



Acton Council on Aging at the Senior Center MARCH 2022

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The Council on Aging at the Human Services Building & Senior Center, 30 Sudbury Rd, Rear, Acton MA 01720.

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

As we update our schedule to follow Board of Health guidelines be sure to check in with us as programs may be subject to change.

▣► Using Creativity to Improve Your Quality of Life Zoom Presentation

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

Open to out-of-town seniors/free



Creativity is the ability of a person to make, perform, or think of something in a way that it has not been done before by anyone. But you do not have to be creative with a capital "C" to keep your brain healthy and vital! Join Henry Quinlan as he talks about the forms of creativity, whether it's authoring a silly poem, celebrating a friend's birthday, or creating a new variation on an old family recipe. All forms of creativity are a way to express yourself and exert a bit of free-wheeling thinking and

doing. Experts on aging talk about "creative engagement" and suggest it is a wonderful way to enlist the parts of your brain that can benefit from mental exercise. Creativity benefits both the body and the mind in ways that are beneficial (and in reach!) to seniors. Henry will share techniques to exercise your creativity and to master the major blocks to creativity so that you gain full benefit to the results of being creative. Learn to be an age buster not busted by age! You have the option of participating via Zoom from home or at the Senior Center to watch with a group on a large screen TV. Register by contacting the COA at seniorcenter@actonma.gov or 978-929-6652. *Henry M. Quinlan, Esq, is the owner and of Omni Publishing Company and enjoys helping seniors self-publish their life stories. He is a graduate of Boston College and Suffolk University Law School.*

▣► Acton's Renewable Energy Default Plan Discussion with ABRHS Students

Tuesday, March 8th, 6:00-7:00pm

Open to all/free

Students from the Acton-Boxborough Regional High School Resource Force Club will present on energy and the climate. The club is dedicated to environmental conservation and has decided to focus on reducing the Acton community's fossil fuel use by advocating for affordable 100% renewable energy for all Acton residents. The students hope to educate on how individuals can reduce their environmental impact as well as answer any questions or concern!



Directors Corner

In March we have the beginning of spring, warmer weather and longer days to look forward to. I'm hopefully this will rejuvenate all of us. I want to remind people that we are open Tuesday nights for those of you looking for something to do later in the day or if you are still working and unable to take advantage of our day time programing. We look forward to seeing you soon!

Best, Sharon

▣► indicates that you must register in advance

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

Subscribe to the newsletter via our website and be the first to know (and save paper)!

Remember to tell us to remove you from the USPS mailing.

☐► Ask the Lawyer Telephone Appointments

Tuesday, March 15th, 9:00-11:00am

Acton Seniors only



Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Call the COA on 978-929-6652, from Monday March 7th, 1:00pm to book a telephone appointment.

☐► Strategies to Lower Stress with Dr. Ritchie, Chair of Geriatrics at MGH via Zoom at home or the Senior Center

Open to all

Tuesday, March 15th, 11:00am

COVID-19 has created a multitude of stressors for older adults - higher risk for serious consequences from COVID, greater social isolation, disruption of patterns and daily structures.

While some of the tools we have always used to navigate stress may serve us well, older adults may benefit from trying new ones. We will review an array of evidence-based strategies to lower stress, during and beyond the pandemic, that are particularly relevant as we age. Hosted by Acton-Boxborough United Way. Dr. Christine Ritchie, MD, MSPH, Minaker Chair in Geriatrics and Director of Research for the Division of Palliative Care & Geriatric Medicine at MGH. Join virtually, or enjoy together at the Senior Center. Sign up at abu.w.org/march15 Folks watching at the Senior Center are welcome to stay for a lunch (\$3) afterwards. Call the Senior Center to register for the lunch: 978-929-6652.

☐► The Highest Court: A Brief History of the Supreme Court via Zoom

Tuesday, March 15th, 1:00-2:00pm

Open to out-of-town seniors/free

The Supreme Court of the United States is one of three co-equal branches of government but is the least understood. The decisions and opinions of the court have shaped American society and government in a wide variety of ways. Historian Paolo Di Gregorio will discuss the history of the court, its structure, and some of its most important decisions. Contact the COA to register at seniorcenter@actonma.gov or 978-929-6652. You can participate via Zoom from home or at the Senior Center to watch on a large screen.



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 on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received!

☐► Initiating the Caregiving Conversation with Your Loved One Webinar with Julie Norstrand

Tuesday, March 15th, 5:30-7:00pm

Open to all/free

Join Julie Norstrand, an eldercare consultant, as she shares ideas via Zoom, for preparing for caregiving. Julie finds most caregivers enter into this role with little or no planning, waiting for the situation to reach a crisis point, making the experience more challenging and stressful. This webinar is optimal for people who are starting to notice their loved ones experiencing aging-related physical and/or mental deterioration that they know they need to address as future caregivers. To register, please contact the Acton Council on Aging at seniorcenter@actonma.gov or 978-929-6652. *Julie Norstrand has her master's and PhD in Social Work from Boston College and a master's in clinical psychology from Drexel University. She is an adjunct Professor at Regis College, the founder of Help My Aging Parents, on the Board of the Newton Council on Aging, and facilitates a caregiver support group for the Acton COA.*

☐► Senior Property Tax Primer

Tuesday, March 22nd, 1:00-2:00pm

Acton seniors only

Join staff from the town of Acton Assessor's Office for an update on how property taxes will be affected by increasing home values. They will also share information on numerous ways homeowners might qualify for property tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, a veteran with a disability, or suffering financial hardship in general. If you are unable to attend and want to learn more, visit the Acton town website, www.actonma.gov, and click on "Government" and select "Assessors," or contact the Assessor's Office at 978-929-6621.



☐► Medical Cannabis – What Is It Good For? Via Zoom

Open to all



Tuesday, March 22nd, 2:00pm

Medical marijuana can be a controversial topic. Join Dr. Jordan Tischler for this informative program as he shares the medical evidence that demonstrates the health benefits associated with the use of medicinal Cannabis across a wide range of ages, races, genders, and health conditions. Medical marijuana has helped people with pain, anxiety, mood disorders, as well as chronic conditions such as Crohn's disease, Multiple Sclerosis and Parkinson's disease. To register for this program <https://tinyurl.com/2p94sw36>

After registering, you will receive a confirmation email containing information about joining the webinar.

☐► Let's Draw Animals Cartooning Class! via Zoom

Wednesday, March 23rd, 2:00-3:00pm

Open to out-of-town seniors/free



Learn to draw cartoon animals in this virtual Zoom program with award winning cartoonist Rick Stromoski! You will draw a variety of our furry, hooved and feathered friends in this fun, interactive program. Rick will show you how to create an infinite number of characters and variation of expressions just by altering a few shapes and/or lines to a drawing. He encourages students to express **their** vision and interpretation of the exercises. No experience necessary! Have a stack of paper and your writing implement of

choice handy for the class. Sign up with the Acton Council on Aging at seniorcenter@actonma.gov or 978-929-6652. *Rick Stromoski is a cartoonist whose work includes the syndicated comic strips Mullets and Soup to Nutz. Stromoski grew up with 11 siblings in Edison, NJ.*

☐► Winesburg, Ohio Short Stories Seminar with Stephen Collins

Thursdays, March 24th through May 12th, 11:00-12noon

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

Join Stephen Collins for this seminar studying Sherwood Anderson's *Winesburg, Ohio*, a collection of shorts stories about small-town life. Anderson charted a new direction in American fiction—evoking with lyrical simplicity quiet moments of epiphany in the lives of ordinary men and women. "It is so vivid, so full of insight, so shiningly life-like and glowing," wrote H.L. Mencken, "that the book is lifted into a category all its own." Please read the introduction and the first story, *Hands*. Stephen recommends purchasing a Modern Library edition of the book, if possible. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His teaching style has been described as a hybrid of lecture and performance. His seminars and performances always meet with rave reviews at the Senior Center.*



☐► Music of Stephen Foster Multimedia Presentation

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

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

Join John Clark for an in-person multimedia presentation about Stephen Foster, one of the best loved and most familiar songwriters in America, although some of his songs have become controversial in recent years. *My Old Kentucky Home* and *Old Folks At Home (Swanee River)* are filled with longing and nostalgia and both have become state songs. Minstrel tunes like *Camptown Races* and *Oh! Susannah* seem so energetic and upbeat and *Old Black Joe* and *Massa's in De Cold, Cold Ground* seem so foreboding; but are they? This program takes a closer look at the lyrics and the stories behind them. Foster's short career ended as it began, with two lovely and familiar parlor ballads, *I Dream of Jeannie With the Light Brown Hair* and *Beautiful Dreamer*. Since no original recordings of Foster's songs exist, you will be treated to all of this music in a wide variety of musical styles and settings by a variety of artists. *Prior to a career as a high school and adult education teacher, John worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*

☐► Community Building Circle

Tuesday, March 29th, 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.



▣► Listening to Four Centuries of Music with Sivan Etedgee

Thursday, March 31st, 12:30-1:30pm

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

This month pianist and teacher Sivan Etedgee concludes the classical music series that combines lecture, live performance and sound recordings. Modern Music Part II: American Masters - Ives, Gershwin, Copland, Cage, and Glass. *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!*



▣► AARP Tax-Aide Program

Mondays, until April 4th, 9:00am.

Acton & Boxborough Residents

Call 978-929-6652. 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

Shown with closed captioning, when available

Open to out-of-town seniors/free

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

Since March is Academy Awards month, we're showing three Best Picture winners from the past!

Monday, March 7th, 1:00-2:50 *In the Heat of the Night* (1967, unrated but contains violence, profanity, racial slurs) A black Philadelphia police detective (Sidney Poitier) is mistakenly suspected of a local murder while passing through a racially charged Mississippi town. After being cleared, he is asked by the police chief (Rod Steiger) to investigate the case. Winner of five Oscars, including Best Picture and Best Actor for Steiger.



Monday, March 14th, 1:00-2:30 *Waking Ned Devine* (1999, PG) When a lottery winner dies of shock, his fellow townsfolk in a small Irish village attempt to claim the money and the comedic hijinks ensue.



Monday, March 21st, 1:00-3:15 *A Beautiful Mind* (2001, PG-13 for intense thematic material, violence and sexual content) Ron Howard film explores the life and work of famed economist John Forbes Nash Jr., a brilliant man plagued by the anguish of mental illness. Russell Crowe and Jennifer Connelly star in this drama, which was the winner of four Oscars, including Best Picture, Actress (Connelly), and Director.



Monday, March 28th, 1:00-2:50 *All the King's Men* (1949) Drama follows the rise and fall of the ambitious and ruthless southern politician Willie Stark. Though a fictional character, Stark strongly resembles Louisiana governor Huey Long. Based on the Pulitzer Prize winning novel by Robert Penn Warren, this film stars Broderick Crawford, Mercedes McCambridge, Joanne Dru, and John Ireland. Won three Oscars, including Best Picture, Actor (Crawford), and Supporting Actress (McCambridge).



▣► indicates that you must register in advance

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The **Council on Aging Board** hopes you're having a healthy and safe winter.

There are some important dates for the upcoming Town of Acton Election.

Acton will be holding Town Elections on Tuesday, March 29th, 2022 from 7am until 8pm.

The last day to Register to Vote is Wednesday, March 9th, 2022 at Town Hall.

To find out how to apply to use No-Excuse or Absentee Ballots to Vote by Mail, go to the links on the Town of Acton Website. You'll be able to request a ballot to Vote by Mail and for an Absentee Ballot.

Make sure your voice is heard - you can vote in person, by mail or at Town Hall.

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 at 11:00 via Zoom

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

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.



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.

Book Discussion Group via Zoom

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

Open to out-of-town seniors/free

The group is reading The Last Train To Key West by Chanel Cleeton. 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 Daughters of Erietown by Connie Schultz will be discussed at the April 6th 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.



Acton Nursing Services also offers programs – see page 12

▣► indicates that you must register in advance

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Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays, March 10th through April 28th, 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*. Contact the COA at seniorcenter@actonma.gov or 978-929-6652 to register for this popular program.

Book Discussion Group in person

Thursday, March 17th, 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 an update on the book for March. If you have questions please email Trudi@bruschi.org.

Genealogy Group

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

Open to out-of-town seniors/free

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, March 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.

Senior Spotlight



Lou Ventola is an affable ninety year old. He moved to Acton in 1968. Lou and his five siblings grew up in an Italian American household in Somerville, MA.

To Lou family is most important. Lou and his former wife have two wonderful children, Mark and Carol, and five grandchildren. They met on a blind date, and though divorced for 26 years still remain close friends. At one point they traveled to Ireland to visit her homeland. To this day Lou feels the trip was a wonderful time they shared together.

Lou is a clinical psychologist. He received his BA from Northeastern University and his MBA from Boston University. Soon after he continued to study for his PhD. Lou was employed as an attendant at a mental health facility in Jamaica Plain. He became the head psychologist at the Metropolitan State Hospital in Waltham for 25 years before he retired. At one point in Lou's life he decided he wanted to experience the US military. He joined the Navy & was stationed in San Diego, CA.

Lou's taste in music is pretty eclectic, from Sinatra to opera to jazz, and country. In his travels he found both Japan and Hong Kong to be interesting and enjoyable. Of course, hailing from the Boston area, Lou is a big sports fan, enjoying the Patriots, Celtics and the Red Sox. Lou believes in good Christian values, he also feels having a sense of humor is important.

Lou says he would like his tombstone to read "He was a good man." Indeed he is.

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

Many thanks to all who have responded to the FCOA Annual Appeal.

Your continued support through this challenging time is greatly appreciated.

Initial plans to resume the November Fair are in the works.

Let's cross our fingers and make every effort to stay healthy and connected.

The Friends of the Acton COA will next meet virtually Monday, March 14th at 1pm.

Games

❑► **Intermediate Chess Classes with Ken LeBow via Zoom** **No class on March 7th**
Mondays, 1:00-3:00pm; ongoing **Open to out-of-town seniors/free**

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

Drop-In Bridge **Open to out-of-town seniors/free**
Wednesdays, 1:30-3:30pm

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

Chess Club **Open to out-of-town seniors/free**
Thursdays, 1:00-4:00pm

Players with some chess experience get together for games at the Senior Center.

You only need to know the basics to play.



Morning Open Activity Time **Open to out-of-town seniors/free**
Weekday mornings, 9:00-11:30am

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your

friends to meet here or make new ones!

Mah Jongg Time **Open to out-of-town seniors/free**
Mondays, 1:00-4:00pm for experienced players only

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

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.



Art Exhibit @ the Senior Center

In March we welcome the art of Acton resident, Pat Austin. She attended art school in NYC and was a fashion illustrator for department stores there and later in Boston. When she started raising her family, Pat developed an interest in pastel portraiture.

Coming in April!

ABRHS Senior Community Service Day

Raking for Senior Citizens Friday, April 29th, 9:45am-12:45pm.

Call the Senior Center for more details.

Sign up required by Monday March 21st.



❑► indicates that you must register in advance

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Mind, Body and Spirit

☐► 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 9th, 2:00-3:00pm

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

Note session has been extended to March 9th

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). 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 5:00pm-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.

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

Update: No class on March 3^d



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.

Tai Chi with Linda Sango

Acton seniors only

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

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance.



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

Update: No class March 2nd

Update: No class March 3rd

Update: No class March 4th



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, March 2nd through 30th, 10:00-11:15am

The last Wednesday of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). September 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



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

Update: No class March 3rd

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 EOEA grant guidelines.



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.

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, March 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

Tuesdays, 2:00-3:00pm see page 5 for details

Open to all caregivers of older adults/free

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 781-982-3318, www.namcentralmiddlesex.org/support-groups

Mental Health Resources <https://www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory>

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. See page 2



Meal Opportunities

At the Senior Center....

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, March 15th, 12noon, pick up at 12:30pm *

Open to out-of-town seniors

Join us for ham and vegetable quiche, salad, garlic bread, home fries, and a brownie. 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.

☐► Beef Stew Dinner

Acton Seniors /those attending the evening program

Tuesday, March 29th, 5:00pm to eat in, 5:30pm to pick up*

Enjoy beef stew, a buttered roll and dessert for \$3. Please sign up prior to the event at the Senior Center

****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. [Lunch 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.

South Acton Church (35 School Street) has a free Mini Pantry on the side lawn. It is available 24 hours a day. Some of the food items include canned soups, dried beans, powdered milk, cereals, canned fruits and veggies, pasta and sauce and peanut butter and jelly. If you are going through a difficult time, please feel free to help yourselves.

Mount Calvary Community Supper, 472 Massachusetts Ave.

Wednesdays; 5:00-6:00pm, as we go to press these will be "Take out" only

Mt Calvary Community Supper is currently an ALL Take-Out Supper. This 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>



TOWN OF ACTON SERVICES INFORMATION 978-929-6600

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

Town elections are March 29th – all voting at RJ Grey Junior High School, 16 Charter Rd.
The 2022 Annual Town Meeting will be Monday, May 16th, 2022.



Acton Nursing Services

Call 978 929 6650 to register or for more information.

▣► Horticultural Therapy

Wednesday March 16th, 10:30-11:30am, Tuesday March 22nd, 6:00-7:00pm **Acton Seniors Only**

Join Cathy Fochtman for "Tropical Paradise". You will be transported to a sunny, warm paradise by arranging tropical flowers in an underwater design. All supplies provided.

Space limited to 12. **Call 978 929 6650 from Monday, February 28th, 1:00pm 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 but you MUST have attended the Balance Matters! 6 week sessions to join.

▣► Podiatry Clinics

Acton Seniors Only

Appointments: Thursdays March 10th, 17th & 24th, 12:00-4:30pm **Call 978-929-6650, we will start booking on Monday, February 28th, at 1:00pm.**

Call in times are busy, if you get our answering machine please leave a message and we return calls in the order they are received.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check, please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

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.

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. The CAT is back – call the Town information line for more information. To schedule rides call [978-844-6809](tel:978-844-6809) during normal business hours. Call the COA for information on

Access Acton – a taxi/livery rides program – subject to eligibility.

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, visit the Acton town website and click on the "Quick Link" for Property Tax Relief Programs or call the Assessor's office for more details at 978-929-6621.

The filing deadline for FY22 is April 1st, 2022.

See page 2 for details of a presentation by Assessor's Office staff on Tuesday, March 22nd at 1:00pm.

Acton Recreation Department

We have an exciting lineup of programs and events for spring and summer that we are releasing during the month of February. Please visit actonrec.com or sign-up for our e-newsletter by e-mailing recreation@actonma.gov and ask to be added to our distribution list. We want to keep you informed on the latest news about our parks, programs, facilities and events!

Acton Libraries

West Acton Citizens' Library, www.actoncitizenslibrary.org or call us at 978-929-6654.

Acton Memorial Library, 486 Main St, Acton. 978 929 6655. www.Actonmemoriallibrary.org

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

Historic Structures and Modern Setbacks

Most would agree that the homes and structures within a Historic District preserve a "sense of place." These districts preserve not only the history of architectural styles, but also how past generations chose to develop before zoning laws were in place. For example, within what are now Historic Districts, 18th- and 19th-century homes were often built close to the road to avoid excess snow shoveling. Or a barn may stand quite close to a current property line because it was originally shared between two homes owned by an extended family.

But Zoning regulations change over time, and Acton's Zoning Bylaw now requires greater setbacks for front and side yards. A potential problem for historic homeowners arises if a structure needs to be rebuilt, except in specific cases of disaster, such as fire. The owner would have to rebuild the structure to meet Zoning's current dimensional regulations.

This has led to odd situations within Historic Districts where a historic structure, such as a barn, could not be rebuilt at all because there simply wasn't enough usable land to meet the current setbacks. Or perhaps a structure could be rebuilt on the lot but would be placed in an odd, non-historical setting. The Historic District Commission and the Planning Board are working to remedy this issue for Acton's three Historic Districts. Look to Town Meeting (**Monday May 16th**) to see the amendment to Zoning that allows reconstruction of a historic building within a Historic District to be kept in its original location on the lot.

Senior Work Program

The Town of Acton offers a Senior Work Program. If you are at least 60 years of age and are a resident of Acton, you can work for the Town of Acton as a Senior Worker.

The process to apply to become a Senior Worker is very simple! You may either come to Town Hall, Human Resources Office, 472 Main Street, to complete a short one-page application or visit our website at <http://www.actonma.gov/> to download the application. The application is located within the Human Resources page.

The current rate is \$15.00/hour and a senior can work up to 115 hours per fiscal year (July 1st – June 30th). This allows the senior to earn up to \$1,725 per year!

The program, as well as being an asset to the town and the various departments, is enjoyed by the Senior Workers who truly appreciate the opportunity to give back to their beloved community!

For further information, you are welcome to contact Town of Acton Human Resources at 978-929-6613, or email your questions to HR@actonma.gov.

◻► indicates that you must register in advance

See our online newsletter at www.actoncoa.com for full color, more details and easy to click links

Monday	Tuesday	Wednesday	Thursday	Friday
28 February 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: 11:00 Talk & Tea 2:00 Caregivers Support Group	2 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 12:30 Needle Arts 1:30 Drop In Bridge 2:00 Line Dancing COA via Zoom: 1:00 Book Group	3 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 11:00 Laugh for your Health	4 Center closes at 12noon 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	8 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 10:00 COA Board Mtg 11:00 Balance Maintenance –ANS 1:00 Genealogy 6:00 Renewable Energy discussion with ABRHS students COA via Zoom: 2:00 Caregivers Support Group	9 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Drop In Bridge 1:30 Computer Club 2:00 Line Dancing	10 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 1:00 Quality of Life	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 1:00 Friends of Acton COA Mtg	15 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance –ANS 11:00 Grandparents Raising Grandchildren 12:00 Robbins Brook Lunch COA via Zoom: 11:00 Talk and Tea 11:00 Lower Stress 1:00 History of Supreme Court 2:00 Caregivers Support Group 5:30 Initiating the Conversation By phone: 9:00 Ask the Lawyer Appts	16 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 1:30 Drop In Bridge	17 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Book Group 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	18 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
21 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	22 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance -ANS 1:00 Property Tax Primer 6:00 Horticultural Therapy - ANS COA via Zoom: 2:00 Caregivers Support Group 2:00 Medical Cannabis	23 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Drop In Bridge 1:30 Computer Club COA via Zoom: 2:00 Draw Cartoons!	24 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Winesburg, Ohio with Stephen Collins 1:00 Chess Club 1:00 Mah Jongg 1:00 Stephen Foster Music 3:00 Stretch & Flex COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	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	29 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance -ANS 5:00 Beef Stew Dinner 6:00 Community Building Circle COA via Zoom: 2:00 Caregivers Support Group	30 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Drop In Bridge	31 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Winesburg, Ohio with Stephen Collins 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	1 April 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 4, may be subject to change.

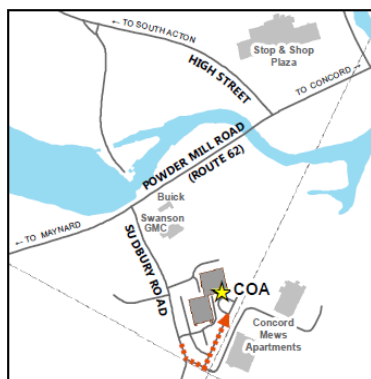
Programs and Classes are correct at time of going to press and are planned with the currently available CDC guidelines in mind; circumstances beyond our control may result in cancellation, postponement, or a change in how we host the program.

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: Stephen Foster presentation, *Winesburg Ohio* seminar, Supreme Court lecture, cartoon drawing class, Words Galore, Initiating the Conversation/Caregiving, Tai Chi class, Using Creativity, and Four Centuries of Music.

Come and see us in South Acton.



ACTON COA STAFF		ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>		<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>		<i>Lori Cooney, Sec.</i>	<i>Jacquie Friedman</i>
<i>Chris Chirokas, Program Manager</i>		<i>Jeff Bergart</i>	<i>Chunsheng (Bill) Fu</i>
<i>Bev Hutchings, Senior Services Coordinator</i>		<i>Michael Chautin</i>	<i>Michelle Holmberg</i>
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>		<i>Ann Corcoran</i>	<i>Niru Velankar</i>
<i>Bernice Nicoll, Activities Assistant</i>		<i>March meetings:</i>	
<i>Fiona Starr, Staff Assistant</i>		<i>COA Friends, Monday March 14th, 1:00pm via Zoom</i>	
<i>Terri Zaborowski, Exercise Instructor</i>		<i>COA Board, Tuesday, March 8th, 10:00am</i>	



"When I retired, I wasn't sure how to best spend my time.

THEN THIS HAPPENED!!!!

My neighbor introduced me to the RMA- (Retired Men's Association)"

The RMA offers the opportunity to associate with other retirees to pursue and develop interests in civic, educational, arts, historical and other aspects of life. They can use their talents and experience for the benefit of their communities.

In addition, members can participate in organized outdoor activities; visit interesting places and attend monthly meetings featuring interesting speakers.
If you think you may be interested in joining our organization please email rmena.acct@gmail.com and you will be contacted by a member.

They will be happy to share what you can expect as an RMA member.

For additional information visit our website –www.rmena.org

Card Making at the Senior Center in February



A creative session was enjoyed by some of our seniors in February. Check out our "Using Creativity to Improve Your Quality of Life" Zoom presentation on Thursday, March 10th, 1:00-2:00pm. Open to out of town seniors and free. Email us at seniorcenter@actonma.gov to receive the Zoom link.