



Acton Council on Aging at the Senior Center APRIL 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

► The Trail of Tears: Andrew Jackson, the Cherokee, and the Indian Removal Act via Zoom

Tuesday, April 12th, 1:00-2:00 pm

Open to out-of-town seniors/free

In the first half of the 19th century, the United States was a rapidly growing, expanding nation. The desire for land drove many Americans westward, into territory that was already occupied by Native peoples whose ancestors had been there for generations. Paolo Di Gregorio will discuss how the collision of these two worlds would weave a tale of greed, bravery, and heroism, and would ultimately shape the destiny of the United States and the Native Americans. 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!*



The Ukrainian Crisis with Dr. Lawrence Lowenthal

Wednesday, April 13th, 12:30-1:30pm

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



Lawrence Lowenthal will discuss the background leading to this crisis, Putin's dangerous vision of a post-western world order, the stunning transformation of the political policies and assumptions of the United States and European Union, and an update of the current situation. *Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show. He frequently speaks at the COA on subjects of literature and current events.*

Are you paying too much for cable TV, Internet or cell phone services?

Volunteer Murray Bob will meet with you to examine your expenses and recommend ways to reduce your costs. Murray will be scheduling one hour appointments from 12:30pm on **April 21st** at the Senior Center to help you. People who are receiving SNAP (Supplemental Nutrition Assistance Program) benefits will be prioritized, but all Acton seniors are welcome. When you call the Senior Center to sign up you will be given a list of items and questions to answer prior to your appointment.



Directors Corner

April is Volunteer Appreciation month. We will be honoring our volunteers who have helped us this past year. Thank you all for all that you do!

As New Englanders we know that there can be intense storms anytime during the year. Be prepared. Make sure you have a plan should you lose power and have essential items on hand (medication, canned goods, water, a flashlight and batteries). Consider registering your home and cell phones with the Town's notification system to be notified of shelter openings and other information. Please see page 13 for more information.

Enjoy the sunshine, Sharon

► Planning for Medicare Webinar via Zoom

Tuesday, April 12th, 6:00-7:00 pm



Open to all/free

If you are getting close to Medicare eligibility, this seminar is for you! Whether you are planning to retire or will continue to work, it's important to know your Medicare options. This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative who will answer your specific questions. For instance, did you know that missing your Medicare enrollment deadlines could cost you money? Topics covered include: explanation of Medicare Parts A, B, and C, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans such as HMOs and PPOs, Medicare Part D prescription drug plans, plans and programs available to early retirees, such as COBRA. To register directly with BC/BS, go to <https://tinyurl.com/2p879zci> After registering, you will receive a confirmation email with information about joining the webinar.

What to Consider When Purchasing an Emergency Response System

Thursday, April 14th, 1:00-1:45pm

Open to all/free

Dan Grappi of Be Safer at Home, a Connect America Company, will discuss what it is helpful to know before purchasing a personal emergency response system. Dan's company owns Lifeline but he will talk about what to look for in buying any medical alert system. Do you want one that connects to a landline and only works at home? Or a GPS system that can be used away from home? Or is automatic fall detection important to you? There is a lot to consider! Dan will also talk about the typical cost, financial assistance available from agencies like Minuteman Senior Services, what to consider before signing a contract, and the uses of alert systems beyond getting assistance after a fall such as medication management. For information on meeting with a SHINE counselor for assistance in selecting a Medicare plan, see page 11.

Genealogy Presentation:

Following the Trail of Shared DNA Matches with Seema Kenney

Tuesday, April 19th, 1:00-2:00pm

Open to out-of-town seniors/free



So many family historians have their DNA tested, but the results can be overwhelming and sorting through all the possible matches to possible relatives can be confusing. Professional genealogist Seema Kenney will present on her personal experience of using the shared matches within her DNA test results to narrow in on her maternal grandfather and fill in many holes in her family tree. This presentation is suitable for beginner to intermediate genealogists. *Seema is a professional genealogist with a Genealogical Research Program Certificate from Boston University and is current president of the Massachusetts Society of Genealogists.*

► Winesburg, Ohio Short Stories Seminar with Stephen Collins

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

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

You can still join in on the ongoing seminar with Stephen Collins, studying Sherwood Anderson's *Winesburg, Ohio*, a collection of short 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.*



► indicates that you must register in advance, call 978-929-6652

Acton Nursing Services also offers programs – see page 12

Monday Movie Matinees

Open to out-of-town seniors/free After being shown, DVDs of these films will be available to borrow from the resource shelf in the Senior Center lounge. Shown with closed captioning when available.



Monday, April 4th, 1:00-3:05 42 (2013, PG-13 for language including racial slurs) Bio-pic tells the story of Jackie Robinson, who in 1947 became the first black man to play in Major League Baseball's modern era when he signed with the Brooklyn Dodgers. Film stars the late Chadwick Boseman, Harrison Ford, and Christopher Meloni.



Monday, April 11th, 1:00-2:40 Belfast Film inspired by the childhood of writer and director Kenneth Branagh, who grew up in tumult of the 1960s in Northern Ireland. Stars Judi Dench, Ciaran Hinds, Ciariona Balfe, Jamie Dornan and Jude Hill. Nominated for seven Oscars including Best Picture.



Monday, April 25th, 1:00-2:35 Julia (2021, PG-13 for language) Documentary tells the story of the legendary cookbook author and television superstar Julia Childs who changed the way Americans think about food, television, and even about women.



Art & Crafts

□► Watercolor Painting Class with Fran Hewitt

Tuesdays, April 12th through May 31st, 9:30-11:30am

Acton seniors only

Registration begins Tuesday, April 5 at 1:00 by phone: 978-929-6652

Participants in this new class taught by Fran Hewitt will explore or further expand techniques to create still life, landscape and non-representational paintings. No prior experience is needed as we will learn how to set up for a painting, methods for using color theory and brush techniques. Experienced painters are welcome to join to expand their skills and/or to work on projects that are underway. A supply list will be available at the COA front desk or request one to be emailed to you. *Fran taught drawing, painting, ceramics, sculpture, weaving, and collage in grades K thru 12 for the NH Public School for 30 years. She developed and initiated Adult Art Education Classes as part of a continuing education program. After retiring 10 years ago, Fran moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.*

All of us at the Council on Aging are saddened by the death of Sandy Wilensky, our fabulous art instructor. After a career as an educator, including principal of the Merriam School, Sandy shared her love of art by teaching adults. She started teaching drawing, and later watercolor, classes for the COA more than four years ago, and her classes quickly became popular. When many of our programs switched to a virtual platform during the height of the pandemic, Sandy seamlessly made the transition, even adding a sculpture class to her repertoire. Her passion for art was contagious! Sandy's family is holding a memorial service on Saturday, April 30th, 2:00pm, at the First Parish of Sudbury.

Art Exhibit in Memory of Sandy Wilensky

April 19th to May 31st (submissions by April 13th-14th)

As a tribute to our wonderful art instructor Sandy, we are exhibiting works of art by her former students. If you would like to submit one framed piece of art to add to the exhibit, please contact Fiona Starr on 978-929-6652 for more details.

All are welcome at a Reception with refreshments on Thursday 21st from 2:00-4:00pm.



Needle Arts Group

Wednesdays, 12:30-2:30pm

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

Open to out-of-town seniors/free

▢► Greeting Card Craft Workshop with Nancy Dodge

Tuesday, April 19th, 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. All supplies provided by instructor. Nancy Dodge is an avid crafter and a Stampin' Up distributor.

Groups

▢► Community Building Circle

Tuesday, April 26th, 6:00-7:00pm

Open to all/free



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.

▢► 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.*



▢► Words Galore via Zoom

Thursdays through April 28th, 9:00-10:00am

Open to out-of-town seniors/free

Session is underway but you can still 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 via Zoom

Wednesday, April 6th, 1:00-2:30pm

Open to out-of-town seniors/free

The group is reading The Daughters of Erietown by Connie Schultz. 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 Gentleman In Moscow by Amor Towles will be discussed at the May 4th 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.

Genealogy Group

Tuesday, April 12th, 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.

Open to out-of-town seniors/free

Computer Club

Wednesdays, April 13th and 27th, 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

Prossy Namirembo



Prossy is new to the Acton area. She came from Uganda to spend some time with her daughter Vivian who is running for state representative in the 14th District of Middlesex. Prossy enjoys spending time with her two beautiful granddaughters and giving a helping hand when needed to the family.

Prossy is a strong woman, who has been through some hardships in her life. At the age of thirty five, Prossy's husband Charles was killed in an auto accident leaving her to raise seven children on her own, the youngest child being an infant. She is grateful for having a supportive loving mother who helped her through this difficult time in her life.

Prossy herself was brought up in a large family of eleven stepchildren. She feels her family was united with love. Prossy is a retired registered nurse and a gifted seamstress. Her children, like herself, have an education, but employment opportunities in Uganda aren't as abundant as they are in the United States. Prossy is a socially and physically active 62 year old woman. She felt lonely when she first came to Acton and is now grateful for those who have reached out to welcome her. Prossy has been taking exercise classes at the COA in the mornings and working part time. She misses her life in Uganda, her family, friends and property. She plans to visit her home Uganda in the near future.

Prossy is a courageous woman to admire. Her strength of character, perseverance, grace and hope.

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

When have you ever looked forward to spring so eagerly? As the need for masks recedes and the desire to meet in person increases, the FCOA will continue to support diverse programming with your support including the intention to resume the Annual Fair in the Fall.

The Friends of the Acton COA will next meet Monday, April 11th at 1pm at the Senior Center.

April is Volunteer Recognition month and we are hosting an event to honor our dedicated volunteers on

Tuesday, April 26th, 2:00-3:30pm.

If you are a volunteer and haven't received your invitation by April 8th, please call the office.

All invitees are requested to RSVP by Friday 15th April.



The Council on Aging Board is glad to have spring begin in earnest in April.

We are encouraging all Acton seniors to get outside and take walks.

The Senior Trailblazers program offers four easy, fun walks in Acton. See details [here](#) or ask Reception for a copy. If you take all four walks, you'll be able to receive a certificate from the Acton Department of Health. Another program is sponsored by the Massachusetts Council on Aging - the Walk MA Challenge, from April 1 to October 31, 2022. This is an intergenerational program to encourage people from age 5 on to take walks. All the details will be available soon. In 2021, the Acton Council on Aging won an award in the Walk MA Challenge. Let's try for another award!

Stay healthy and start walking.

Games

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!



Open to out-of-town seniors/free

□► Intermediate Chess Classes with Ken LeBow via Zoom

Open to out-of-town seniors/free

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

No class on April 18th

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 and new participants should email seniorcenter@actonma.gov to register and include full name and phone number.

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

Thursdays, 1:00-4:00pm

Open to out-of-town seniors/free

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

You only need to know the basics to play.



Mah Jongg Time

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

Open to out-of-town seniors/free

No game on April 18th

Tuesday, April 19th, 1:00-4:00pm for experienced players

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.

Thank you to...
AARP Tax
Volunteers this tax
season
All of our amazing
Volunteers



April 11th is National Pet Day. Bring in a picture of your pet for our display.

□► indicates that you must register in advance, call 978-929-6652

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 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, and collaboration.



□► Line Dancing with Sam O'Clair

Wednesdays, April 13th through June 1st, 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 water bottle and sign up with your friends! Funded by an Executive Office of Elder Affairs grant; \$1 donation per class from Acton residents requested.

Join the Walk Massachusetts Challenge!



The Walk Massachusetts Challenge begins on May 1st! In addition to the physical and emotional benefits of walking, you will be entered to win prizes (gift cards valued from \$10 to \$50) and your participation can help the Acton COA win up to \$1,000. Last year the Acton COA won second prize and three Acton seniors won prizes! This year anyone age 5 to 59 can also participate by naming a parent, grandparent, neighbor or friend that is over 60 when they register. Registration begins April 1st and the challenge ends on October 31st. For more information go to www.walkmachallenge.com and choose a challenge listed on the website (walking a certain number of days, miles, or steps). You'll then enter your walking milestones on that same website to be entered to win a prize.

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.

Terri Zaborowski will be out on medical leave starting April 25 for six to eight weeks. Terri will be making new recordings of some of her classes for ActonTV which you can view on ActonTV's local channels on cable TV, its website www.actontv.com and its YouTube channel www.youtube.com/actontv1. COA staff are working to find substitutes for some of Terri's classes, so keep an eye on our website for updates or give the COA a call.

Active Aging with Terri Zaborowski

Mondays, April 4th and April 11th, 8:30-9:30am

Tuesdays, April 5th through April 19th 9:45-10:45am

Thursdays, April 7th through April 21st, 9:45-10:45am

No class April 18th



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, April 4th through June 27th, 11:00-12noon No class April 18th, May 30th, June 20th



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, April 5th through April 19th, 8:30-9:30am

Wednesdays, April 6th through April 20th, 8:30-9:30am

Thursdays, April 7th through April 21st, 8:30-9:30am

Fridays, April 8th through April 22nd, 8:30-9:30am

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



Wellness Yoga with Patsy Brightman

Wednesdays, April 6th through June 29th, 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. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



Thursday Tai Chi Practice

Thursdays, 11:00-12noon

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

Open to out-of-town seniors/free

Stretch and Flex with Terri Zaborowski

Thursdays, April 7th through April 21st, 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

No class June 3rd

Fridays, April 8th through June 24th, 9:45-10:45am

****Note earlier start time!****



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

No class June 3rd

Fridays, April 8th through June 24th, 11:00-11:30am

****Note earlier start time!****

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.

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-1:00pm, Tuesdays 9:00am-1:00pm and 5:00pm-7:00pm, and Wednesdays and Thursdays, 9:00am-1:00pm. Closed Fridays. *Subject to change. You can call us at 978-929-6652 to confirm the current schedule.

Wishlist for the Senior Center:

The candy dish is back!

Please consider donating individually wrapped candy.

We are also accepting donations of k cups!

► indicates that you must register in advance, call 978-929-6652

Meals at the Senior Center

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, April 19th, 12noon, pick up at 12:30pm

Open to out-of-town seniors

Join us at the senior Center for baked ham, garlic and green onion mashed potatoes, carrots, and chocolate chip cookie for dessert. Eat in at noon or if you prefer to take out, pick up will be at 12:30pm. Please specify when you register. A \$3 donation is requested. If you are opting for 'pick up' please bring a bag suitable to carry the food cartons.

► Breakfast is back!

Friday, April 8th, 9:00am Eat in only

Acton Seniors only

Join us for a warm, plentiful breakfast. Typically French toast, eggs, fruit, bacon and sausages are served, but chef Veteran Services Officer James MacRae sometimes has a surprise in store. Cost is \$3:00. Sign up at the Senior Center.

► Pizza Dinner

Acton Seniors & those attending the evening program

Tuesday, April 26th, 5:00pm Eat in only

Enjoy pizza, salad and dessert. Cost \$3. Sign up at the Senior Center.

Support and Services

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. [Menu Supper Menu](#).

Frozen Meals -Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

Meals on Wheels Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171. We are looking for volunteer Meals on Wheels Drivers and Money Management Bill Payers! 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 yourself.

Mount Calvary Community Supper, 472 Massachusetts Ave.

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

Please follow the directions from the volunteers. Please bring a bag to carry your food.

For the menu go to our online newsletter or visit <https://patch.com/massachusetts/acton>

► indicates that you must register in advance, call 978-929-6652



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, April 19th, 11:00-12:00

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 4 for details

Open to all caregivers of older adults/free

SHINE - Serving Health Insurance Needs of Everyone Program

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

You can also reach SHINE directly at 1-800-633-4227

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

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

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



Minuteman Senior Services – Know Us Before You Need Us!

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability.

We offer information and supportive services that enhance health, well-being and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill-paying, Medicare benefits counseling, caregiver support and much more. Many of our services are free of charge, others are available on a sliding fee or private pay basis. We want you to know us *before* you need us and when you need some help, just contact us at 888-222-6171 or elderinfo@minutemansenior.org Additional info on <http://www.minutemansenior.org/>

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.

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

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.

Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to including healthcare.

Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.



TOWN OF ACTON SERVICES INFORMATION 978-929-6600

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

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





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 during normal business hours.



Acton Nursing Services

▶ Horticultural Therapy

Acton Seniors Only

Tuesday, April 19th, 6:00-7:00pm, Wednesdays, April 6th and 27th, 10:30-11:30am

Miniature Japanese Garden. Come and arrange cut flowers and greens in a moss-covered “bed”. All supplies provided. Spaces limited to 12 for each class.

Call 978 929 6650 from Monday, April 4th, 1:00pm to register.

▶ Energy Healing with Jacqui Burak

Tuesdays, April 5th and 12th, 6:00-6:45pm

All Ages are Welcome

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information

▶ Guided Meditation and Gentle Restorative Movement

Tuesday April 26th, 6:00-7:00pm

Acton Residents Only, All Ages

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

▶ 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 April 7th, 14th & 28th, 12:00-4:30pm

Call 978-929-6650, we will start booking on Monday, April 4th, 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 required.

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.

Acton Police Department



We welcome Beth Van Emburgh to the police department as our Clinical Responder! Beth grew up in Acton, attended Springfield College and received her Masters in Social Work at Boston College. Beth's past work experience includes 10 years working with children with behavioral and emotional challenges and their families in the communities of Southbridge and Worcester. Beth also spent 5 years working in the prison system with female offenders providing substance abuse and reentry services. Beth is a Licensed Independent Clinical Social Worker as well as a Licensed Alcohol and Drug Counselor.

Acton's Emergency Notification System

Acton uses the Blackboard Connect system, a high-speed telephone communication service for emergency notifications. The system allows authorized Town officials to disseminate voice messages to every telephone number stored in the notification database in a matter of minutes. It also allows us to target specific geographic areas of the Town or a defined radius around an incident.

While we receive telephone record updates from Verizon to populate our contact database, please do not assume your phone number or e-mail address is included. Just as citizens may choose to opt *out* of these notifications, citizens in these categories are particularly invited to *add* their information to the database:

- Use a cellular phone as their primary phone
- Have unlisted phone numbers
- Have changed their phone number or address within the last year
- Have recently moved, but kept the same listed or unlisted phone number
- Wish to receive text and/or email messages in addition to telephone calls
- Receive their phone service over the internet (e.g. Verizon FIOS, Comcast XFINITY, Vonage)

Many people have converted their telephone service to Internet-based Voice-over-IP systems such as Vonage, Comcast XFINITY, and Verizon FIOS. These services typically connect through a device in the home that relies on electricity. For this reason, it is strongly recommended that you register your cellular phone number in addition to your primary home number. During extended power outages, the Town has opened public "charging stations" where residents can charge their cellular phones and other electronic devices at Town facilities that are backed up by generator power.

We encourage residents to update their own information including adding cell phone numbers and e-mail addresses by visiting the Town's website at <http://www.actonma.gov/cty>. Here, you can register, review, and update your contact information. Residents without access to the Internet may accomplish this by calling the Information Technology Department at (978) 929-6612 or by visiting Town Hall.

Support for Caregivers Caring for People Living with Dementia via Zoom

Wednesday, April 27th, 12noon

Open to residents of Acton, Boxborough and Littleton

Pre-Registration required at <https://tinyurl.com/379ah7ft>, Funded by CHNA15 grant. Join us and learn more about support services and resources for caregivers from Minuteman Senior Services Family Caregiver Support Program and the Alzheimer's Association, Massachusetts/New Hampshire Chapter.

[For more details.](#)

50+ Job Seekers in MA, supported by the Massachusetts Councils on Aging, has an exciting line-up of FREE workshops! We have Interactive Workshops and Special Events in English, and our Bilingual program in English and Spanish-all to help 50+ job seekers have successful job search campaigns. New this year is the Savvy Seeker Series! The Savvy Seeker Series provides information on programs, resources, and additional topics for the 50+ community. For more information, please check out our website: <https://50plusjobseekers.org/> for additional questions, please contact Karen Sowsy: karen.50plusjobseekers@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
	This month the following activities are supported by the Friends of the Acton COA: Trail of Tears lecture, Winesburg Ohio seminar, greeting card workshop, the Ukrainian Crisis, genealogy/DNA talk, Words Galore, watercolor class, and Tai Chi class. www.friendsofactoncoa.com .			1 April 2022 Center closes at 12noon 8:30 Senior Fitness 10:00 NouVonne Fitness 11:15 Gentle Chair Exercise
4 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	5 Center Open until 7:30pm 8:30 Senior Fitness 9:45 Active Aging 11:00 Balance Maintenance –ANS 6:00 Energy Healing - ANS COA via Zoom: 2:00 Caregivers Support Group	6 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 1:30 Drop In Bridge COA via Zoom: 1:00 Book Discussion Group	7 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 3:00 Stretch & Flex COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	8 Center closes at 12noon 8:30 Senior Fitness 9:00 Breakfast 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
11 8:30 Active Aging 9:00 Tax Appointments 11:00 Tai Chi 1:00 COA Friends Mtg 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	12 Center Open until 7:30pm 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 10:00 COA Board Mtg 11:00 Balance Maintenance –ANS 1:00 Genealogy 6:00 Energy Healing - ANS COA via Zoom: 1:00 Trail of Tears 2:00 Caregivers Support Group 6:00 Planning for Medicare	13 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 12:30 Ukrainian Talk 1:30 Computer Club 1:30 Drop In Bridge 2:00 Line Dancing	14 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Winesburg, Ohio with Stephen Collins 1:00 Response Systems Talk 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	15 Center closes at 12noon 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
18 Center Closed Patriots Day	19 Center Open until 7:30pm 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Balance Maintenance –ANS 11:00 Grandparents Raising Grandchildren 12/12:30 Robbins Brook Lunch 1:00 Mah Jongg 1:00 DNA/Genealogy Talk 2:00 Card Making COA via Zoom: 2:00 Caregivers Support Group	20 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Needle Arts 1:30 Drop In Bridge 2:00 Line Dancing	21 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Winesburg, Ohio with Stephen Collins 12:30 Reducing Communication Costs Appointments 1:00 Chess Club 1:00 Mah Jongg 2:00 Art Reception 3:00 Stretch & Flex COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	22 Center closes at 12noon 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
25 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg COA via Zoom: 1:00 Intermediate Chess Class	26 Center Open until 7:30pm 9:30 Watercolor Class 11:00 Balance Maintenance –ANS 2:00 Volunteer Reception- by invitation 5:00 Pizza Dinner 6:00 Community Building Circle 6:00 Meditation - ANS COA via Zoom: 2:00 Caregivers Support Group	27 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Needle Arts 1:30 Drop In Bridge 1:30 Computer Club 2:00 Line Dancing COA via Zoom 12:00 Support for Caregivers of People living with Dementia (See page 13)	28 11:00 Tai Chi Practice 11:00 Winesburg, Ohio with Stephen Collins 1:00 Chess Club 1:00 Mah Jongg COA via Zoom: 9:00 Words Galore 11:00 Laugh for your Health	29 Center closes at 12noon 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

ANS = programs provided by Acton Nursing Services. Call 978-929-6650 with questions or to register.

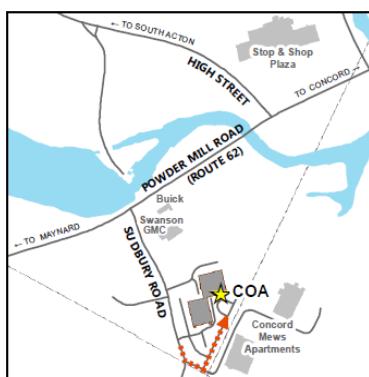
For details of the Monday Movies see page 3, may be subject to change.

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.

We have a Code of Conduct, endorsed by the Town Manager, on display for all visitors to the Human Services Building. This includes: avoid causing disturbances or disruptions; show respect for others, building facilities and personal property of others; use common courtesy while interacting with others; do not engage in any lewd or offensive behavior; any form of violence is prohibited; smoking, drinking alcohol or appearing to be under the influence of any illegal substance is prohibited. For the complete code ask any member of staff.

Come and see us in South Acton.



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>March meetings:</i>	
Fiona Starr, Staff Assistant	<i>COA Friends, Monday, April 11th, 1:00pm</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Board, Tuesday, April 12th, 10:00am</i>	

Stop the Press!!
Save the date.....



Shredding Event
Acton Seniors Only
Tuesday, May 10th from 2:00-5:00pm

Highland Shredding Company will be on site at 30 Sudbury Rd. to destroy personal documents. Limit 3 grocery-sized bags per person. Any questions please contact us at 978-929-6652. Sponsored by the Friends of the Acton Council on Aging

Follow us on Facebook for up to date information:
<https://www.facebook.com/actoncoa>



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Acton Council on Aging/Senior Center

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