



Acton Council on Aging at the Senior Center FEBRUARY 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

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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.

As we update our schedule following Covid protocols be sure to check in with us before heading over as programs may be liable to change or be re-scheduled.



□► Greatest Love Songs Part 2 Multimedia Presentation

Thursday, February 10th, 1:00-2:00pm

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

Just in time for Valentine's Day comes this multimedia presentation by John Clark featuring some classic love songs that span the first half of 20th century. From Tin Pan Alley favorites like *All of Me*, *Old Black Magic* and *I Can't Give you Anything But Love* to high school prom classics like *Chances Are* and *Put Your Head on My Shoulder*. This program at the Senior Center features legendary performers like Frank Sinatra, Johnny Mathis, and Louis Prima/Keely Smith.

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.

□► Faith Ringgold: Quilts, Paintings and Politics with Jane Oneail via Zoom

Wednesday, February 23rd, 1:00-2:00pm

Open to out-of-town seniors/free

Join Jane Oneail, founder of Culturally Curious, for this art appreciation program via Zoom in honor of Black History Month. Faith Ringgold is celebrated for an artistic career exploring race in the American experience. Jane will cover the breadth of Ringgold's creative output, including paintings, sculpture, performance art, and her beloved story quilts. Register by emailing the COA at

seniorcenter@actonma.gov. Zoom from home only.

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.



Directors Corner

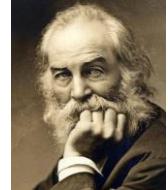
At the time we were publishing this February newsletter, it was the second week of January and we were in the height of a surge. The COA made changes to ensure the wellness of our participants. We appreciate your understanding and patience as we do our best to plan during uncertain times. Feel free to call if you have any questions regarding any scheduled activities' status. For those comfortable using technology, we will be posting changes and updating our website and Facebook page. I would like to thank the COA staff for their flexibility and dedication to serve Acton's older adults. **Stay well, Sharon**

□► Poets Live Forever Seminar via Zoom

Wednesday, February 2nd, 1:00-2:00pm

Open to out-of-town seniors/free

Val Walker presents lively readings and life histories of our most beloved poets. The series concludes this month with Walt Whitman. Contact the COA to register for this class at 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*.



□► How to Gamble Safely Presentation

Thursday, February 3rd, 1:00-2:00pm

Open to all/free



Join Amy Gabrila of the Massachusetts Council on Gaming and Healthy for this innovative program designed to keep gambling, which includes playing the Lottery, safe and fun for older adults. Learn why older adults gamble, strategies to reduce risky gambling behaviors, and where to go for help if needed. Amy brings over 21 years of experience in the gambling industry, having worked in table games departments across the country. She uses her experience to conduct outreach to some of the most at-risk populations in the Commonwealth.

□► Mammals of New England

Tuesday, February 8th, 1:00 pm via Zoom

Open to out of Town seniors

Pre-registration is required at <https://tinyurl.com/483dv8hk>



There is a wide range of mammals found around New England, from the woods, fields and suburbs to the seashore. Learn about mammal behavior, tracks and signs to help figure out who is in your neighborhood and about our New England marine mammals and tricks for telling them apart. Presented by Joy Marzolf of The Joys of Nature. Joy has been offering a variety of animal-related education programs for over 20 years. She was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary. This program is funded by a grant from CHNA15. For more information contact Sheryl Ball, sball@actonma.gov or call 978 929 6453. [Flyer](#).

□► Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays, 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.

□► Listening to Four Centuries of Music with Sivan Etedgee

Thursday, February 17th, 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 Modern Music Part I, Music Inspired by Dance: Debussy, Villa-Lobos, Bartok, Ginastera, Piazzolla, and Schulhoff. The final meeting in this series is a make-up date of March 31st which will be part 2 of Modern Music. *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!*



□► indicates that you must register in advance

► Political Trivia with Rich Rubino via Zoom

Thursday, February 24th, 1:00-2:00pm

Open to out-of-town seniors/free



Rich Rubino, author of five political books including recently published *The Great American Political Challenge: Political Trivia on Steroids*, will present a lecture/discussion on Political Trivia via Zoom. Some examples of his questions: why Rutherford B. Hayes is a national hero in Paraguay; why a secret service agent almost shot Lyndon B. Johnson; and why Vice President Richard M. Nixon took a nine-month leave of absence from his job to open a tavern and spa. You are sure to be entertained and learn something new! 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. Email the COA at seniorcenter@actonma.gov to register. *Rich has appeared as a guest on national TV including MSNBC and C-Span2 and is a frequent guest on many radio stations throughout the country. He holds a Bachelor's degree in Political Science and Communications from Assumption University and a Master's degree in Broadcast Journalism from Emerson College.*

AARP Tax-Aide Program

Mondays, commencing February 7th, 9:00am.

No appointments Feb. 21st

Call 978-929-6652 or email seniorcenter@actonma.gov Appointments are required, and two forms must be completed before the appointment. These forms are available electronically and in paper versions from Reception at the Senior Center. Due to restrictions on activities that do not have six feet of separation, taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return.

Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers. All tax preparation volunteers have been fully vaccinated against COVID-19 and will wear face masks, they expect the same from taxpayers. Priority will be given to Acton senior residents.

Taxes are due this year by Tuesday, April 19th for Massachusetts tax payers.

Taxpayers with an approved extension will have until Monday, October 17th 2022, to file.

Monday Movie Matinees

Open to out-of-town seniors/free

Shown with closed captioning, when available

No movie on Feb. 21st

After viewing, the DVDs of some of these films will be available to borrow from the Senior Center.

Monday, February 7th, 1:00-2:25 *Last Train Home* (2009; Not Rated) A couple embarks on a journey home for Lunar New Year along with 130 million other migrant workers, to reunite with their children and struggle for a future. Set against the backdrop of China becoming a world superpower. In Mandarin with English subtitles.



Monday, February 14th, 1:00-2:40 *Blithe Spirit* (2020, PG-13) A medium holds a séance for a famous English crime novelist suffering from writer's block, but she accidentally summons the spirit of his deceased first wife who throws his life into disarray. Dame Judi Dench, Dan Stevens, Isla Fisher co-star. Based on the comic play by Noël Coward.



Monday, February 28th, 1:00-3:25 *Respect* (2021, PG-13 for mature themes, language, and violence) Bio-pic starring Jennifer Hudson as Aretha Franklin from her beginnings as a choir singer to her meteoric rise to become the Queen of Soul.



The Friends of Acton COA will not be meeting in February

► indicates that you must register in advance

Groups

□►Caregiver Support Group via Zoom

Tuesdays, 2:00-3:00pm Open to all caregivers of older adults/free

Join Julie Norstrand, a social worker and college professor, for this Caregiver Support Group that meets weekly via Zoom. New participants always welcome!

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 new to the group, please sign up with the Acton Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. *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.*



Talk and Tea Tuesdays via Zoom

Tuesdays, February 1st and 15th, 11:00-12:00noon

Open to out-of-town seniors/free



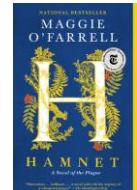
Join in on this social group led by your peers, Bonnie and Paula! It is an opportunity for casual conversation on a different topic each meeting, so grab a cup of your favorite beverage and join new and old friends for an hour of chat. If you are new to the group, email the Council on Aging at seniorcenter@actonma.gov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

Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, February 2nd, 1:00-2:30pm

The group is reading *Hamnet* by Maggie O'Farrell this month. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, *The Last Train to Key West* by Chanel Cleeton will be discussed at the March 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.



Book Discussion Group in person

Open to out-of-town seniors/free

Thursday, February 17th, 11:00am

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 the book group will be reading *Hamnet* by Maggie O'Farrell from the January 20th meeting. If you have questions please email Trudi@bruschi.org.

Genealogy Group

Open to out-of-town seniors/free

Tuesday, February 8th, 1:00-2:30pm

Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people in this group facilitated by Joy Ivanov. In the event that Joy cannot attend this month's meeting, the group will have an open discussion.

Computer Club

Wednesdays, February 9th and 23rd, 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 talk with a club member via Zoom or phone, please contact the COA and we will forward your information.

The **Council on Aging Board** hopes that you're in good health and staying safe during the winter of 2022. The wide array of online activities through the COA may help you stay active and involved doing things you can enjoy. The Council on Aging Board has an open volunteer position for a new Associate Member. If you or anyone you know might be interested in joining this Board, please contact the Volunteer Coordinating Committee (VCC) for an application, vcc@actonma.gov or call 978 264 9612. Candidates who are interested would need to attend one COA Board meeting (as a guest) before consideration by the VCC to become an Associate Member.

The COA Board wishes you a healthy winter.

The next meeting will virtual on February 8th, 2022 at 10:00am.

Arts and Crafts

See also Acton Nursing Services – page 12

□► Greeting Card Craft Workshop with Nancy Dodge

Tuesday, February 15th, 2:00-3:30pm

Acton Seniors only

In this workshop suitable for all skill levels, you will make one to two greeting cards at the Senior Center. You can choose from three versatile card designs based on your experience level and make your creation unique by selecting embellishments and a "Thank You," "Thinking of You," "Happy Birthday" or other sentiment. Card samples are available to view at Senior Center reception. All supplies provided by instructor. Nancy Dodge is an avid crafter and a Stampin' Up distributor.

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.

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.

□► indicates that you must register in advance

Games

Drop-In Bridge

Wednesdays, 1:30-3:30pm

Games are for people with a variety of skill levels but playing experience is needed. At the time this newsletter went to press, bridge was on hold due to the surge in COVID cases and bridge not allowing for social distancing. Before heading over to play, confirm bridge is on by visiting www.actoncoa.com or calling us at 978-929-6652.

Open to out-of-town seniors/free

Chess Club

Thursdays, 1:00-4:00pm

Tuesday evening, February 22nd, 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. At the time this newsletter went to press, chess was on hold due to the surge in COVID cases and chess not allowing for social distancing. Before heading over to play, confirm chess is being held by visiting www.actoncoa.com or calling us at 978-929-6652.

Open to out-of-town seniors/free



Morning Open Activity Time

Weekday mornings, 9:00-11:30am

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new ones! At the time this newsletter went to press, games during Open Activity Time were on hold due to the surge in COVID cases and games not allowing for social distancing. Before heading over to play, confirm games are being held by visiting www.actoncoa.com or calling us at 978-929-6652.

Mah Jongg Time

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

Tuesday, February 22nd, 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. At the time this newsletter went to press, Mah Jongg was on hold due to the surge in COVID cases and games not allowing for social distancing. Before heading over to play, confirm Mah Jongg is being held by visiting www.actoncoa.com or calling us at 978-929-6652.

Open to out-of-town seniors/free

No game on Feb. 21st

□►Intermediate Chess Classes with Ken LeBow via Zoom

Open to out-of-town seniors/free

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

No class on Feb. 21st

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 to register and include full name and phone number.

□►indicates that you must register in advance

Mind, Body and Spirit

See also Acton Nursing Services – page 12

□► 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 receive the Zoom link, which is 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

Wednesdays, 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! Funded by an Executive Office of Elder Affairs grant; \$1 donation per class from Acton residents requested.

Gym Hours & Monitoring

Gym users are expected to sign up to monitor the gym. We are able to make exceptions to our monitoring rule now that we have enough seniors to have our gym safely open. You will be required to be on our sub list if you have no assigned monitor hour. 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 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 clean, supportive shoes to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information.

Wellness Yoga with Patsy Brightman

No yoga classes in February; will resume on March 2nd at 10:00am



Active Aging with Terri Zaborowski

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

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

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

No class 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

Mondays through March 28th, 11:00-12noon

No class 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 through March 29th, 8:30-9:30am

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

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

Fridays 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.

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 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 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 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.



Attending Programs on Zoom

As we host more of our programs on to Zoom, here are some handy tips and reminders:

- If you have not used Zoom, you can view tutorials on the company's website www.zoom.com; click on the "support" tab. There are many how-to-use Zoom videos on YouTube including this one: <https://www.youtube.com/watch?v=9isp3qPeQ0E>. You can learn how to unmute yourself, allow yourself to be viewed to all other attendees via video, and how to change to speaker view so that the person running a class or giving a lecture will be prominent on your screen.
- If the Zoom program does not require registration, you can find the link on the day of the program under "News" on our website www.actoncoa.com.
- To register for a Zoom-based program, email the Council on Aging at seniorcenter@actonma.gov. You will receive an email with the Zoom link by the morning of the scheduled program. If you do not receive the link, please check your spam folder or call the Council on Aging at 978-929-6652 for assistance.
- You do not need a Zoom account to attend a meeting. You can use a computer, smartphone or tablet. Some computers do not have cameras and microphones, so in that case you will be able to view/listen to the meeting but not be seen or heard.
- If you don't have any of these devices, you can join in via telephone call. Ask the COA for the information needed to dial in.
- Emails from the Council on Aging are sometimes blocked by Verizon/AOL/Yahoo. If you find this is happening, remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base-200868/>. Contact Verizon customer service if you need further assistance.



► indicates that you must register in advance

Meal Opportunities

At the Senior Center....

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Open to Out of Town seniors

Tuesday, February 15th, eat in at noon or pick up at 12:30pm*

Enjoy meatloaf, roasted potatoes, green beans, and a special Valentine's Day dessert. A \$3 donation is requested. This meal is subsidized by Minuteman Senior Services. You must sign up prior to the event. This meal is subsidized by Minuteman Senior Services.

□► Mac 'n' Cheese Dinner Acton Seniors only

Tuesday, February 22nd, 5:00pm to eat in, 5:30pm to pick up*

Enjoy baked macaroni and cheese, broccoli, salad and dessert for \$3. Please sign up prior to the event.

If you are opting for 'pick up' please bring a bag suitable to carry the food cartons.

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. [Daily menu](#), [Supper menu](#).

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. Packages to be picked up the 2nd and 4th Thursday of the month at 2:00pm. 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 we go to press these will be "Take out" only

Due to the increased concerns of Omicron, Mt Calvary Community Supper continues as 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 and 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 follow their instructions. Please bring a bag to carry your food and any bread selections.

[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, February 15th, 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.

► Caregiver Support Group via Zoom

Open to all caregivers of older adults/free

Tuesdays, 2:00-3:00pm 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 or visit www.minutemansenior.org

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 1-800-772-1213, TTY 1-800-325-0778

Medicare www.medicare.gov, 1-800-633-4227, TTY 1-877-486-2048

Alzheimer's Association Helpline 1-800-272-3900, **Samaritans** 1-800-273-8255,

National Domestic Violence Hotline 1-800-799-7233 **Grief Counselling** 978-774-5100

National Alliance on Mental Illness (NAMI) 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours <https://www.namicentralmiddlesex.org/support-groups>

Massachusetts Council on Gaming & Health, www.macgh.org 1-800-426-1234.

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 bi-monthly via the Senior Center. Call us for details.



Can't find your Zoom link email?

This is an issue with Verizon identifying the town's email domain (@actonma.gov or @acton-ma.gov) as spam and blocking the emails. First step is for you is to check your spam folders.

If it is timely (you need a Zoom link for a program about to start), check to see if link is posted on our website. This is mostly just programs which use the COA zoom account, but check at

www.actoncoa.com. If the link is not posted, do you have another email account we could send it to (such as free account through gmail). To fix the problem, we recommend you change your settings to allow emails from the COA to get through. Go to your "My Verizon" account online and follow the steps provided by following this link: <https://www.verizon.com/support/knowledge-base-200868/>. You can contact Verizon customer service, either online chat or over the phone (1 800 837 4966).

Another option is attending a Computer Club meeting and ask for help from someone there (2nd and 4th Wednesday of each month at 1:30pm).

► indicates that you must register in advance

TOWN OF ACTON SERVICES INFORMATION 978-929-6600

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



Save the date!

The 2022 Annual Town Meeting will be Monday, May 16th, 2022.

Other dates directly related to the Annual Town Meeting are:

- Last day for voter registration: Tuesday, April 26th, 2022

- Town Meeting Warrant posted & mailed: Monday, May 2nd, 2022

The 2022 Annual Town Election will take place as prescribed in the Town Bylaws on "the Tuesday immediately preceding the first Monday of April": Tuesday, March 29th, 2022.

Other dates directly related to the Annual Town Election are:

- Last day to obtain nomination papers: Friday, February 4th, 2022

- Last day to submit nomination papers: Tuesday, February 8th, 2022

- Last day for voter registration: Wednesday, March 9th, 2022

- Election Warrant posted: Tuesday, March 15th, 2022

Any questions may be addressed to manager@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.

Acton Nursing Services

Call 978 929 6650 to register or for more information.



Horticultural Therapy

Tuesday February 15th, 6:00-7:00pm and Wednesday February 23rd, 10:30-11:30am

Acton Seniors Only

Join Cathy Fochtman for Bloom Where You Are Planted. We will plant a beautiful Amaryllis bulb and decorate our container with ribbon, moss, handmade trims and a surprise. All supplies provided.

Space limited to 12. **Call 978 929 6650 from Monday, January 31st, 1pm to register.**

Maintenance Balance Training Sponsored by an Anonymous Donor **Acton Seniors Only**

Tuesdays, ongoing, 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: Fridays, 4th & 25th, 9:00-12noon & Thursdays February 10th & 17th, 12:00-4:00pm

Call 978-929-6650, we will start booking on Monday, January 31st, at 1:00pm.

Leave a message and staff will return your call with your appointment time.

Please be advised that the fee has changed to \$45 starting Feb 1st with a \$45 fine for not showing up for an appointment if it is not cancelled at least 24 hours ahead of time.

Wellness Clinics – 1st and 3rd Wednesdays of the month, 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.

Library News

West Acton Citizens' Library, situated on Windsor Ave, is now operating as a part of the Minuteman Library Network. Please check us out at www.actoncitizenslibrary.org or call us at 978-929-6654.

Acton Memorial Library

Check our site for the latest information: www.actonmemoriallibrary.org

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

www.actonmemoriallibrary.org/calendar

Sign up for the AML newsletter - aml.clearpeak.net/about-the-library/newsletter/

Questions? Email Acton Memorial Library's Adult Services Department at ACTadultservices@minlib.net

AML Book Discussion Group, Tuesday, February 15th, 7:30-8:30pm via Zoom

This month, the Acton Memorial Library Book Group will discuss the book *Born a Crime: Stories from a South African Childhood* by Trevor Noah. All are invited to join in discussion. Registration is required.

Register using our online calendar to receive the Zoom link to attend!

Learn to make Japchae, Friday, February 4th, 5:00-6:30pm via Zoom

A classic Korean Dish- watch or cook along! What is japchae? Japchae means "mixed vegetables." The main ingredient of this classic dish is Korean sweet potato starch noodles also known as glass noodles. Japchae is an essential dish for traditional holidays and special occasions. Join Acton Memorial Library as we welcome Younhee Shin who will walk us through all the steps to prepare japchae, a delicious and authentic Korean dish, on Zoom.

Register for the program using the online calendar and you will receive a zoom link and a handout with a recipe handout via email. In order to cook along purchase the ingredients listed in the recipe handout. All the preparation you need to do ahead of time is to wash the vegetables.

This program was made possible by The Acton Memorial Library Foundation.

Creative Feast: Passionate Dishes for your Valentine

Wednesday, February 9th, 7:00-8:00pm, via Zoom

Join chef Liz Barbour of The Creative Feast for some passion in the kitchen!

In both art and literature, food invites passion. Romantic foods don't have to be limited to oysters and wine. Food color, texture, and preparation all play a part in a passionate meal. Spicy food will get your heart rate going and make your cheeks flush. Liz Barbour of The Creative Feast knows that a beautiful plate can bring tears to your eyes. Enjoy a cooking demonstration of 2 passion inducing recipes you'll love. This virtual cooking demonstration will take place over Zoom. Register using our online calendar to receive the Zoom link to attend!

This program was made possible by The Acton Memorial Library Foundation.

African American Art, an interactive presentation from the Smithsonian Museum via Zoom

Friday February 25th, 3:00-4:00pm

The lives of African American artists lend insight into the context of their works. Learn about the diverse body of artwork created by African American artists and the historical, social, and cultural events, as well as the life experiences that inspired their work. Open to teens and adults.

Register using our online calendar to receive the Zoom link to attend!

Transportation



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.

Monday	Tuesday	Wednesday	Thursday	Friday
31 January 2022 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 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: 11:00 Talk and Tea 2:00 Caregivers Support Group	2 8:30 Senior Fitness 10:30 Wellness Clinic - ANS 12:30 Needle Arts 12:30 Balance Matters - ANS 1:30 Computer Club 1:30 Drop In Bridge 2:00 Line Dancing COA via Zoom: 1:00 Poets Live Forever: Walt Whitman 1:00 Book Group	3 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Gamble Safely 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
7 8:30 Active Aging 9:00 Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	8 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance –ANS 1:00 Genealogy Group COA via Zoom: 10:00 COA Board Meeting 1:00 Mammals of New England 2:00 Caregivers Support Group	9 8:30 Senior Fitness 12:30 Needle Arts 12:30 Balance Matters - ANS 1:30 Computer Club 1:30 Drop In Bridge 2:00 Line Dancing	10 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Greatest Love Songs 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	11 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
14 8:30 Active Aging 9:00 Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	15 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Grandparents Group 11:00 Balance Maintenance –ANS 12/12:30 Robbins Brook Lunch 2:00 Card Workshop 6:00 Horticultural Therapy -ANS COA via Zoom: 11:00 Talk and Tea 2:00 Caregivers Support Group	16 8:30 Senior Fitness 10:30 Wellness Clinic – ANS 12:30 Needle Arts 12:30 Balance Matters - ANS 1:30 Drop In Bridge 2:00 Line Dancing	17 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Book Group 12:30 Four Centuries of Music 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health	18 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
21 Center Closed Presidents' Day	22 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance -ANS 1:00 Mah Jongg 4:00 Chess Club 5:00/5:30 Mac n Cheese Dinner COA via Zoom: 2:00 Caregivers Support Group	23 8:30 Senior Fitness 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 12:30 Balance Matters - ANS 1:30 Drop In Bridge 1:30 Computer Club 2:00 Line Dancing COA via Zoom: 1:00 Quilts, Painting & Politics	24 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex COA via Zoom: 11:00 Laugh for your Health 1:00 Political Trivia	25 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
28 8:30 Active Aging 9:00 Tax Appointments 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	1 March 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 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Drop In Bridge 2:00 Line Dancing COA via Zoom: 1:00 Book Group	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: 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.

For details of the Monday Movies see page 3, may be subject to change.

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, postponement, or a change in how we host the program.

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

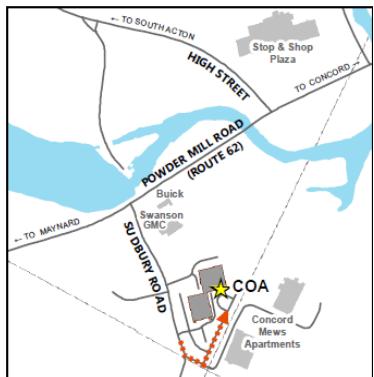


This month the following activities are supported by the Friends of the Acton COA, www.friendsofactoncoa.com: Political Trivia, Poets Live Forever, Greatest Love Songs, Faith Ringgold art presentation, Words Galore, greeting card workshop, Tai Chi class, and Four Centuries of Music.



Come and see us in South Acton.

Remember to check the website homepage “News” for class updates and information.



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
Rosie Atherton, Office Manager	<i>Lori Cooney, Sec.</i>	<i>Jacquie Friedman</i>
Chris Chirokas, Program Manager	<i>Jeff Bergart</i>	<i>Chunsheng (Bill) Fu</i>
Bev Hutchings, Senior Services Coordinator	<i>Michael Chautin</i>	<i>Michelle Holmberg</i>
Rose Murphy, Human Services Customer Service & Communication Assistant	<i>Ann Corcoran</i>	<i>Niru Velankar</i>
Bernice Nicoll, Activities Assistant	<i>Meetings are in person at the Senior Center:</i>	
Fiona Starr, Staff Assistant	<i>COA Friends are not meeting in February.</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Board, Tuesday, February 8th, 10am via Zoom</i>	

In January Seniors enjoyed Horticultural Therapy with Cathy Fochtman, sponsored by the Acton Nursing Service

