



Acton Council on Aging

At the Human Services Building & Senior Center

NOVEMBER 2022

30 Sudbury Rd, Rear, Acton MA 01720
Telephone: 978-929-6652
Email: seniorcenter@actonma.gov

Facebook: www.facebook.com/actoncoa
Website: www.actoncoa.com
Town Website: www.actonma.gov

Closed November 11th, 24th & 25th
Closing at 2pm Wednesday November 23rd
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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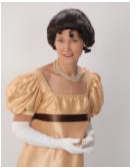


The War of 1812: Dolley Tells All! Live Performance by Janet Parnes

Tuesday, November 15th, 1:00-2:00pm

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

President James Madison and his advisors thought that the First Lady was sewing. In reality, Dolley was simply moving her fingers, intent on taking in every word they said about the War of 1812. She will be visiting us to share her war secrets! Come discover the stories, serendipities, and disasters associated with America's forgotten war. Dolley will talk about the history of the USS Constitution, the writing of our National Anthem, the burning of Washington, the Treaty of Ghent, and more. *Janet Parnes of Historical Portrayals by Lady J performs historically accurate portrayals of our influential foremothers in original productions.*



▣► Beeyond Virtual Tour of Ljubljana, Slovenia

Wednesday, November 30th, 10:00-11:00am

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



We have a partnership with Beeyond, a platform for live interactive virtual travel experiences with qualified local guides in locations around the world! Tour guide Mateja will take you on a tour in real-time of the beautiful capital of Slovenia. It is one of the smallest European capitals with a population of 300,000, with a rich history and diverse heritage. 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 and indicate if viewing from home or at the Senior Center. *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

Wednesday, November 16th, 9:00-11:00am

Acton seniors only

Elder Law Attorney Margaret Hoag offers free 20-minute private legal consultations. Call the COA on 978-929-6652 to book an appointment.



Director's Corner

The Acton COA is fortunate to have such a wonderful and supportive Friends' Group. The Friends fund a large portion of our programs and classes which allow us to offer them free of charge to Acton residents. On November 16th from 9:30-2:00pm the Friends will have a Boutique in the lounge to sell handmade items, and a variety of pre-owned goods. There will also be a raffle. Stop in and show them your support (and maybe buy a few gifts while you're at it).

Happy Thanksgiving, Sharon COA Director

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

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 LTC 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.*

▣► Poets Live Forever:

Celebrating Autumn via Zoom From Home or Senior Center

Wednesdays, November 9th, 16th, 30th, December 7th, 1:00-2:00pm

Open to out-of-town seniors/free

Val Walker will lead this lively class exploring themes of autumn in poetry. Each week poems by a medley of poets will be explored, including Robert Frost: *October and Nothing Gold Can Stay*; Dylan Thomas: *Poem in October*; Wendell Berry: *Grace*; Emily Bronte: *Fall, Leaves, Fall*; Mary Oliver: *Song for Autumn*; William Shakespeare: *Sonnet 73*; John Clare: *Autumn*; Jane Hirshfield: *The Heat of Autumn*, and more! You may participate from home or watch on a large-screen TV at the Senior Center. Sign up with the COA at seniorcenter@actonma.gov or 978-929-6652 and indicate whether you are participating from home or the Senior Center. A handout with all of the poems will be available in Senior Center reception or can be emailed. *Val Walker, M.S., is an author, educator, and consultant who enjoys sharing her love of poetry with others. She was a counselor for 20 years, is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call.*



Music of World War II (Part 2) Presentation

Thursday, November 10th, 1:00-2:00pm

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



In John Clark's second multimedia presentation on World War II era songs, he will highlight tunes less familiar to us but well-known to those who lived through the war, beginning with *A Nightingale Sang in Berkeley Square* (from England) and *The Shrine of St Cecelia* (set in Norway). Following the Japanese attack on December 7, songs of strength and confidence appeared on the American Hit Parade, including *Remember*

Pearl Harbor, *We Must Be Vigilant* and *We Did It Before, We Can Do It Again*. There were hit songs that celebrated branches of the service like *What Did You Do in the Infantry* and *He Wears a Pair of Silver Wings*. Additional songs paid tribute to heroes and welcomed soldiers home. Featured artists include the Andrews Sisters, Glenn Miller, Vera Lynn, June Christy, Dinah Shore, and Doris Day. *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.*

▣► Coping with the Holidays after a Loss Webinar

Monday, November 14th, 1:00-2:00pm

Open to all/free



The holidays can be a challenging time for someone who has suffered the loss of a loved one. Join Mary Crowe, LICSW, Director of Professional and Community Education at Care Dimensions, as she discusses the impact the holidays have on grief, practical suggestions for coping, and ways the holidays can actually heal. You may watch the

webinar from home or on a large screen television at the Senior Center. To receive the link from Care Dimensions, register [here](#). Contact the COA if you would like the link emailed to you:

seniorcenter@actonma.gov. If you have not participated in a Go To Meeting webinar before, you will hear the speaker and will be able to ask questions by typing them. See the [Flyer](#) here.

☐► IT Help with High School Student Tech, Neel

Monday November 14th 2:00-4:00pm

Acton seniors only

Neel can help with your iPad, iPhone, or laptop. Sign up for a 30-minute slot. Sessions are held in the Senior Center Library. Please sign up by Thursday, November 10th.

Friends Mini Boutique

Open to all

Wednesday, November 16th, from 9:30-2:00pm

Have you missed our Holiday Fair? Don't despair! A scaled down boutique will be held here. Look for exciting costume jewelry, original art in custom framing, hand knitted goods, Asian artifacts and likely some surprises. Raffle tickets on hand-designed wine basket.

The Concord Players Traveling Troupe Performance

Wednesday, November 16th, 2:00-3:00pm

Open to out-of-town seniors/free

Spend an hour being entertained with skits, one-liners, cuttings of famous plays, and songs you know and love! The Concord Players Traveling Troupe is a group of senior actors who share their time and talent to brighten the days of people in the community.

☐► Let's go back to High School

Thursday, November 17th, 9:45am-12noon

Acton seniors only



You will be picked up by the school bus from the Senior Center and have a tour of the AB High School followed by a brief presentation and Q&A with the Superintendent and the HS Principal. Enjoy lunch and a small group discussion with current ABRHS students "what school is/was like then and now." Please sign up in advance at the Senior Center.

At the Piano Classical Music Series with Sivan Etedgee

Thursday, November 17th, 12:30-1:30pm

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

Pianist and teacher Sivan Etedgee concludes this series at the Senior Center that combines lecture, live performance and classical music sound recordings. This month's topic is *The American Vernacular*. Learn about the origins of American Classical music, beginning with the idea of American music, which actually came from European composers including Dvorak and Busoni. Other composers will include Joplin, Gershwin, Gottschalk and Florence Price. *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!*



LitLovers Study Group: American Bestsellers

Tuesday, November 22nd, 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 Common Sense*. We will also discuss the lecture and the featured *Common Sense* pamphlet by Thomas Paine that helped spur the Revolution. It is digitized and available to view online. This group is facilitated by Program Manager Chris Chirokas.

REAL ID Workshop

Tuesday, November 29th, 1:00-2:00pm

Open to all/free

Join Michele Ellicks, Community Outreach Coordinator with the Registry of Motor Vehicles, as she discusses the latest information on REAL ID and the federal and state requirements concerning driver's license and ID card renewals. Learn about the extension by Homeland Security of full enforcement of REAL ID, reasons to obtain REAL ID rather than a driver's license or identification card, and what documents are required when applying. REAL ID is a driver's license or identification card that is a federally accepted form of identification that can be used to board a domestic flight within the U.S. and enter secure federal facilities such as military bases and federal courthouses.

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

☐► Medicare Supplement Plans or Medicare Advantage Plans:

Which Coverage is Best for Me?

Tuesday, November 29th, 6:00-7:00pm

Open to all/free



This is the most common question people with Medicare have when looking for additional medical insurance. Once on a plan, it's always a good idea to re-visit your choices each year. Circumstances change and so can your health plan! Every year, during the open enrollment period of October 15th to December 7th, you can change your Medicare plan for the following year. So even if you are already on a plan, take the time to make sure you are still enrolled in the best plan for you. Lisa Farnham from Blue Cross Blue Shield of Massachusetts will discuss: original Medicare, differences between Medicare supplement and Medicare advantage plans, real life case studies, resources to help in the decision-making process, whether prescription drug coverage needed is needed. No Blue Cross plan details will be presented, but you will leave with an understanding of which type of plan best fits your needs.

Dessert with John

Tuesday, November 29th, 5:45pm

Open to Acton seniors

Sign up for dinner on November 29th (see p. 12) and get a chance to quiz the Town Manager, John Mangiaratti over dessert. He'll keep you up to date on what is going on around Town, answer your questions and listen to your feedback.

Senior Property Tax Primer

Thursday, December 1st, 1:00-2:00pm

Acton seniors only



Join staff from the town of Acton Assessor's Office for an update on how property taxes have been affected by increasing home values. They will also share information on numerous ways homeowners might qualify for property tax relief if you are: over 70, a veteran with a disability, over 65 with income and assets that are low-to-moderate, or are suffering financial hardship in general. If you are unable to attend and want to learn more, visit the Acton town website, www.actonma.gov, and click on "Government" and select "Assessors," or contact the Assessor's Office at 978-929-6621.

☐► Making Memories Photography/Writing Group

No Class 11/11, 11/25

Fridays 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 utilizing a technique called PhotoVoice that involves taking a digital picture & combining with a narrative to produce an artwork. This group started in October & is meeting for 8 weeks, talking about our lives & 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 COA & the Lawrence Recovery Learning Community.

☐► 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.

Art Exhibit In November and through December, we are delighted to welcome back the art of Acton resident, Magda Stilmant. She uses a technique called needle dry wool felting. Inspiration comes from nature, local and far away landscapes. Trees feature prominently in many of her recent art works. Magda is repeating her October class on **Thursday, November 10th**. Call for details and to register. \$45 fee. Limited places for Acton seniors only.



Arts & Crafts

☐► Greeting Card & Gift Tag Craft Workshop with Nancy Dodge

Tuesday, November 15th, 2:30-4:00pm

Open to out-of-town seniors for \$5 starting Nov. 8th

In this workshop suitable for all skill levels, you will make one to two greeting cards and/or gift tags at the Senior Center. You can choose from several holiday designs based on your experience level and make your creation unique by selecting from a variety of embellishments and sentiments. All supplies provided by instructor. Examples will be available to view in the reception area. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*

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, November 29th, 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 we will be creating a seasonal centerpiece with Horticulture Therapist, Cathy Fotchman. 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

Tuesdays, 2:00-3:30pm

Open to all caregivers of older adults/free

Join Julie Norstrand for this Caregiver Support Group that meets weekly via Zoom. New participants always welcome! Being a caregiver can be very challenging 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 Council on Aging at seniorcenter@actonma.gov or 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.*

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, November 15th, 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.



Calling All Cooks!

Now is your chance to share your favorite recipe (just in time for the holidays) and receive some new ones to add to your recipe collection.

After receiving all of them, they will be put into a little booklet for everyone who submitted one. Please leave your recipe at the front desk - feel free to share as many as you wish.

As always, thank you!

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

A Message from the Friends of Acton COA

The FCOA was pleased to underwrite two Tuesday evening dinners this fall catered in by Legend Café and Bueno y Sano. **November 16th** the FCOA will sponsor a **Mini-Boutique** with a decorative basket raffle, knit items, jewelry and small gifts.

Our primary fundraiser, the Annual Appeal, should be in the mail and email by mid-December.

We appreciate your past generosity and future donations now possible via our website.

The Friends of the Acton COA will next meet Monday, November 14th at 1pm.

Acton Recreation Trips

Acton Recreation is offering a wide range of trips this year, both one-day excursions and overnight trips. There is a Paul Anka Christmas tribute concert with lunch, Yuletide at Newport, overnight Christmas Prelude at the Nonantum Resort, trip to New York City, and more!

For more information see <https://actonma.myrec.com> and click on "Bus Trips" or call 978-929-6640.

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.

Last month our DVD player malfunctioned during *Where the Crawdads Sing*, so we are showing the film again in its entirety as well as just the final 35 minutes.

Tuesday, November 1st, 1:00-1:35pm *Where the Crawdads Sing* final 35 minutes.

Monday, November 7th, 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.



Monday, November 14th, 1:00-2:55pm *Mrs. Harris Goes to Paris* (2022, PG) A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress and heads to Paris to buy one for herself. Leslie Manville stars in this heart-warming dramatic comedy.

Monday, November 21st, 1:00-3:00pm *Mr. Malcolm's List* (2022, PG) Dramatic comedy about a wealthy British man in search of a wife who must meet very high expectations. The movie is cast as though race was not related to social standing in the 19th century.



Monday, November 28th, 1:00-3:00pm *Where the Heart Is* (2000, PG-13) After being abandoned by her boyfriend, a pregnant teenager is able to rebuild her life due to her determination and the kindness of people she meets. Based on the novel by Billie Letts. Stars Natalie Portman, Ashley Judd, Stockard Channing, James Frain, and Sally Field.

Sand and Salt Available



A mixture of sand and salt is available to Acton residents (no contractors) at the designated area located behind the Highway Division at 14 Forest Road. Follow the signs to the area designated for residents. Please use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

▣► Safety Sand

Acton seniors only

Safety sand for seniors *who are unable to get to the Highway Division* will be available for this winter season. Safety sand (salted Highway Dept. sand) will be delivered in a plastic pail with cover to your home by volunteers from Acton Boy Scout Troop 1 on Saturday, November 12th. Please call the COA by November 9th at 978-929-6652 to sign up for safety sand.



Holiday Decoration Swap will take place in December. We will have set dates for drop off in December's newsletter so start gathering!

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

Games

Morning Open Activity Time

Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

No activity time on November 11th, 18th & 25th

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

No meeting on November 23rd

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

Thursdays, 1:00-4:00pm open to all skill levels

No game November 24th

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.

Chess Club

Open to out-of-town seniors/free

Thursdays, 1:00-4:00pm

No meeting November 24th



Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

Groups

□► Book Discussion Group via Zoom

Open to out-of-town seniors/free

Wednesday, November 2nd, 1:00-2:30pm

The group is reading The Personal Librarian by Marie Benedict and Victoria Christopher Murray. 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.

Genealogy Group

Tuesday, November 8th, 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. Discussion will be facilitated by Jim Yarin, a genealogy enthusiast for over 30 years.

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30pm

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



Computer Club

Wednesday, November 9th, 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.

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, October 26th**. Call 978-929-6650 to register. Click the → medal for ANS website.

Discussion on Anxiety, Sleep and the Aging Brain

Wednesday November 16th, 11:00am

All welcome

Please join Anna Beltzer, PTA for an in-depth discussion of the power of sleep.

☐► Therapeutic Horticulture

Acton seniors only

Tuesday, November 22nd, 6:00-7:00pm, Wednesdays, November 9th & 16th, 10:30-11:30am

Learn how to create a fascinating self-contained plant world in a terrarium, to enjoy viewing during the coldest winter months. All supplies are provided. Limit 12 participants per class. Sponsored by ANS.

☐► Meditation and Gentle Chair Yoga

All ages are welcome

Tuesday, November 29th, 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: Thursdays, November 3rd & 10th and Tuesday, November 15th, 12:00-4:00pm

Call 978-929-6650 to make an appointment.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

☐► Maintenance Balance Training *Sponsored by an Anonymous Donor* **Acton seniors only**

We have added 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.

Thank you to...Elizabeth Valente who compiled our monthly senior spotlights and was always a great help at the front desk, who has moved out of state,
Carol who is leaving us, for helping in the kitchen with Meals on Wheels,
Divi & Diya Bhairreddy for baking the delicious Halloween treats,
Neel Kannambadi for his expertise in helping our seniors with their IT questions.



Mind, Body and Spirit

☐► **Laugh For Your Health via Zoom with Susan Phillips** **No meeting November 24th** **Thursdays, 11:00-11:45am, ongoing** **Open to out-of-town seniors/free**

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

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

☐► **Line Dancing with Sam O'Clair**

Wednesdays through 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 978-929-6652 or seniorcenter@actonma.gov. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested.



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, Fridays, 10:00-11:00am. *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 through December 19th, 8:30-9:30am

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

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

No class Nov. 3rd & 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. The class is done seated or standing. *Terri 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 through December 19th, 11:00-12:00noon

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 Nov. 3rd & 24th
No class Nov. 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, 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

Thursdays, 11:00-12:00noon

Open to out-of-town seniors/free

No practice on Nov. 24th

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

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

Stretch and Flex with Terri Zaborowski

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

No class Nov. 3rd & 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 Nov. 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 Nov. 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.



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.

Acton Memorial Library

November is another packed month at the library; for children; young adults and adult readers. A few program highlights are: Learn **Excel Basics**; **NEW *Dungeons & Dragons for Adults**; visit the designated space for **National Novel Writing Month** (free snacks and ambient music will be provided!); **Acton Memorial Library Book Discussion Group** -this month's book is *Fairest: A Memoir* by Meredith Talusan, and **Adult Crafter events**. Visit the [Library](#), call 978-929-6655 for details and registration.

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.

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

Meals and Refreshments at the Senior Center

Sign up for all meals/refreshments at 978-929-6652.

Drop-in Continental Breakfast available Monday-Friday in the dining room for \$1.00. A variety of items will be available each day. Just pop in if you're hungry. No need to register ahead of time.

☐▶ **Lunch with Chef McGuire**

Tuesday, November 8th, 12noon

Acton seniors only

Enjoy baked ziti, salad and dessert. Please call or sign up at the COA reception. \$3.00 donation is requested

☐▶ **Lunch and Tour at Camellia Gardens, Maynard Crossing**

Tuesday, November 15th, starting at 11:00am

Acton seniors only

You are cordially invited to [Camellia Gardens Gracious Retirement Living](#) for a prepared tour and lunch. Please arrive 11:00am at Maynard Crossing, 16 Digital Way, Maynard. A delicious lunch is to be determined by the chef. Please call 978-929-6652 or sign up at the COA reception.

☐▶ **Monthly Lunch by Benchmark Senior Living/Robbins Brook**

Wednesday, November 16th, 12noon

Open to out-of-town seniors

Join us for turkey, stuffing, potatoes, corn, cranberry, roll, and apple pie for dessert. \$3.00 donation is requested. [Robbins Brook](#).



☐▶ **Monthly Breakfast**

Friday, November 18th, 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. Veterans who sign up eat for free.



☐▶ **Dinner from As Good As It Gets**

Tuesday, November 29th, 5:00pm

Open to out of town seniors

Enjoy chicken parmesan, meatballs, ziti, garlic bread, salad and dessert from Acton's [As Good As It Gets](#). Please sign up by November 22nd. 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.

Support and Services



Lunches at the Senior Center

Birthday Lunch, Thursday November 10th. Anyone with a birthday in November enjoys a free lunch and special dessert this day. Sign up with John Day 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](#) / [supper](#).

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 **Thursday 11/10 and Tuesday 11/22** (due to Thanksgiving) at 2:00pm, usually 2nd & 4th Thursday of each month. 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.

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, 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.*

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

Applications for the [Elizabeth White Fund](#) are being accepted until Friday Nov. 4th. Call COA for details.

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.

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.

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.

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.

Help Line Numbers

[Social Security](#) 1-800-772-1213, TTY 1-800-325-0778

[Medicare](#) 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.

[Massachusetts Council on Gaming & Health](#), 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. See page 1 for appointments in November.

Covid-19 Bivalent Booster Clinic

Acton Pharmacy along with Acton Council on Aging and Acton Nursing Services will be offering a **COVID Bivalent Booster clinic**. The clinic is open to anyone 50 years of age and over.

Moderna and Pfizer vaccines will be available.

Monday November 14th, 10:00am – 12:00pm

Health and Human Services Building, 30 Sudbury Rd Acton Rear

[Link to register](#) or use this qr code



The CDC recommends that people receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

- Their final primary series dose or
- The original (monovalent) booster

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.



Monday	Tuesday	Wednesday	Thursday	Friday
31 8:30 Active Aging 11:00 Tai Chi 12:30 Halloween Treats 1:00 Movie 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 1-1:35 Movie Conclusion “Where the Crawdads Sing 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 1:00 Book Group via Zoom 1:30 Drop in Bridge 2:00 Line Dancing	3 9:00 Words Galore via Zoom 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	4 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
7 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	8 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 Lunch with Chef McGuire 1:00 Genealogy Group 2:00 Caregivers Support Group via Zoom	9 8:30 Senior Fitness 10:30 Therapeutic Horticulture - ANS 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Poets Live Forever 1:30 Drop in Bridge 1:30 Computer Club 2:00 Line Dancing	10 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 12:00 MMSS Birthday Lunch 1:00 Chess Club 1:00 Mah Jongg 1:00 Music of WWII (pt 2) 2:00 Needle Felting Class 3:00 Stretch & Flex	11 Veterans’ Day Center is Closed
14 8:30 Active Aging 10:00 Covid Booster Clinic, 50+ 11:00 Tai Chi 1:00 Friends of COA Mtg 1:00 Movie 1:00 Mah Jongg 1:00 Coping with the Holidays 2:00 IT Help Appts	15 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor Class 9:45 Active Aging 11:00 Lunch & Tour Camellia Gardens 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren 1:00 War of 1812 Performance 2:00 Caregivers Support Group via Zoom 2:30 Card Workshop	16 8:30 Senior Fitness 9:00 Ask the Lawyer Appts 9:30-2:00 Friends Mini Boutique 10:30 Wellness Clinic – ANS 10:30 Therapeutic Horticulture - ANS 11:00 Sleep Discussion - ANS 11:30 Balance Matters – ANS 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Poets Live Forever 1:30 Drop in Bridge 2:00 Concord Players	17 8:30 Senior Fitness 9:45 Active Aging 9:45 Let’s Go Back to High School 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 3:00 Stretch & Flex	18 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
21 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	22 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 2:00 Caregivers Support Group via Zoom 2:30 LitLovers Group 6:00 Therapeutic Horticulture - ANS	23 8:30 Senior Fitness 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group Building Closing at 2pm	24 Happy Thanksgiving Center is closed	25 Center is closed

Monday	Tuesday	Wednesday	Thursday	Friday
28 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	29 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 REAL ID Workshop 2:00 Caregivers Support Group via Zoom 5:00 Dinner Sponsored by Friends 5:45 Dessert with John 6:00 Medicare Coverage – Best Plan? 6:00 Meditation & Yoga - ANS	30 8:30 Senior Fitness 10:00 Virtual Tour of Ljubljana 10:00 Wellness Yoga 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Poets Live Forever 1:30 Drop in Bridge	1 DECEMBER 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Senior Property Tax Primer 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	2 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 deliver 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 except the daily continental breakfast served 8:30-10:00am.



This November the following activities are supported by the [Friends of the Acton COA](#):

Poets Live Forever, Watercolor class, Words Galore, At the Piano with Sivan, Music of WWII presentation, Greeting Card workshop, and Tai Chi class.

Veterans Day in Acton



Veterans Day Ceremony will be observed on Friday, November 11th at 11:00am. Please park behind Town Hall or behind the Fire Station. The ceremony will take place outdoors (weather permitting) by the Isaac Davis monument on the town common. In the event of inclement weather, we will move the ceremony inside Town Hall. All are encouraged to attend.

Please contact James MacRae, Acton – Boxborough Veterans' Service Officer, at 978-929-6614 with any questions.



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>Emi Azar</i>	<i>Michelle Holmberg</i>
<i>Kathy Horigan, Volunteer Coordinator & Customer Service Assistant</i>	<i>Jeff Bergart</i>	<i>Niru Velankar</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Michael Chautin</i>	
<i>Rose Murphy, Human Services Customer Service & Communication Assistant</i>	<i>Ann Corcoran</i>	
<i>Bernice Nicoll, Activities Assistant</i>	<i>The Friends and the Board will next meet:</i>	
<i>Fiona Starr, COA Customer Service Coordinator</i>	<i>COA Friends, Monday, November 7th, 1:00pm</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	<i>COA Board, Tuesday, November 8th, 10:00am</i>	
	<i>Friends Mini Boutique, November 16th, 9:30-2:00pm</i>	



In the event of bad weather: if schools are closed the Senior Center will not run any programs. If the schools operate on a delay our programs will commence at 10am. Check local media or call the Center for updates.

October events included “CarFit” –a community event with members of the Acton Police Department, Council on Aging, Acton Nursing Service, and the community working as technicians to ensure the right “fit” between a senior driver and their vehicle.



We have some very well attended exercise classes – if you have never attended a class and you are an Acton resident, checkout the schedule and come and see us!

“Albert Einstein” gave a fascinating talk.



We got into the Halloween spirit early with Spooky Politics from Rich Rubino. We have some very programs both in-person and our Beeyonder virtual trips tours of locations as diverse as Delhi and Bruges. In November we are “visiting” Ljubljana, capital city of Slovenia.

VOTING DAY TUESDAY NOVEMBER 8th
7am-8pm RJ Grey Junior High School, 16 Charter Rd, Acton.