



Acton Council on Aging

At the Human Services Building & Senior Center

SEPTEMBER 2022

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

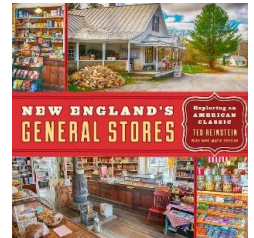
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New England's General Stores

Tuesday, September 20th, 6:00pm

Open to All

Ted Reinstein will be here to talk about New England's General Stores. The general store was deeply woven into America's cultural identity, an integral part of the nation's self-portrait from its earliest days. Fact is, the general store is still very much here, and very much in business. What's more, like the diner, it has seen a resurgence. In some places, it is even being reimagined for a new era.



Virtual Walking Tour of Madrid's Retiro Park

Tuesday, September 20th, 10:30-11:30am **Open to out-of-town seniors for in-person viewing only**

We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! Enjoy a lovely stroll through Retiro Park, the largest park in Madrid, in real time with Vexperio Tour Company. The park was once home to the Habsburg royal palace, was a military fortress housing Napoleon's troops, and now is a wonderful green oasis in the center of the city. See the stunning Palacio de Cristal, a conservatory made almost entirely of glass, and a beautiful collection of gardens, a tranquil lake, and impressive statues and sculptures. You may participate via Zoom from home or from the Senior Center with a group watching on a large screen television. The number of "screens" is limited, so watching from home is limited to Acton seniors. Please register with the COA at seniorcenter@actonma.gov or 978-929-6652 and indicate whether you will be participating from the Center or from home. *This 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.*



Ask the Lawyer Appointments

Tuesday, September 20th, 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.

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**The Human Services Building & Senior Center is closed
Monday September 7th for Labor Day and Friday September 16th for
Employee Team Building Day**

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

Director's Corner

If you are receiving our newsletter for the first time, welcome! Each September we add residents who completed the Town's census and will be turning 60 this year to our mailing list. If you are new to our mailing list and would like to continue to receive this newsletter by mail please contact our office.

As you will see, we have a wide variety of classes, programs and activities to offer. The Senior Center provides opportunities for recreation, socialization and education free of charge to Acton residents. We also provide social services, information and referrals. If you have not had the opportunity to visit the facility, please do so.

We will be having an Open House on Tuesday September 27th from 4:00-6:00pm we look forward to seeing you. **Sharon, COA Director**

Let's Go to a Musical!

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

Thursdays, September 1st, 15th, 29th, 1:00-2:00pm

This lecture series presented by Brian O'Connell concludes this month. It is a retrospective look at the Broadway musical from the 1920s through the 1950s, often called Broadway's Golden Age. For many of us, musicals, through their songs, characters and plot lines, have crept into our hearts, minds and memories. We will look at the some of the major musicals, discuss composers and lyricists, delve into some historical background, and listen to all types of tunes—from show-stopping ensemble pieces to tender ballads to comedic numbers that leave us grinning, tapping our toes and maybe singing along.

September 1st/1934 to 1942: *Anything Goes* by Cole Porter; *Porgy and Bess* by George and Ira Gershwin; *Babes in Arms*, *The Boys from Syracuse*, and *Pal Joey* by Richard Rodgers and Lorenz Hart; *The Wizard of Oz* by Harold Arlen and E.Y. "Yip" Harburg; *This is the Army* by Irving Berlin.

September 15th/1943 to 1950: *Oklahoma*, *Carousel* and *South Pacific* by Richard Rodgers and Oscar Hammerstein; *On the Town* by Leonard Bernstein, Betty Comden, Adolph Green; *St. Louis Woman* by Harold Arlen and Johnny Mercer; *Annie Get Your Gun* by Irving Berlin; *Brigadoon* by Fredrick Lowe and Alan Jay Lerner; *Guys and Dolls* by Frank Loesser.

September 29th/1951-1959: *The King and I* and *The Sound of Music* by Richard Rodgers and Oscar Hammerstein; *Pajama Game* and *Damn Yankees* by Richard Adler and Jerry Ross; *Peter Pan* by Moose Charlap, Jule Stein, Betty Comden, Carolyn Leigh, and Adolf Green; *The Most Happy Fella* by Frank Loesser; *My Fair Lady* by Fredrick Loewe and Alan Jay Lerner; *West Side Story* by Leonard Bernstein and Stephen Sondheim; *The Music Man* by Meredith Wilson; *Gypsy* by Jule Stein and Stephen Sondheim; *Once Upon a Mattress* by Mary Rodgers and Marshall Baren.

Brian M. O'Connell is the Director and Founder of the Sarteano Chamber Choral Conducting Workshop in Tuscany. Brian received his master's degree in Choral Conducting and Certification in Voice Therapy from Boston Conservatory. At Boston University he completed all his course work for his Doctorate in Curriculum and Teaching with Music Education emphasis.



Downsize or Stay: What's Best for You?

Thursday, September 8th, 1:00-1:45pm

Open to all/free

Annette Reynolds and Lynn Cohen will discuss the decision so many face as they grow older: should I downsize or stay? Lynn and Annette, both active seniors, have years of experience as real estate brokers. They will also share their personal stories—they each were faced with the decision whether to downsize or stay. Lynn and her spouse decided to downsize; Annette and her spouse decided to make changes to their home and stay. Some questions they will address: What accommodations can I make if I decide to stay in my home? What are the benefits of each option? If I decide to move, what should I do with all of my STUFF? How can I access my home's equity? Do I want to maintain a large house? Would life be easier living on one level? Where will my grandkids stay when they come to visit? *Lynn and Annette are Brokers at Team Impressa LLC, a contemporary real estate brokerage.*



☐► Wool Needle Felting Landscape Art Class

Tuesday, September 13th, 1:00-3:00pm

Acton seniors only



Registration for this class is by lottery; see below for details

Magda Stilmant will lead this class where everyone will create and take home a framed wool felting moon reflection piece. 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 and has had multiple exhibits including at the Senior Center and Acton Memorial Library. An image of the piece you will be creating is available in the Senior Center reception area. **Registration for this class is by lottery: please enter your name by contacting the COA at 978-929-6652 or seniorcenter@actonma.gov by 5 pm Wednesday, September 7th; you will be notified of your status by noon on September 9th.**

☐► First Responder Appreciation Luncheon

Tuesday, September 13th, 12:00noon

Open only to Acton seniors

We will be hosting a lunch to honor Acton's First Responders. Gary McGuire will be preparing baked ziti, meat sauce, salad and dessert. Acton seniors are welcome to attend to show their appreciation to those who are there when we need them. Please sign up at the COA office. \$3 donation is requested.



☐► Choosing a Nursing Home Presentation on Zoom

Tuesday, September 13th, 6:00-7:00pm

Open to all/free

In this presentation by 2 Sisters Senior Living Advisors, learn what questions to ask and what to look for during the process of this very important decision. Participants will learn to: interpret staffing ratios and other performance data; find and read Department of Public Health survey deficiencies and citations; and understand how MassHealth works in a nursing home and what is covered. Presentation is designed by a Licensed Nursing Home Administrator (LNHA) and helps prepare family members in choosing with confidence the best care for their loved one, whether a decision is imminent or in the future. Sign up through the Acton COA to receive the Zoom link: seniorcenter@actonma.gov.

☐► Emily Dickinson Seminar with Stephen Collins

Thursdays, September 15th through October 20th, 11:00-12:15pm

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

Emily Dickinson (1830-1885) is a vital cog in the history of American literature. She lived her entire life in Amherst, Massachusetts and is part of the circle of poets that includes Walt Whitman and Robert Frost. She was outwardly quiet by inwardly subversive, a secret revolutionary. Long before the word feminist was widely in circulation, she questioned the traditional roles of women in America. The quaint image of "the Belle of Amherst" needs to be thoroughly questioned and examined, which will be done in this seminar by looking critically and intently at her poems. Some of the themes to be examined are: Death, Immortality, Love, Mental Pain, Traditional Religion, Solitude, and Nature. Handout of poems to be studied is available in the first class. Classes will conclude between 12 and 12:15. *After a long sales career, Stephen Collins is doing what he truly loves—performing and teaching. His teaching style has been described as a hybrid of lecture and performance. His seminars and performances always meet with rave reviews at the Senior Center.*



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

Roots of the Blues Presentation



Tuesday, September 20th, 1:00-2:00pm

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

Although the real roots of the blues goes back to the field hollers of slaves and African-American work songs, this multimedia presentation by John Clark starts with the first actual blues recording, the jazzy tunes of W.C. Handy and his orchestra in 1916. Four years later, Mamie Smith released *Crazy Blues* and a succession of blues women followed her lead, including the Empress of the Blues, Bessie Smith, Ma Rainey, and Victoria Spivey. Next learn how Louisville and Memphis jug bands made their contribution to the blues, largely on homemade instruments in the late 20s. The Even Dozen Jug Band and Boston's Jim Kweskin Jug Band kept this blues genre alive during the folk revival of the early 1960s. Finally, Pinetop Smith recorded the original *Boogie Woogie* song in 1929, setting in motion a boogie woogie trend in pop music that that was hot all through the 30s and 40s and would eventually evolve into the rock & roll of the mid-1950s. *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.*

▣► Trip to the Registry of Motor Vehicles

Acton Seniors Only

Wednesday, September 21st, 8:00am

Do you want to go to the RMV but need a ride to get there? Call the Senior Center on 978-929-6652 to register. We will be taking the van to the Leominster Registry of Motor Vehicles. You must call to sign up by September 13th to reserve your spot. Paperwork for the RMV transaction will need to be completed prior to the visit.



REGISTRY OF MOTOR VEHICLES

Introduction to the Retired Men's Association

Wednesday, September 21st, 11:00-12:00noon



Meet with members and explore membership in the Retired Men's Association of Boston/MetroWest. The over 130 retirees in the organization are from surrounding towns, enjoy friendly association, and use their talents and interests to meet the needs of their communities in a three-pronged approach of fellowship, service and volunteerism. There are monthly meetings, in-person as well as on-line, featuring interesting speakers. The RMA also offers events such as local hikes, biking outings, visits to area museums,

businesses, universities and sporting events. Spouses are welcome to all events. This is a great opportunity to get out and meet new people. Join us, won't you? If you can't make the meeting but want more information, contact Paul at 978-263-2612 or paul@pmotyka.com or visit www.rmena.org. If you would like to stay after the meeting for lunch, see page 13 for details.

▣► Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays, September 22nd through November 10th, 9:00-10:00am



Join Val Walker via Zoom for a 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 to register to receive the Zoom link.

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

At the Piano Classical Music Series with Sivan Etedgee

Thursdays, September 22nd, October 27th, November 17th, 12:30-1:30pm

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

Over the next three months, pianist and teacher Sivan Etedgee will lead a series at the Senior Center that combines lecture, live performance and classical music sound recordings. This month's topic is *The Folk Piano*--classical piano influenced by folk music, including compositions by C.P.E. Bach, Chopin, Brahms, Bartok, and Tan Dun. In October Sivan will present on *The Piano of Spain and South America* and in November the topic is *The American Vernacular*. Sivan will be performing on our new piano, made possible by donations to the Friends of the Acton COA from the estate of Ann Norsworthy and the Middlesex Savings Bank Foundation. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year. He is a faculty member at the Newton Music Academy and president of the New England Piano Teachers' Association. His programs at the Senior Center are always enthusiastically received!*



Java with John

Friday, September 23rd, 9:45am

Open to Acton Seniors

Come have a cup of coffee with the Town Manager, John Mangiaratti. He'll keep you up to date on what is going on around Town, answer your questions and listen to your feedback.



Thank you;

Acton Fire Department for the wonderful cookout this summer;
Sarah Willard AB student for helping us out this summer.

☐► Memory Lane Café at the Acton Senior Center

Open to all/free

Tuesday, September 27th, 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, enjoy lunch and an activity or entertainment together. This month board certified music therapist Steve Gintz will be joining us. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

☐► Watercolor Painting Class with Fran Hewitt

Tuesdays, September 27th through November 15th, 9:30-11:30am

Acton seniors only

Registration is by lottery; see below for details



Participants in this class taught by Fran Hewitt will learn or broaden their previous experiences using watercolors by exploring "Environments." Subjects will originate from reference photos as well as real life objects. No prior experience using watercolors is needed as participants will learn how to mix water and paint to get the consistency for painting layers of color, how to apply paint to paper, as well as methods for using color theory and brush techniques. A supply list is available at the COA front desk or can be emailed on request. Please only register if you plan on attending most of the classes as art classes tend to have waiting lists. **Registration for this class is by lottery: please enter your name by contacting the COA at 978-929-6652 or seniorcenter@actonma.gov by 5:00pm Wednesday, September 7th; you will be notified of your status by noon on September 9th.**

Fran taught drawing, painting, ceramics, sculpture, weaving, and collage in grades K thru 12 for the NH Public School for 30 years. She developed and initiated Adult Art Education Classes as part of a continuing education program. After retiring 10 years ago, Fran moved to Acton and has enjoyed learning about the area, continuing to create art work, and reading the latest novel.

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

LitLovers Study Group: American Bestsellers

Tuesday, September 27th, 2:30-3:30pm

Open to out-of-town seniors/free

This group is starting a new subject of study this fall: American Bestsellers. At each monthly meeting we will watch a 30-minute lecture from *The Great Courses* DVD *Bestsellers: The Books That Shaped America*, with Professor Peter Conn, Ph.D., of the University of Pennsylvania, followed by a discussion on the lecture, the featured book, and the author of that book. Some of the books to be covered: *Last of the Mohicans*, *The House of Mirth*, *Main Street*, *The Grapes of Wrath*, and *John Adams*. There isn't an assigned bestseller this month, but if you would like to read more about this subject, *Bestsellers: A Very Short Introduction* by John Sutherland (120 pages) is recommended. It is not available through the Minuteman Library Network but can be purchased inexpensively through online booksellers and there is a Kindle version. This group is facilitated by Program Manager Chris Chirokas.

Open House

Tuesday, September 27th, 4:00-6:00pm

Open to all

Come celebrate 30 Sudbury Road's 5 year anniversary with an open house. Stop in for a tour, see what the Senior Center has to offer, meet the Human Services staff and the Town Manager. Refreshments will be served. Free trips to the event are available by calling dispatch at 978-844-6809.

Nutrition Jeopardy Game

Thursday, September 29th, 11:00-12:00noon

Open to out-of-town seniors/free

Join Catherine York, a Registered Dietician with Minuteman Senior Services, to play Nutrition Jeopardy! Get in the competitive spirit with your neighbors and learn about nutrition and your health.

Volunteer Opportunity: CarFit Technician

The COA is looking for volunteers interested in being trained as CarFit Technicians. CarFit is a joint initiative of AAA, AARP, and the American Occupational Therapy Association that promotes older driver safety and mobility by assisting drivers in understanding how they fit in their vehicles and making adjustments to improve comfort and safety using a 12-point checklist. You will need to attend a training session at the Senior Center on Monday, September 19th, 9:00 am to 12noon, which will prepare you to be a technician at a community CarFit event at the Senior Center in October. Technicians must be licensed drivers, have keen observational and strong time management skills, be able to stand for much of a three-hour time period, and enjoy assisting older adults. Interested? Please contact the COA at seniorcenter@actonma.gov or 978-929-6652. Please contact Chris at the COA with questions.

Games

❑► Intermediate Chess Classes with Ken LeBow via Zoom

Open to out-of-town seniors/free

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

No class on September 5th

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.



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Morning Open Activity Time

Weekday mornings, 9:00-11:30am

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

Open to out-of-town seniors/free

No activity time on September 5th, 16th and 23rd



Drop-In Bridge

Wednesdays, 1:30-3:30pm

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

Open to out-of-town seniors/free

Mah Jongg Time

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

Tuesday, September 6th, 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 September 5th

Groups

▣► Book Discussion Group via Zoom



Wednesday, September 7th, 1:00-2:30pm

The group is reading Midnight Library by Matt Haig, for the September 7th meeting. 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). 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.

Open to out-of-town seniors/free

Book Discussion Group in person

Thursday, September 15th, 11:00am

For further information contact the group leader trudi@bruschi.org

Open to out-of-town seniors/free

Drop-in Art

Tuesdays through September 20th, 9:00-11:00am

Come to the Senior Center and paint or draw with your peers. Please bring your own supplies.

Open to out-of-town seniors/free

Needle Arts Group

Wednesdays, 12:30-2:30pm

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

Open to out-of-town seniors/free



Genealogy Group

Tuesday, September 13th, 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. When Joy is unavailable, the group will meet on its own.

Open to out-of-town seniors/free



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

Computer Club

Wednesdays, September 14th and 28th, 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

Open to all caregivers of older adults/free

Tuesdays, 2:00-3:30pm

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.*

Monday Movie Matinees

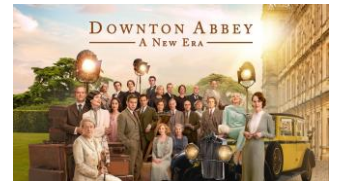
Open to out-of-town seniors/free. Shown with closed captioning, when available.

After being shown, some of the DVDs will be available to borrow from the resource shelf in the lounge.



Monday, September 12th, 1:00-2:55pm *Let Them All Talk* (2020, R for language) In this drama, a famous author (Meryl Streep) traveling to the UK by ship to receive a prestigious award invites two old friends (Dianne Wiest and Candace Bergen) in an attempt to mend fences. Directed by Steven Soderbergh.

Monday, September 19th, 1:00--3:05pm *Downton Abbey: A New Era* (2022, PG) In this film based on the television show, the Crawley family goes on a journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa. Lady Mary stays at home to oversee a movie



being filmed at Downton.



Monday, September 26th, 1:00--2:30pm *Miss Willoughby and the Haunted Bookshop* (2021, PG) A British university professor with an insatiable appetite for investigating mysteries is asked by some old friends to investigate a series of hauntings at their bookshop. Stars Nathalie Cox and Kelsey Grammer.

The Council on Aging Board encourages you to attend events outside and at the Senior Center in September while we enjoy Autumn weather.

This is in addition to participating in online programs as well. The Open House on September 27th will be a chance to see your friends and meet other people from Acton who may share some of your interests. We look forward to joining you in September in whatever events you choose.

Stay well. ***The Council on Aging Board***

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

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, Wednesday August 31st. Call 978-929-6650 to register.

☐► Horticultural Therapy

Acton Seniors Only

Tuesday, September 20th, 6:00-7:00pm, Wednesdays, Sept. 7th and 21th, 10:30-11:30am

Exploring the world from a smaller scale, we'll assemble dainty and petite elements in an arrangement that will fit anywhere. All materials provided. Spaces limited to 12 for each class.

☐► Energy Healing with Jacqui Burak

Tuesday, September 6th, 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

All Ages are Welcome

Tuesday September 13th, 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.

☐► Podiatry Clinics

Acton Seniors Only

Appointments only:

Thursday, September 8th and 29th 12noon-4:00pm, Tuesday, September 20th, 2:00-7:00pm.

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.

☐► Maintenance Balance Training

Acton Seniors Only

Sponsored by an Anonymous Donor

We are adding an additional class related to class size, **please call to register as larger class sizes can become a safety concern! Thank you!**

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

Wednesdays, ongoing, 12:30pm Call 978-929-6650 to register

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6 weeks Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6 weeks session to join. Call 978-929-6650

Fall Prevention: Tips to prevent falls at home and in the community

Wednesday September 28th, 12:30pm.

All are welcome

Please join us for a comprehensive discussion about Fall Prevention with Karen Patterson, PT, Sue Ross, OT, Jill Salamon, RN and a representative from the Acton Fire Department.

Wellness Clinics – 1st and 3rd Wednesday of the month, 10:30-12noon

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required.

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

Mind, Body and Spirit

☐► How Fit are You? Free Fitness Assessments for Acton Seniors

Tuesday, September 27th, 4:00-5:00pm during Open House **Acton residents age 60+ only**

How fit are you? Are everyday activities of strength, balance, and endurance getting harder to keep up with? Register for a free fitness assessment during the Human Services building Open House, conducted by our fitness instructor Terri Zaborowski. Tests will measure your upper and lower body strength as well as endurance and balance against a national average based on your age and gender. Appointments will be in groups of 4 in 15-minute increments. You will get results that night! Terri will be available to discuss any questions regarding your results and the group exercise classes offered at the Senior Center. Please make an appointment with the COA by calling 978-929-6652. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

☐ ► Line Dancing with Sam O'Clair

Wednesdays, September 21st through November 9th, 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! Have you done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? And maybe you just might be looking for something new to try and get a little exercise to boot. Sam O'Clair will teach you the basic steps and have you dancing in minutes. You will dance to all different genres of music (pop, country, oldies, and more). Wear comfy clothes – layers are good, shoes with soles that will slide easily (sneakers stick; a leather sole works best). Bring a bottle of water and sign up with your friends! Contact the COA to register for this class at 978-929-6652 or seniorcenter@actonma.gov. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.

☐► Pop-Up Laugh For Your Health in Person with Susan Phillips

Thursday, September 8th 11:00-12:00noon

Rain date: same time on September 15th

Open to out-of-town seniors/free

The group will continue to meet via Zoom every other week in September

Join Susan Phillips in person outside the Senior Center for this special “pop up” Laugh for Your Health! 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. *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.*

Mindfulness Meditation—from Beginner to Advanced with Erin LoPorto on Zoom

Mondays at 10:00am, 8 weeks September 19th—November 14th, 2022, no class on October 10th.

Mindfulness & Meditation can help us find ways to manage the stress and uncertainty that we encounter daily. This class is a return to basics with an opportunity for returning students to deepen their practice. Mindfulness & Meditation can reduce stress, relieve symptoms of anxiety and depression and help you live a more present life. Cost: Free— Register [this link](#).

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

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. **Hours are:** Monday through Thursdays, 9:00am-12:00pm. Closed Fridays. *Subject to change. You can call us at 978-929-6652 to confirm the current schedule.

Exercise classes

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- Bring clean, supportive shoes to change into for class
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information.

Active Aging with Terri Zaborowski

Mondays, September 12th through December 19th, 8:30-9:30am

No class September 5th, October 10th

Tuesdays, September 6th through December 20th, 9:45-10:45am

Thursdays, September 8th through December 22nd, 9:45-10:45am

No class September 22nd, October 27th, November 24th

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*



Tai Chi with Linda Sango

Mondays, September 12th through December 19th, 11:00-12:00noon

No class September 5th, October 10th

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Senior Fitness with Terri Zaborowski

Tuesdays, September 6th through December 20th, 8:30-9:30am

Wednesdays, September 7th through December 21st, 8:30-9:30am

No class September 21st, October 26th

Thursdays, September 8th through December 22nd, 8:30-9:30am

No class September 22nd, October 27th, November 24th

Fridays, September 9th through December 23rd, 8:30-9:30am

No class September 16th & 23rd, October 28th, November 11th & 25th

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, October 5th through November 2nd and November 30th through December 21st,

10:00-11:15am No classes November 9th, 16th, 23rd

The last Wednesday of each month is a healthy joint class

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). September 29th is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*



Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00-12:00noon

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

Stretch and Flex with Terri Zaborowski

Thursdays, September 8th through December 22nd, 3:00-4:00pm

No class September 22nd, October 27th, November 24th

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, September 9th through December 23rd, 9:45-10:45am

No class on September 16th, November 11th, November 25th

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, September 9th through December 23rd, 11:00-11:30am

No class on September 16th, November 11th, November 25th

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.



Meals and Refreshments at the Senior Center

Sign up for all meals/refreshments at 978-929-6652. All meals are 'eat in' unless there are extenuating circumstances. See also page 14 for our regular meals and food assistance.

Continental Breakfast available Monday-Friday in the dining room for \$1:00. A variety of items will be available each day. No sign up necessary. Just pop in if you're hungry.

See page 3 for First Responder Appreciation Lunch on September 13th.

☐► Cider and Snacks

Open to out-of-town seniors

Wednesday, September 14th, 2:00pm

Come socialize and enjoy some authentic, homemade Indian appetizers. Please sign up prior to the event. \$1:00 is requested.

☐► Dinner sponsored in part by the Friends

Tuesday, September 20th, 5:00pm

Open to all seniors

Enjoy chicken or eggplant parmesan, salad, bread and dessert prepared by Legends Cafe for \$5:00. Sign up prior to the event.

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, September 21st, 12noon.

Open to out-of-town seniors

Join us for taco casserole, corn bread, and lemon meringue pie for dessert. A \$3.00 donation is requested.

☐► Monthly Breakfast

Friday, September 23rd, 9:00am

Acton Seniors only

Join us for a warm, delicious breakfast which may include French toast, scrambled eggs, fruit, bacon or sausages prepared by Veteran Services Officer James MacRae. Cost is \$3:00.

The van will be providing transportation to the dinner and evening program on September 20th and the Open House on September 27th. Call 978-844-6809 to book your ride.

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



Support and Services

Lunches at the Senior Center

Birthday Lunch, Thursday September 8th - Anyone with a birthday in September 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. [Menu](#) Cold Supper [Menu](#)

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; 4:45-5:45pm, doors open at 4:15pm.* For menu visit <https://patch.com/massachusetts/acton>

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, September 20th, 11:00-12:00noon

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.

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



You can make a real difference!

We are looking for Meals on Wheels Volunteer Drivers!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week (mileage can be submitted to Minuteman for reimbursement)? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at 781-221-7093, or email volunteer@minutemansenior.org.



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.

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 or 988

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: free 20-minute appointments with a local elder law specialist, at the Senior Center. See page 1 for September schedule.

Department of Transitional Assistance SNAP Senior Assistance Office

Are you age 60 or older and a SNAP-only client? The Department of Transitional Assistance's Senior Assistance Office can help you.

Seniors can face many barriers to SNAP participation. The Department of Transitional Assistance (DTA) created the Senior Assistance Office to help decrease these access barriers.

The SAO serves seniors who apply for SNAP benefits using the [SNAP application for seniors](#). The SAO also serves SNAP-only seniors who call the new SAO phone line at **(833) 712-8027**.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**”. If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

From July 2022, dialing “988” will route calls to the **National Suicide Prevention Lifeline**. In 2020, Congress designated 988 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary. The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis. For more information visit: <http://www.988lifeline.org/>

TOWN OF ACTON SERVICES INFORMATION 978-929-6600

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



AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to

provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students. **Volunteers fill a variety of roles:**

✓**Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also obtain IRS certification.

✓**Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.

✓**Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.

✓**Communications Coordinators** promote the program to prospective volunteers and taxpayers.

✓**Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7669).

Transportation



Door-to-door services are in operation. Call the Town information line for more information, or see the COA website. To schedule rides, call 978-844-6809 during normal business hours. For details on the upcoming trip to the RMV see page 4. Transportation is offered later in the day for some of our events. See page 13.

Acton Recreation Trips

Acton Recreation is offering a wide range of trips this year, both one-day excursions and overnight trips. There are luncheon concerts, Essex Steam Train and Riverboat tour, Penn Dutch Country Tour, New Hampshire Turkey Train, Yuletide at Newport, and more! For more information see https://actonma.myrec.com/info/activities/program_details.aspx and click on "Bus Trips" or call 978-929-6640.

Acton Memorial Library has a full schedule planned for September – see our [here](#) for details or visit <https://www.actonmemoriallibrary.org/>.

This September the following activities are supported by the Friends of the Acton COA:



Let's Go to a Musical, Roots of the Blues, Friends Dinner, Ted Reinstein talk, wool felting class, Emily Dickinson seminar, watercolor class, At the Piano with Sivan, Words Galore, and Tai Chi class.

A message from a Senior Worker

We are so fortunate to have a wonderful Senior Center with a warm and friendly staff. Now is your opportunity to share with others how you feel about "our" center for our September bulletin board and to share at the "open house." Slips will be available at the front desk to fill out. Thank you so much!

A Message from the **Friends of Acton COA (FCOA)**

The FCOA hopes everyone had a relaxing summer and is ready to socialize as able.

Not Your Average Joe's (Acton) will donate 15% of food purchases – eating in or take out all day on September Tuesdays.

Plan on Tuesday, **September 20th** for an early dinner and in person evening program by Ted Reinstein on the role of general stores in building community.

Be sure to check out the new piano in the Senior Center purchased by the FCOA.

The Friends of the Acton COA will next meet Monday, September 12th at 1pm for its annual meeting at the Senior Center.

Monday	Tuesday	Wednesday	Thursday	Friday
29 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	30 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 12:00 Memory Lane Café 1:00 Muscle & Joint Recovery	31 8:30 Senior Fitness 12:30 Needle Arts Group 1:30 Drop in Bridge	1 September 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Let's Go to a Musical! 1:00 Chess Club 1:00 Mah Jongg	2 Center closes at 12 8:30 Senior Fitness 9:00 Drop-in Art 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
5 Labor Day Center is Closed	6 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance - ANS 1:00 Mah Jongg 2:00 Caregivers Support Group via Zoom 6:00 Energy Healing - ANS	7 8:30 Senior Fitness 10:30 Wellness Clinic - ANS 10:30 Horticultural Therapy-ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Book Group via Zoom 1:30 Drop in Bridge	8 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health in person (rain date 9/15) 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Downsize or Stay? 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	9 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
12 8:30 Active Aging 11:00 Tai Chi 1:00 Friends of COA AGM 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	13 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:00 COA Board meeting 11:00 Maintenance Balance – ANS 12:00 First Responder Appreciation Lunch 1:00 Genealogy Group 1:00 Wool Felting Class 2:00 Caregivers Support Group via Zoom 6:00 Choosing a Nursing Home via Zoom 6:00 Meditation & Chair Exercise - ANS	14 8:30 Senior Fitness 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club 2:00 Cider & Snacks	15 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Emily Dickinson with Stephen Collins 1:00 Let's Go to a Musical! 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	16 Center is Closed
19 8:30 Active Aging 10:00 Meditation via Zoom 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	20 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 10:30 Madrid's Retiro Park Virtual Tour 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren 1:00 Ask the Lawyer Appointments 1:00 Roots of the Blues 2:00 Caregivers Support Group via Zoom 5:00 Friends Sponsored Dinner 6:00 Horticultural Therapy - ANS 6:00 Ted Reinstein Talk on General Stores	21 8:00 Transportation to RMV 10:30 Wellness Clinic - ANS 10:30 Horticultural Therapy- ANS 11:00 Retired Mens Talk 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 12:00 Robbins Brook Lunch 2:00 Line Dancing	22 9:00 Words Galore via Zoom 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Emily Dickinson with Stephen Collins 12:30 Sivan Etedgee Classical Piano 1:00 Chess Club 1:00 Mah Jongg	23 Center closes at 12 9:00 Breakfast 9:45 Java with John 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
26 8:30 Active Aging 10:00 Meditation via Zoom 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	27 8:30 Senior Fitness 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 2:00 Caregivers Support Group via Zoom 2:30 LitLovers Group 4:00 Open House Celebration 4:00 How Fit are You? Appointments	28 8:30 Senior Fitness 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 12:30 Fall Prevention - ANS 1:30 Drop in Bridge 1:30 Computer Club 2:00 Line Dancing	29 9:00 Words Galore via Zoom 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Nutrition Jeopardy Game 11:00 Emily Dickinson with Stephen Collins 1:00 Let's Go to a Musical! 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	30 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

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.

Continental Breakfast available M-F in the dining room for \$1. A variety of items will be available each day. No sign up necessary. Just pop in if you're hungry.

Kathy Horigan has joined us as Volunteer Coordinator/Customer Service Assistant. She holds a Masters of Communication from Boston University and lives locally with her husband and two children, one in college and one in middle school. Kathy has worked previously for another Council on Aging in a similar role and looks forward to meeting you!



Art Exhibit in September. Harriet DiLuzio will be displaying her work through October.

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>Kathy Horigan, Volunteer Coordinator/ Customer Service Assistant</i>	<i>Michael Chautin</i>	<i>Niru Velankar</i>
	<i>Ann Corcoran</i>	
<i>Bev Hutchings, Senior Services Coordinator</i>		
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>The Friends and the Board will next meet:</i>	
	<i>COA Friends, Monday, September 12th, 1:00pm</i>	
<i>Bernice Nicoll, Activities Assistant</i>	<i>COA Board, Tuesday, September 13th, 10:00am</i>	
<i>Fiona Starr, Staff Assistant</i>		
<i>Terri Zaborowski, Exercise Instructor</i>		



The Strawberry Shortcake Team! Thanks to the Woman's Club for serving the summer treats. (with help from high schooler Sarah, and custodian Dave!)