

# Acton Council on Aging at the Senior Center DECEMBER 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](mailto:seniorcenter@actonma.gov)

Website: [www.actoncoa.com](http://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**

## Holiday Changes to Hours:

**Building Closed December 24<sup>th</sup> & 31<sup>st</sup> and programs finish at 10:30am on December 17<sup>th</sup>**

## □► Holiday Tea Party

**Tuesday, December 14<sup>th</sup> \*Sign up from Tuesday December 7<sup>th</sup>, 1:00pm\***

**Acton Seniors only**

**Eat in: 2:00pm Grab and Go: 2:30pm**

**Snow date is Wednesday, December 15<sup>th</sup>, same time**

Join us for some holiday cheer! Because of the pandemic, we are offering a scaled down tea but it will be just as festive! Reservation required – registration opens Tuesday, December 7<sup>th</sup> at 1pm; indicate if eating in or taking to go which you must adhere to as space in the dining room is limited: 978-929-6652 or [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Everyone will receive the same package of tea sandwiches and sweets. The party is free for all Acton seniors, thanks to the support of the Friends of the Acton COA!



## Holiday Decorations Clean Out and Share—beginning December 9<sup>th</sup>, 8:00am

Many folks are trying to downsize the amount of Holiday decorations they have but aren't sure what to do with them. We also know of many people who are just starting out or starting over that do not have many decorations and decided to try to do something about it. Please bring clean decorations that are still in good condition to the Senior Center Thursday December 9<sup>th</sup> from 8am-1pm or Friday, December 10th before noon.

**Monday, December 13<sup>th</sup> at 10:00am** we will open our doors for folks to take what they can use. We will not be accepting any large items (i.e. trees, outdoor decorations) or outdated lights. Please drop off only at designated times.

## □► Virtual Holiday Harp Performance with Rebecca Swett via Zoom at Home or Senior Center

**Tuesday, December 21<sup>st</sup>, 3:30-4:30pm**

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

Take a break from what can be a hectic holiday season to enjoy Rebecca Swett's harp performance of holiday music via Zoom. You can participate from home or watch on the big screen at the Senior Center. Register if you are watching from home by emailed the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Harpist Rebecca Swett was a regular performer at the Senior Center and other area locations before moving out of state. Her performances are always inspiring, entertaining and relaxing!



*Events requiring registration  
call the COA 978-929-6652,  
[seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)*

- Art & WWII 12/1
- Biden Agenda 12/8
- Chess Class
- Gym Training
- Harp Concert 12/21
- Holiday Tea 12/14
- Laugh for your Health
- Meditation with Erin
- Men in Retirement 12/7
- SHINE Appointments
- Words Galore
- Meals**
- Monthly Lunch 12/21
- Pie! 12/20
- Special Dinner 12/28
- Call Acton Nursing Services,  
978 929 6650 for:*
- Modern Barre
- Horticultural Therapy
- Podiatry Appointments

## Holiday Music of the 50s and 60s Multimedia Presentation

**Monday, December 20<sup>th</sup>, 1:00-2:00pm**

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

Sit back and enjoy an hour of familiar and cherished holiday songs from the 1950s and 1960s with John Clark's multimedia presentation. You'll hear the stories behind *It's Beginning to Look a Lot Like Christmas* by Broadway composer Meredith Willson (*The Music Man*) and Willie Nelson's *Pretty Paper*. Did you know that the prolific Johnny Marks had three hits during these years: *Rockin' Around the Christmas Tree* (Brenda Lee), *A Holly Jolly Christmas* (Burl Ives) and *Run Rudolph Run* (Chuck Berry)? And there were novelty Christmas songs galore like *I Saw Mommy Kissing Santa Claus*. You'll also see performance clips for *It's Beginning to Look a Lot Like Christmas* (Johnny Mathis), *There's No Place Like Home for the Holidays* (Perry Como), *The Most Wonderful Time of the Year* (Andy Williams) and *Feliz Navidad* (Jose Feliciano). See p.10 for information on holiday pie being served after the program!



*Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

### Directors Corner

I love this time of year. We seem to appreciate family, friends and the little things in life that bring us joy. A simple smile or random act of kindness can make someone's day. Take the time to bring someone joy this season.

**Merry Christmas and Happy Holidays! Sharon**



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

**Wednesday, December 1<sup>st</sup>, 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. If you didn't sign up last month to participate from home, register by emailing the COA at [seniorcenter@actonma.gov](mailto: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.



### □► Men in Retirement: Meeting the Challenges via Zoom at Home or the Senior Center

**Tuesday, December 7<sup>th</sup>, 1:00-2:00pm**

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

No matter how much you've been looking forward to it, retiring from work is a major life change that can bring stress as well as benefits. Henry Quinlan will discuss the four biggest challenges men face in retirement: loss of identity, boredom, loneliness, and reinventing oneself. What strategies help with the emotional issues that come with retirement? What will a 24/7 marriage look like? What is your passion? 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 participate from home, register by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Henry M. Quinlan, Esq, is owner and publisher of Omni Publishing Company. He is a graduate of Boston College and Suffolk University Law School. Currently he helps seniors self-publish their life stories.

**□► Indicates that you must register in advance**



## ► The Biden Agenda for Transforming America: Will He Succeed?

### via Zoom at Home

**Wednesday, December 8<sup>th</sup>, 1:00-2:00pm**

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



President Biden has presented massive proposals to address major problems in American social and economic life: climate change, health care, poverty, daycare for children, paid leave, affordable housing, and physical infrastructures. Join Dr. Lawrence Lowenthal for a presentation and discussion on the details imbedded in these proposals, the biggest compromises made so far, and the reasons for such vehement controversy involved in each proposal. Register with the Council on Aging at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) or 978-929-6652. *Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show.*

## Listening to Four Centuries of Music with Sivan Etedgee

**Thursday, December 16<sup>th</sup>, 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 II*/ Schumann, Chopin, Liszt and Brahms. Remaining dates of the series are January 20 and February 17. *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!*

## Java with John

**Acton Seniors only**

**Friday, December 17<sup>th</sup>, 9:30am.**

Have coffee with the Town Manager while learning about what is happening in Town.



## Author Talk with Kate Blair on *The Hawthorne Inheritance*

**Tuesday, December 21<sup>st</sup>, 1:00-2:00pm**

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



Join Concord author Kate Blair as she discusses her historical novel *The Hawthorne Inheritance*, recently published by Sunbury Press. The book is about author Nathaniel Hawthorne and his family, who are the author's cousins by marriage. The plot's main concern is with Hawthorne's sister Louisa's death in the 1852 *Henry Clay* steamboat disaster. The novel spans multiple generations and is set in Concord, Salem and Ohio. Kate will present on why and how she wrote the book and will answer questions about the writing and publishing process. Copies of the book will be available for purchase. *Kate Blair came across the research done by her father, a bookseller, on their Hawthorne and Dike ancestors and the Henry Clay steamship disaster, which planted the seed for her novel. Kate juggles writing books, plays and newsletters, medical consulting, and performing on stages and screens. She will be familiar to many of you as a member of the Concord Players Traveling Troupe.*

## COVID 19 Booster Clinic,

**Wednesday, December 8<sup>th</sup>, 1:00- 3:30pm**

**Acton Residents Only**

Acton Pharmacy will be at the Senior Center to give Moderna COVID booster shots. You must be an Acton resident and need to pre-register at the following link;

<https://tinyurl.com/4kakhmd2> or by scanning the QR code with your smart phone camera.

The link is also available on the COA website. If you need assistance, please contact the COA.

► Indicates that you must register in advance

## Groups



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

**Thursday, December 2<sup>nd</sup>, 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** is not meeting in December but will return in January.

**Genealogy Group** is not meeting in December but will resume in January.

### **Computer Club**

**Wednesdays, December 8<sup>th</sup> and 22<sup>nd</sup>, 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.

### **Arts and Crafts**

See also Acton Nursing Services



### **Needle Arts Group**

**Wednesdays, 12:30-2:30pm**

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

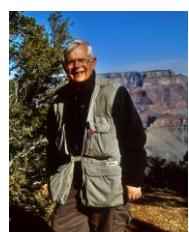
**Open to out-of-town seniors/free**

### **□► Watercolor Class for All with Sandy Wilensky via Zoom**

**Wednesdays, December 1<sup>st</sup> through January 19<sup>th</sup>, 9:00-11:00am**

**Acton Seniors Only**

Class has been changed to take place via Zoom. It is full with a waitlist.



### **Gallery Exhibits**

During December and January, Joe Schatz will exhibit his landscape photographs covering New England, the American West and other international locations. Schatz, an engineer by training, has been a serious photographer for the past 40 years. He started with black and white, but as color techniques improved he now works exclusively in color

#### **A Message from the Friends of Acton COA**

The FCOA wishes everyone a safe and happy holiday season.

Watch for the Annual Appeal mailing shortly, our only fundraiser this year and last. Online newsletter subscribers will receive the information via their civicplus alert.

Contributions may be made in Honor of or in Memory of friends and family.

We are excited to be holding the Annual Fair again next year.

**The Friends of the Acton COA will next meet Monday, December 13<sup>th</sup> at 1pm. The meeting will be over Zoom. Contact the COA if you need the Zoom link.**



## Senior Spotlight

We are presenting an occasional series to spotlight some of our active seniors. This month we welcome **Elizabeth Valente**, senior COA volunteer, who is hosting "Let's Talk" on Tuesday December 2<sup>nd</sup>.



Elizabeth has been an Acton resident since 1999. She was born & raised in Belmont, into an Italian American family. She was the only girl with four brothers. She considered herself a nerdy kid in her younger years, reading National Geographic magazines, collecting stamps and watching old black and white movies. At fifteen her life changed, while attending finishing school in Boston, she discovered the world of art & music.

Elizabeth also lived in Southern California for several years, working in HR during the day & attending college in the evening, to complete her degree in business management.

Today Elizabeth describes herself as a foodie & film buff. She also enjoys attending live theatre & visiting museums. Her passion is traveling. From living in Australia, to visiting Machu Picchu & watching the sun set over Mount Fuji in Japan. Her list is endless when it comes to traveling. In her twenties, Elizabeth & her first husband spent over three months backpacking through Europe.

Her greatest & most memorable journey was to China. In 1992 at the age of 47 Elizabeth & her second husband traveled to China to meet their beautiful four & a half month old daughter, the love of her life. She co-founded the first Older Moms support group in MA. The group was for mothers over 35 years old & had become a mother for the first time. She facilitated the monthly meetings, wrote & published a quarterly newsletter for the organization. When Elizabeth had retired from the group in 1999 after three and a half years, the group had grown to over 120 members. She also wrote a monthly column for a local independent newspaper in that time period.

In 2001 she left her HR job to work part time, so that she could spend more time with her daughter Catherine. Elizabeth retired in 2010 when her daughter graduated from high school, for a mother daughter road trip. The two girls travelled the eastern seaboard from Maine to Florida, for over a month. Up until a year ago Elizabeth facilitated a senior discussion group, which she developed for the Middlesex Community College MILES program. She also organized a monthly film group for MILES seniors when classes weren't in session. Today Elizabeth looks forward to spending time with her daughter who is a lawyer in CT & dreaming of her next travel adventure: taking a train trip across the Canadian border to Banff.

## The Joy of Words

**Book Discussion Group via Zoom** is not meeting this month. If you want to read ahead, the title for the January 5<sup>th</sup> meeting is Water for Elephants by Sarah Gruen. Books will be on reserve at the Acton Memorial Library and you can also try Citizen's Library, see p.12 for contact details.

### **□► Words Galore via Zoom**

**Thursdays, January 6<sup>th</sup> through February 10<sup>th</sup>, 9:00-10:00am**

Join Val Walker via Zoom for a fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. Email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this popular program.

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



□► Indicates that you must register in advance  
Games

## Morning Open Activity Time

seniors/free

**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

## Drop-In Bridge

**Wednesdays, 1:30-3:30pm \*\*Note new time!\*\***

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

Open to out-of-town seniors/free

## Chess Club

**Thursdays, 1:00-4:00pm**

**Tuesday evening, December 21<sup>st</sup>, 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



## □►Intermediate Chess Classes with Ken LeBow via Zoom

Open to out-of-town seniors/free

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

**No class on Dec. 27<sup>th</sup>**

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](mailto: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**

**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.



Winter weather policy:

If the schools are closed there will be no programs or meals at the Senior Center, if the school start time is delayed our programs will not commence until 10am. You can call 978-929-6652 to confirm.

If you mislay a hat or a glove be sure to check our lost & found.



Remember to bring clean exercise shoes to change into.

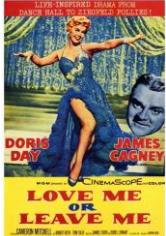


You may choose to wear 'spikes' or 'yak trax' on ice but we ask that you remove them before coming into the building.

► Indicates that you must register in advance  
**Monday Movie Matinees**

Shown with closed captioning when available.

**No movie December 20<sup>th</sup>** After viewing, the DVDs of some of these films will be available to borrow from the resource shelf in the Senior Center lounge.



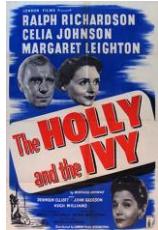
**Monday, November 29<sup>th</sup>, 1:00-3:00** **Love Me or Leave Me** (1955) Doris Day gives one of her best performances in this musical biopic of singer Ruth Etting, who rose from dance halls to movie stardom thanks to Chicago racketeer Martin "The Gimp" Snyder (James Cagney). Six Oscar nominations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



**Monday, December 6<sup>th</sup>, 1:00-3:05** **Emma** (2020, PG) In 19<sup>th</sup> century England, a well-meaning but selfish young woman meddles in the love

lives of her friends. This romantic comedy is based on the beloved Jane Austen novel. It stars Anya Taylor-Joy of *The Queen's Gambit*, Bill Nighy, and Rupert Graves. This period piece received Oscar nominations for makeup/hairstyling and costume design.

**Monday, December 13<sup>th</sup>, 1:00-2:20** **The Holly and the Ivy** (1952) A heartwarming tale of an English minister and his family reunited at Christmas, where loss, conflict and the effects of WWII help them discover a deeper meaning to the holiday. Stars Ralph Richardson, Celia Johnson and Margaret Leighton.



**Monday, December 27<sup>th</sup>, 1:00-2:50** **The Magic of Belle Isle** (2012, PG) Morgan Freeman stars as a famous novelist who struggles to write after losing his wife. When he begrudgingly summers at a small resort town, he is befriended by a single mom and her three daughters who inspire him to write again.



**THANK YOU TO...** Concord Farms for the wonderful homemade pies, Woman's Club for serving dessert, Saad Dino from Acton Pharmacy for helping vaccinate Acton residents.



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### Acton Boy Scouts Holiday Tree Fundraiser

Acton Boy Scout Troop 1 & Troop 284 successfully collected over 300 trees last year. This year we are back and better than ever! With our partnership we are expanding to include both Acton and Boxborough residents. We hope we can count on your support. Together, we will collect trees on **January 8<sup>th</sup> and January 15<sup>th</sup>, 2022**. Your support of the Acton Boy Scouts means the world to us. Your donation helps fund campouts, merit badge workshops, camp, the upkeep of camping gear, courts of honor, and high adventure trips for all our scouts. A recommended donation of \$20 can ensure a contactless pick up of your tree this year. Payment can be made by Check (Check can be written out to



Troop 284 Acton), or you can use Paypal. No computer to sign up, no problem, just give us a call at **978-795-4225** and leave us a message and we will get back to you. See our banners across local roads in both Acton and Boxborough and at the Acton Transfer Station. We are here to support you. It's Simple, it's Easy, it's Local. Sign up today at [ActonBSA.org](http://ActonBSA.org).

► Indicates that you must register in advance

## Mind, Body and Spirit See also Acton Nursing Services

### □► 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](mailto: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 in the News section at [www.actoncoa.com](http://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.*



### □► Mindfulness Meditation Classes with Erin Loporto via Zoom **Acton Seniors only**

**Mondays, beginning November 29<sup>th</sup>, 10:00am for 4 weeks**

**Registration required <https://tinyurl.com/acmc7wkn> or by this QR code**



If you're feeling extra anxiety or loneliness these days due to the holiday you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 4-week program. Erin found her home in yoga and meditation when she was first introduced to the practices in 2001. She has experienced personal healing and transformation from the 8-limbed path and has been a full-time yoga teacher and yoga therapist since 2012. She is also a bodyworker, energy healer and life coach passionate about building and healing the mind-body connection. Erin brings a playful, intuitive and compassionate spirit to all of her classes, private sessions and workshops. Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process. For more information, please email [sball@actonma.gov](mailto:sball@actonma.gov) or call 978-929-6453. Click here to [view the flyer](#).

### **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 9:00am-2:00pm, Tuesdays 9:00am-1:00pm and 6:00pm-7:00pm, and 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 20<sup>th</sup>, 8:30-9:30am**

**Tuesdays through December 21<sup>st</sup>, 9:45-10:45am**

**Thursdays through December 23<sup>rd</sup>, 9:45-10:45am**

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 13<sup>th</sup>, 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 21<sup>st</sup>, 8:30-9:30am**

**Wednesdays through December 22<sup>nd</sup>, 8:30-9:30am**

**Thursdays through December 23<sup>rd</sup>, 8:30-9:30am**

**Fridays through December 17<sup>th</sup>, 8:30-9:30am**



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

## Wellness Yoga with Patsy Brightman

**Wednesdays through December 22<sup>nd</sup>, 10:00-11:15am**

**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 29<sup>th</sup> 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**

## Stretch and Flex with Terri Zaborowski

**Thursdays through December 23<sup>rd</sup>, 3:00-4:00pm**



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 10<sup>th</sup>, 10:00-11:00am**

**No class on Dec. 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**

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 10<sup>th</sup>, 11:15-11:45am**

**No class on Dec. 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**



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.

Terri will not be teaching in early January; watch for exact dates in the January newsletter. You can maintain your fitness level in a variety of ways: attend other classes at the Senior Center; use the equipment in the gym; or access recordings of many of our fitness classes from home through ActonTV. Go to [www.youtube.com/actontv1](http://www.youtube.com/actontv1), click on *Playlists*, then *Acton Senior Center at Home*. If you haven't received an introduction to using the gym equipment, you can sign up for a training this month.

**DID YOU KNOW**...that the free table is back? Please use this table for "gently used/like new" items other seniors might find useful. Please no food, clothing or electrical items. Please ask at Reception for a list of local recycling/donation drop off points Thank You



## Meal Opportunities

### **At the Senior Center....**

#### **□► Holiday Tea Party**

**Acton Seniors only**

**Tuesday, December 14<sup>th</sup> Eat in: 2:00pm , Grab and Go: 2:30pm. Sign up from Tuesday Dec 7<sup>th</sup> at 1pm. Snow date is Wednesday, December 15<sup>th</sup>, same time. See page 1 for details.**

#### **□► Monthly Lunch by Benchmark Senior Living/Robbins Brook**

**Tuesday, December 21<sup>st</sup>, 12noon/12:30 pick up**

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

Enjoy Pot roast, mashed potato, garden salad and dessert. This meal is subsidized in part by Minuteman Senior Services. Sign up by December 14th. Cost is \$3:00. Please state 'eat in' or 'pick up'.

#### **□► Special New Year's Dinner**

**Tuesday, December 28th, 5:00pm at the Senior Center**

**Acton seniors only**

Join us for Chinese food and dessert. Please sign up at the COA. This special dinner will be \$5.00 and eat in only. Sign up prior to Dec. 21st

#### **□► Pie!**

**Open to out of Town/Free**

Concord Farms donated some delicious homemade pies and the Woman's club will be serving them to you on **Monday December 20<sup>th</sup> at 2:00pm** after the holiday music program see page 2.

### **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. [Menu](#) [Cold Menu](#)

**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](http://www.minutemansenior.org) or call 781-272-7177, toll free (888) 222-6171.

**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 Packages to be picked up Thursday December 9<sup>th</sup> and 23<sup>rd</sup>, 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](http://www.actonfoodpantry.org)

Distribution Schedule 10am-7pm Wednesday and 9:30-11:30am Thursdays.

CLOSED WEEK OF 4<sup>th</sup> WEDNESDAY EVERY MONTH.

**Open Table Pantry**, 33 Main Street, Maynard, call 978-369-2275 or check website [www.opentable.org](http://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. If the AB schools are closed due to weather, we will too will be closed. 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](mailto:bhutchings@actonma.gov) to enquire of available services.

### **Grandparents Raising Grandchildren Support Group at the Senior Center**

**Tuesday, December 21<sup>st</sup>, 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.

**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](http://www.minutemansenior.org)



### **SHINE - Serving Health Insurance Needs of Everyone Program**

Medicare Open Enrollment will end on December 7<sup>th</sup>. Visit [www.medicare.gov](http://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 arrange a SHINE appointment please contact **Beverly Hutchings at 978-929-6652**.

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

**LIHEAP, Fuel Assistance**, call Beverly for information, 978-929-6652.

### **Help Line Numbers**

**Social Security** [www.SSA.gov](http://www.SSA.gov) 1-800-1213, TTY 1-800-325-0778

**Medicare** [www.medicare.gov](http://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](http://www.actonma.gov)



### **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. For more details pick up a leaflet at the COA or see the transportation link at [www.actoncoa.com](http://www.actoncoa.com). Door-to-door services are in operation, with COVID protocols in place.

To schedule rides call [978-844-6809](tel:978-844-6809) during normal business hours. Call the COA for information on Access Acton – a taxi/livery rides program – subject to eligibility.



**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](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat.*



## Acton Nursing Services

For the programs offered by Acton Nursing Services if you would like more information or to register call 978-929-6650. Visit [www.actonnursingservice.com](http://www.actonnursingservice.com)



### □► Horticultural Therapy with Cathy Fochtman



### Acton Residents only

**Wednesday, December 15<sup>th</sup>, 10:30-11:30am OR**

**Tuesday December 21<sup>st</sup>, 6:00-7:00pm**

**Registration opens Monday December 6<sup>th</sup>, 1:00pm.**

Decorate for winter! Join Cathy Fochtman in creating a Greens Centerpiece. We will arrange a centerpiece with fresh evergreens and natural decorations, featuring berries and dried pods. All supplies will be provided. 12 participants per class.

Two sessions are available, pre-registration is required.

Sponsored by Acton Nursing Services.

Image for illustration – not an image of the arrangement you will make.

### □► Modern Barre Flex & Flow

**Tuesdays, December 7<sup>th</sup> and 14<sup>th</sup>, 6:30-7:15pm**

### Acton Residents only

Modern Barre Flex & Flow will guide participants through a short series of gentle barre exercises and a longer series of active stretches, focused on lengthening the muscles and mobilizing the joints. The session will end with a calming cool down for total mind-body integration. Please wear comfortable clothing, socks and bring water. All other equipment needed for class will be provided. Register by calling Acton Nursing on 978-929-6650 or emailing [nursing@actonma.gov](mailto:nursing@actonma.gov).

Amy Garland is the owner of Modern Barre Fitness Studio, located in the West Acton Villageworks complex. She comes with 22 years of dance experience, focusing primarily on classical ballet technique. Amy found Modern Barre in May 2016 with the opening of the West Acton studio and became an instant fan. Client, turned instructor, turned studio owner, she is thrilled to have the opportunity to share her love of barre fitness with the community. Amy has completed the Modern Barre training program and is a certified Modern Barre instructor. Sponsored by Acton Nursing Services.



### MODERN BARRE

### □► Podiatry Clinics

### Acton Seniors only

**Appointments: Fridays, December 10<sup>th</sup> and 17<sup>th</sup>, 9:00am-12noon and Thursday December 23<sup>rd</sup>, 12noon-4:00pm. Call 978-929-6650, we will start booking on Monday, December 6<sup>th</sup> 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, December 1<sup>st</sup> and 15<sup>th</sup>, 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.

**□► Indicates that you must register in advance**

## Library News

### 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 & 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](http://www.actoncitizenslibrary.org) or call us at 978-929-6654 if you have any questions.



#### December at Acton Memorial Library

Check our site for the latest information: [www.Actonmemoriallibrary.org](http://www.Actonmemoriallibrary.org)

Check our calendar for more information, and to register for programs:

[www.actonmemoriallibrary.org/calendar/](http://www.actonmemoriallibrary.org/calendar/)

Sign up for the AML newsletter (typically one a month-LOTS of great information)

[www.aml.clearpeak.net/about-the-library/newsletter/](http://www.aml.clearpeak.net/about-the-library/newsletter/)



#### Commonwealth Ballet Nutcracker Reading on Zoom Wednesday, December 1<sup>st</sup>, 2:30-5:15pm

For audiences of all ages, our annual readings from The Nutcracker are a fun introduction to one of the great stories in western literature, and a joyful reminder of a holiday favorite. Brought to life by dancers of the Commonwealth Ballet in their rich and colorful costumes, this reading is sure to delight. Please register at [actonmemoriallibrary.org/calendar](http://actonmemoriallibrary.org/calendar) to receive a Zoom link for this event.

## **Acton Movie Nights-On Kanopy and Zoom**

**Wednesday, December 1<sup>st</sup>, 7:00-9:00pm**

Acton Memorial Library is sponsoring a new activity for movie lovers. Acton Movie Nights are free evening movie discussions, initially on Zoom but later in person (we hope!) at the Library.

The selected movies will be adventurous, engaging, challenging, unconventional—and fun to talk about. This series is coordinated and discussions will be led by Randall Warniers. Randall is an editor and book designer who left a career in the sciences to pursue longstanding deep interests in literature, cinema, and the arts. He has studied cinema at both UCLA and UC Berkeley, and he is particularly fond of silent cinema, film noir, John Ford movies, and anything French.

The theme for our December-January series of five movies is Family around the World.

Please watch—on your own time schedule—the selected movies on Kanopy, a free video streaming service available to Library card holders of subscribing libraries. We will then gather on Zoom on scheduled evenings for a lively movie discussion.

Join us for as many of the discussions as you would like!

New to Kanopy? Here's information on how to create an account on Kanopy.

Questions? Reach out to us at [actadultservices@minlib.net](mailto:actadultservices@minlib.net)

***The Florida Project (2017)***. Set on a stretch of highway in a budget motel managed by Bobby (Willem Dafoe), just outside the imagined utopia of Disney World, the movie follows six-year-old Moonee and her rebellious mother over the course of a single summer.

Discussion date on Zoom: Wednesday December 1 at 7 pm.

***The Holly and the Ivy (1954)***. Christmas Eve in the little town of Wyndenham. Inside the rectory Jenny, the vicar's daughter, puts up the decorations. But before Christmas is over, her family will face some difficulties before they can claim to have goodwill in their hearts.

Discussion date on Zoom: Wednesday December 15 at 7 pm.

***Force Majeure (2014)***. This mordant psychodrama tells the story of businessman Tomas and his model Swedish family on a skiing holiday in the French Alps. During lunch at a restaurant, a major avalanche occurs, and Tomas makes a decision that will shake his marriage to its core.

Discussion date on Zoom: Wednesday December 29 at 7 pm.

***The Tree (2010)***. A mystical drama of loss and rebirth in the Australian countryside. Dawn (Charlotte Gainsbourg) and her four young children struggle to make sense of life after her husband's death. Official Closing Night Selection at the Cannes Film Festival.

Discussion date on Zoom: Wednesday January 12 at 7 pm..

***Last Train Home (2009)***. Every spring, 130 million migrant workers in China journey to their home villages for the New Year's holiday. This epic spectacle of mass travel—the world's largest human migration—reveals a country caught between its rural past and industrial future.

Discussion date on Zoom: Wednesday January 26 at 7 pm.

This program is sponsored by The Acton Memorial Library Foundation.

## **Creative Feast: Low-Carb Holiday Recipe Transformations on Zoom**

**Wednesday, December 22<sup>nd</sup>, 6:30-8:00pm**

Join chef Liz Barbour of The Creative Feast for some healthy and delicious transformations of classic sides! Festive foods should always be delicious and healthy. This class will transform 2 classic high-carb and high-starch holiday side dish recipes into healthier versions that taste amazing! Chef/Cooking Instructor Liz Barbour shares low-carb cooking wisdom and easy recipes you will love preparing and eating as part of a low-carb lifestyle.

This virtual cooking demonstration will take place over Zoom. Please register here:

[https://us02web.zoom.us/webinar/register/WN\\_FzrVBRADTT9a-BHioQVq](https://us02web.zoom.us/webinar/register/WN_FzrVBRADTT9a-BHioQVq)

After registering, you will receive a confirmation email containing information about joining the webinar. Liz Barbour has been cooking professionally in the Boston area since 1992 and started The Creative Feast in 2004. Sit back and watch while Liz prepares and presents exciting dishes for you and your friends to enjoy.

## Yard Maintenance Tips from the DPW

### FALL STORMWATER POLLUTION PREVENTION TIPS



Raking leaves onto a storm water inlet creates more pollution of local streams and waterways. Not only do leaves contribute to stream pollution, they can cause localized flooding if they clog storm drains and pipes. Help protect nearby waterways from excess nutrients and never rake leaves into a storm drain.

### WINTER STORMWATER POLLUTION PREVENTION TIPS

Start shoveling early! The more snow you remove, the less salt and sand you'll need. Below are some dos and don'ts when shoveling or plowing snow.

#### DO

- pile snow in locations with the most opportunity to infiltrate into the ground.
- pile snow in areas where water does not pond.
- clear away any snow that may have been thrown onto the storm drains.

#### DON'T

- pile snow on top of storm drains or near water bodies and wetlands.
- pile snow in storm water detention basins, rain gardens or bioretention areas.



### TIPS TO AVOID USING SALT AS A DE-ICER

More salt does not equal more melting snow. Follow product instructions when spreading deicing material and give it time to work. Salt can be harmful to pets and our waterways. Sweep up any material remaining after the snow/ice melts.

When temperatures hit 15° F or below, salt is not effective. Consider using traction materials such as cracked cornmeal, sand or kitty litter. If you're using traction materials that contain an acetate, potassium chloride, magnesium chloride, please read the product instructions to understand the pros/cons of these alternative traction measures.

Pay close attention to places that may have eroded during the snow melt. Plan to improve these areas in the spring by using native grasses, meadow plants, or native trees and shrubs.

### DID YOU KNOW

Leaves can be a great source of nutrients for your property, so consider mulching them into fertilizer for your yard or garden. However a decaying mat of leaves on your lawn can expose it to mold and disease. If your lawn is covered with more than 50% of decaying leaves, consider bagging or composting leaves, rather than mulching.

Normal snow accumulation does not pose a threat to rain gardens, so there is no need to shovel a rain garden. However, heavy snow loads can weigh down and saturate your garden and hurt plants. Pile snow uphill from the rain garden so when the snow melts the rain garden can do what it is designed to do.

SAVE THE DATE!

41st

# VIRTUAL ANNUAL SENIOR CONFERENCE

Hosted by State Senator Jamie Eldridge

Thursday, December 9th, 2021

11:00 A.M. - 3:00 P.M.

For more Information ,visit  
[senatoreldridge.com/seniors](http://senatoreldridge.com/seniors)



or scan the QR code above

Open the camera on your phone, iPad, or tablet. Hover over the QR code, then select the link that appears on the top.

## The Day Consists Of

- \*Informational workshops
- \*Virtual Fitness Programs
- \*Resources for Seniors
- \*Fun Activities and Raffle Prizes

## Don't Miss Out on The Fun!

Those that register will be entered in the gift raffle

DECEMBER 9, 2021

## For More Information

contact my District Director, Bianca DeSousa  
at **978.460.8564** or **[biancadesousa@masenate.gov](mailto:biancadesousa@masenate.gov)**

The **Council on Aging Board** wishes you a Happy Holiday Season with good health and good times. On December 9<sup>th</sup>, 2021, Senator James Eldridge will be hosting the 41st Annual Senior Conference which will be held online. This event will include a workshop on Aging: Planning for Yourself & Your Family. This will include resources and information to help you prepare for unexpected events. Click the [link](#) to register for the Senior Conference, or scan the QR code. You will be eligible for a prize drawing if you register in advance. Have a wonderful season with your family and friends! Best wishes from the COA Board

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Mah Jongg 1:00 Movie "Love Me or Leave Me"  <b>COA via Zoom:</b> 10:00 Mindfulness Meditation 1:00 Intermediate Chess Class	<b>30</b> Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 2:00 Card Crafting Workshop	<b>1 December</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 Wellness Clinic - ANS 12:30 Needle Arts 1:30 Drop In Bridge  <b>COA via Zoom:</b> 9:00 Watercolor Class 1:00 Art & WWII	<b>2</b> 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  <b>COA via Zoom:</b> 11:00 Laugh for your Health	<b>3</b> Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
<b>6</b> 8:30 Active Aging 11:00 Tai Chi 1:00 Movie "Emma" 1:00 Mah Jongg  <b>COA via Zoom:</b> 10:00 Mindfulness Meditation 1:00 Intermediate Chess Class	<b>7</b> Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 6:30 Modern Barre Flex & Flow- ANS  <b>COA via Zoom:</b> 1:00 Men in Retirement	<b>8</b> 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:00 COVID booster clinic – by appointment see p. 3 1:30 Computer Club 1:30 Drop In Bridge  <b>COA via Zoom:</b> 9:00 Watercolor Class 1:00 The Biden Agenda Talk	<b>9</b> 8:00-1:00 Decorations Drop Off 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  <b>COA via Zoom:</b> 11:00 Laugh for your Health 11:00 41 <sup>st</sup> Annual Senior Conference	<b>10</b> Center closes at 12noon 8:00-12noon Decorations Drop Off 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
<b>13</b> 8:30 Active Aging 10:00 Decorations Share 11:00 Tai Chi 1:00 Movie "The Holly & the Ivy" 1:00 Mah Jongg  <b>COA via Zoom:</b> 10:00 Mindfulness Meditation 1:00 Intermediate Chess Class 1:00 Friends of Acton COA	<b>14</b> Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 10:00 COA Board Meeting 2:00/2:30 Holiday Tea (snow date December 15 <sup>th</sup> ) 6:30 Modern Barre Flex & Flow - ANS	<b>15</b> 8:30 Senior Fitness 10:00 Wellness Yoga 10:00 Wellness Clinic - ANS 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 1:30 Drop In Bridge  <b>COA via Zoom:</b> 9:00 Watercolor Class	<b>16</b> 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  <b>COA via Zoom:</b> 11:00 Laugh for your Health	<b>17</b> Center closes at 12noon 8:30 Senior Fitness 9:30 Java with John
<b>20</b> 8:30 Active Aging 1:00 Mah Jongg 1:00 Holiday Music 2:00 Pie is Served!  <b>COA via Zoom:</b> 10:00 Mindfulness Meditation 1:00 Intermediate Chess Class	<b>21</b> Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Grandparents Raising Grandchildren Group 12:00 Benchmark Lunch 1:00 Hawthorne Book Talk 4:00-7:00 Chess Club 6:00 Horticultural Therapy- ANS  <b>COA via Zoom:</b> 3:30 Holiday Harp Performance	<b>22</b> 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Computer Club 1:30 Drop In Bridge  <b>COA via Zoom:</b> 9:00 Watercolor Class	<b>23</b> 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  <b>COA via Zoom:</b> 11:00 Laugh for your Health	<b>24</b> <b>Center Closed for the Holidays</b> 

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> 1:00 Movie "The Magic of Belle Isle" 1:00 Mah Jongg	<b>28</b> 5:00 Special New Year's Dinner	<b>29</b> 12:30 Needle Arts 1:30 Drop In Bridge  <b>COA via Zoom:</b> 9:00 Watercolor Class	<b>30</b> 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg  <b>COA via Zoom:</b> 11:00 Laugh for your Health	<b>31</b> New Year's Eve Center is Closed  

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:  
harp performance, Art and WWII presentation, watercolor class, Men in Retirement, The Biden Agenda, Tai Chi class, Four Centuries of Music, and the holiday tea.  
The Friends Appeal is launching this month – look for the form through the mail, or through your email notification. Donations accepted through the Friends website [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com),:



Visit our website by scanning this QR code



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand, Chair	Alma Sandman, Vice Chair
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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, December 13 <sup>th</sup> , 1:00pm	
Terri Zaborowski, Exercise Instructor	COA Board, Tuesday, December 14 <sup>th</sup> , 10:00am	



We enjoyed an early Thanksgiving Lunch from Benchmark @ Robbins Brook



### Veterans Breakfast

