



Acton Council on Aging at the Senior Center JANUARY 2022

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

In the event of bad weather: if schools are closed the Senior Center will not run any programs. If the schools operate on a delay our programs will commence at 10am. Check local media or call the Center for updates.

The Town of Acton has introduced a mask mandate for all town buildings, we appreciate your cooperation.

**Programs are correct at the time of going to press but may be liable to change.
Please call if you require clarification.**



Early Jewish Entertainers Multimedia Presentation

Thursday, January 13th, 1:00-2:00pm

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

Join John Clark at the Senior Center for this presentation focusing on the work of Al Jolson, Fanny Brice, Eddie Cantor, and Sophie Tucker. All of these entertainers made their first recordings on wax cylinders or Edison discs made of shellac! Each started in vaudeville, eventually becoming superstars of radio, stage and screen. Together they were the most important Jewish-American singers of the early 20th century. With tunes like *Swanee* and *April Showers*, Al Jolson's singing style was brash and extroverted but he could also deliver songs in a sentimental, melodramatic style. Sophie Tucker, the "Last of the Red Hot Mamas," was known for her powerful delivery of comical, risqué material and her signature song *Some of These Days*. Eddie Cantor was successful on records, radio and in films as a singer, dancer and actor, but we know him best for the hit song, *Makin' Whoopee*. Fanny Brice started as a Ziegfeld girl, but soon became a top comedienne star of stage, screen and radio, and *My Man* was her Grammy Hall of Fame song. The program closes with a rare treat, the original 1919 version of the Jewish national anthem *Hatikva* by Alma Gluck. *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.*

Spice Up Your Cooking!

Tuesday, January 18th, 11:00-11:30am

Open to out-of-town seniors/free

Join Minuteman Senior Services Registered Dietitian, Catherine York, for a presentation and activity on spices! You'll learn how spices add flavor to cooking without the need to add extra salt. We'll also be completing an activity where you guess which spice is which based on texture, color, and smell! For questions about the presentation, please email Catherine at c.york@minutemansenior.org.

Directors Corner

Happy New Year! Now is a great time to do those things you have been putting off. If you haven't been to the Senior Center, now is the time! We have so much to offer; excellent lectures and programs, exercise and art classes, chess, bridge, mahjong, genealogy, computer club and so much more. At this time we are offering some programs in person and some virtually. We are following the local Board of Health guidelines to ensure your health and safety. Please feel free to contact me if you have any questions. **Best, Sharon**

Subscribe
[HERE](#)
to get the
newsletter
direct

□►Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays, January 6th through February 10th, 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 to register for this popular program.

Dementia Friends

Thursday January 6th, 10:00am

Open to all



In this one-hour Information Session you will learn five key messages about dementia and a bit about what it's like to live with dementia. This is not a formal training. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

□►Re-gifting Party

Thursday, January 6th, 1:00-1:45pm

Did you receive a holiday gift you really don't need? Join in on this fun annual gathering and swap it for (hopefully!) something you want. Gift exchange is run like a Yankee Swap. Please bring a wrapped gift valued at \$10-\$20. Refreshments will be served.



□►Aging: Planning for Yourself & Your Family

Tuesday, January 11th, 1:00pm Room 204 , Acton Town Hall, 472 Main St , on Zoom at the Senior Center or if you prefer in your own home register with this link <https://tinyurl.com/wnmfjbtv>

Ellen Feinsand aims to educate seniors and their families about the plans and decisions to make after retirement. The focus is on health care, benefits, being prepared in case of any emergency resources available to meet seniors' needs. Ellen will help you create your own "Go Bag" if you have to leave home quickly (for any reason) and a special "Grab-n-Go" Kit if you have a medical emergency. [Flyer](#)

Ellen Feinsand spent her career in the financial services industry helping people save for, transition to,

and living in retirement. In 2014, she expanded her work to include advocating for seniors and earned a Certification in Gerontology, management of Aging Services, from the University of Massachusetts.

□►Poets Live Forever Seminar with Val Walker :

Millay, Emerson, Angelou and Whitman

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

Wednesdays, January 12th through February 2nd, 1:00-2:00pm

In this series at the Senior Center, Val Walker will present lively readings and life histories of our most beloved poets. Val sparks conversation and reflection on what inspired their brilliant creations, the challenges they face, their passions and callings. Each class is devoted to one particular poet as we learn to understand the world and vision of that individual experience. January 12th: Edna St. Vincent Millay; January 19th: Ralph Waldo Emerson; January 26th: Maya Angelou; February 2nd: Walt Whitman. 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*.



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

- Aging Planning
- Book Group via Zoom
- Community Building
- Caregiver Support Grp
- Chess Class
- Gym Training
- Laugh for your Health
- Medici Dynasty
- Poets Live Forever
- Re-Gifting Party
- SHINE Appointments
- Talk and Tea
- Words Galore
- Meals
- Monthly Lunch
- Chili Dinner

Call Acton Nursing Services,
978 929 6650 for:

- Balance Programs
- Horticultural Therapy
- ANS Classes
- Podiatry Appointments

► The Power and the Passion: The Turbulent Fortunes of the Medici Dynasty via Zoom

Tuesday, January 18th, 1:00-2:00pm

Open to out-of-town seniors/free

The Medici family left an indelible mark on Italy, Europe, and the West. As bankers, rulers, and patrons of the arts, they were among the leading political and cultural dynasties in Europe. Yet the story of the family's rise and success was marked by turmoil, violence, and duplicity. Historian Paolo Di Gregorio will explore the complex, exciting history of the Medici. You can participate via Zoom from home or 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!

Listening to Four Centuries of Music with Sivan Etedgee

Thursday, January 20th, 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 Modern Music Part I, Music Inspired by Dance: Debussy, Villa-Lobos, Bartok, Ginastera, Piazzolla, and Schulhoff. The final meeting in this series is 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!*

Ask the Lawyer Appointments

Tuesday, January 25th, 1:00-3:00pm

Acton Seniors only

Elder Law Attorney Cathleen Summers offers free 20-minute private legal consultations. Call the COA on 978-929-6652, from Monday January 10th, to book an appointment at the Senior Center

► Community Building Circle

Tuesday, January 25th, 6:00-7:00pm

Open to all

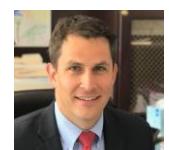
Come get to know your neighbor in this guided encounter where we will practice coming together and listening to each other by sharing our stories. We will provide a safe space to practice meaningful engagement. Refreshments will be served. Please sign up at the Senior Center prior to attending.

Java and Muffins with John

Friday, January 28th, 9:30am

Acton Seniors only

The Town Manager, John Mangiaratti, will be at the Senior Center to talk about the latest Town news. Feel free to bring your questions and comments for him.



Arts and Crafts

See also Acton Nursing Services – page 13



Needle Arts Group

Wednesdays, 12:30-2:30pm

Open to out-of-town seniors/free

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

► Watercolor Class for All with Sandy Wilensky via Zoom

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

Acton Seniors Only

Class is full with a waitlist.



Gallery Exhibits

Through January Joe Schatz is exhibiting 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.

Groups

► **Caregiver Support Group via Zoom **New!****

Open to all caregivers of older adults/free

Meeting Tuesdays starting January 18th, 2:00-3:00pm



Join Julie Norstrand, a social worker and college professor, for this new Caregiver Support Group that will meet weekly via Zoom. Being a caregiver can be a very challenging time for many. You may feel stretched thin with the many demands you face, including work and family life. This can leave you feeling physically exhausted, isolated and alone. Julie has worked with many caregivers in support groups who describe these emotions. The burden born by caregivers has been even more challenging as the months of the pandemic continue! Julie has found these groups to provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings whereby members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. In the beginning Julie sets the agenda with specific topics that guide the discussion, and then over time members take greater ownership of the discussion. The goal is to ensure that people feel heard and supported. If you are interested, please contact the Acton Council on Aging at 978-929-6652 or seniorcenter@actonma.gov. Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and is on the Board of the Newton COA. [Flyer](#)

► **Talk and Tea Tuesdays via Zoom**

Open to out-of-town seniors/free

Tuesdays, January 4th and 18th, 11:00am

Join in on this social group led by your peers, Bonnie and Paula! It is an opportunity for casual conversation on a different topic each meeting, so grab a cup of your favorite beverage and join new and old friends for an hour of chat. If you are new to the group, email the Council on Aging at seniorcenter@actonma.gov for the recurring Zoom link, which is also posted in Special Announcements at www.actoncoa.com.



Genealogy Group

Open to out-of-town seniors/free

The group will not be meeting in January

Computer Club

Wednesdays, January 12th and 26th, 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.

► indicates that you must register in advance

► Book Discussion Group via Zoom

Wednesday, January 5th, 1:00-2:30pm



The group is reading Water for Elephants by Sarah Gruen this month. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, Hamnet by Maggie O'Farrell will be discussed at the February 2nd meeting. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will send you the Zoom link which is also posted in "News" at www.actoncoa.com.

Open to out-of-town seniors/free

Book Discussion Group—In Person

Thursday, January 20th, 11:00am

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. Trudi would like to have you bring your favorite poems with you to the January meeting, and will discuss options for future books. If you have questions please email Trudi@bruschi.org.

Games

Morning Open Activity Time

Weekday mornings, 9:00-11:30am



Open to out-of-town seniors/free

No activity time Jan. 17th

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, 1:30-3:30pm

Open to out-of-town seniors/free

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

Chess Club

Thursdays, 1:00-4:00pm

Open to out-of-town seniors/free

Tuesday evening, January 18th, 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.

► Intermediate Chess Classes with Ken LeBow via Zoom

Open to out-of-town seniors/free

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

No class on Jan. 17th

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is ongoing but is open to new participants who should email seniorcenter@actonma.gov and include full name and phone number.

Mah Jongg Time

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

Open to out-of-town seniors/free

No game on Jan. 17th

Tuesday, January 18th, 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.

A Message from the Friends of Acton COA

The FCOA wishes everyone a happy and healthy New Year. Our Annual Appeal, our major fundraiser, was sent to 2948 households last month. A hearty thank-you to all Acton seniors who responded immediately. Gifts may be made online easily at www.friendsofactoncoa.com.

The Friends of the Acton COA will next meet virtually Monday, January 10th at 1pm. [meet virtually](#)

Monday Movie Matinees

Open to out-of-town seniors/free



Shown with closed captioning, when available No movie on January 17th

After viewing, the DVDs of some of these films will be available to borrow from the resource shelf in the Senior Center lounge

Monday, January 3rd, 1:00-2:50 After the Thin Man (1936) Private detective Nick Charles and his wealthy wife Nora are hoping for a quiet New Year celebration at home when Nora's relative goes missing. Since the main suspect is Nora's cousin, they jump on board to solve the case. Comedic crime mystery stars Myrna Loy, William Powell and rising star Jimmy Stewart.

Monday, January 10th, 1:00-2:55 Minari (2020, PG-13) To realize his dream of owning land to grow his own crops, a Korean-American man moves his skeptical family to rural Arkansas in the 1980s. Drama was nominated for six Oscars, including Best Picture; Yuh-Jung Youn won Best Supporting Actress.

Monday, January 24th, 1:00-2:40 Queen Bees (2021, PG-13) An independent widow moves into a senior community and discovers it is just like high school—full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a second chance at love. Comedy stars Ellen Burstyn, Jane Curtin, Loretta Divine, Ann-Margret, and James Caan.

Monday, January 31st, 1:00-3:05 Dark Waters (2019, PG-13) Legal thriller about the real case of a corporate defense attorney taking on an environmental lawsuit against DuPont, accused of poisoning the water supply of a West Virginia town. Mark Ruffalo, Anne Hathaway and Tim Robbins star in the film that is based on real-life events.



Tax Prep 2022

The AARP TaxAide program offers free income tax preparation for low and moderate income taxpayers by IRS-certified volunteers. The program will have options this year to provide safety for volunteers, taxpayers, and host site personnel and assure correct returns with taxpayer data protection. All volunteers will be vaccinated and masked, they expect the same from taxpayers on site. A drop-off option can be used for other situations. Appointments at the Acton Senior Center will be on Mondays in February, March, and the first week of April. More details will be published in the next newsletter. Contact Rosie Atherton at 978-929-6652 for information.

The **Council on Aging Board** wishes you a happy and healthy 2022!

We hope that you will have a fulfilling routine with online and in person activities. On January 11th, 2022, Ellen Feinsand, Chair COA Board, will be presenting a Workshop, in person and virtually on **Aging: Planning for Yourself & Your Family**. The Workshop covers health care, benefits, resources, and being prepared in case of any emergency.

The COA Board hopes you will enjoy COA activities in good health all year. The next Board [meeting](#) will be virtual on Tuesday January 11th at 10:00am.

□► Indicates that you must register in advance

Mind, Body and Spirit

See also Acton Nursing Services – page 13



□► Laugh For Your Health with Susan Phillips via Zoom

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

Open to out-of-town seniors/free

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

□► Line Dancing with Sam O'Clair **Note time change**

Wednesdays, January 12th through March 2nd, 2:00-3:00pm

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 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

Terri's classes will resume on January 14th. While she is away, 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 at 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, please sign up for a training session.

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- Bring supportive shoes that are clean to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information

Active Aging with Terri Zaborowski

Mondays, January 24th through March 28th, 8:30-9:30am

Tuesdays, January 18th through March 29th, 9:45-10:45am

Thursdays, January 20th through March 31st, 9:45-10:45am

No class Jan. 17th, Feb. 21st



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 Council on Aging 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

Acton seniors only

Mondays, January 3rd through March 28th, 11:00-12noon. No class Jan. 17th, Feb. 21st



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, January 18th through March 29th, 8:30-9:30am

Wednesdays, January 19th through March 30th, 8:30-9:30am

Thursdays, January 20th through March 31st, 8:30-9:30am

Fridays, January 14th through April 1st, 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, January 5th through 26th and March 2nd through 30th, 10:00-11:15am

No classes in February

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 Open to out-of-town seniors/free

Thursdays, 11:00-12noon

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

Stretch and Flex with Terri Zaborowski

Thursdays, January 20th through March 31st, 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, January 7th through April 1st, 10:00-11:00am

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, January 7th through April 1st, 11:15-11:45am



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... Everyone who brought in their Holiday decorations to share with others.

It was a huge success! Gary Philips and Maryanne Allard for organizing.

The COA staff for all of their homemade goods for the Holiday Tea.

CHNA 15 for subsidizing our New Year's dinner.



Winter weather is happening...

- 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.

□► Indicates that you must register in advance

Meal Opportunities

At the Senior Center....

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, January 18th, 12noon, pick up at 12:30pm

Open to out-of-town seniors

Join us for baked ziti, a buttered roll, garden salad and dessert. Eat in at noon or if you prefer to take out, pick up will be at 12:30pm. Please specify when you register. A \$3 donation is requested.

This meal is subsidized by Minuteman Senior Services.

□► Chili Dinner

Tuesday, January 25th, 5:00pm, pick up at 5:30pm

Acton Seniors only

Enjoy Chili and cornbread to warm up on these cold winter nights. If you prefer to take out, pick up will be at 5:30pm. Please specify when you register for the event. \$3 is requested for the meal.

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.

We are looking for volunteer Meals on Wheels Drivers and Money Management Bill Payers!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? Or are you available 6-8 hours/month to help seniors or people with disabilities sort mail and organize bills for payment? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at volunteer@minutemansenior.org or call 781-221-7093.

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 Thursday December 9th and 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, 5:00-6:00pm As of January 5th, 2022, due to the increased concerns of Omicron, we will transition to an **ALL-TAKE-OUT** Supper.

This is a fluid situation which will be closely monitored in compliance with the AB Town Board of Health and may change as conditions permit.

To ensure the health & wellbeing of everyone at Supper, we ask guests to always wear their masks. All volunteers must be vaccinated and will wear masks and gloves throughout the supper. All guests must park in the back parking lot off Prospect Street and then line up on the walkway to be permitted into the lobby by the food carts. Volunteers will assist all guests. Please bring a bag to carry your food and any bread selections.

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, January 18th, 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.

Caregivers Support Program New **

Tuesdays, beginning January 18th – see page 4 for details

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.

SHINE - Serving Health Insurance Needs of Everyone Program

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 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

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 are available this month at the Senior Center – see p 3 for details

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 in doubt, don't travel.

If you mislay a glove or scarf do check the lost and found. Also be aware that many coats and boots look similar – maybe mark your own and be aware when leaving the building.

A mixture of sand and salt is available free to Acton residents (no contractors) at the designated area located at the Highway Division, 14 Forest Road. Use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

Senior Spotlight



Lynne Osborn and her husband Gil moved from Utica, NY in 1961, she has been an Acton resident since 1969. Lynne retired from Middlesex Community College 2001, where she taught Biological Science for 30 years. Lynne's husband Gil, passed on eleven years ago.

Lynne is an opera fan and has been to the world-renowned Santa Fe Opera and the Sarasota Opera. In 1994 Lynne visited France and England, when Europe was preparing to celebrate the 50th anniversary of D-Day. Another memorable trip for Lynne was cruising the Danube River. Lynne is a big PBS fan, she is hooked on The Great British Baking Show. Lynne is a dedicated volunteer. She truly believes in giving back to the community. In 2003 Lynne began volunteering at the English At Large program, in Woburn. She has also received a 10 year certificate from Meals on Wheels. Not to mention her volunteering at the Acton Community Supper and Pantry and St Matthews Sunday school.

Lynne has been a member with the Friends of Acton COA since 1982, a non-profit program which raises funds for the Senior Center. Lynne takes great joy in life. She feels fortunate and believes it is important to have connections with others. The Senior Center facilitates that connection. Lynne truly feels as the board ages, there is a need to recruit younger members with new ideas. New members would benefit and enrich the Friends to have a wider representation of seniors.

Lynne's life philosophy - "It is what it is"

TOWN OF ACTON SERVICES INFORMATION 978-929-6600

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



Senior Real Estate Tax Relief from the Assessors Office

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability or suffering financial hardship in general. To find out if you qualify, or call the Assessor's office for more details at 978-929-6621.

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. Door-to-door services are in operation, with COVID protocols in place.

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

Christmas Tree disposal.



After the holidays you can dispose of your tree at the Transfer Station or you can have a local Boy Scout Troop pick it up from you and take to the Transfer Station for a small donation, and save the hassle and mess. Please remove decorations.

Call 978-795-4225 or visit www.ActonBSA.org or scan this QR code to sign up for collection.

Pick up days are Saturdays, January 8th & 15th.



Acton Nursing Services

Call 978 929 6650 for more information or to register from Monday, January 3rd at 1pm

□► Horticultural Therapy

Wednesday January 12th 10:30am or Tuesday, January 18th, 6:00pm

Acton Seniors Only

Join Cathy Fochtman in creating a Winter White Hanging Arrangement, a long lasting dried arrangement suitable for hanging with a supplied macramé plant hanger or your tabletop! It will include natural white sola wood gardenias, eucalyptus and dried flowers. All supplies provided. Space limited to 12.

Call 978 929 6650 after Monday January 3rd, 1pm to register.

□► Energy Healing with Jacqui Burak

Tuesdays, January 18th and 25th, 6:00-6:45pm

All Ages are Welcome

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow.

□► Guided Meditation and Gentle Restorative Movement

Tuesday January 11th, 6:00-7:00pm

Acton Residents Only, All Ages

The practice of Meditation cultivates present-movement awareness while rejuvenating and restoring energy levels. Please join Pam Saarinen, Certified Yoga Instructor, as she helps to restore your calm and inner peace, producing a state of relaxation and a tranquil mind. Together you will practice breathing techniques to relax anxiety and tension and feel spacious and rejuvenated in your body. Restorative movement will be seated aiming to release tension in the upper body, jaw, neck and shoulders. Please wear comfortable clothing and bring a towel. Sponsored by the ANS.

□► Balance Screening Appointments

Acton Seniors Only

Tuesday, January 11th 9:00am -2:00pm

Call 978-929-6650 for an appointment

Offered by the Acton Nursing Services— Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office.

□► Balance Matters!! Sponsored by the Friends of Acton Nursing Services Acton Seniors Only

Wednesdays, January 19th - February 23rd, 12:30pm

Call 978-929-6650 for an appointment after Monday January 3rd, 1pm

Join Karen Patterson PT as she provides a 6 week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living.

□► Maintenance Balance Training Sponsored by an Anonymous Donor Acton Seniors Only

Tuesdays, commencing January 4th, 11:00am

Call 978-929-6650 to register

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6 week Balance Matters! Sessions. Each class is independent of the other and but you MUST have attended the Balance Matters! 6 week sessions to join.

□► Podiatry Clinics

Acton Seniors Only

Appointments: Friday January 7th, 9:00-12noon & Thursdays January 20th & 27th, 12:00-4:00pm

Call 978-929-6650, we will start booking on Monday, January 3rd 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, January 5th & 19th 10:30am-12noon

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.

DPW/Highways

Winter Parking Ban in effect November 1st to April 1st.

Please remember that our crews have to travel on snow covered, slippery untreated roads to get here at any hour of the day or night. Please be patient as the crews will be out as soon as possible to begin the snow & ice operations. We are currently experiencing a shortage of staffing and plow contractors so our snow & ice operations for sidewalks and roads will take longer than usual. We ask for your patience and understanding.

Fire hydrants are under the control of the Acton Water District. The Water District asks residents with hydrants in front of or near their property to please clear the snow away from the area so that in an emergency the hydrant will be accessible.

Mailboxes installed in the Town right of way are placed at the owner's risk. Each mailbox installation should be sufficiently solid to withstand snow-clearing efforts by the Town. It is the responsibility of the owner of the mailbox to clear the snow around the mailbox to assure mail delivery by the U.S. Postal Department. If the snow banks are too high to shovel, place a temporary box beside the road until the snow has melted enough to allow access to the mailbox. Please check that your mailbox & post are secure and in good condition prior to the snow season.

More information can be found on the Town of Acton website and [here](#).

Stormwater Pollution Prevention

Do not pile snow on top of storm drains or near water bodies & wetlands. Avoid piling snow in storm water detention basins, rain gardens or bioretention areas.

Pile snow in locations most likely to drain into the ground.

Avoid over-using salt/de-icer. Read manufacturers' instructions to optimize performance. For more information see the Town of Acton website. [Recycling Flyer](#)

Library News

West Acton Citizens' Library

Citizens' Library in West Acton Center is now operating as a part of the Minuteman Library Network. Call us at 978-929-6654.

Acton Memorial Library

Check our [calendar](#) for more information, and to register for programs.

Sign up for the AML [newsletter](#)

Movie Nights over Kanopy with discussion on the theme "Family around the World".

Watch the movie in your own time and then join the scheduled discussion:

Force Majeure, (2014) discussion Wednesday December 29th, 7:00pm.

The Tree (2010), discussion Wednesday January 12th, 7pm

Last Train Home (2009), discussion Wednesday January 26th, 7:00pm.

Presentations and classes, registration required.

Faith and Folktales, Russian Storytelling through Image, via Zoom, Thursday January 13th, 7:00-8:30pm.

Explore this fascinating topic with Laura Garrity-Arquitt from the Museum of Russian Icons.

Craft Night via Zoom: Night Sky painting, Wednesday January 19th, 7:00-8:30pm.

Collect a kit from the AML prior to the evening and follow step by step instructions from the Pop Art School. Open to participants 16+. [For more details](#).

Programs made possible by the Acton Memorial Library Foundation.

Acton's Theatre III is brightening the winter with comedy!

For everyone who's never wanted to save the world! **Puffs: Or Seven Increasingly Eventful Years at a Certain School of Magic and Magic** at Theatre III, 250 Central St., West Acton. **Senior Dress Rehearsal Wednesday, February 2nd, 7:30 pm; tickets \$5 at the door.** Regular run February 4th, 5th, 11th & 12th at 8:00 pm and February 6th 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.

Monday	Tuesday	Wednesday	Thursday	Friday
3 January 2022 11:00 Tai Chi 1:00 Mah Jongg 1:00 Movie COA via Zoom: 1:00 Intermediate Chess Class	4 Center Open until 7:30pm 11:00 Balance Maintenance – ANS 4:00-7:00 Open Games Night COA via Zoom: 11:00 Talk and Tea	5 10:00 Wellness Yoga 10:00 Wellness Clinic - ANS 12:30 Needle Arts 1:30 Drop In Bridge COA via Zoom: 9:00 Watercolor Class 1:00 Book Discussion Group	6 10:00 Dementia Friends 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:00 Re-gifting Party COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	7 Center closes at 12noon 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
10 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class 1:00 Friends of Acton COA	11 Center Open until 7:30pm 9:00 Balance Screening Appt-ANS 11:00 Balance Maintenance –ANS 6:00 Guided Meditation -ANS COA via Zoom: 10:00 COA Board Meeting 1:00 Aging Planning (in person at Rm 204, Town Hall)	12 10:00 Wellness Yoga 10:30 Horticultural Therapy-ANS 12:30 Needle Arts 1:00 Poets Live Forever 1:30 Computer Club 1:30 Drop In Bridge 2:00 Line Dancing COA via Zoom: 9:00 Watercolor Class	13 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 1:00 Early Jewish Entertainers COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	14 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
17 Center Closed Martin Luther King Jr. Day	18 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Grandparents Group 11:00 Balance Maintenance –ANS 11:00 Spice Up Your Cooking 12/12:30 Robbins Brook Lunch 1:00 Mah Jongg 4:00 -7:00 Chess Club 6:00 Horticultural Therapy –ANS 6:00 Energy Healing - ANS COA via Zoom: 11:00 Talk and Tea 1:00 Medici Dynasty 2:00 Caregivers Support Group	19 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 12:30 Balance Matters - ANS 12:30 Needle Arts 1:00 Poets Live Forever 1:30 Drop In Bridge 2:00 Line Dancing COA via Zoom: 9:00 Watercolor Class	20 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Book Discussion Group 12:30 Four Centuries of Music 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	21 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
24 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	25 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance –ANS 1:00 Ask the Lawyer – by appt. 5:00 Chili Dinner 6:00 Community Building Circle 6:00 Energy Healing - ANS COA via Zoom: 2:00 Caregivers Support Group	26 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Balance Matters - ANS 12:30 Needle Arts 1:00 Poets Live Forever 1:30 Computer Club 1:30 Drop In Bridge 2:00 Line Dancing	27 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: 9:00 Words Galore 11:00 Laugh for your Health	28 Center closes at 12noon 8:30 Senior Fitness 9:30 Java and Muffins with John 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
31 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	1 February Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance -ANS COA via Zoom: 2:00 Caregivers Support Group	2 8:30 Senior Fitness 12:30 Needle Arts 12:30 Balance Matters -ANS 1:00 Poets Live Forever 1:30 Drop In Bridge 2:00 Line Dancing	3 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: 9:00 Words Galore 11:00 Laugh for your Health	4 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.

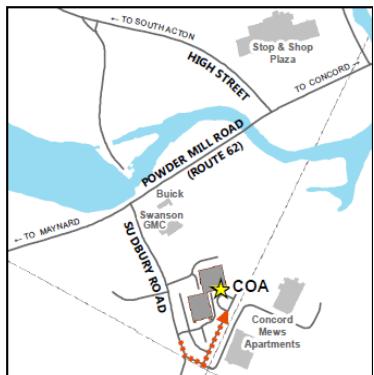
Programs and Classes are correct at time of going to press and are planned with the currently available CDC guidelines in mind; circumstances beyond our control may result in cancellation or postponement.

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](#), Poets Live Forever, Famous Jewish Entertainers, watercolor class, Words Galore, Tai Chi class, the Medici Dynasty, and Four Centuries of Music.

Come and see 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, January 10 th , 1pm via Zoom	
Terri Zaborowski, Exercise Instructor	COA Board, Tuesday, January 11 th , 10am via Zoom	



Our traditional Holiday Tea was celebrated by a group of our Seniors. Thank you to everyone who helped make it a success.

