is performing "Alice in Wonderland" LIVE! Join the audience at the High School on Friday October 29th at 7pm, Saturday October 30th at 1pm or 7pm, Friday November 5th, at 7pm, Saturday November 6th at 1pm or 7pm. Tickets can be purchased at www.abdrama.org.

Theatre III is opening this Fall!!

Live performances are back with the 1970s comedy "Lovers and Other Strangers" at Theatre III!, 250 Central St., West Acton.

Senior Dress Rehearsal Wednesday, November 3rd, 7:30 pm; tickets \$5 at the door.

Regular run November 5th, 6th, 12th, and 13th at 8:00 pm and November 7th at 2:00 pm. Senior tickets \$19. COVID precautions will be in effect: All audience members must show proof of vaccination and must be masked.





West Acton Citizens' Library has joined the Minuteman Library Network!

After many months of preparations, Citizens' Library in West Acton Center is now operating as a part of the Minuteman Library Network.

What does this mean for library users in Acton?

- Your Minuteman Library Card will now work at both of Acton's libraries
- You have 2 options for picking up and returning your Minuteman Library Materials, one in the center of town and one in West Acton Center

Why did we do this now?

- For your convenience - Over the past several years West Acton Center has become a bustling center of activity. Many people live closer to West Acton than to the center of town. Many others visit West Acton on a daily or weekly basis for eating, shopping, socializing, taking classes or picking up kids from pre-schools and elementary schools. This is an effort to bring Minuteman library services to people, where they already congregate.
- Better use of Town resources – Citizens' Library has served West Acton for close to 140 years yet we are consistently referred to as “a hidden gem”. As an independent library we have trouble making the public aware of what materials, museum passes and programs we have to offer. We are hoping that having our materials appear in the Minuteman Catalog will allow more people to discover and utilize this amazing resource.

What else is new at Citizens' Library?

- We are making curbside pick-up a permanent feature of our services- our historic building is not fully accessible, but our materials are! To utilize curbside pick-up, place your materials on hold through the Minuteman system and when you receive notice that they are available for pick up just pull into the designated parking spot in front of the building and call the number on the sign. We will ask for your library card number and bring your books out to your car.
- Between now and the end of the year we will be learning everything there is to know about being a Minuteman Library, but in January, we hope to add back children's programs, an adult book group and a documentary discussion club.
- Please check us out at www.actoncitizenslibrary.org or call us at 978-929-6654 if you have any questions.



Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER 1 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "Audrey" 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	2 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:45 Active Aging 2:00 Art Exhibit Reception 6:00 Financial Health with Dr Blute - ANS COA via Zoom: 11:00 Talk and Tea	3 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 Poets Live Forever: Emily Dickinson 2:30 Drop In Bridge 3:00 Line Dancing COA via Zoom: 1:00 Book Group	4 8:30 Senior Fitness 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	5 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
8 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "As If They Were Angels" 1:00 Mah Jongg 1:00 Friends of COA meeting COA via Zoom: 1:00 Intermediate Chess Class	9 Center Open until 7:30pm 8:30 Senior Fitness 9:00 Drawing for All 9:00 Ask the Lawyer Appts. 9:45 Active Aging 10:00 COA Board Meeting 1:00 Medicare Check Up 1:00 Genealogy Group 4:00-7:00 Chess Club 6:00 Meditation with Yoga- ANS	10 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 1:00 Poets Live Forever: Robert Frost 1:30 Computer Club 2:30 Drop In Bridge 3:00 Line Dancing	11 VETERANS DAY Center Closed	12 Center closes at 12noon 8:30 Senior Fitness 9:00 Veterans Breakfast 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
15 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "Dream Horse" 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class 	16 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 10:00 Java with John 11:00 Grandparents Group 12:00 Robbins Brook Lunch 2:30 LitLovers Group 6:00 Horticultural Therapy – ANS 6:00 Meditation with Yoga - ANS COA via Zoom: 11:00 Talk and Tea 1:00 History of Thanksgiving	17 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 Senior Property Tax Primer 2:30 Drop In Bridge 3:00 Line Dancing	18 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	19 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
22 8:30 Active Aging 11:00 Tai Chi 11:00 Memory Loss Program 1:00 Movie "The Grey Fox" 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	23 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 5:00 Pizza Night 6:00 Caregivers Program 	24 8:30 Senior Fitness 12:30 Needle Arts 1:30 Computer Club	25 HAPPY THANKSGIVING! Center Closed	26 Center Closed

Monday	Tuesday	Wednesday	Thursday	Friday
29 8:30 Active Aging 11:00 Tai Chi 1:00 Mah Jongg 1:00 Movie "Love Me or Leave Me" COA via Zoom: 1:00 Intermediate Chess Class	30 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 2:00 Card Crafting Workshop	1 December 8:30 Senior Fitness 9:00 Watercolor Class 10:00 Wellness Yoga 12:30 Needle Arts 2:30 Drop In Bridge COA via Zoom: 1:00 Art & WWII	2 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Let's Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	3 Center closes at 12noon 8:30 Senior Fitness 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 rescheduling.

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, drawing class, Poets Live Forever, Tai Chi class, holiday card workshop, Art and WWII presentation, watercolor class, Four Centuries of Music, and history of Thanksgiving lecture.

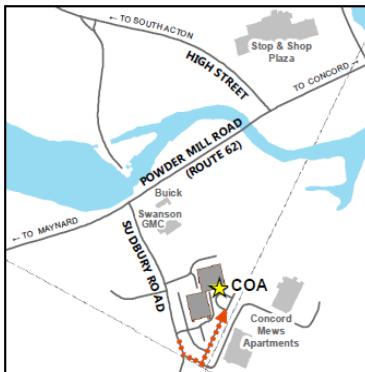


A Message from the Friends of Acton COA

With fall in the air the FCOA would traditionally be gearing up for its major fundraiser, the Annual Fair. We are optimistic that it will return in 2022. Looking for a productive outlet for your pent-up energy? Check out the FCOA website <http://www.friendsofactoncoa.com> or attend our next meeting in person.

The Friends of the Acton COA will next meet Monday, November 8th at 1:00pm.

Come and visit us in South Acton.



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand, Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager	Lori Cooney, Sec.	Jacquie Friedman
Chris Chirokas, Program Manager	Jeff Bergart	Chunsheng (Bill) Fu
Bev Hutchings, Senior Services Coordinator	Michael Chautin	Michelle Holmberg
Rose Murphy, Human Services Customer Service & Communication Assistant	Ann Corcoran	Niru Velankar
Bernice Nicoll, Activities Assistant	Meetings are in person at the Senior Center:	
Fiona Starr, Staff Assistant	COA Friends, Monday, November 8 th , 1:00pm	
Terri Zaborowski, Exercise Instructor	COA Board, Tuesday, November 9 th , 10:00am	

Horticultural Therapy led by Cathy Fochtman and sponsored by the Acton Nursing Services brought beautiful colors into the building in October.



Halloween Decorations from local students.

