



Acton Council on Aging at the Senior Center JUNE 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

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

Talk with Stephen Kurkjian, Author of *Master Thieves*:

The Boston Gangsters Who Pulled off the World's Greatest Art Heist

Thursday, June 9th, 1:00-2:15pm

Open to out-of-town seniors/free



Stephen Kurkjian will discuss his book *Master Thieves* about the 1990 Isabella Stewart Gardner Museum art heist that caught the world's attention and has seen renewed interest since the release of the 2021 Netflix docu-series *This is a Robbery* that featured interviews with Stephen. After the presentation, copies of the book will be available for purchase which Stephen is happy to sign. *A Boston native who went to Boston Latin,*

Boston University, and Suffolk Law School, Stephen Kurkjian spent nearly 40 years as an editor and reporter for The Boston Globe before retiring in 2007 when he started work on Master Thieves. He was a founding member of The Globe's investigative Spotlight Team, and as a reporter and later editor of the team, he shared in three Pulitzer Prizes and won more than 20 regional and national reporting awards.

▣► Shake-Scene! Live Performance of Shakespeare's Work

Tuesday, June 14th, 6:00-7:00pm

Open to out-of-town seniors/free



Join Shakespearian performers Stephen Collins and Poornima Kirby for a rollicking ride through some of the Bard's finest poetry and most compelling characters! Featuring scenes and monologues from some of Shakespeare's best known plays, including Macbeth, Taming of the Shrew, Henry V, and Julius Caesar, this original compilation digs into universal themes such as the price of power, the risks of falling in love, and what to

do with a murder weapon. The show includes a lively "sonnet duel," plenty of playful banter, fascinating historical context, and a question and answer session at the end. Come immerse yourself in

Shakespeare's wit, wordplay, and timeless verse! Contact the COA at 978-929-6652 or

seniorcenter@actonma.gov to sign up. *This performance is made possible by a grant from Community Health Network Area (CHNA15), a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, schools, business, boards of health, non-profit organizations and citizens.*

Vietnam: Enduring Struggle 1945-1975 with Paolo Di Gregorio

Thursday, June 30th, 1:00-2:00pm

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



Join Paolo Di Gregorio in person at the Senior Center as he presents the story of Vietnam in the mid-20th century, a tale of constant conflict and warfare. In this corner of Southeast Asia, global rivalries were contested and powerful nations were ensnared.

This lecture will examine the origins of the American involvement in Vietnam, our political and military efforts on the ground, and the aftermath and legacy of the Vietnam War. *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!

Directors Corner

The Senior Center has so much to offer Acton's older adults. We are fortunate to have a supportive Friends' group that sponsors the majority of our programs and classes which allow them to be offered free of charge to Acton seniors. Take some time to look at what we have to offer this month. There really is something for everyone. If you already come to the Center, tell a neighbor or friend about us. The Center is open until 7:30 Tuesday evenings for those who are not able to come during the day.

Stay well, Sharon

☐► 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. If you didn't do so last month, please register with the COA at



seniorcenter@actonma.gov or 978-929-6652. *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.*

How to Write and Self-Publish Your Life Story

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

Open to out-of-town seniors/free



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!*



☐► Poets Live Forever: Celebrating Spring Poems

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

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

Val Walker's class exploring themes of joy, gratitude, and rebirth concludes this month. 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: 978-929-6652 or seniorcenter@actonma.gov. *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.*



THANK
YOU!

Chef McGuire

The High School & Junior High School Youth Leadership Counsel for the paper flowers

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

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

▣► Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays, June 9th through July 28th, 9:00-10:00am

Join Val Walker via Zoom for new session of this 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.

History of Feminism in Music Multimedia Presentation



Tuesday, June 14th, 1:00-2:00pm

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

Join John Clark for an in-person multimedia presentation on the 100-year history (1870-1970) of music that played a vital part in American women's struggles for equal status and equal rights. Included is music of the suffrage movement, songs of independence associated with the Roaring Twenties and women's roles during WWII, and women's feminist anthems. You'll hear songs by such widely diverse artists as the Carter Family, Sophie Tucker, Bessie Smith, Hazel Dickens, Mimi Fariña, Aretha Franklin, Peggy Lee, Helen Reddy, Nancy Sinatra, Lesley Gore and even country music groundbreakers like Kitty Wells and Loretta Lynn. *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.*

▣► Taking Better Pictures Smartphone or Digital Camera with Steve McGrath



Wednesdays, June 15th through July 13th, 9:00-10:30am

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

This class is dedicated to helping you understand how to create great images on your phone, what editing apps to use, and how to share and print your images. Join Steve as he goes over how to use essential controls on your phone along with the best free and low-cost tools for editing and image management. You are also welcome to participate using your digital camera. Make sure your device is fully charged for each class. Classes on June 22nd and July 6th will be offsite, to Acton Arboretum and another location TBD. Registration is required as space is limited: seniorcenter@actonma.gov or 978-929-6652. *Steve McGrath is a professional freelance photographer & photography teacher who has been creating images for over 20 years. Steve began by shooting local sports photography, then weddings, then stock agencies. His love of the outdoors led him to focus on his true passion of "nature photography." Many of his images have been published in school text books.*

Java with John

Friday, June 17th, 10:00am

Open to Acton residents

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.

Presentation: Cut Your Costs on Internet/TV/Telephone Services

Tuesday, June 21st, 1:00-3:00pm

Open to out-of-town seniors/free

Join Acton resident Murray Bob as he shares his research on ways to reduce the ever-increasing cost of telecommunications in your home—internet, television, telephone service, and SiriusXM radio. You will learn about options whether you want to cut the cable cord or simply reduce your bill, how to stream television programming, what is available in the area for telephone service (landlines and cell phones), and how to find the right internet provider to meet your needs. Available options for lower-income folks and various discounts will be covered. Murray also offers one-on-one appointments at the Senior Center and finds people save \$50 to \$100 a month using his suggestions. Bring your relevant cable/internet/phone bills to the presentation so you can compare costs to the services discussed.

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Shredding Event

Tuesday, June 21st, 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. A \$1 donation per bag is requested. Any questions please contact us at 978-929-6652. Sponsored by the Friends of the Acton Council on Aging.

Memory Lane Café at the Acton Senior Center

Tuesday, June 28th 12:00-1:30pm

Open to all/free

Call Now: Registration Open

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. Lunch will be provided. Sponsored by Concord Park and Cooperative Elder Services.

What to Consider When Purchasing an Emergency Response System

Wednesday, June 29th, 1:00-1:45pm

Open to all/free

Dan Grappi of Be Safer at Home, a Connect America Company, will discuss what is helpful to know before purchasing a personal emergency response system (PERS). 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 including medication management.



Lost & Found

We have a few items that have been hanging around in lost and found – including a pair of suede boots! Please check next time you are in if you may be missing something. Lost and found will be disposed of at the end of June.



Celebrate National Candy Month this June!



Nominate your favorite candy for a chance to win a small prize. One of our senior volunteers, Maria Berry, will decorate with our results. A fun way to celebrate our love of candy. Ask at Reception for a voting form.

Talking of candy – we know how much everyone enjoys the Reception Desk candy bowl – please help us keep it going by bringing in a donation of individually wrapped candy (it doesn't have to be your favorite!) If candy is not your thing we are also in need of k-cups of any flavor.

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, June 6th, 1:00-2:55pm *The Real Charlie Chaplin* (2021) Documentary about the life of Charlie Chaplin, from his early life in a London workhouse, to his meteoric rise to fame as a comedic actor, to his sudden fall from grace during the McCarthy era. Includes footage from an in-depth interview he gave in 1966 as well as home movies. This film does not have closed captioning.

Monday, June 13th, 1:00-3:05pm *Cyrano* (PG-13, 2021) Peter Dinklage stars as Cyrano who, despite loving Roxanne himself, helps Christian woo her by writing love letters for his use. Tragic love story based on the 19th century French musical *Cyrano de Bergerac*. Oscar nomination for best costumes.



Monday, June 27th, 1:00-3:25pm *King Richard* (2021, PG-13) Biopic about how Richard Williams raised his daughters Venus and Serena to become tennis superstars. Nominated for six Oscars, including Best Picture, with a win by Will Smith for Best Actor in a Leading Role.

Art & Crafts

▣► Beaded Jewelry Making

Tuesday, June 7th, 12:30-2:00pm

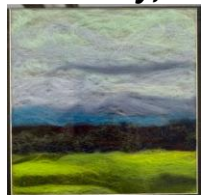
Acton seniors only

If you haven't tried it, beading is fun and easy! You may make earrings, a bracelet or a necklace, choosing from a variety of beads or you may bring your own. We use elastic for bracelets and necklaces, as they are easy to make and effortless to wear. Donations to purchase more supplies appreciated! Bernice Nicoll, Joy Ivanov and Chris Chirokas will be on hand to help, as needed.

▣► Wool Needle Felting Landscape Art Class

Thursday, June 23rd, 1:00-3:00pm

Acton seniors only



Magda Stilmant will lead this class where everyone will create and take home a framed wool felting landscape. Needle felting is the process of transforming wool in an art object using a barbed needle so that the fibers bond together. All supplies are included for a fee of \$45 payable to the instructor on the day of class (cash preferred). Please be aware that the needles used are quite sharp. Magda began felting as a creative outlet after she retired and downsized. She is self-taught and recently had a piece accepted into a juried

art show. After her art exhibit at the Senior Center, many of you requested for her to teach and she is happy to oblige! An image of the piece you will be creating is available in the Senior Center reception area. Space is limited, so a lottery system will be used to fill the class. Please contact the COA at seniorcenter@actonma.gov or 978-692-9699 by 5:00 pm on June 7th to enter lottery; we will let everyone know their status on June 9th.



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 June and into July, we welcome Jen Mabardy and Lara Maira who will host a collaborative exhibit titled "Summer Favorites."

Jen has been a Stampin' Up! Demonstrator since 2009, paper crafting and creating cards is her passion. She loves colors and cardstock, and working with a variety of stamps and inks and other creative tools to make handmade greeting cards. Lara combs Massachusetts beaches for sea glass and then creates framed art pieces.

All are welcome at a Reception with summertime refreshments **Tuesday, June 7th, from 2:00-4:00pm.** We hope you can join us!

The **Council on Aging Board** wishes everyone a wonderful summer.

Many seniors are enjoying more activities at the Senior Center and online.

There have been new seniors coming to the Center each month since the reopening.

We would like to encourage you to Bring a Friend to participate in any of the activities available that might be of interest to a new person. You can share the Newsletter with a neighbor, friend, walking buddy, or any newcomer to Acton who may not know about the Senior Center.

Enjoy the summer and stay healthy.

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

The collective wisdom of the group determined it best to postpone the Annual Fair.

Watch for opportunities to offer our wares during smaller events this year.

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 meet Monday, June 13th at 1pm at the Senior Center.

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

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

Groups

Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, June 1st, 1:00-2:30pm

The group is reading The Silent Patient by Alex Michaelides. 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). The group has decided to take July and August off and resume in September. 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, June 16th, 11:00am

Open to out-of-town seniors/free

There's nothing like having a lively group discussion to enrich the experience of reading a good book! The next Meeting of the in- person Book Discussion Group led by Trudi Bruschi is open to friends, men are invited, and the meeting is open to out of towners as well. As of our newsletter going to print we do not have an update on the book for June. If you have questions please email Trudi@bruschi.org.

Genealogy Group

Open to out-of-town seniors/free

Tuesday, June 14th, 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.

Computer Club

Wednesdays, June 8th and 22nd, 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.

☐► 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 Newton COA Board.*

☐► Community Building Circle

Tuesday, June 28th, 6:00-7:00pm

Open to all/free

Get to know each other better in this guided encounter where we will practice listening to each other by sharing our stories initiated by various prompts. We will provide a safe space to practice meaningful engagement. Sign up at the Senior Center prior to attending.

Senior Spotlight

Our Spotlight for June is Leo Fochtman

Leo and his wife Cathy moved to Acton 24 years ago from Ronkonkoma, Long Island. Like many who moved to Acton because of the impressive school system, they also found Acton to be one of the best places to live in Massachusetts.

Leo and Cathy were in the same class in high school. As chance would have it, they both won a scholarship to The Stoney Brook School. They would carpool to Stoney Brook with one other student. Over time, their acquaintance grew into friendship and a life long partnership. They have now been married for 39 years, with two wonderful sons.

Leo worked as a Senior Quantitative Analyst at the Boston Partners firm. He now is actively involved as a volunteer for the COA Computer Club, Meals on Wheels, and is on the Board of Assessors for the Town of Acton. Leo enjoys traveling and has been on a few cruises, his preferred way to travel. Everything is arranged for you and you only have to unpack once. He is looking forward to his next cruising adventure.

Leo is an avid reader and enjoys puttering in the yard. Sitting on his porch reading a good book and looking out at the Koi pond they built. Leo is a sincere man, who lives his life by the Golden Rule. He is grateful and happy for the life that is his.



Games

▣► Intermediate Chess Classes with Ken LeBow via Zoom

Mondays, 1:00-3:00pm; ongoing No Class on June 20th Open to out-of-town seniors/free

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

seniorcenter@actonma.gov to register 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 June 17th & 20th

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



Mah Jongg Time

Open to out-of-town seniors/free

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

No game on June 20th

Tuesday, June 21st, 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.

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

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

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, Wednesday June 1st. Please note this is a change!! Call 978-929-6650

☐► Horticultural Therapy

Acton seniors only

Tuesday, June 21st, 6:00-7:00pm, Wednesdays, June 22nd and 29th, 10:30-11:30am

Celebrate our nation's upcoming anniversary by orchestrating an arrangement that elicits "eewwws and aahhs!" All materials provided. Spaces limited to 12 for each class. Call 978-929-6650 to register.

☐► Energy Healing with Jacqui Burak

Tuesdays, June 7th, 6:00-6:45pm

Acton residents of 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 with Pam Saarinen

Tuesday June 14th, 6:00-7:00pm

Acton residents of all ages are welcome

Meditation is about developing calmness, practicing awareness and decluttering the mind. 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.

☐► Maintenance Balance Training

Acton seniors only

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

Sponsored by an Anonymous Donor

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. Call 978-929-6650.

☐► Podiatry Clinics

Acton seniors only

Appointments: Thursdays June 9th, 16th, 23rd, 30th, 12:00 – 4:00pm Call 978-929-6650 to make an appointment – we will begin booking when the newsletter is posted to the Acton COA website!

Please note this is a change!!

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.

Health Discussion: Heart Healthy Eating

Tuesday, June 21st, 2:00-3:00pm

Open to all seniors

Join us for a 1 hour nutrition presentation by Lucy Hutchings, Registered Dietitian, to learn easy, healthy ways to eat for heart health. You will learn what foods to eat (this may surprise you), take home recipes & handouts, see a food demonstration and try some samples! This will be fun, interesting & engaging!

Wellness Clinics – The wellness clinic will not be scheduled for June but will return in July!!

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650.

☐► indicates that you must register in advance

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Mind, Body and Spirit

☐► **Laugh For Your Health with Susan Phillips via Zoom**

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

Open to out-of-town seniors/free

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



☐► **Line Dancing with Sam O'Clair**

Wednesdays through June 1st, 2:00-3:00pm

The spring session of line dancing concludes this month.



Join the Walk Massachusetts Challenge!

You still have time to register! In addition to the many benefits of walking, can win prizes 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. The challenge ends on October 31st. For more information go to www.walkmachallenge.com

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 is expected to return to teaching mid- to late-June, but her schedule was not known when the newsletter went to press. Please look for a revised schedule at the Senior Center or at www.actoncoa.com. Recordings of some of Terri's classes can be viewed on ActonTV's cable TV channel, its website www.actontv.com and its YouTube channel www.youtube.com/actontv1.

Active Aging

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

Tuesdays through June 7th, 8:30-9:30am with Lora 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. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00-12noon

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

NouVonne Fitness with Yvonne Benelli

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

No class on June 3rd and July 1st

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation.



Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*

Gentle Chair Exercises with Yvonne Benelli

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

No class on June 3rd and July 1st

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 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 & 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.

Meals at the Senior Center

Sign up for all meals at 978-929-6652. All meals are 'eat in' unless there are extenuating circumstances.

☐► Lunch with Chef McGuire

Tuesday, June 7th, 12noon

Acton seniors only

Enjoy American chop suey, garden salad and dessert. Sign up prior to meal. Cost is \$3:00

☐► Red Sox Themed Food Truck

Tuesday, June 14th, 5:00pm

Acton seniors sign up now

Out of town seniors sign up after June 8th

Enjoy a hot dog, chips, a drink and ice cream served from a food truck at the Senior Center. Seating will be available indoors. This event is free of charge as it is paid for in full through a grant from CHNA 15. You must sign up prior to the event.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, June 15th, 12noon

Open to out-of-town seniors

Join us for fish and chips! Fried fish, French fries, coleslaw, & cheese cake for dessert.

A \$3 donation is requested.

☐► Breakfast

Friday, June 17th, 9:00am

Acton seniors only

Join us for a delicious, home cooked breakfast. Typically, French toast, eggs, fruit, bacon & sausages are served, but chef VSO James MacRae sometimes has a surprise in store. Cost is \$3. Eat in only.

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

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



Support and Services

Lunches at the Senior Center

Birthday Lunch, Tuesday June 21st - Anyone with a birthday in June 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.

Healthy Helpings - the COA in partnership with Open Table, funded by CHNA 15, 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

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.

Mount Calvary Community Supper, 472 Massachusetts Ave.

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

For the [menu](#) or visit <https://patch.com/massachusetts/acton>

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, June 21st, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

► Caregiver Support Group via Zoom

Tuesdays, 2:00-3:00pm see page 6 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 (1-800-243-4636) **SNAP**, Supplemental Nutrition Assistance Program and **LIHEAP**, fuel assistance, call Beverly for information, 978-929-6652.

The **Social Security Administration** had technical difficulties with their phone system this winter and are granting "equitable relief" to those who were affected.

If you were unable to enroll or disenroll in Medicare because you could not reach SSA by phone after January 1st, 2022, you will be granted additional time, through December 30th, 2022.

For additional information, contact our SHINE counselor by calling 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



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.namcentralmiddlesex.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. 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



Transportation

Door-to-door services are in operation. 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.



Fire Department

It is with great excitement that the Fire Department announces the official opening of our newest fire station located at 68 Harris Street, with a ribbon cutting and time capsule placement ceremony. This will take place on Friday, June 10th, 9:00-11:00am.

Many thanks to all involved in this project.



Changes at 30 Sudbury Rd

We would like to welcome Dave Marderosian as our new custodian. Dave has been working for the town for 3 ½ years and was with Emcor Building Technology Engineers prior to that. In his spare time he enjoys candlepin bowling and hiking. Say "hello" if you see him in the building.



Wish Kody well

Kody Bailey was transferred from our building to the Town Hall. Many of you have been asking about him. Kody will be joining us for lunch on June 7th to give you a chance to wish him well.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 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 Hot Dog Dinner 6:00 Community Building Circle	June 1 10:00 Walk the Casbah 10:00 Wellness Yoga 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:00 Book Group via Zoom 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
6 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	7 8:30 Senior Fitness 9:00 Balance Screening - ANS 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef McGuire 12:30 Beaded Jewelry Making 2:00 Caregiver Support Group via Zoom 2:00 Art Reception 6:00 Energy Healing - ANS	8 10:00 Wellness Yoga 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club	9 8:30 Senior Fitness 9:00 Words Galore 9:45 Active Aging 11:00 Tai Chi Practice 11:00 Laugh for Your Health via Zoom 1:00 Art Thieves Talk 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	10 Center closes at 12 9:30 Poets Live Forever 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
13 11:00 Tai Chi 1:00 COA Friends Meeting 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	14 10:00 COA Board Meeting 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 1:00 John Clark Music Series 2:00 Caregiver Support Group via Zoom 5:00 Red Sox Food Truck 6:00 LIVE! Shakespeare 6:00 Meditation & Yoga - ANS	15 9:00 Taking Better Pictures 10:00 Wellness Yoga 12:00 Robbins Brook Lunch 12:30 Balance Matters – ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	16 9:00 Words Galore 11:00 Book Discussion Group 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg	17 Center closes at 12 9:00 Breakfast 9:45 NouVonne Fitness 10:00 Java with John 11:00 Gentle Chair Exercise
20 Center Closed In observance of Juneteenth	21 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren Group 12:00 MMSS Birthday Lunch 1:00 Mah Jongg 1:00 Cut Your Internet Costs Presentation 2:00 – 5:00 Shredding Event 2:00 Caregiver Support Group via Zoom 2:00 Healthy Heart Cooking – ANS 6:00 Horticultural Therapy - ANS	22 9:00 Taking Better Pictures 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club	23 9:00 Words Galore 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 1:00 Needle Felting Class 1:00 Chess Club 1:00 Mah Jongg	24 Center closes at 12 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
27 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	28 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 2:00 Caregiver Support Group via Zoom 6:00 Community Building Circle	29 9:00 Taking Better Pictures 10:00 Wellness Yoga 10:30 Horticultural Therapy - ANS 12:30 Needle Arts Group 1:00 Emergency Response System Talk 1:30 Drop in Bridge	30 9:00 Words Galore 11:00 Laugh for Your Health via Zoom 11:00 Tai Chi Practice 1:00 Vietnam Talk 1:00 Chess Club 1:00 Mah Jongg	July 1 Center closes at 12

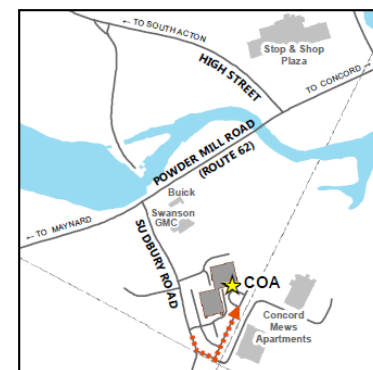
ANS = programs provided by Acton Nursing Services. Call 978-929-6650 with questions or to register.

Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we host the program. The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.



This month the following activities are supported by the Friends of the Acton COA: *Master Thieves* Author Talk, Needle Felting class, Vietnam history presentation, Photography class, Feminism in Music, How to Write and Self-Publish Your Life Story, Poets Live Forever, Words Galore, watercolor class, and Tai Chi class.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Sec.</i>	<i>Chunsheng (Bill) Fu</i>
<i>Chris Chirokas, Program Manager</i>	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Michael Chautin</i>	<i>Niru Velankar</i>
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>Ann Corcoran</i>	
<i>Bernice Nicoll, Activities Assistant</i>	<i>March meetings:</i>	
<i>Fiona Starr, Staff Assistant</i>	<i>COA Friends, Monday, June 13th, 1:00pm</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>COA Board, Tuesday, June 14th, 10:00am</i>	



Come September we will be using a new mailing list compiled from the most recent Town Census. If your mailed delivery stops it may be that you were not registered on the census. Sign up for a subscription of the e-version and never miss an edition. Find the link to subscribe under “News” on the homepage of our website, or on the first page of this newsletter. If you are away for the summer we can put mail delivery on hold if you let us know. Tell us if you do subscribe so we can take you off the regular mailing. Help us save money and the environment.

**The Human Services Building & Senior Center is closed
Monday, June 20th and Monday July 4th.**

May was a very busy month, highlights included a visit from the mini therapy horse, Cinco de Mayo mocktails, and the celebration of our 90+ year old Acton residents.

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