



Acton Council on Aging



At the Human Services Building & Senior Center

OCTOBER 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

Spooky Politics: The Paranormal and the Extraterrestrial with Rich Rubino

Thursday, October 13th, 1:00-2:00pm

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

In the spirit of Halloween, Rich Rubino will discuss rumors of a haunted White House and how politicians have dealt with those who believe UFOs have visited the U.S. *Rich Rubino has appeared as a guest on national TV including MSNBC and C-Span2, is a frequent guest on radio stations throughout the country, and the author of five political books. He holds a Bachelor's degree in Political Science and Communications from Assumption University and a Master's degree in Broadcast Journalism from Emerson College.*



Diwali Bling: Explore the Markets of Delhi Virtual Tour

Thursday, October 20th, 9:30-10:30am

Open to out-of-town seniors for in-person viewing only/free

We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! It's time to celebrate the Festival of Lights in India! India is a diverse country with people from more than seven different religions and is known for celebrating festivals in a big way! Diwali is a five-day festival, celebrated uniquely within each culture, where the whole of India celebrates with zeal and passion. It is also a day to celebrate the triumph of good over evil. People in India start preparing a week in advance by cleaning their houses, decorating with lights, and shopping for new attire. Join guide Komal Darira of Women for World as she takes you to Diwali markets, explaining the different rituals. 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 the Senior Center is encouraged. Please register with the COA at seniorcenter@actonma.gov or 978-929-6652. *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.*



Director's Corner

You don't need a reason to come to the Senior Center. People come for our incredible programs and classes. Others come to enjoy a delicious meal (that you don't have to cook). Some come to learn a new skill, get in shape, or find the answers they were looking for. These are all great reasons to come, but you can just come. Stop in, read the paper, work on a puzzle, enjoy a cup of coffee or just get out of the house and be with people. Sharon, COA Director

**The Human Services Building & Senior Center is
closed Monday, October 10th.**

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

Rhumba! Samba! Tango! Mambo! Latin Music Presentation

Tuesday, October 18th, 1:00-2:00pm

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

In honor of Hispanic Heritage Month, join John Clark for the upbeat, high energy multimedia presentation! The influence of Latin American music on American popular music comes mostly from South American and Cuban dance music starting with *The Peanut Vendor* in 1928 and *The Carioca*, an Oscar winning dance hit for Fred Astaire in 1934. The 1940s ushered in the popularity of Latin hits by Xavier Cugat, Stan Kenton, and Jimmy Dorsey, while Carmen Miranda and Desi Arnaz sizzled on the big screen. In the 50s chart success came to mambo king Prez Prado with *Cherry Pink & Apple Blossom White* and Mexican rock & roller Ritchie Valens with *La Bamba*. The 1960s was a mixed bag with the folky *Guantanamera*, Herb Alpert's pop mariachi (*The Lonely Bull*) and Grammy winner *Girl from Ipanema* by Getz & Gilberto. *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.*

► Making Memories Photography/Writing Group

No class November 11th & 25th

Fridays, October 14th through December 16th, 10:00-11:30am

Open to out-of-town seniors/free

Join Tracy Wood, a certified Older Adult Peer Specialist, for this group that will utilize a technique called PhotoVoice that involves taking a digital picture and combining with a narrative to produce an artwork. This group will meet for eight weeks, talking about our lives and the resulting memories. No photography experience necessary to participate. Bring a charged smart phone or digital camera each week; if you don't have access to one please let us know when you sign up. Join us and make some new memories! Group is facilitated by Tracy Woods, a certified Older Adult Peer Specialist. Making Memories is a joint venture between the Acton Council on Aging and the Lawrence Recovery Learning Community.

► CarFit Event

Open to out-of-town seniors starting October 12th

Monday, October 17th, 9:00-11:40am by appointment

The Acton Council on Aging, Acton Nursing Service, and Acton Police Department are offering a community CarFit event at the Human Services/Senior Center. CarFit is designed to give a quick, yet comprehensive, check on how well an older driver and their vehicle work together with a focus on comfort, safety, and mobility. Sometimes simple adjustments to mirrors, seat, steering wheel, or head restraint can make a big difference! It is not a driver test. CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association. A CarFit check takes about 20 minutes with a trained technician who will go through a 12-point checklist with each driver. An Occupational Therapist will also meet with each driver and will have examples of devices that can aid with your "car fit." Advance registration is required, as is signing a waiver on the day of the event.

Author Talk: Bathsheba Spooner A Revolutionary Murder Conspiracy

Tuesday, October 18th, 6:00-7:00pm

Open to out-of-town seniors/free



Join Andrew Noone as he reads from his recently published non-fiction book about the riveting tale of Bathsheba (née Ruggles) Spooner and the most sensational crime during the American Revolution. When Bathsheba was five months pregnant she was hanged in Worcester, alongside her three accomplices, for the murder of her husband. Despite protests to Boston and having a prominent family, including John Adams as her second cousin, she became the first woman executed in the new United States. "Prudence", an enslaved tavern maid, was likely the first African-American to testify in the new nation. Books will be available to purchase. *Andrew Noone is an independent scholar, college professor, and a docent with Preservation Worcester. His home borders Green Hill Park, resting place of Bathsheba Spooner.*

Introduction to the Acton Memorial Library/Card Sign Up

Wednesday, October 19th, 1:00pm

Open to all

Meet Acton Memorial Library's new Community Engagement Librarian Zoey Mills and learn about the latest happenings at the library. You can also apply for a library card if you don't already have one.

Acton Memorial Library has a full schedule planned for October visit www.actonmemoriallibrary.org.

Java with John

Open to Acton Seniors

Friday, October 21st, 9:45am

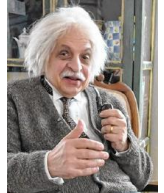
Come have a cup of coffee with the Town Manager, John Mangiaratti. He'll keep you up to date on what is going on around Town, answer your questions and listen to your feedback.

Relatively Speaking: Albert Einstein Performance

Monday, October 24th, 2:00-3:00pm

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

In this interactive performance, actor and storyteller George Capaccio invites you to enter the boundary-breaking universe that is the mind of Albert Einstein. The show brings the great scientist down to earth and makes his ideas accessible to everyone. You will discover that time and space are inseparable, that time actually slows down the faster you go, and that if you could travel at the speed of light, time would actually stop! Many of the things we rely on in our daily lives—GPS, photoelectric cells, laser devices, and bar codes—owe their existence to Einstein's remarkable insights. George also focuses on the great scientist's very human qualities, including his sense of humor, his fondness for Jewish jokes, and his trials and tribulations as a family man. As part of the show, you'll time travel with George on the trajectory of Einstein's life— from lowly patent clerk to world-class physicist. *George Capaccio is a professional story teller and actor who has performed with American Repertory Theater and the Museum of Science's Science Theater.*



Charlie Card Event

Tuesday, October 25th, 6:00-7:00pm

Open to all seniors

MBTA CharlieCard. are for seniors 65 or older. Bring a photo ID with you, fill out a short form and let us take a photo of you. The MBTA will send your card to your home within six weeks. If you need to renew an expired CharlieCard, call the MBTA CharlieCard Store 617-222-3200 to request a new card. New card holders can also apply online at <https://tinyurl.com/yhvm3wu>

☐► Medicare Prescription Drug Plan “Part D” Selection Assistance

Wednesday, October 26th, 9:00am-1:00pm by appointment

Open to out-of-town seniors starting October 17th/free

Are you interested in comparing your Part D prescription drug plan during Medicare Open Enrollment? If you are looking to compare Part D plan costs, deductibles and tier structures, plus obtain a true out-of-pocket annual cost, please schedule an appointment with the Massachusetts College of Pharmacy outreach team. Students of Massachusetts College of Pharmacy will be available at the Senior Center to run Medicare Planfinder Part D comparison results. Call the COA at 978-929-6652 to schedule your 30-minute appointment. Bring a list of your prescriptions to the appointment. *This program is available through a partnership between the Minuteman Senior Services SHINE Program, the Massachusetts College of Pharmacy and Health Sciences, and the Acton Council on Aging.*



At the Piano Classical Music Series with Sivan Etedgee

Thursdays, October 27th and November 17th, 12:30-1:30pm

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

Pianist and teacher Sivan Etedgee continues this series at the Senior Center that combines lecture, live performance and classical music sound recordings. This month's topic is *The Piano of Spain and South America*.



Learn about composers from Brazil, Argentina, and Spain. Music will include compositions by Granados, Villa-Lobos, and Ginastera. The November 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!*

Discussion with Superintendent of Schools Peter Light

Thursday, October 27th, 1:30-2:30pm

Open to all/free

Public education has certainly changed since we were in school! Peter Light, Superintendent of our acclaimed Acton-Boxborough Regional School District, will update seniors on what is happening in the schools and perhaps a principal or School Committee member will join him. This is a great opportunity to learn more about our school system, have your questions answered, and give suggestions on the Superintendent's idea for a conversation series where seniors would visit a school and meet with middle- and high-school students in small groups and perhaps have a tour to see schools in action. Please come and share your thoughts!



Filing & Managing a Long Term Care Insurance Claim

Thursday, November 3rd, 1:00-2:15pm

Open to all/free

Long Term Care Insurance can be a confusing product often described as having "a lot of moving parts." In this workshop, Hans Hug of LTC Insurance Group will examine how a modern Long Term Care Insurance Policy really works and what you need to do to file a claim and start collecting your benefits. You will come away with a step-by-step understanding of how to open the claim, how and when benefits are paid, how your health affects eligibility, all regardless of the Insurance Company involved. Plenty of time will be given to Q&A. *Hans Hug, Jr. is the owner of the LTC Insurance Group that specializes in Long Term Care Insurance and Life Insurance. Hans has presented more than 50 workshops on behalf of a major suburban bank, and has trained more than 100 Mass. SHINE counselors statewide in Long Term Care Insurance for the Executive Office of Elder Affairs. As an independent Broker he represents multiple major Long Term Care and Life Insurers. He can be reached at hhug@apache1.net or 603-778-8939.*



▣► Emily Dickinson Seminar with Stephen Collins

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

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

Class is currently full; please call about waitlist.

LitLovers Study Group: American Bestsellers

Tuesday, October 25th, 2:30-3:30pm

Open to out-of-town seniors/free

This month our group will view the 30-minute lecture from *The Great Courses* DVD *Bestsellers: The Books That Shaped America* on *The Bay Psalm Book*. We will then discuss the lecture and the featured book, the first book published in the new world. If you would like to read some of the *Bay Psalm Book*, it is digitized & available free to view online. The group is facilitated by Program Manager Chris Chirokas.



▣► Words Galore via Zoom

Open to out-of-town seniors/free

Thursdays through November 10th, 9:00-10:00am

Join Val Walker via Zoom for 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



☐► Wool Needle Felting Art Class

Tuesday, October 25th, 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 piece depicting a vase of flowers. 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 flowers will be 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 5pm Wednesday, October 12th; you will be notified of your status by noon on October 14th.**

Drop-in Art

Tuesdays, 9:00-11:00am

Open to out-of-town seniors/free

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

☐► Watercolor Painting Class with Fran Hewitt

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

Acton seniors only

Class is currently full; call about waitlist.

☐► Memory Lane Café at the Acton Senior Center

Open to all/free

Tuesday, October 25th, 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 Terri Zaborowski, our own fitness instructor will be leading us through some movement with music. We do ask attendees to bring their care partners. Lunch will be provided. Sponsored by the Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

☐► 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. 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 978-929-6652. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Prof. at Regis College. She is the founder of Help My Aging Parents and is on the Newton COA Board.*

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, October 18th, 11:00-12:00pm

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.

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

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

As fall arrives, the FCOA welcomes everyone back for a wide variety of activities. Do you have a friend who has never visited the Senior Center and might enjoy a visit with your invitation especially after the disruptions and isolation of COVID?

Curious about how the FCOA supports the programming at the Senior Center?

You are welcome to attend the next and all FCOA meetings.

The Friends of the Acton COA will next meet Monday, October 3rd at 1pm at the Senior Center.

Thank you...

To Joy Ivanov who is stepping down after an amazing 17-year stint as our genealogy group leader! Joy comes up with discussion topics, keeps the members informed about meetings, facilitates meetings, and is incredibly dependable. Joy, we hope you continue to attend

Neel Kannambadi AB student for providing IT help.

The wonderful Gary, Alma, Parul, Amber, Bill, Lori for your help with the First Responders Appreciation luncheon.

To everyone who helped make our 5th Anniversary Open House a success.



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. No movie on October 10th and 24th



October 3rd, 1:00-3:05pm, *Where the Crawdads Sing* (2022, PG-13) A woman abandoned as a child in the 1950s lives quietly in the North Carolina marshes until she becomes a suspect in the murder of a prominent young man. Based on the best-selling novel by Delia Owens.

Tuesday, October 11th, 5:00-7:05 pm *Downton*

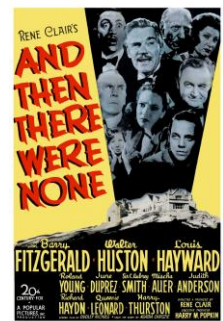
***Abbey: A New Era* (2022, PG)** Encore viewing of film that continues the story of the popular television show. The Crawley family goes on a journey to the South of France to uncover the mystery of the villa mysteriously inherited by the dowager countess. Lady Mary stays at home to oversee a movie being filmed at Downton.



October 17th, 1:00-2:35pm *The Duke* (2020, R for language and sexuality) In 1961, a 60 year old taxi driver steals Goya's portrait of the Duke of Wellington from the National Gallery in London. Jim Broadbent and Helen Mirren co-star. Comedy drama based on real events.



October 31st, 1:00-2:35pm *And Then There Were None* (1945) Seven guests, a newly hired personal secretary, and two staff are gathered at a manor house on an isolated island by an unknown host where they are killed off one-by-one. Based on Agatha Christie's murder mystery *Ten Little Indians*.



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/Riverboat tour, Penn Dutch Country Tour, New Hampshire Turkey Train, Yuletide at Newport, and more! For more information see <https://actonma.myrec.com> or call 978-929-6640.

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 October 10th

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.

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

No activity time on October 10th & 21st

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!



Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 1:30-3:30pm

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

Mah Jongg Time

Open to out-of-town seniors/free

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

No game on October 10th

Tuesday, October 11th, 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.

Groups

▣► Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, October 5th, 1:00-2:30pm

The group is reading "And His Lovely Wife...a campaign memoir" by Connie Schultz. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, [The Personal Librarian](#) by Marie Benedict and Victoria Christopher Murry, for the November 2nd meeting. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will send you the Zoom link which is also posted in "News" at www.actoncoa.com.

Computer Club

Wednesdays, October 12th and 26th, 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.

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.

Genealogy Group

Tuesday, October 11th, 1:00-2:30pm

Open to out-of-town seniors/free



Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people. The group is in need of a new facilitator—someone who will decide on monthly discussion topics, facilitate the month meetings, and communicate with members mostly by email. If you'd like to learn more about this volunteer opportunity, please contact Chris at the COA, 978-929-6652.

****Not listed in print copy****

In-Person Book Discussion Group

Thursday, October 20th, 11:00-12:00noon

Open to out-of-town seniors/free

This month, the book group is reading Killers of the Flower Moon by David Grann. Group is facilitated by Trudi Bruschi.

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, September 28th**. Call 978-929-6650 to register.

☐► Senior High Dose Flu Clinic 65+

Acton Residents Only

Tuesday, October 4th 1:00-4:00pm in the ANS office

Acton Nursing Service has a limited number of High Dose Influenza Vaccine. Pre-Registration is required at <https://home.color.com/vaccine/register/acton>

Masks are required per MDPH guidance at health care appointments

☐► Therapeutic Horticulture

Acton Seniors Only

Tuesday, Oct 4th, 6:00-7:00pm, Wednesdays, Oct 19th and 26th, 10:30-11:30am

Decorated Pumpkin - Adorn a white pumpkin with the colors and textures of the fall season. All supplies are provided. Limit 12 participants per class. Sponsored by ANS

☐► Energy Healing with Jacqui Burak

Tuesdays, October 18th, 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 October 25th, 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.

For nursing programs call 978-929-6650 to register and with questions

☐► Podiatry Clinics

Acton Seniors Only

Appointments: Thursday, October 4th, 2:00-7:00pm, Thursdays October 13th and 27th, 1:00-5:00pm. 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.

☐► Balance Screening Appointments

Acton Seniors Only

Tuesday, October 18th, 10am-2pm and Wednesday, October 19th, 9:30am - 12pm

Call 978-929-6650 for an appointment. Offered by the Acton Nursing Services– Karen Patterson PT, Board certified Clinical Specialist in Geriatric Physical Therapy is holding individualized balance assessments by appointment in the Acton Nursing Services office.

☐► Balance Matters!! Sponsored by the Friends of Acton Nursing Services

Wednesdays, October 26th - November 30th, 11:30am-12:30pm

Acton Seniors Only

Call 978-929-6650 for an appointment. Join Karen Patterson PT as she provides a 6-week series of classes on increasing strength, balance, flexibility and your confidence in performing activities of daily living. Karen will also have appointments for balance screenings, please see times above.

☐► Maintenance Balance Training Sponsored by an Anonymous Donor **Acton Seniors Only**

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

Wellness Clinics – 1st and 3rd 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.

Aging in Place & Fall Prevention Class

Thursday October 13th, 9:30-10:30am, Acton Town Hall, Rm 204 or via Zoom.

See [flyer](#) for details and registration link.

Mind, Body and Spirit

☐► Line Dancing with Sam O'Clair

Wednesdays 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! Maybe you've done a little line dancing at a wedding or party, loved it, and wished you could do more? Maybe you are a single person who would love a form of dance where a partner isn't needed? And maybe you just might be looking for something new to try and get a little exercise to boot. Sam O'Clair will teach you the basic steps and have you dancing in minutes. You will dance to all different genres of music (pop, country, oldies, and more). Wear comfy clothes – layers are good, shoes

with soles that will slide easily (sneakers stick; a leather sole works best). Bring a bottle of water and sign up with your friends! Contact the COA to register for this class at seniorcenter@actonma.gov or 978-929-6652. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.

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

☐► 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.

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.
- Terri is not teaching on October 19th, 26th, 27th, 28th and 31st.

Active Aging with Terri Zaborowski

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

No class October 10th & 31st

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

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

No class October 27th and 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 & is a Certified Group Fitness Instructor & a Certified Personal Trainer.*

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

Tai Chi with Linda Sango

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

No class 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 through December 20th, 8:30-9:30am

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

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

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

No class October 19th & 26th

No class October 27th and November 24th

No class 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 through December 22nd, 3:00-4:00pm

No class 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 through December 23rd, 9:45-10:45am

No class November 11th & 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 through December 23rd, 11:00-11:30am

No class November 11th & 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.

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). Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! 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. **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.

☐► Lunch with Chef McGuire

Tuesday, October 11th, 12noon

Acton seniors only

Gary McGuire will be preparing Shepherd's pie, salad and dessert. Please call or sign up at the COA reception. \$3.00 donation is requested

☐► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, October 19th, 12noon.

Open to out-of-town seniors

Join us for a Homestyle lunch with hot baked ham, creamy mashed potatoes, green beans, and top it off with moist coffee cake for dessert. \$3.00 donation is requested.

☐► Monthly Breakfast

Friday, October 21st, 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.

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

Meals and Refreshments at the Senior Center continued...

☐► Dinner with Bueno y Sano

Tuesday, October 25th, 5:00pm

Open to all seniors

Enjoy a chicken or bean burrito, chips and salsa from Acton's Bueno y Sano. Must sign up by October 18th. This meal is 'eat in' only and \$5.00 is requested per meal. The Friends of the Acton COA will be subsidizing the remainder of the cost.

☐► Halloween

Monday October 31st, 12:30pm

Open to all seniors

Enjoy a festive cupcake for dessert. Feel free to dress for the occasion.

Support and Services



Lunches at the Senior Center

Birthday Lunch, Thursday October 13th. Anyone with a birthday in October enjoys a free lunch and special dessert this day. Sign up with John in the kitchen on 781-221-7098 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. For menus ask in the dining room (781-221-7098) Lunch [menu](#), 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 10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4th WED. EVERY MONTH.

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275, 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.* See menu in online newsletter <https://patch.com/massachusetts/acton>

SNAP Senior Assistance Office phone line at **(833) 712-8027**.

Annual Medicare Open Enrollment time is here! This is a perfect time for a health insurance check up to compare coverage, costs and benefits to be sure you are in the right Medicare supplement, Prescription Drug plan or Medicare Advantage Plan. SHINE counselors are available at your senior center by appointment to provide you with a no cost, confidential insurance assessment to help you identify ways to save on health care and prescription costs using the Medicare Planfinder tool. Please make your appointment today by calling the **Acton COA at 978-929-6652** and plan to bring to your SHINE appointment your Medicare card, current insurance card, MyMedicare login, and current list of medications/dosages. If you haven't created a MyMedicare account you can visit www.medicare.gov or create one with your SHINE counselor.

See page3 for our program offering Medicare Prescription Drug Plan "Part D" Selection Assistance appointments for you to check if your Part D is optimal for you. When we held this same program last year we were able to help some Acton seniors save \$\$.

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.**

The **Social Security Administration** had technical difficulties with their phone system last 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

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.

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, **Grief Counselling** 978-774-5100

Natl. Suicide Prevention 1-800-273-8255 or 988 **Natl. Domestic Violence Hotline** 1-800-799-7233

Natl. Alliance on Mental Illness (NAMI) 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours <https://www.namicentralmiddlesex.org/support-groups>

Massachusetts Council on Gaming & Health, www.macgh.org 1-800-426-1234.

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

The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders, on the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Ask the Lawyer: free 20-minute appointments with a local elder law specialist, every other month at the Senior Center. Next available appointments – see November newsletter.

TOWN OF ACTON SERVICES INFORMATION 978-929-6600, www.actonma.gov

Transportation Door-to-door services are in operation. Call the 978-929-6600 for more information, or see the COA website. To schedule rides, call 978-844-6809 during normal business hours.

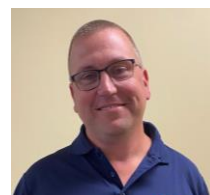


Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.



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

We would like to welcome Detective Leo Gower, police Liaison officer. Leo has been with Acton PD and looks forward to getting to know you.



Monday	Tuesday	Wednesday	Thursday	Friday
3 OCTOBER 2022 8:30 Active Aging 11:00 Tai Chi 1:00 Friends of COA Meeting 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	4 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 1:00-4 ANS Flu Clinic 2:00 Caregivers Support Group via Zoom 6:00 Therapeutic Horticulture - ANS	5 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic - ANS 12:30 Needle Arts Group 12:30 Maintenance Balance - ANS 1:00 Book Group via Zoom 1:30 Drop in Bridge 2:00 Line Dancing	6 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Emily Dickinson Seminar 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	7 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise
10 Center Closed	11 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 10:00 COA Board Meeting 11:00 Maintenance Balance - ANS 12:00 Chef McGuire Lunch 1:00 Genealogy 1:00 Mah Jongg 2:00 Caregivers Support Group via Zoom 5:00 Movie "Downton Abbey: A New Era"	12 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club 2:00 Line Dancing	13 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Emily Dickinson Seminar 12:00 MMSS Birthday Lunch 1:00 Spooky Politics 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	14 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
17 8:30 Active Aging 9:00-12 CarFit Appointments 11:00 Tai Chi 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	18 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 10-2 Balance Screening Appts - ANS 11:00 Grandparents Raising Grandchildren 11:00 Maintenance Balance – ANS 1:00 Latin Music Presentation 2:00 Caregivers Support Group via Zoom 6:00 Andrew Noone Author Talk 6:00 Energy Healing - ANS	19 9:30 Balance Screening Appts -ANS 10:00 Wellness Yoga 10:30 Wellness Clinic - ANS 10:30 Therapeutic Horticulture - ANS 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Introduction to AML 1:30 Drop in Bridge 2:00 Line Dancing	20 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:30 Virtual Tour "Markets of Delhi" 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 Emily Dickinson Seminar 11:00 Book Discussion Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	21 Center closes at 12 8:30 Senior Fitness 9:00 Monthly Breakfast 9:45 Java with John 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
24 8:30 Active Aging 11:00 Tai Chi 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg 2:00 Albert Einstein Performance	25 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Felted Wool Art Class 2:00 Caregivers Support Group via Zoom 2:30 LitLovers Study Group 5:00 Dinner 6:00 Meditation & Chair Yoga – ANS 6:00-7 CharlieCard Event	26 9:00-1 Medicare Part D Appts 10:00 Wellness Yoga 10:30 Therapeutic Horticulture – ANS 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club 2:00 Line Dancing	27 9:00 Words Galore via Zoom 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 12:30 Sivan At the Piano 1:00 Chess Club 1:00 Mah Jongg 1:30 Meet School Superintendent	28 Center closes at 12 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
31 11:00 Tai Chi 12:30 Halloween Treats 1:00 Movie 1:00 Intermediate Chess Class via Zoom 1:00 Mah Jongg	1 November 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 11:00 Maintenance Balance – ANS 2:00 Caregivers Support Group via Zoom	2 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic - ANS 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club 2:00 Line Dancing	3 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Long Term Care Insurance 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	4 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 10:00 Making Memories 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. For movie titles see page 6. Reservations are required for all meals. Call 978-929-6652 if you have questions.



This October the following activities are supported by the Friends of the Acton COA: Einstein performance, Emily Dickinson seminar, watercolor class, At the Piano with Sivan, Latin Music presentation, Spooky Politics, Bathsheba Spooner author talk, Words Galore, 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, Secretary</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>Bev Hutchings, Senior Services Coordinator</i>	<i>Ann Corcoran</i>	
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>The Friends and the Board will next meet:</i>	
<i>Bernice Nicoll, Activities Assistant</i>	<i>COA Friends, Monday, October 3rd, 1:00pm</i>	
<i>Fiona Starr, Staff Assistant</i>	<i>COA Board, Tuesday, October 11th, 10:00am</i>	
<i>Terri Zaborowski, Exercise Instructor</i>		

Events through September were well attended and much fun was had.



The First Responders Appreciation Lunch on 9/13 is always an opportunity to say “thank you” to the Town’s first responders.

Needle felt art. Magda will be exhibiting further examples of her work before the end of the year.



The Friends subsidized a Legends Café dinner for 70 guests.

Channel 5’s “Chronicle” presenter Ted Reinstein brought his talk on General Stores to the Center.



Volunteer opportunities

Handy helpers wanted to join our program

Are you handy around the house? Good with electronics or computer issues? If yes, then we have a volunteer opportunity for you. For a few hours per month you can make a difference in the life of an Acton Senior. Our Handy Helper Program assists Acton seniors who can no longer do small home repairs. Volunteers provide help with small jobs like changing light bulbs, installing curtain rods, repairing chair legs, installing DVD players and printers, turning mattresses and removing air conditioner window units. The client provides all the necessary materials – you provide the knowledge. To find out more about joining our team, contact Volunteer Coordinator Kathy at the Acton Council on Aging at 978-929-6652 or khorigan@acton-ma.gov.



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.

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).