



Acton Council on Aging at the Senior Center MAY 2022

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

Facebook: <https://www.facebook.com/actoncoa>

Website: www.actoncoa.com

Town Website: www.actonma.gov

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

Wednesday & Thursday: 8:00am-5:00pm

Friday: 8:00am-12noon

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newsletter
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A Funny Thing Happened on the Campaign Trail

Tuesday, May 10th, 2:00-3:00pm

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

Rich Rubino will amuse you with funny stories from the campaign trail—political bloopers, candidates insulting each other, and hilarious quotations from Presidential candidates. It is educational, funny, and informative! *Rich Rubino has appeared as a guest on national TV including MSNBC and C-Span2 and is a frequent guest on many radio stations throughout the country. He holds a Bachelor's degree in Political Science and Communications from Assumption University and a Master's degree in Broadcast Journalism from Emerson College. His political trivia program offered earlier this year was a big hit!*



Mini Therapy Horse Visit!

Tuesday, May 17th, 1:00-2:00pm

Open to all/free

Cuteness overload alert! A miniature horse will visit from Lifting Spirits Miniature Therapy Horses, a non-profit that brings hope, joy and wellbeing to people of all ages and abilities. Research has shown that equine therapy has positive mental, social, educational, spiritual and physical benefits. The horse and his or her handler will visit outside the Senior Center; in the event of rain the visit will be moved indoors.



► Virtual Walking Tour in the Casbah Live from Algeria

Wednesday, June 1st, 10:00-11:00am

Acton Seniors only

We have a new partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! This “from the street” tour is led by tour guide Behad Benz, who is also an archaeologist with an interest in architecture. The tour begins from the top of the Casbah on a street called Bab Djadid, continues through the narrow streets discovering all of the unique corners and shops, and ends in a spot called the “place” or the Square of the Martyrs. The Casbah is a World Cultural Heritage site, known for ancient mosques, Ottoman-style palaces, and remains of a citadel. Join us in exploring this unique city! You may participate via Zoom from home or from the Senior Center with a group watching on a large screen television. Registration for either option is required by emailing the COA at seniorcenter@actonma.gov. *This new program is funded by a grant from Community Health Network Area (CHNA) 15, a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, schools, businesses, boards of health, non-profit organizations and citizens working together to improve the health of member communities.*

Java with John

Friday, May 20th, 10:00am

Come have a cup of coffee and hear the latest Town of Acton news. Town Manager, John Mangiaratti is available to hear your comments, concerns and questions.



Directors Corner



May is older Americans month and we will be celebrating over 180 Acton residents who are 90+ years of age with a special luncheon. This month we will also be re-starting our Memory Café see page # for more information. Last month we had 27 new people utilize the Senior Center. It's so nice to see new faces and to have a bustle back in the building. Please remember to stay home if you are not feeling well. **Stay well, Sharon**

□► Mocktail Margaritas

Thursday May 5th, 2:00pm.

Enjoy non- alcoholic margaritas, chips, salsa and good company, all for \$1!

Please sign up with the COA.

Open to out of town seniors

□► Winesburg, Ohio Short Stories Seminar with Stephen Collins

Thursdays May 5th, 19th, and 26th 11:00-12noon

****Please note change in schedule****

This eight-part seminar with Stephen Collins concludes this month.

Shredding Event

Tuesday, May 10th, 2:00-5:00pm

Acton Seniors Only



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.

□► Motivation for Health and Fitness Webinar:

Proven Solutions to Get Results that Last with Dr. Mike Stare

Wednesday, May 11th, 1:00-2:00pm

Open to out-of-town seniors/free

 Most people know they should exercise but don't do it or at least not consistently for long enough to get a result. This affects people from all walks of life: from sedentary folks to overachievers. Understanding why this is and knowing how to overcome this based on evidence is critical. Motivation is the key to sustaining behaviors that we all know will deliver amazing results. By hearing the evidence, learning strategies, and seeing how this has been applied in the clinic and real world, attendees will walk away with clear solutions they can immediately use to get health and fitness results that last. Register for this program, which uses the GoToMeeting video platform, by emailing the COA at seniorcenter@actonma.gov. We will forward your email address to OPPT, who will send you a link to the presentation (no downloads needed). During the presentation, you can opt into receiving notifications from OPPT; otherwise they will not keep or share your contact information. *Dr. Mike Stare of Orthopaedics Plus Physical Therapy (OPPT) in Bedford offers a unique perspective as a practicing Doctor of Physical Therapy, Fitness Professional, and national lecturer.*

Golden Age of Jive Music Part 2 Multimedia Presentation

Thursday, May 12th, 1:00-2:00pm

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

Join John Clark for an in-person multimedia presentation about the Golden Age of Jive Part 2. Jive is more than a specific genre of music that began in the 20s and 30s—it is an underlying attitude, speech, look, and lifestyle that is expressed musically. Some of the influential musicians of the genre include Louis Armstrong, Fats Waller, Slim Gaillard, Cliff Edwards, Ina Rae Hutton, Bing Crosby, Tommy Dorsey, the Andrews Sisters, and the Cats & the Fiddle. As the hipsters like to say, "be there or be square!" *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



□► Ask the Lawyer Appointments

Tuesday, May 17th 1:00-3:00pm

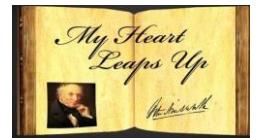
Acton Seniors only

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

► Poets Live Forever: Celebrating Spring Poems

Fridays, May 13th, 20th, June 3rd, 10th, 9:30-10:30am

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



Val Walker will lead this class exploring themes of joy, gratitude, and rebirth. Each week poems by various poets will be explored, including William Wordsworth *My Heart Leaps Up*; Mary Oliver *Poem of the One World* and *Don't Hesitate*; Billy Collins *Today and Love*; Marge Piercy *More Than Enough*; Emily Dickinson *Within My Garden Rides a Bird* and *A Light Exists in Spring*; Wendell Berry *The Peace of Wild Things*, *What We Need Is Here and Why*; William Blake *Eternity*; quotes from Rumi about joy. Registration required as space is limited; call or email the Council on Aging. *Val Walker, M.S., is an author, educator, and consultant who enjoys sharing her love of poetry with others. 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.*

Creating Advanced Directives with Elder Law Attorney

Cathleen Summers via Zoom

Thursday, May 19th, 1:00pm

Open to All/Free: Pre-Registration Required

Creating advanced directives is essential in expressing your medical care decisions when you are not able to speak for yourself. Nurse Attorney Cathleen H. Summers will discuss the types of documents you will need, how to choose the right person for the Health Care Proxy role, and how to best communicate your wishes with loved ones and your health care providers. Register at <https://bit.ly/3itfjAz> Sponsored by a grant from CHNA15. [Flyer](#) for more information.

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

Tuesday May 19th, 9:30-5:00pm Call for an appointment

Acton Seniors only

Volunteer Murray Bob will meet with you to examine your expenses and recommend ways to reduce your costs. 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. You will need to share examples of your bills.

90s Birthday Luncheon

Tuesday, May 24th, 12:00-1:30pm

Open only to Acton seniors age 90+

Call now to Register



We are hosting a luncheon in honor of our Acton seniors who are aged 90+. If you didn't receive an invitation by May 7th and are 90 or older, please call the COA at 978-929-6652 so we may include you. This free event is sponsored by Bridges of Westford and Sudbury.



Live Elvis Tribute with Calvin Benelli

Tuesday, May 24th, 1:30-2:15pm

Open to all/free

Acton's own Calvin Benelli will sing, dance and speak in true Elvis character. A fun performance not to be missed, this special event is sure to bring back fond memories of the King of Rock & Roll! His outdoor performance at the Senior Center last summer was a big hit! *Calvin Benelli is a college student who was involved in theater at Acton Boxborough Regional High School and is the son of our fitness instructor Yvonne.*



Dancing Joy Performance with Dance Caliente

Thursday, May 26th, 1:00-2:00pm

Open to out-of-town seniors/free

You don't want to miss this interactive ballroom dance performance designed to engage, inspire and entertain! Eileen Herman-Haase and Raul Nieves of Dance Caliente will bring heart throbbing theatrical ballroom dances, amusing stories, nostalgic music with opportunities for audience participation. More than a performance, it is a means to a feeling of well-being. Pleasant memories unfold through sight, sound and optional participation. *This program is funded by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



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

► Memory Lane Café at the Acton Senior Center

Tuesday, May 31st 12:00-1:30pm

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. We do ask attendees to bring their care partners. Sponsored by Concord Park and Cooperative Elder Services.

Open to all/free

Call Now: Registration Open

How to Write and Self-Publish Your Life Story

Thursday, June 2nd, 1:00-2:00pm

Henry Quinlan will demonstrate how to write and self-publish your life story. He will offer writing tips that will help amateur authors avoid the most common mistakes and will present case studies on how self-published authors have succeeded. It's not as hard as you think! Henry's talks at the Senior Center on non-financial aspects of retirement are always popular. *Henry M. Quinlan is the owner 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 and has an adventurous spirit—he went skydiving to celebrate his 80th birthday!*

Open to out-of-town seniors/free



Monday Movie Matinees

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

Monday, May 2nd, 1:00-3:00pm *Here Today* (2021, PG-13) When an aging comedy writer facing a serious health problem meets a young New York City street singer, they form an unlikely yet hilarious and touching friendship. Billy Crystal and Tiffany Haddish co-star. Comedy/drama with some tear-jerker moments.

Monday, May 9th, 1:00-3:30pm *West Side Story* (2021, PG-13) An adaptation of the 1957 musical that explores forbidden love and the rivalry between two gangs of different ethnic backgrounds. Stars Ansel Elgort, Rachel Zegler, Ariana DeBose, and Rita Moreno. Directed by Steven Spielberg. Nominated for seven Oscars including Best Picture, with a win for DeBose for Best Supporting Actress.

Monday, May 16th, 1:00-3:30pm *West Side Story* (1961) Come on over if watching the new version of this musical left you hankering for the original! Stars Natalie Wood, Rita Moreno, Richard Beymer, George Chakiris; music by Leonard Bernstein. Won a whopping 10 Oscars, including Best Picture.

Monday, May 23rd, 1:00-2:45pm *The Man Who Never Was* (1956) During WWII British Military Intelligence devised a cunning ruse to fool the Germans into thinking the Allied invasion of Sicily would actually take place elsewhere. Clifton Webb and Gloria Grahame co-star in this drama based on real events.

Art & Crafts

► Watercolor Painting Class with Fran Hewitt

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

Acton Seniors only

Class is full; call for waitlist.



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.

Art Exhibit in Memory of Sandy Wilensky

Through the end of May

As a tribute to our wonderful art instructor Sandy, we are exhibiting works of art by her former students.

Thank you: James MacRae for cooking breakfast, Maria Berry for our lobby decorations, Martha Morrison for reviving the outdoor planters, and Jacquie Friedman for serving on the COA Board.

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

Groups

□►Community Building Circle

Tuesday, May 31st, 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, 2:00-3:30pm

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 found caregiving groups to provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where 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.

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, May 17th, 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.

Computer Club

Wednesdays, May 11th and 25th, 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.



Genealogy Group

Open to out-of-town seniors/free

Tuesday, May 10th, 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.

□►Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, May 4th, 1:00-2:30pm

The group is reading A Gentleman In Moscow by Amor Towles. 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 Silent Patient by Alex Michaelides will be discussed at the June 1st, meeting. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will send you the Zoom link which is also posted in "News" at www.actoncoa.com.

Book Discussion Group—In Person

Thursday, May 19th, 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 out of towners are welcome. As of our newsletter going to print we do not have an update on the book for May. If you have questions please email Trudi@bruschi.org.

Senior Spotlight



May's spotlight is on Marion Maxwell.

Marion is a long time Acton resident. Marion and her former husband moved to Acton in 1968 from Malden. Though divorced for many years, they remain caring friends. Marion has lived in the same house for 54 years. For 10 of those years she ran a B&B in her home. Marion is a member of the Acton Conservation Trust, a nature lover at heart and is grateful for the beautiful natural surroundings in her life. She has a lovely granddaughter and two sons; one son lives in Florida and her other son in California.

Marion went back to school once her boys finished their education. She received her BA in psychology, she then went on to work as a senior commercial paralegal for two of Boston's top law firms. She also spent time on Nantucket doing zoning analyses of 200 properties. Marion's last job before retirement was working on the sale of the Vermont Yankee nuclear plant.

After she retired, Marion put her energy and efforts into becoming more active in community services. Marion served on the COA Board for fifteen years. Last year she received one of the five Volunteer Citizens awards from the town of Acton. Marion is also active in the Acton Woman's Club, a member of The League of Women Voters and Acton Historical Society. She currently belongs to Wolfe Pack, a local group working its way through 70 books and novels of detective Nero Wolfe.

I think we all know Marion is the woman behind the ACTON SENIOR CITIZENS Newsletter. Writing about subjects of interest and concern for us seniors. Taking us down a trip through memory lane with a favorite song from the past and a little humor to keep our spirits high. Marion dignifies the example of being a true citizen of Acton.

Games

□► Intermediate Chess Classes with Ken LeBow via Zoom

Mondays, 1:00-3:00pm; ongoing Open to out-of-town seniors/free No class on May 30th
If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is ongoing but is open to new participants who should email seniorcenter@actonma.gov to register and include full name and phone number.



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.

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.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

No activity time on May 20th and 30th

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

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

Tuesday, May 31st, 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.

Open to out-of-town seniors/free

No game on May 30th

A Message from the Friends of Acton COA

Check the upcoming monthly bulletins for something old and something new.

FCOA will support the ever-popular shredding event on **May 10th**.

SAVE THE DATE September 20th for a novel dinner and evening program focusing on the role of general stores in building community.

The Friends of the Acton COA will meet Monday, May 9th at 1pm.

Mind, Body and Spirit

See Acton Nursing programs on page 12

□► Laugh For Your Health with Susan Phillips via Zoom

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

Open to out-of-town seniors/free

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at seniorcenter@actonma.gov to receive the Zoom link, which is recurring, or you can view the link in the News section at

www.actoncoa.com. Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.



□► Line Dancing with Sam O'Clair

Wednesdays through 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! Call or email the COA to register. Funded by an EOEA grant; \$1 donation per class from Acton residents requested.

Join the Walk Massachusetts Challenge!

The 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 opened April 1st and the challenge ends on October 31st. For more information go to www.walkmachallenge.com & 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.

[Trailblazer walking guide.](#)

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.

While Terri Zaborowski is out on medical leave through early June, there are qualified fitness instructors filling in for some of her classes. There are other regularly scheduled classes to participate in as well and the gym to use for those who have received training on using the equipment. ActonTV has recorded some of Terri's classes which can be viewed from home on ActonTV's local channels on cable TV, its website www.actontv.com and its YouTube channel www.youtube.com/actontv1 .

Active Aging

Tuesdays through June 7th, 9:45-10:45am with Lorae McCall

Thursdays through June 9th, 9:45-10:45am with Kristy Rodman

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

Mondays 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.



Senior Fitness



Tuesdays through June 7th, 8:30-9:30am with Lorae McCall

Thursdays through June 9th, 8:30-9:30am with Kristy Rodman

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

Wellness Yoga with Patsy Brightman

Wednesdays through June 29th, 10:00-11:15am

The last Wednesday of each month is a healthy joint class

This gentle yoga class is appropriate for beginners as well as more seasoned yoga students. Wellness yoga classes emphasize a coordination of movement and breath as well as good



alignment for safety and stability. It is a practice that will leave you feeling rejuvenated as you walk out of the door. Every class includes gentle movement sequences done seated and standing, breathing exercises, guided meditation, and a closing deep relaxation. Medical studies have shown that some of the greatest benefits of a yoga practice include stress reduction and better sleep, improved posture and balance, increased joint mobility/flexibility, restored body-mind connection, and a greater sense of well-being. A yoga mat is optional. 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 11:00am Tai Chi class are welcome to use the Senior Center space to practice together.



Stretch and Flex with Lorae McCall

Thursdays through June 9th, 3:00-4:00pm

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays through June 24th, 9:45-10:45am **Note earlier start time!**

No class on June 3rd

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.

Gentle Chair Exercises with Yvonne Benelli

Fridays, through June 24th, 11:00-11:30am **Note earlier start time!**

No class on June 3rd

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.

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

Meals at the Senior Center

We encourage you to eat in, please contact the COA if you prefer to make other arrangements.
Sign up for all meals at 978-929-6652.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday May 18th, 12noon

Open to out-of-town seniors

Join us for Teriyaki Chicken, brown rice with vegetables, roll, and Carrot Cake for dessert.
A \$3:00 donation is requested.

► Lunch with Chef McGuire

Tuesday, May 10th, 12noon

Enjoy shepherd's pie, garden salad and dessert. Cost is \$3:00

Acton Seniors Only

► Breakfast

Friday, May 20th 9:00am

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.

► Hot Dog Dinner

Acton Seniors & those attending the evening program

Tuesday, May 31st, 5:00pm

Enjoy hotdogs, baked beans, watermelon and dessert for \$3:00.

Acton Seniors Only



Support and Services

Lunches at the Senior Center

Birthday Lunch, Tuesday May 3rd - Anyone with a birthday in May enjoys a free lunch and special dessert this day. Sign up with John and let him know if it's your birthday month.

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. [May menu](#) [Cold menu](#) 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 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.

Mount Calvary Community Supper, 472 Massachusetts Ave.

Wednesdays; 5:00-6:00pm, doors open at 4:15pm

Through the compassion of a group of parishioners at Mt. Calvary Lutheran Church in Acton, Mt. Calvary Community Supper was opened in April 2012. Led by Mike Tobia, Betty Andrews and Carol Graton, a weekly dinner was provided to all who wished to join. Since that time, over 50,000 meals have been served. We lost Mike in November 2020 but his vision lives on. All the volunteers dedicate themselves to ensuring that our neighbors struggling with food insecurity and social isolation feel welcomed. The pandemic caused us to be creative these past 2 years. First we transitioned to an outside, drive-thru takeout supper. This last August we had a hybrid sit-down and take out supper. But Omicon pushed us back to all take out again. With the easing of restrictions by the CDC and the Acton Board of Health, we are thrilled to announce that we reopened the doors to Fellowship Hall on April 6th. Our 10th Birthday was celebrated with the "family" back together at the tables! How wonderful that we have all persevered. We are so grateful for all of your support, especially during these trying times.

As Mike would say, "Always grateful for another Wednesday."

For the [menu](#) or visit [Mt. Calvary Lutheran Church | Community Supper \(mtcalvaryacton.org\)](#)

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](#)

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. Available 24 h/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.

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, May 17th, 11:00-12noon See page 5 for details

Open to all/free

□►Caregiver Support Group via Zoom

Tuesdays, 2:00-3:00pm see page 4 for details

Open to all caregivers of older adults/free

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, such as

SHINE,Serving Health Insurance Needs of Everyone Program (1-800-633-4227) **SNAP**,Supplemental Nutrition Assistance Program and **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, see page 2.





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

Transportation available – call 978 844 6809.



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.

Department of Public Works/Highway Division

Spring Paving

The following roads are slated to be paved this spring:

Kinsley Road; Kinsley Lane; Fraser Drive; Baxter Road; Pearl Street; Church Street; Summer Street, (Willow St to Central St); Freedom Farme Road; Olde Barn Way; Mohegan Road; Seminole Road; Quaboag Road; Birch Ridge Road; Juniper Ridge Road; Cherry Ridge Road.

Residents will be notified via message boards and a posting on the Town of Acton website when a start date has been determined. Please note, the duration and schedule can change depending on weather or other conditions that may arise. We appreciate your cooperation and patience during this time.

Spring Repairs

Sometimes the grass strips and curbs along the roads are damaged while plowing. The Highway Division works to repair these areas as soon as possible after the snow has melted and the ground has thawed; however other work that involves the safety of the public takes priority. It may take until mid-summer to repair these areas. The repair of grass surfaces generally consists of raking out the ruts and seeding with a standard highway grass seed. If your landscaping needs are such that this is unacceptable, you may choose to repair these areas on your own earlier in the spring.

Street Sweeping

Part of the Highway Division's maintenance program involves cleaning the road surfaces and drains. The road surfaces and sidewalks are cleaned with mechanical sweepers during the spring months. The highly visible areas are cleaned first, such as the town centers and the Isaac Davis Trail. Most roads are swept once during this period.

Residents are reminded to NOT put lawn waste, trash, tree limbs, etc in the roadway during the sweeping process as it may damage the machinery. The operator will not remove such material, leaving an unsightly mess for you and your neighbors

The Department of Public Works would like to thank the residents for their continued cooperation during the winter months. It can be a challenging time for all.

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



Acton Nursing Services

Acton Nursing Services – Celebrating 100 Years of Service!

Tuesday, May 10th from 4:00-6:00pm at the Human Services and Senior Center

Acton Nursing Services (ANS) is celebrating its 100th Anniversary of providing Public Health and Home Healthcare Services to the residents of Acton. In 1922, Town Meeting

voted “that the board of health be instructed to employ a town nurse” and the Town has funded a town nurse and provided services ever since! The first nurse to provide services to town residents was Ida Briedenbach who was appointed on May 17, 1922 with a salary of \$825. Please join the staff of Acton Nursing Services at a reception to celebrate this centennial milestone!

Light refreshments will be served. All are welcome and we look forward to seeing you!

For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, Wednesday April 27th. Please note this is a change!!

► Horticultural Therapy

Acton Seniors Only

Tuesday, May 17th, 6:00-7:00pm, Wednesdays, May 11th & 25th, 10:30-11:30am

Blue Sweet Pea Trellis. Grow charming blue sweet peas in a container. All materials provided. Spaces limited to 12 for each class. Call 978 929 6650 to register or for more information

► Energy Healing with Jacqui Burak

Tuesday, May 3rd, 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. Sponsored by ANS.

► Meditation and Gentle Chair Yoga

Tuesday, May 24th, 6:00-7:00pm

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS. Call 978 929 6650 to register or for more information

► Balance Screening Appointments

Acton Seniors Only

Tuesday, May 10th, 9:00-2:00pm

Call 978-929-6650 for an appointment

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

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

Wednesdays, May 11th – June 15th, 12:30pm

Call 978-929-6650 to register

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

► Maintenance Balance Training

Acton Seniors Only

Tuesdays, ongoing, 11:00am Sponsored by an Anonymous Donor

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! Each class is independent of the other but you MUST have attended the Balance Matters! 6 week sessions to join.

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.

► Podiatry Clinics

Acton Seniors Only

Appointments: Thursdays, May 5th & 12th, 12:00– 4:00pm and Tuesday, May 17th, 12:00 – 4:00pm.

Call 978-929-6650 to make an appointment –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.

For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, Wednesday April 27th. Please note this is a change!!

Public Health Discussion on COVID-19 with Jill Salomon MPH, MSN, RN

Wednesday, May 25th 11:30am

All Ages Welcome

COVID-19 Vaccines: How Acton/Middlesex County/Massachusetts are doing compared to the rest of the country; COVID-19 Tests: Home tests, Antigen Tests, PCR, Antibody tests; Current MA Department of Public Health Guidelines for Isolation and Quarantine; MA Department of Public Health Surveillance including sequencing for variants and waste water data; CDC Indicators for Monitoring COVID-19 Community Levels & Making Public Health Recommendations.

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.

May at Acton Memorial Library for COA

Check our site for the latest news: Actonmemoriallibrary.org

Check our calendar for more information, & to register for programs: actonmemoriallibrary.org/calendar/

Sign up for the AML newsletter actonmemoriallibrary.org/about-the-library/newsletter/

Check out Acton Memorial Library on [Instagram](#) [Twitter](#) [Facebook](#)

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

"Discover India" series on Zoom Monday, May 2nd, 7:00-8:00pm *Taking Back the Paisley* (Hail to the "buta"): Monday, May 9th, 7:00-8:00pm *Indian Tiger at work and play*. Nature reserves in India.

AML Book Discussion Group via Zoom Tuesday, May 17th, 7:30-8:30pm *The Big Thirst: The Secret Life and Turbulent Future of Water* by Charles Fishman.

Social Commentary/ Social Action-a discussion about ART presented by the Smithsonian American Art Museum via Zoom Thursday, May 19th, 4:00-5:00pm.

Acton Police Department

SCAM ALERT! If anyone you **DON'T** know asks you to wire money to them or withdraw money from a bank and send the money, either by wire or other means **"STOP and THINK"** is this a scam? It usually is!! Before sending money contact the Acton Police on 978-929-7711.

Theater in Acton



Musical theater is back at Acton's Theatre III!

Roald Dahl's classic tale comes to life with music by Pasek and Paul (*Dear Evan Hansen* and *The Greatest Showman*). **James and the Giant Peach** at Theatre III, 250 Central St., West Acton. **Senior Dress Rehearsal Thursday, May 5th, 7:30 pm; tickets \$5 at the door.** Regular run May 7th, 13th, 14th, and 20th at 7:30 pm and May 8th, 15th, and 21st at 2:00 pm. Senior tickets \$22.

Acton Boxborough Regional High School is proud to present "Matilda – the Musical" based on the book by Roald Dahl. A dazzling musical back on stage showcasing the many talents of the High School Students. Tickets at abdrama.org. Shows are April 29th-May 8th.



Monday	Tuesday	Wednesday	Thursday	Friday
May 2 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	3 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance - ANS 12:00 MMSS Birthday Lunch 2:00 Caregiver Support Group via Zoom 6:00 Energy Healing - ANS	4 10:00 Wellness Yoga 10:30 Wellness Clinic – ANS 12:30 Needle Arts Group 1:00 Book Group via Zoom 1:30 Drop in Bridge 2:00 Line Dancing	5 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 11:00 Winesburg, Ohio Stories 1:00 Chess Club 1:00 Mah Jongg 2:00 Mocktail Margaritas 3:00 Stretch & Flex	6 Center closes at 12 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
9 11:00 Tai Chi 1:00 COA Friends Mtg 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	10 8:30 Senior Fitness 9:00 Balance Screening - ANS 9:30 Watercolor Class 9:45 Active Aging 10:00 COA Board Mtg 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef McGuire 1:00 Genealogy 2:00 Caregiver Support Group via Zoom 2:00 Shredding Event 2:00 Campaign Trail talk 4:00 ANS Celebrates 100 Years	11 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:00 Motivation for Health Webinar 1:30 Computer Club 1:30 Drop in Bridge 2:00 Line Dancing	12 8:30 Senior Fitness 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health via Zoom 1:00 Golden Age of Jive Music II 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	13 Center closes at 12 9:30 Poets Live Forever 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
16 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	17 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance - ANS 11:00 Grandparents raising Grandchildren Group 1:00 Ask the Lawyer Appts 1:00 Mini Therapy Horse Visit 2:00 Caregiver Support Group via Zoom 6:00 Horticultural Therapy - ANS	18 10:00 Wellness Yoga 10:30 Wellness Clinic - ANS 12:00 Robbins Brook Lunch 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 2:00 Line Dancing	19 8:30 Senior Fitness 9:30 Cost Cutting Appts 9:45 Active Aging 11:00 Book Group in person 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 11:00 Winesburg, Ohio Stories 1:00 Advanced Directives via Zoom 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	20 Center closes at 12 9:00 Breakfast 9:30 Poets Live Forever 9:45 NouVonne Fitness 10:00 Java with John 11:00 Gentle Chair Exercise
23 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	24 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 90s Lunch 1:30 Elvis Live! 2:00 Caregiver Support Group via Zoom 6:00 Meditation & Yoga - ANS	25 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 11:30 Public Health talk – ANS 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge 2:00 Line Dancing	26 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 11:00 Winesburg, Ohio Stories 1:00 Dance Caliente 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	27 Center closes at 12 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
30 Center Closed Memorial Day	31 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Mah Jongg 2:00 Caregiver Support Group via Zoom 5:00 Hotdog Dinner 6:00 Community Building Circle	June 1 10:00 Wellness Yoga 10:00 Walk the Cazbah Virtually 10:30 Wellness Clinic - ANS 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 2:00 Line Dancing	2 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 1:00 Write & Publish Your Life Story 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 9:30 Poets Live Forever

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

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

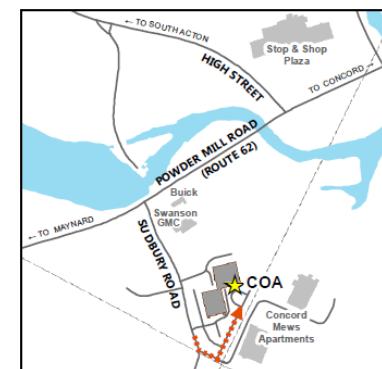
The Council on Aging Board hopes you are enjoying Spring as the trees, plants & flowers are blooming.

The Council on Aging Board is seeking new Associate Members to fill open slots on the Board. Residents of Acton who are interested in supporting our senior & elder population are welcome to apply. The **Council on Aging Board** aims to enhance the lives of Acton seniors with activities, programs, ideas for enjoying all that Acton has for its residents. We provide information on timely issues for Acton's aging population and the people who care for them. We advocate with other Town departments to ensure that the interests and needs of our seniors and elders are considered whenever possible so that the quality of life is good for those who wish to remain at home as they age. If you, or someone you know, would be interested, please attend one of our COA Board meetings, held on the second Tuesday of each month at 10am. An application to become a Volunteer Board Member is available on the Town Website. The application will be reviewed by the Volunteer Coordinating Committee and you will be contacted about next steps.

We hope to see you soon at the Senior Center and possibly attending a COA Board meeting.

The next meeting is Tuesday May 10th, 10:00am.

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>Chunsheng (Bill) Fu</i>
Chris Chirokas, Program Manager	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
Bev Hutchings, Senior Services Coordinator	<i>Michael Chautin</i>	<i>Niru Velankar</i>
Rose Murphy, Human Services Customer Service & Communication Assistant	<i>Ann Corcoran</i>	
Bernice Nicoll, Activities Assistant	<i>March meetings:</i>	
Fiona Starr, Staff Assistant	<i>COA Friends, Monday, May 9th, 1:00pm</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Board, Tuesday, May 10th, 10:00am</i>	





This month the following activities are supported by the Friends of the Acton COA:
Elvis tribute, History of Jive Music, mini therapy horse visit, A Funny Thing Happened on the Campaign Trail, How to Write and Self-Publish Your Life Story, Poets Live Forever, Winesburg Ohio seminar, watercolor class, and Tai Chi class.

On April 26th we hosted our Volunteer Appreciation Reception. We were delighted to be able to say our 'thank you' in person this year.



In April and through May we celebrate our beloved watercolor tutor and friend Sandy Wilensky. A reception to open the art exhibit by her students was very well attended.

