



Acton Council on Aging

At the Human Services Building & Senior Center

DECEMBER 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 December 26th, 2022 and January 2nd, 2023

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

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

Friday: 8:00am-12noon

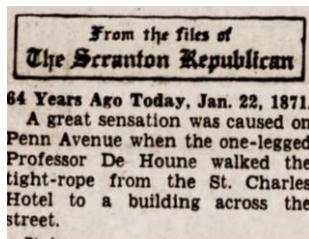
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Historical Portrayal: Prof. Daniel De Houn Gilded Age Rope Walker

Tuesday, December 6th, 1:00-2:00pm

Open to out-of-town seniors/free



Professor Daniel De Houn, the only one-legged tightrope walker in the world, commemorates the 160th anniversary of his loss of leg at the Battle of Middleburg. He recalls his fearless fighting in the "Lost Cause" and his efforts that helped bring an end to America's "Peculiar Institution." He thrills with tales of aerial derring-do at hundreds of locations across America in the 1860s, 70s, and 80s. Over 65 years ago, the *Dallas Morning News* called the rope walker's story "almost incredible-sounding," but it's all true! Discussion to follow. *Acton resident Jim Yarin is the author of the genre-defying history, Rope Walker: A Texas Jewish History Mystery. He is now working on a follow-on book, tentatively titled, One Foot Over Main Street. This is Jim's first-ever portrayal of Prof. De Houn!*

Tuesday, December 6th, 1:00-2:00pm

□► Holiday Tea Party

Thursday, December 8th, 2:00-3:30pm

Acton seniors only



Come celebrate the season in style! Join us for tea, mulled cider, and a plentiful array of tea, sandwiches and sweets. The party is free for Acton seniors, thanks to the support of the Friends of the Acton Council on Aging. Registration for this event is required!

□► A Christmas Carol Live Performance

Tuesday, December 13th, 1:00-2:00pm

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



Join actors Stephen Collins and Poornima Kirby for a funny, heartfelt journey through Charles Dickens' classic, *A Christmas Carol*. This adaptation shows Ebenezer Scrooge's transformation from a grumpy, selfish misanthrope to a generous, wise and kindly man,

full of the spirit of Christmas. With Stephen playing Scrooge and Poornima swiftly changing between the other characters, this fast-paced, playful adaptation keeps the beauty and humor of Dickens' original text, interspersed with melodious Christmas carols, and even a lively English folk dance. Come warm your heart and ring in the holiday season with this refreshing take on a familiar tale! Magic, Music, Transformation? . . . Humbug!

Events requiring registration call the COA 978-929-6652,
seniorcenter@actonma.gov

□► Book Discussion Group, 12/7
 □► Caregiver support Group
 □► Christmas Carol Live, 12/13
 □► Covid Clinic, 12/14
 □► Hanukkah Virtual Tour, 12/15
 □► Holiday Tea Party, 12/8
 □► Laugh for your Health
 □► Making Memories Group
 □► Memory Lane Café, 12/27
 □► Mental Health Matters Webinar 12/8

□► Poets Live Forever
 □► Wool Needle Felt Art, 12/7
Meals

□► Chef McGuire Lunch, 12/13
 □► Pie! 12/13
 □► Robbins Brook Lunch, 12/21
 □► Monthly Breakfast, 12/22
 □► Noon Year's Eve, 12/29
 Call Acton Nursing Services, 978 929 6650 for:
 □► Balance Training
 □► Energy Healing
 □► Podiatry Appointments
 □► Therapeutic Horticulture

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

Director's Corner

The holiday season can be such a joyful time. Family and friends get together, we think about others and show them we appreciate them, and we try to give to those less fortunate. For some, it is a very lonely time. Take time reach out to those who may need it. The Senior Center offers wonderful programs but we are also a social service agency. Please let us know if you or someone you know is in need of assistance. *Merry Christmas and Happy Holidays,* **Sharon, COA Director**



Senior Property Tax Primer



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

Acton residents 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.

□► Poets Live Forever: Poems to Celebrate Fall into Winter via Zoom From Home or Senior Center

Wednesdays, December 7th and 14th, 1:00-2:00pm

Open to out-of-town seniors/free

Val Walker's class that explores themes of fall and winter in poetry concludes this month. 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. *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.*



Holiday Decoration Clean Out and Share

Beginning December 8th, 9:00-3:00pm and December 9th, 9:00-11:30am

Many of us are trying to downsize the amount of decorations we have. We also know of many people who are just starting out or starting over that do not have many decorations. Please bring **clean** decorations that are still in **good condition** to the Senior Center on Thursday, December 8th from 9:00am-3:00pm or Friday, December 9th 9:00-11:30am.

Monday, December 12th at 10:00am until Tuesday Dec. 13th at 6:00pm our doors are open during business hours for residents of all ages to take what they can use.

We will not be accepting any large items (i.e. trees, outdoor decorations) or outdated lights. Please drop off only at designated times.

Rest You Merry: Songs for the Holiday Season with Ben and Brad

Wednesday, December 14th, 2:00-3:00 pm **Open to out-of-town seniors for \$5**

Spend a nostalgic and fun afternoon with Ben Sears and Brad Conner as they perform some seasonal favorites and a few surprises including "Let It Snow, Let It Snow, Let It Snow," "Marshmallow World," "Silver Bells," and of course, "White Christmas." *Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Their programs and performances are always well received at the Senior Center.*



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

► Covid-19 Bivalent Booster Clinic

Wednesday December 14th, 11:00am – 12:30pm

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 Acton residents 18 years of age and over. Moderna and Pfizer vaccines will be available. [Register here](#) or use the qr code.



► Beeyonder Virtual Hanukkah Tour—In the Footsteps of the Maccabees

Thursday, December 15th, 2:00-3:00pm

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! In this presentation-style program, tour guide Itamar Ben-David will discuss in real-time the story of the Maccabees. Who are they? Where are they from? Why were they fighting the Greeks? What ultimately happened to their dynasty? Visit Modi'in, Maresha, Mitzpah (known as the Tomb of Prophet Samuel), the City of David in Jerusalem, and much more! Itamar will unfold the story of the Maccabees in a fascinating way that will provide a new perspective and understanding of Hanukkah. 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.*



Holiday Music Presentation with John Clark

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

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



In John Clark's multimedia presentation on Holiday Music, you will hear carols from the 18th century, *God Rest Ye Merry Gentlemen* and *Here We Come A-Wassailing*, to very recent songs like *Mary, Did You Know*. The span of musical styles includes an eclectic mixture of arrangements and vocalists. Old standbys like Bing Crosby and Johnny Mathis make an appearance, as do recent duets by Andrea Bocelli & Francesco Battistelli and Yo-Yo Ma & Alison Krauss. You'll see and hear legendary choral groups like the Mormon Tabernacle Choir and the King's College Choir from Cambridge, England. You'll hear the fascinating stories behind *I Wonder as I Wander* and *The Little Drummer Boy* (originally called *Carol of the Drum*), and see scenes from a television production of the children's opera *Amahl & the Night Visitors*. Sit back and enjoy or sing along! *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.*

How to Access Acton Memorial Library Materials from Home

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

Open to out-of-town seniors/free

Join Zoey Mills, Acton Memorial Library's Community Engagement Librarian, to learn how you can access library materials from home! She will cover how to use Libby by OverDrive, Hoopla, and Kanopy, which are all free databases that offer eBooks, eAudiobooks, movies, TV shows, and music! Zoey is also happy to renew your expired library card or accept your request for a new card before or after the presentation.



Java with John

Thursday, December 22nd, 9:45am

Acton seniors only

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.

Arts & Crafts

Art Exhibit



Through December, we are delighted to present 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.

□► Wool Needle Felting Art Class

Wednesday, December 7th, 1:00-3:00pm

Acton seniors only

Magda Stilmant will lead this class where everyone will create and take home a framed wool felting piece depicting the moon and comets. 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 subject is available in the Senior Center reception area.

Drop-in Art

Tuesdays, 9:00-12noon

Open to out-of-town seniors/free

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

□► Memory Lane Café at the Acton Senior Center

Open to all/free

Tuesday, December 27th, 12:00-1:30pm

A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others, enjoy lunch and an activity or entertainment together. 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 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 witness 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 call 978-929-6652. Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and is on the Newton COA Board.

Grandparents Raising Grandchildren Support Group at the Senior Center

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

Open to all/free

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

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

Monday Movie Matinees

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

Monday, December 5th, 1:00-2:45pm *To Sir, With Love* (1967) Sidney Poitier stars as an idealistic man who, while waiting for his dream job, teaches undisciplined high school students from London's East End. Also stars Judy Geeson and singer Lulu.



Monday, December 12th, 1:00-3:10pm and Tuesday, December 27th, 4:30-6:40pm *Top Gun: Maverick* (2022, PG-13 for language and intense action) Tom Cruise reprises his role as Maverick, who after 36 years is still pushing the envelope as a top naval aviator.

Monday, December 19th, 1:00-3:00pm *Meet John Doe* (1941) During the Great Depression a penniless drifter is recruited by an ambitious columnist to pretend to be a non-existent person who said he would commit suicide on Christmas Eve, resulting in a surprising social movement. Gary Cooper and Barbara Stanwyck co-star in this Frank Capra film. *This film does not have closed captioning.*



Games



Pool!

The Senior Center now has a pool table located in the lounge. Come play!

Morning Open Activity Time Open to out-of-town seniors/free

Weekday mornings, 9:00-11:30am

No activity time December 22nd & 26th

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, & Tuesdays, December 27th & January 3rd 1:00-4:00pm for experienced players only

Thursdays, 1:00-4:00pm open to all skill levels No Mah Jongg on Dec. 26th & Jan. 2nd

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 chess club on December 8th

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

A Message from the Friends of Acton COA

The FCOA wishes everyone a safe and happy holiday season.

Watch for the Annual Appeal mailing shortly, our major fund raiser of the year.

Your generous contributions underwrite the majority of the COA programming.

Contributions may be made in Honor of or in Memory of friends and family.

The Friends of Acton COA will take a winter break and next meet Monday, March 13th at 1pm.

Groups

► **Making Memories Photography/Writing Group**

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

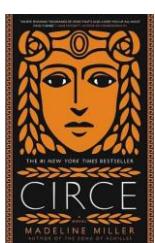
Open to out-of-town seniors/free

Join Tracy Wood, a certified Older Adult Peer Specialist, for this group that utilizes a technique called PhotoVoice which involves taking a digital picture and combining with a narrative to produce an artwork. This group started in October and is meeting 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. 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.



► **Book Discussion Group via Zoom**

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

 The group is reading "Circe" by Madeline Miller for the December 7th Zoom meeting. Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, the book for January 4th is "An Illuminated Life" by Heidi Adrienne. Ann Kulsick facilitates the virtual gatherings. If you are new to the virtual book group, please register by emailing seniorcenter@actonma.gov. We will send you the Zoom link which is also posted in "News" at www.actoncoa.com.

Open to out-of-town seniors/free

Genealogy Group

Tuesday, December 13th, 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. This month's meeting's show-and-tell topic is *Military Records*. Try to bring a document or story about a military record which helped you learn about your family history. (January: *Family tree chart*). 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. Our new group facilitator is Jim Yarin, a genealogy enthusiast for over 30 years.



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.



Computer Club

Wednesday, December 14th and 28th, 1:30-3:00pm

Open to out-of-town seniors/free

 All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, to resolve any computer issues, from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.

Please note: Support for Windows 8.1 ends on January 10th, 2023. It is imperative that anyone running Windows 8.1 upgrade to Windows 10 as soon as possible. The upgrade is free.

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

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, November 30th** Call 978-929-6650 to register.

□► Therapeutic Horticulture

Acton Seniors Only

Tuesday, December 20th, 6:00-7:00pm, Wednesdays, December 7th & 14th, 10:30-11:30am

Birch Winter Arrangement - Evergreens with colors and textures of the season are set off beautifully by a birch bark container. All material supplied. Class limit of 12.

□► Energy Healing with Jacqui Burak

Tuesdays, December 6th & 13th, 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.

Keep Moving Toward Physical and Financial Wellness

Wednesday, December 7th, 1:00pm

Please Join Dr. John Blute, MD, Orthopedic Surgeon for a presentation along with Karen Patterson, RPT of the Acton Nursing Services.

□► Podiatry Clinics

Acton Seniors Only

Appointments: Tuesday, December 13th 1:00-6:00pm,

Thursdays December 8th & 29th 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**

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

Wednesday, 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. Call 978-929-6650.

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.

□► Mindful Holidays- Mindfulness Meditation Classes with Erin LoPorto

Mondays from 10:00-11:00am 4 weeks beginning November 28th

Free/Open to all

Free but you need to [register](#) or use the qr code below. If you're feeling extra anxiety or loneliness

these days due to the holiday season, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. For more information, please email sball@actonma.gov or call 978-929-6453. [Flyer.](#)



Mind, Body and Spirit

□► Mental Health Matters Webinar

Thursday, December 8th, 11:00-12:30pm

Open to all/free

Join geriatric psychiatrist Dr. Stephen Pinals as he answers common questions about mental health and older adults:

- When should I see a psychiatrist or therapist?
- Are there lifestyle changes I can make to improve my mental health?
- What is the difference between depression and feeling sad?
- I lost someone recently—what is “normal” in the grieving process?
- Why geriatric psychiatry? How does aging impact psychiatric treatment?

This webinar is hosted by the Massachusetts Association for Mental Health and AARP Massachusetts.

[Register here.](#) *Stephen Pinals, MD, is Board Certified in Psychiatry and Neurology with subspecialty certification in both Geriatric Psychiatry and Psychosomatic Medicine. He completed his psychiatric residency at Massachusetts Mental Health Center in Boston, MA, and fellowship training in geriatric psychiatry at McLean Hospital, both affiliated with the Harvard Medical School (HMS). He is currently Chief of Geriatric Psychiatry at Cambridge Health Alliance.*

□► Laugh For Your Health via Zoom with Susan Phillips

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

No meeting December 29th

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.

Gym Hours & Monitoring

*Hours are: Monday through Thursday 9:00am-12:00pm, Friday 10:00am-11:00am.

Gym users are expected to sign up to monitor the gym. 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 to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.



Exercise Classes

- Exercise classes will not meet December 26th through January 2nd
- Classes are limited to Acton residents age 60 and up
- Bring clean, supportive shoes to change into for class—especially important in the winter months!
- 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
- 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 December 1st



This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music!

There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Tai Chi with Linda Sango

Mondays 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 November 30th

No class December 1st



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

Wellness Yoga with Patsy Brightman

Wednesdays, through December 21st, 10:00-11:15am

No class November 30th



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). The Healthy Joint Class strives 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 December 1st



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

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



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.

New Computers

The COA library has new desktop computers that are available for you to use.



My Favorite Holiday Memory/Photo

The holidays bring back fond memories for us of family, friends, traditions, foods or traveling, to name a few. Please share any fond memories with us so that we can display them.

Slips will be available at the front desk to fill out.

We can copy any photographs and return them directly to you.

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

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, December 13th, 12noon

Acton seniors only

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

► Pie!

Concord Farms donated some delicious homemade pies and the Woman's Club will be serving them to you on **Tuesday December 13th at 2:30pm**. Please sign up prior to the event.

► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, December 21st, 12noon

Open to out of town seniors/Free

Join us for beef brisket; garlic mashed potatoes, cooked carrots, dinner roll, and chocolate chip cookies for dessert. \$3.00 donation is requested.

► Monthly Breakfast

Thursday, December 22nd, 9:00am (note different day this month!)

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.

► Noon Year's Eve Celebration

Thursday, December 29th beginning at 11:45am

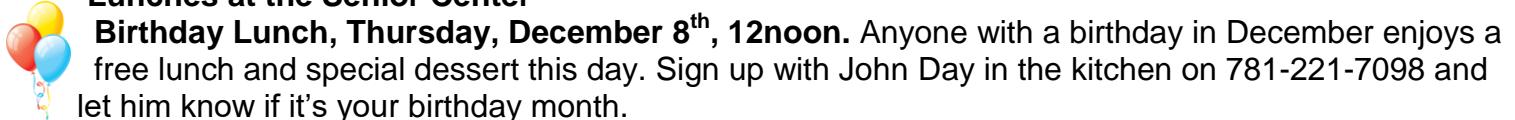
Open to all seniors



We will be count down to 12 (noon) and share a New Year's non-alcoholic toast followed by Chinese food and dessert. Please sign up at the COA by Dec. 22nd. This special lunch will be \$5.00 and eat in only. Subsidized by the Friends of the Acton COA.

Support and Services

Lunches at the Senior Center



Birthday Lunch, Thursday, December 8th, 12noon. Anyone with a birthday in December 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 the menu ask in the dining room (781-221-7098).

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 at 2:00pm, 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, See Dining Room notice board

472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm.

SNAP Senior Assistance Office phone line at 11 (833) 712-8027.

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.

SMOC Home Fuel Assistance Program

Home Fuel Assistance Program (LIHEAP): Eligible households have assistance paid directly to their heating vendor. The program is designed to help low-income people afford the cost of heat in the winter months November 2022. – April 2023. Eligibility is based on gross annual income and family size.

Number of People in Household
/Income per Household

1	\$42,411
2	\$55,461

Annual Medicare Open Enrollment ends December 7th. Call for availability of appointments, Acton COA at 978-929-6652.

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 information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00am - 5:00pm, or visit prescriptionadvantagema.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.

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 the January 2023 newsletter for details of the next appointments.

Acton PD [advice](#) regarding Holiday scams.

TOWN OF ACTON SERVICES INFORMATION 978-929-6600.seniorservices.org



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

Transportation You can take the van from home to the Senior Center! [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.

The COA Handy Helper Program helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'Handy Helper'.

A few Winter tips from the DPW/Highway Division

Please be patient as the crews will be out as soon as possible to begin the snow & ice operations. We are currently experiencing a shortage of staffing and plow contractors so our snow & ice operations for sidewalks and roads will take longer than usual. We ask for your patience and understanding.

Fire hydrants are under the control of the Acton Water District. The Water District asks residents with hydrants in front of or near their property to please clear the snow away from the area so that in an emergency the hydrant will be accessible.

Mailboxes installed in the Town right of way are placed at the owner's risk. Each mailbox installation should be sufficiently solid to withstand snow-clearing efforts by the Town. It is the responsibility of the owner of the mailbox to clear the snow around the mailbox to assure mail delivery by the U.S. Postal Department. If the snow banks are too high to shovel, place a temporary box beside the road until the snow has melted enough to allow access to the mailbox. Please check that your mailbox & post are secure and in good condition prior to the snow season.

More information can be found on the Town of Acton website.

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.

The **Council on Aging Board** wishes you a happy holiday season filled with joy, health, happiness and good times shared with family and friends. The COA Board is delighted to welcome the scores of new older adult residents who have participated in COA activities. We encourage you to share your enthusiasm for the COA with your friends and neighbors who might also like to participate. We look forward to sharing more with you in the new year. Happy 2023!!



Volunteer Corner



Thank you to all the high school students who helped with "Raking Day", to Acton Boy Scout Troop 1 for filling and delivering safety sand, to Neel our IT helper for assisting our seniors with technology questions in November, and to our many gym monitors who help keep our gym open weekly!

Winter weather is happening...

- Check the Lost & Found if you mislay a glove or hat.
- For exercise & gym users remember to bring dry, clean and appropriate footwear to change into.
- Classes and programs in person will not run in the event of snow closings at the schools. Call us if in any doubt.
- If the weather is bad do not travel.

Sages & Seekers are looking for older adults interested in joining this fantastic [program](#).

Monday	Tuesday	Wednesday	Thursday	Friday
28 8:30 Active Aging 10:00 Mindful Holidays via Zoom 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 10:00 Virtual Tour of Ljubljana 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 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	2 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
5 8:30 Active Aging 10:00 Mindful Holidays via Zoom 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	6 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 COA Board Meeting 1:00 Prof. De Houn Performance 2:00 Caregivers Support Group via Zoom 6:00 Energy Healing - ANS	7 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Therapeutic Horticulture – ANS 10:30 Wellness Clinic - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 Poets Live Forever 1:00 Wool Needle Felting Class 1:00 Book Discussion Group on Zoom 1:00 Keep Moving with ANS 1:30 Drop in Bridge	8 8:30 Senior Fitness 9:30 Holidays Decs Drop Off 9:45 Active Aging 11:00 Mental Health Webinar 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 12:00 MMSS Birthday Lunch 1:00 Mah Jongg 2:00 Holiday Tea Party 3:00 Stretch & Flex	9 Center closes at 12 8:30 Senior Fitness 9:15 Holiday Decs Drop Off 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
12 8:30 Active Aging 10:00 Holiday Decs Pick Up 10:00 Mindful Holidays via Zoom 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	13 8:00 Holiday Decs Pick Up 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef McGuire 1:00 Genealogy Group 1:00 A Christmas Carol Performance 2:00 Caregivers Support Group via Zoom 2:30 Pie! From Concord Farms 6:00 Energy Healing - ANS	14 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Therapeutic Horticulture – ANS 11:00 Covid Booster Clinic 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 Rest Ye Merry with Ben & Brad	15 8:30 Senior Fitness 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 2:00 Virtual Hanukkah Tour 3:00 Stretch & Flex	16 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 10:00 Making Memories 11:00 Gentle Chair Exercise
19 8:30 Active Aging 10:00 Mindful Holidays via Zoom 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	20 8:30 Senior Fitness 9:00 Drop-in Art 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren 1:00 Holiday Music with John Clark 2:00 Caregivers Support Group via Zoom 6:00 Therapeutic Horticulture - ANS	21 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Wellness Clinic - ANS 11:00 AML Online 12:00 Lunch from Robbins Brook 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	22 8:30 Senior Fitness 9:00 Breakfast 9:45 Active Aging 9:45 Java with John 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	23 Center closes at 12 8:30 Senior Fitness 9:45 NouVonne Fitness 11:00 Gentle Chair Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
26 Closed for the Holidays 	27 9:00 Drop-in Art 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:00 Mah Jongg 2:00 Caregivers Support Group via Zoom 4:30 Movie	28 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge 1:30 Computer Club	29 11:00 Tai Chi Practice 11:45 Noon Year's Eve Celebration 1:00 Chess Club 1:00 Mah Jongg	30 Center closes at 12 9:00-11:00 Open Activity Time The Center will be closed January 2nd

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

Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we 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 5. Reservations are required for all meals except the daily continental breakfast served 8:30-10:00am.

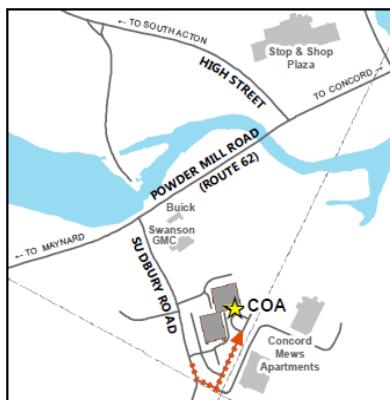


This December the following activities are supported by the Friends of the Acton COA: Poets Live Forever, Needle Felting class, "Rest You Merry" Songs for the Holiday Season, Prof. Daniel De Houn performance, Holiday Tea Party, Holiday Music Presentation by John Clark, and Tai Chi class. Donate to the Friends via their [website](#).



LOST & FOUND If you mislay a glove or scarf do check the lost and found. Please be aware that many coats and boots look similar – maybe mark your own and be aware when leaving the building.

Come and find the COA – you'll be glad you did!



ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	<i>Ellen Feinsand, Chair</i>	<i>Alma Sandman, Vice Chair</i>
Rosie Atherton, Office Manager	<i>Lori Cooney, Secretary</i>	<i>Chunsheng (Bill) Fu</i>
Chris Chirokas, Program Manager	<i>Emi Azar</i>	<i>Michelle Holmberg</i>
Kathy Horigan, Volunteer Coordinator & Customer Service Assistant	<i>Jeff Bergart</i>	<i>Niru Velankar</i>
Bev Hutchings, Senior Services Coordinator	<i>Michael Chautin</i>	
Rose Murphy, Human Services Customer Service & Communication Assistant	<i>Ann Corcoran</i>	
Bernice Nicoll, Activities Assistant	<i>The Friends and the Board will next meet:</i>	
Fiona Starr, COA Customer Service Coordinator	<i>COA Board, Tuesday, December 6th, 11:00am</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Friends, Monday, March 13th, 2023 at 1:00pm</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.

Highlights from November included



Dolley Madison talking about the War of 1812.

The Friends hosted a mini boutique.



Christmas Tree disposal

After the holidays you can dispose of your tree at the Transfer Station or...

"Acton Boy Scout Troop 1 and Troop 284 are collecting Holiday Trees again this year. We

 hope you have had an opportunity to see our lawn signs and banner around town. Our partnership allows us once again to pick up trees from both Acton and Boxborough residents. We truly hope we can count on your support.

Together, we will collect trees on **Saturday, January 7th, 2023**, and **Saturday,**

January 14th, 2023. Your ongoing support of our Boy Scout Troops means the world to us. Your donation helps us fund campouts, hiking activities, merit badge workshops, camp, the upkeep of camping gear, courts of honor, and high adventure trips for all our scouts. A recommended donation of \$20 can ensure a contactless pick up at your residence. Payment can be made by check (Check can be written out to Troop 284 Acton), and easily affixed to your tree in a plastic baggie. Or you can use

 Paypal. No computer to sign up, no problem! Just give us a call at 978-795-4152 and leave a message and we will get back to you. We are here to support you. It's Simple, it's Easy, and it's Local. Computer sign up can be done at ActonBSA.org." [Flyer](#).



THE ACTON COUNCIL ON AGING @ THE SENIOR CENTER, DECEMBER 2022

978-929-6652

Visit our [website](#)

The Human Services Building & Senior Center is closed Monday December 26th & Monday January 2nd.

Join us for Seasonal music performances, sign up pronto for the Holiday Tea – always a favorite at this time of year. Lots of Seasonal favorites are scheduled so be sure to stop by. You are always welcome to drop in to borrow from the Library, pick up some frozen meals, read the newspaper and connect with friends. Don't forget our Monday Movie Matinees to escape the cold! Exercise classes will not meet December 26th through January 2nd but will commence in time for you to honor your New Year's resolutions! Check ahead if you plan on coming in to use the gym. Monitor cover may be limited.